

# Vaisakh News Letter



HAMSA SIVA SOHAM

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Libra 2020 Thula

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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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### Prayer of the Year 2020-2021

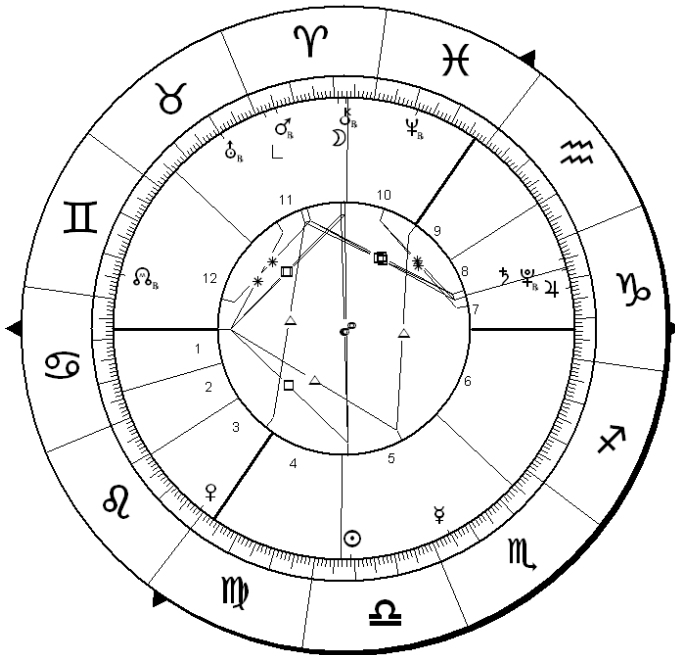
The bear is in the cranial cave.

The cub is in the lions cave.

The dog is in the kennel of the base.

Link up the three vertically and feel

the Light, the Love and the Will.



Full Moon of Libra, 1 October 2020, 11:05 pm CEST

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## Message of the Month of Libra d

Libra stands for the mother, while Aries stands for the father. The beings stand for the sons of God or children of God. Libra mother is represented by nature, while Aries father is represented by the Sun god. Man's attitude towards nature enables him to be one with God. Approaching the father through the mother has been a Vedic tradition. It is called Sri Vidya.

Nature can either be worshipped or abused according to one's own nature. Humans' attitude towards their mothers is the first and fundamental test. The second test is how the human relates to other women such as wife, sister and daughter or a friend. In their delicate relation with the womanhood lies the key for their unfoldment. Similarly, humans' attitude to Mother Nature also has an impact on his unfoldment.

Libra demands right relationship with the feminine principle of creation. Unless the feminity is respected, regarded, and treated friendly, the nature does not give the way for human to progress. Every human has his distinct nature; it is more powerful than him and does not oblige him even when he makes proposal to grow. The nature in him shall have to cooperate. Nature's cooperation to man enables man to transcend the initial mundane layers of nature and to settle in divine layers of nature, at the zenith of which is the godhood.

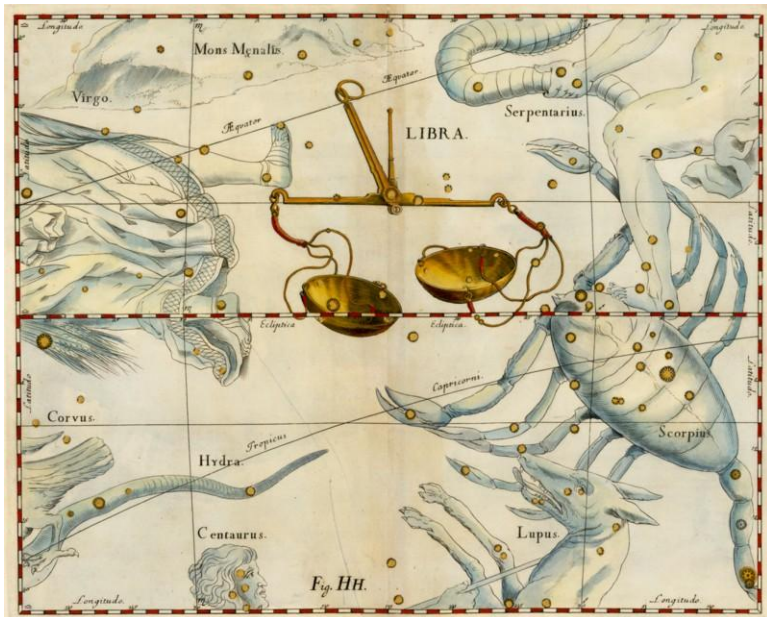
Moon, representing the mind, shall have to relate to Venus which is represented by the beauty in nature. When beauty in nature is respected and realized, Venus opens doors to Mercury which unfolds the beauty of wisdom. The beauty of wisdom and the love of wisdom is a state of evolution from the beauty and love of form. When the love of form is overshadowed by love of wisdom, one would walk into the realms of divine nature. Libra holds the key for such ascent from Moon to Venus, Venus to Mercury, and Mercury to Sun. May this be pondered upon. May the aspirants review their attitude to the surrounding nature and to the nature within.



## Message of the Teacher

### Culture the Body

When the soul incarnates it gets conditioned by the quality of the body. If you sit upon a horse and intend to fly, it works not. You need an aircraft to fly. One should know the limitations of the body and accordingly conduct the work. But the body can be cultured to give birth to a body of Light with which one can fly.



## Utterances of Lord Krishna



Listen to the key of yoga.  
Yoga is action in goodwill.  
It looks not for the result.  
It is the best way to be a Yogi.  
(4-3)

Action delinked with the results  
Expands your consciousness.  
You realize even your past incarnations.  
Such is the splendour of ancient yoga.  
(4-4)



Lord Maitreya

Maitreya Community

The Triple

A clean mind and a pure heart generate magnetic vibrations. To such a heart and mind truth expresses in speech and in action. Normal temperament prevails. Such speech, action and temperament magnetize the surroundings even.

Burning incense to purify the surrounding is the old method; be the burning incense that enables purification of the surroundings. Lighting lamps is the old method; be a lighted lamp that enables others to see the lighted way.

Running after miracles is the old method; let your life be a miracle for others to witness. A clean mind, a pure heart and a truthful expression are the means. Fulfil yourself with the triple and fulfil the surroundings.



Master Morya  
*Maruvu Maharshi*

## True Charity



Once a native came to the Christ and informed him how charitable he was. Christ laughed loud and for a long time. "You robbed the society and donated a bit; you are intelligent. When you pay back from the robbed wealth, it cannot be charity. You give back all that you robbed and give something more than that, then you enter the field of charity. Do not deceive yourself and deceive others. Earn in a righteous manner and offer therefrom, that is the beginning of charity."

Sacrifice through charity is true charity. When one sacrifices himself, certain subtle doors open within and enlightenment happens within. Amassing wealth from the society and distributing a part of it would tend one to be more indebted to the society; and to publicize it is still worse. To expect opening of heaven's gate with such impure acts is but utter ignorance.



Master Koot Hoomi  
*Devâpi Maharshi*

Sambala 29

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

The teachings of Sambala are not widely transmitted for fear of distortion. Persons who believe themselves to be disciples are subservient to glamour.

Those who are affected by glamour cannot transmit the truth.

The so-called disciples, goodwill workers and goodwill groups who speak of welfare of the society are mostly glamoured and in their glamour they project themselves more than projecting the activity.

However much the adepts try to set the disciples out of glamour, they have not been successful. In their circles (Masters) glamour is everyday topic relating to so-called disciples. The humanity neutralizes the good efforts of the Hierarchy and Sambala silently witnesses. It dares not to transmit any further teachings since the poor state of already transmitted teaching discourage them from any further teachings.

Unity is the keyword of Hierarchy while disbanding such unity has been the activity of humanity. Through centuries it was envisaged that Europe has to be a well-bonded union. It was conceived during the times of Alexander, Napoleon and even Hitler. Yet it remains a bundle of nations and could never attain the state of union. Such is the antidoting effect of humanity upon the intent of the Hierarchy. Hence Sambala remains silent.

## Message of Master E.K.

### Relations



Relationships are on account of inter-indebtedness. When debt is cleared either side, the relationship disappears. If the beings are cultured, relating remains while the relationship sinks. This relating has no inter-dependence. It has no inter-locking nature. Such relations are called friendliness. The Masters look for friends and they are friendly.



Master CVV-Yoga

Aphorisms to Disciples 29

81. You receive solutions to your problems in the prayer itself. My presence unveils answers to your questions. Sometimes my presence conducts through you and solves issues in spite of you. Know this.

82. When you are treating a woman, invoke the dearest woman in you (mother, sister, wife or daughter). Use them as the medium and transmit pure love that enables healing to happen. Likewise, when you treat a male, invoke the male whom you like most. It can be father, brother, son, teacher or your student. Use them as the medium. Remember, as a healer you are neither male nor female.

Vidura



Teachings of Wisdom

Old age destroys the bodily beauty,  
avarice destroys stability,  
death destroys life,  
jealousy destroys righteousness,  
anger destroys wealth,  
association with  
a "lowly person" destroys character,  
desire destroys decency.  
Pride destroys all.

### PRACTICAL WISDOM

Seek not decisions from Teacher.  
Seek suggestions.  
Learn to take decisions including suggestions.  
Learn to be responsible.  
Be not eternal defendants.



Saraswathi

Suktam 5

YASTHWA DEVI SARASWATHI  
UPABRUTHE DHANEHITE  
INDRAM NA VRUTRA TURYE

Oh! Venerable Word!  
Whosoever realizes you as himself  
destroys the encirclements  
derives fulfilment and  
demonstrates goodwill.



## Ashram Regulations for Entry

### Application of Sound 'A' 3



There was a teacher who was training aspirants for their eventual entry into the supra mundane plane. The first key of 'A' was given to them. The students were asked to practice. They were instructed to see the Omnipresent One in all that is within and without. After a prescribed period, the teacher set the students for an examination. Each one of them was given a coconut and was told to break the coconut at a place, where no one is.

The students took up the coconut and went away into the forest at once. They ensured that there were no humans, animals or even birds.

They broke the coconut and returned to the teacher. The teacher saw the students on their return. He found that one was missing. He waited till the evening for the missing one to return; but he did not return. The next day the teacher had to go in search of the missing student. He searched for the student the whole day. He searched the next day in far off places. He even searched on the third day. He did not find the student. The teacher was in great anxiety regarding the whereabouts of the student. A week days after, the student returned to the teacher fully exhausted. He was with his unbroken coconut. The teacher was delighted at first to see the student back and was further delighted to see the unbroken coconut in his hands. He enquired as to what happened and the student explained as under:

"I went away into the forest. No doubt, there were no humans in the forest, but there were animals and birds in the forest. I went beyond the forest to avoid them. Even when the animals and birds were not present the trees were present. To avoid the trees, I landed in a desert where there is only sand and sky. I realized that there can be a place without land, water fire or air, but there cannot be a place without sky. I therefore realized that there is no place where there is no one. Hence there is no way for me to break this coconut. I

failed in the task.”

The teacher was glad and said, “You are successful in the task, but not a failure. In fact, you are the only successful one. Others failed. It is a simple matter of common sense. Omnipresent is always present. To think of a place and a time of His absence is foolish. Remember this for all times to come.”

Such is the application of the first key ‘A’. This must necessarily be fairly accomplished, though not perfectly.

## PRACTICAL WISDOM

The Guru in you  
reminds you of deeds  
that you need to do  
to gain that joy that you wish to.  
Listen within and follow.  
The other name for Guru inside  
is Ishwara.



## On Secret Doctrine

### The Value of Silence



From the very day when the first mystic taught by the first instructor of divine dynasties of early races, the means of communication was between this world and the invisible world. The teaching was from the spheres of pure spirit to the sphere of matter. The mysterious science was thus taught in silence and through silence. Those who could listen to silence could receive the communication in silence and spoke such silence in symbols and allegories. An abuse of such teaching can lead mankind to speedy destruction. One cannot make available explosive substances to a group of children and also give them the matches.

The first divine instructor initiated but a select few and they kept silence with the multitudes. They recognized the God within. Each adept felt the great SELF within oneself who is called by such names as Ishvara, the Atman, the Mighty Lord etc. Once a man knew Him within oneself, he tended to be humble and still small in voice.

From the very initial and primitive days of man described by the first Vedic poet down to our modern age, there has not been a philosopher worthy of that name who did not carry in the silent sanctuary of his heart the grand and mysterious Truth. All sacred sciences were learnt within in the silent sanctuary of heart. "O Man know thyself" has been the commandment of every true philosopher who succeeded in recognizing the god within. Socrates is but one of them who proclaimed such Truth. Only to the truth seekers the strong injunction is given to turn within and to relate to the silence within the cave of heart. To others, substituted truths are given in the world of objectivity. Pythagoras, the first adept and the real scientist in pre-Christian Europe, is accused of having taught in public the immobility of the earth and the rotation of stars around it. At the same time, he was declaring to his privileged disciples his belief in the motion of the earth as a planet and in the heliocentric system.

Such has been the policy to protect the treasures of archaic wisdom from falling into the hands of criminals and rogues. A true philosopher is the guardian of the secrets of nature and pays deaf-ear to the public opinion about them. But today's priest dances to the tunes of the public opinion for he cares for worldly recognition and not for inner revelation.



Pythagoras (570 - 495 BC)

## Saturn

### The Path of Narayana

### The Upward & Downward Path of Waters 3



There is another understanding through the application of the Fixed Cross where the journey is from Taurus to Scorpio and Leo to Aquarius, where the 0° of the 4 sun-signs form the cardinal points. This understanding is specially useful to the students on the Path to Discipleship.

Likewise, there is also the third fourfold division called the Mutable Cross, with the sun-signs Sagittarius, Gemini, Virgo and Pisces, where the Path of Discipleship is tread through the understanding of mutability.

The sound potency for 'the upward path of waters' is called NA. The sound potency by which the Spirit becomes matter is called RA. RA is the sound potency relating to fire, which transforms matter into Spirit and Spirit into matter. 'The path of waters' is called AYANA.

NARA + AYANA = NARAYANA

Narayana is the name of the Cosmic Lord who conducts not only the upward and downward cycles on the planet, but also of the solar system and the created beings. We have a time up to which we grow in matter, that is, from the time of birth up to a point in life, we improve our bodily volume. After a point, the volume is slowly reduced. There is a peak point after which there is no more growth of the body, then slowly it recedes and decays. Thus, there is the expansion and the contraction. There is the increase and the decrease. There is the growth and the decay. Like that, all is arranged in a twofold manner, and so is the case with the human being also. We have the four cardinal points, we have our own morning hour, noon, evening and midnight hour, as childhood, youth, manhood and old age. These are the four stages.

## Discipleship

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

#### Faults 1

The personality of man is saturated with vices - human, animal and lower than animal. He is a slave to appetite, passion and ambition, is critical, separative, selfish and aggressive; he exhibits obsession, hatred and malice, ingratitude, cowardice and treachery. Everyone is still imperfect and has character defects, unconquered weaknesses, faults, limitations, points of darkness, and much inertia. At the same time, we are very pleased and satisfied with ourselves. The tendency to self-defence is strong and this produces an unwillingness to recognize unpalatable truths regarding our faults. In this tendency there lies real danger, for it can prove our undoing. The smallest weakness gives insecurity and often ruins a life. Many an unrealized weakness is regarded as strength and a virtue. The quality we believe we possess proves non-existent when put to a test.

It is seldom that our personality equipment is of a balanced nature. It has in it certain deficiencies or lacks, and over-accentuated traits. One man is too mental, another is too emotional, and a third is primarily physical. One person is strictly material in his outlook on life while another is visionary and free from the sins of the flesh. The diversities are innumerable. The truths of self-analysis are seldom definitely formulated or faced by any. A study of our usual point of daily focus will lead to recognition of inherent trends and limitations. We should attain consciousness of our handicaps, for the man who knows his weaknesses is on guard against himself. The earnest student can tabulate the forces, which he feels control his life and thus arrive at a reasonable and truthful understanding of the forces, which require to be subordinated, and those which require to be strengthened.

A disciple

## The Teacher

### 71. Ekavarnam

The Teacher is mono-sound, mono-colour and mono-syllabled



The sound is OM, the colour is blue and the syllable is again OM.

The Teacher is one who stabilizes himself in immutability. He may take to different colours, sounds and forms, but basically he remains stable and immutable with one colour, sound and syllable.

Paratatva or Gurutatva is existing as one colour, one sound and one syllable. The one sound OM manifests as (A, U, Ma) three, and conducts the Will and permeates and manifests. These are the three aspects of one sound. Essentially the Teacher is blue; when he manifests Will he becomes red. When he conducts Intelligent Activity he becomes golden yellow. The three sounds are but one sound, the three colours are but one colour. The three syllables are but one syllable. He exists as OM in the heart of the beings and is available for contact for every student who ardently enters into the heart and waits there to receive the Master.

The Master seems to be mutable, all his mutabilities relating to sound, colour and form are deeply based on the immutability. He is the stable one who does not totter. This quality of the Teacher enables the student also to gain the state of stability which is the basis for all experiences. Only from the standpoint of BEING, becoming can be experienced. The one who is afloat, experiences the currents of water better than the one who is immersed. The Teacher has such stability and he imparts such stability.

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



Sound

## Sound Subjective and Sound Objective 3

The Head Centre, the Ajna Centre and the Heart Centre are the sources through which the positive sounds manifest. The sounds which we know and the sounds which we produce are from the lower centres; that is, our Base Centre, Sacral Centre and Solar Plexus. Whenever we speak about our viewpoints it is through our Solar Plexus, whenever we speak out our emotions it is through our Sacral Centre and whenever we express our base desires of life it is through our Base Centre.

There is the production of sound from the higher centres, which is positive, and there is the production of sound from the lower centres, which is negative. There are three higher centres and three lower centres in us. The Throat Centre connects that which is higher and that which is lower. Sound which is positive as well as sound that is negative are produced through the Throat Centre.

The Throat Centre holds the balance between the higher and the lower centres of sound. It is for this reason it is said in the Scriptures that a person who masters the Throat Centre is the disciple. It means that he is equidistant to the higher and the lower centres of sound. He makes an excellent work of bringing down the higher sounds to be uttered forth through the lower.

## Ashram Leaves

### The Wheel - Eternal



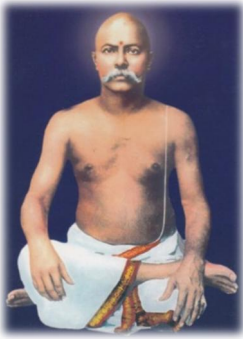
The wheel of 12 spokes is understood as the flower of five petals in which all planes exist, fully developed.

The hub of the wheel though heavily loaded, does not heat up, nor does it get burnt up.

It is neither depreciated nor dissolved. It remains eternal.

### PRACTICAL WISDOM

May the LORD OF LOVE  
Permeate through and through  
May the LORD OF LIGHT enlighten us  
To visualise unity in diversity  
May the LORD OF WILL alert our Wills  
To reorient the purpose of our Life.



## Mystic Mantrams

### Truth Levels

At this stage, the level of man ceases to exist. The physical level of height, depth and direction, the astral levels of attachment, lust, repulsion and hatred, the mental levels of motives, utility, prestige and convention, all merge in the Buddhic consciousness, because of the act of the consciousness temporarily replacing the lower planes. The above said levels are lost to the inner man, when he recedes into the Buddhic Plane. They remain in him only as the truth levels of his various sheaths of consciousness. These TRUTH LEVELS are made up of the one Truth which is man's basic nature or 'Moola Prakriti.' Thus, the truth levels also merge in the Truth, and exist as levels of truth. The one Prakriti or the one truth exists as the various levels in him.



## Fire

### Detailed Explanation 11

#### VI. Offerings to the Cosmic Devas 6



OM KLĪM, KRISHNĀYA GOVINDAYA GOPIJANA VALLA BHĀYA SWĀHA

Offering to the COSMIC PERSON.

Lord Krishna is considered as the Cosmic Person in his totality of manifestation. He is not an Avatar of the Cosmic Person, but is considered as the Cosmic Person Himself. He is the Cosmic Teacher and Cosmic Ruler. He is the sum-total of all the Cosmic, Solar and Planetary Devas. He is pleased by adaptation to the Path of Yoga. He is the Yogi of the Yogis. The Deva of the Devas. He is the Synthesis of the universe.





## Rudra The Lord of Cosmic Will and Vibration

### A Few Dimensions of Rudra 22 Seeghraya, Seebhyaya

Seeghra means speed. Seebhya means speed in water. The principle of speed is the subtle Rudra. People see the speeding objects, but the speeding objects are speeded up by the principle of speed that works in them. The speed of planets, the speed of planetary beings and the speed of the machines are preceded by the speeding principle Seeghra. The speed in mind is also Rudra. The speed can be regulated through the worship of Rudra. It can be increased or decreased as per the need. The sudden anger that comes out from men is the uncontrolled speed. Likewise, in waters, you find the speed as flow. Waters in the body are moved by this principle of speed. Blood pressure is Seebhya. It gets out of control as low or high blood pressure if this speed principle is not well regulated.

Sanat Kumara



The Teacher, the Guide

The stories of the scriptures show how sincere souls with grand personalities are frequently destabilised and re-stabilised in the soul consciousness. The story of Yudhisthira is a message in that direction. He was well settled in Indraprastha after Rajasuya, but he settled down in the personality. He was glamoured of the splendid life and even started being showy. The Teacher Narada had to come to give a turn to the events. The Teacher Narada ensured that Yudhisthira was saved from his own personality. Krishna also contributed to that. Personality comfort is secondary. Soul comfort is primary for a Teacher with respect to his students. True Teachers do not praise the personalities of the students, for it could be counteractive to the progress of the student. The more the student advances, the more he finds frequent encounters with the fire of the Teacher. Teachers supply sweet and bitter pills according to the need. One cannot hope or dream that he can be always in a fantasy world being around the Teacher.



## From the Teacher's Pen Questions and Answers

### Opinions

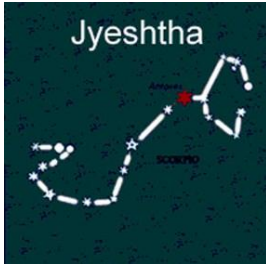
*Question:* Dear Master, is Britain right in exiting from European Union?

*Answer:* Dear friend, as one knows more and more, one judges less. Restraining from expressing opinions is the best line for wise ones to take to. Men, groups and nations differ in their perception. Hence, to make an opinion is not wisdom. Opinions emerge from the mind - mental plane - and generally from uncoordinated personalities. A sudden burst of critical thought galvanizes the entire personality and imposes a strain on the brain cells.

Leave it to time; especially when there is nothing to do with it. You are neither European nor you a Britain. To you observation is the only intended action. There are many armchair critics all over the world; you and me need not join. We can mind our work.

## The Wisdom of Nakshatras

### Star 18: Jyeshtha



Jyeshtha is also known as the “constellation of Governance”. Jyeshtha means big, elderly, protective, authoritative and senior. This is the eighteenth constellation and is the last of the second set of nine constellations. Scorpio concludes with it. While Anuradha is the head of the scorpion, Jyeshtha represents the posterior part of the scorpion, where the tail is. There can be an unforeseen sting. The cosmic deity of this constellation is Indra (Neptune), the celestial king, who governs the creation and who is also known to be manipulative and even deceitful at times. Yet, the natives of Jyeshtha are excellent administrators, governors, able, capable, and unwilling to lose command over a situation. Natives of Jyeshtha carry the psyche, “I know better than others.” They are oriented towards material success, material pleasures and care for dominance.

The planetary ruler of this constellation is Mercury. The Neptune-Mercury combination is a double-edged weapon that can cut either way. To achieve the desired purposes, the natives of Jyeshtha can lie subtly which cannot be cognized by others. Never confide or share a secret with natives of Jyeshtha, they are not reliable in holding secrets. Yet, the abilities of Jyeshtha surpass many. They attain high positions, they enjoy high authority, and they are protective of those who submit themselves to them. They enjoy fanfare and following. They are indulgent personalities. Passion of the world runs high with them. If they can control their desire, they can do greatest good and also cause much transformation in themselves and around them. They are enthusiastic, exuberant, heroic and are fearless. They thrive well in difficult situations.

The ruling deity of the constellation is Lord Vishnu, who is also called Upendra. Worshipping Vishnu would enable warding off the negative qualities of Jyeshtha and sets the natives of Jyeshtha to be effective personalities for enforcement of law and order. The planet Mercury also relates to Lord Vishnu.

Vishnu protects yagna, meaning the activity of goodwill. Natives of Jyeshtha would do well to associate with rituals and activities of welfare. The animal is the male deer, and the tree is the cotton tree. The bird is the brahminy duck (ruddy shelduck).



Though highly placed and full of authority, the natives of Jyeshtha always remain sober. They do not indulge in praising themselves, but would like others to praise them. They are open-minded and yet they can be stubborn and short tempered. This quality lands them into difficulties.

The body part relating to Jyeshtha is the lower abdominal region; the natives of Jyeshtha may have attacks of cold, dysentery, frequent fevers and problems relating to the prostate gland.

For the natives of Jyeshtha it is important to maintain a glorious image in the society. They do all they can to impress others and maintain the respect of other people. They are able persons and easily command respect from the surroundings. In their effort to maintain their image, they may strain themselves in useless and frivolous activity. They are forerunners in the society and mature quickly, both physically and mentally. They have a well-proportioned body and try to keep their body posture in admirable state. The best feature of their physic is their penetrating eyes.

While they are resolvers of social issues and governors of high quality, they see their personal woes larger than normal.

The weaknesses of Jyeshtha natives are sudden anger, depression, selfishness and infidelity. To ward off the weaknesses, they are recommended to worship Lord Vishnu on a regular basis. Their lucky number is 18 or 9, which are magical. It is pertinent to note that eighteen are the chapters of Bhagavad Gita, eighteen are the cantos of Mahabharata, eighteen were the heroes that participated in the Mahabharata war, eighteen were the days of war in Mahabharata. Eighteen represents the three-fourth of the universe which is imperceptible and divine. Their favourable number is 5. The colour is cream, and the stone is emerald.

The natives of Jyeshtha are good governors, proactive talkers, outspoken, winning in argument, first to arrive, assertive, tolerant of ambiguity, exhibit supremacy, self-reliance, jealous, creative genius, dramatical, influential in

a congregation, not very strong in morals, have good physical stamina, have vulnerability for drinks and drugs, superficially religious, greatly influenced by life partner and a dragon in the public and a duck at home.

To sum-up, the native of Jyesta represents Indra in the Puranas. Many are his stories of nobility and the contrary.



Indra



## Uranus The Alchemist of the Age

### Introduction to Uranus 3

Uranus is a principle that is interpenetrating. There is nothing that is not permeable for the energy of Uranus. It can go deep down. It can go even in the darkest corners and bestow light over there. The penetration of Uranus is unparalleled. There is no place which it cannot reach. All that the science invented during the last 100 years is due to the impact of Uranus. Uranus, the ruler of Aquarius and the ruler of Scorpio as well, is the one which intends bringing about needed changes to inaugurate the New Era. In every field there is renaissance and there is revitalization, uplift of values, destruction of false values and a rapid development through successive crises. This is all the stimulation of the energy of Uranus.

Uranus in the Vedic terminology is called Varuna, Varuna is the lord of the West. That is why Master C.V.V. says, "My work starts in the West. My work is not with the Spirit; my work is with the Matter." Matter is West, Spirit is East. East and West are known as Mitra and Varuna. Varuna is the supra-cosmic intelligence who deals with the material side of things right from the root-matter. The birth of matter from space and the key relating to it is held by Varuna. The passage between known and unknown, from birth to death and death to birth is filled by Varuna. The gap between 0 and 1, the gap between negative zero and positive zero is filled by the energy of Varuna. It is that gap which bridges the knowledge between invisible and visible. Wherever there is a gap, the seeming vacuum is filled by Varuna consciousness and he works with the manifestations of root-matter into various states of matter up to the dense matter. The alchemy of creation is the work of the Matter. Spirit continues to cooperate at every level. Transmutation of Matter is the main emphasis in the Aquarian Age, and the agent who conducts such transmutation is Varuna. The supra-cosmic principle Varuna is known as Uranus in the solar plane. Only due to the impact of Varuna there is the breaking of the atom and the unfoldment of a vista of knowledge which was foreign to us in the nineteenth century.



Master EK

Vishnu Sahasranama

Foreword 3



The author of Srimad Bhagavatham as also Sri Mahabharata, Veda Vyasa (a contemporary to Lord Krishna) gave out as one of the many invaluable gifts, the Vishnu Sahasranama which hints at many a secret of the phenomenon of creation, packed in the names of the Lord. Each name has its significance and is used to denote the phenomenon in any one of the three planes, the matter, force and consciousness.

Kulapati Ekkirala Krishnamacharya, unlocked and gave out the significance of each of the 1,000 names, utilising the spiritual keys, viz., the Etymological, Astrological and Time keys. The author popularly known as Master EK to his followers in the East and the West has been an excellent example of the one who fulfilled in himself and a few of his followers, the meditation of Vishnu and Vasudeva, as described in the preceding paras.

The importance of recital of the 1,000 names is too well known to be elaborated. The intelligent understanding of the names in the Light of the Vedic thought helps the reader a long way in reaching the goal in spiritual pursuit. The commentary has been written by Master E. K. for the benefit of all true seekers. May the Lord Vishnu arrange its distribution into the deserving hands, in which direction, this is a small contribution by The World Teacher Trust.

“OM VISHNAVE NAMAHA”

K. Parvathi Kumar



## Paracelsus Health and Healing

### Food and Rhythm

“Disease that can be treated by diet should not be treated by any other means” is a famous saying by Maimonides. This is the age-old principle contained in Ayurveda as well. The Purana Srimad Bhagavata also speaks of it, in its sixth canto. The civilized man of today lost the science and the art of eating. His habits of eating are not wholesome and not even healthy.

Most of the sicknesses emerge from lack of knowledge relating to food intake, work rhythms and sleep rhythms. Work, food and sleep is the basic triangle that has to be set up from man’s methodic functioning. Indiscrete, long hours of work, irregular sleep and inattentiveness to food have become major sources of sickness in the modern world.

To be a workaholic is not a virtue, it is as bad as gluttony and unrhythmic sleeping. A modern man walks away from natural rhythms and thereby lands in disease. Each man should be educated to review his/her own rhythms in relation to the three, namely work, food and rest.

Healthy food by itself is not enough unless the other rhythms are also set. One has to look for a balance between work, food and rest. There has to be daily rhythm, weekly, fortnightly, monthly and quarterly rhythms as well. In a week of seven days humanity is accustomed to have one day off weekly. The weekly off is from the regular work, there should also be a weekly off from regular food. The ancient Indians believed in weekly fasting to rest the digestive system. A day is marked to abstain from food and live on clean water. It is like weekly a servicing of the vehicle. The water cleanses and rejuvenates the system for the next week to come. Associating fasting with religion is not what is being said here. Just a weekly off from the eating activity and living by pure water this cleanses the system according to Ayurveda. There is also a monthly off from sleep to set the new rhythm and new chemistry to the body which is

done a day before the new moon.

Thus, Ayurveda speaks of a periodical break in the rhythms for a fresh beginning, assuming that the rhythms are set. In yoga the seer Patanjali also speaks of a weekly off from all practices for a fresh beginning.

These dimensions shall have to be studied for their efficacy and the hidden science behind. They should be re-introduced sensibly by the physicians to ensure better health.

When food can cure sickness, why should medicines be used? A slight adjustment in the food rhythms would enable resetting the equilibrium relating to health. Every person is unique by himself. One should therefore be educated to find agreeable food to himself. Nothing can be generalized in matters of food and given out as a dictum. By observing one's own body with regard to what is suitable and what is not suitable over a short period enables one to find one's own individualized diet within the general diet. Every time the body shows a symptom of discomfort it is only messaging that there is something incorrect in one's own food and other rhythms; one has to find it either by himself or with the help of a physician. Just medicating the body where it is not necessary is an act of ignorance and can be seen as a sin in the field of health and healing.

Dr K. Parvathi Kumar

Extract from: Paracelsus - Health and Healing. Website: [www.paracelsus-magazin.ch/en](http://www.paracelsus-magazin.ch/en)

## Dimensions of Ancient Wisdom

Dr K. Parvathi Kumar  
Group Life Teaching, Part 18  
June 2018, Billerbeck, Germany

This fundamental step enables us to find a new taste of relating to the pulsation within us. When you stay put to the pulsation within and when you carry out the needed obligations in due order and do not indulge in outer activities more than that, you develop an inner sense of be-ness. It fairly closes Libra and opens the inner side of the being as a pulsating principle within the cave of the heart. When you are within the cave of the heart by the pulsating principle, you are drawn further to relate to the source from which you have come. It is a natural act to relate to the source, from which you have come.

Therefore, there will be an upward movement of the pulsating principle. Since we close the outer and open the inner and move upward, this is the way described in the scriptures from southwest to west, from west to south, that means from lower Muladhara to upper Muladhara, from upper Muladhara to heart - this is called the south, and from south to east. This becomes possible as much as we lead our life in terms of our effectiveness in the surroundings.

In our daily routine, we should find enough time to relate to this pranic principle within us, which conducts respiration and pulsation. If we find time at least twice daily or trice daily - if you remember well, when I spoke to you all about Katha Upanishad, I informed the need of relating to the respiration and pulsation, trice daily at a rate of 24 minutes each sitting:

Close your eyes. Gently apply your mind upon respiration, observe how inhalation is transformed into exhalation. Thereby contact pulsation.

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

## Stories for Young People

### On Service

Serve not those who serve themselves.

Serve not the rich and the powerful.

Service to them is servitude.

### 6. The Work

Prince Parikshit wanted to know from Lord Krishna the reason why people live together and why they need a ruler. Lord Krishna explained to him that man can only experience his true nature in living together with others and he explained the learning steps of man in the institutions provided for this purpose.

Villages, towns, cities form a larger group being, the state, the nation. What is the head for the family is the regent for the larger group beings. It is the task of the ruler to guide man in the field of action according to the law of nature.

The man has to balance the three human values: duty, result and fulfilment in his efforts and actions.

Human beings tend to strive above all for the fulfilment, the satisfaction and saturation of their needs. They tend to forget that these are the result of work, of the performance of duties. By preferring satisfaction and forgetting duties, human beings get confused and tend to disregard the law. The wheel of human activity stops.

Doing his duties in the field of work, according to the law, man gets the fruits. These have to be used in an appropriate way. When the purpose of this satiation is remembered as the upholding of the law and the discharging of duties, then the outcome is the protection of Law and the happiness of the individual. Only then duty, result and fulfilment are in balance.

Through work, people learn to form themselves and to become a group being. The ruler instructs them to do so. If the ruler does so, the result is respect for the law in the state and the individuals experience happiness.

*To be continued. Summary after: Ekkirala Krishnamacharya, Man Sacrifice. Chap. 19.*

## Window to World Service News & Activities

### Germany

Name of the group: World Teacher Trust e.V. / Edition Kulapati

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#### Activities 1

- In 2019 the following books have been issued by Edition Kulapati:
  - Occult Healing, Volume 2, by K. Parvathi Kumar
  - Spiritual Psychology, by Ekkirala Krishnamacharya (2nd issue)
  - Sripada Srivallabha Charitamrutam, Biography of a Dattatreya Avatar, by Shankar Bhatt (in English)

There are copies of all Edition Kulapati books in the German Central Libraries of Frankfurt/Main and Leipzig and in the University and State Library of North Rhine-Westphalia in Münster.

Translation and layout of all books are the result of the voluntary, honorary work of group members.

- Every year a WTT-team creates the brochure "Meditations Mantra Rituals", adapted to the new year. All extensive working steps are carried out by the team on a voluntary basis.
- The monthly Vaisakh Newsletter appears regularly online when the Sun enters the next zodiac sign. Translation and layout are also done by group members on a voluntary basis.
- The magazine Paracelsus Health & Healing of WTT-Global has been published online since 2016. It can be read and downloaded free of charge. Many volunteer members of WTT are committed to the publication of the magazine. The authors also make their articles available free of charge.
- Another important activity is the commitment to the natural beauty of the Externsteine (Extern Stones), in order to preserve this powerful place as a place of reflection. Group members visit this place on certain energetic days, and meditations are held regularly.

## Picture to the Month of Libra

### Libra - The Exaltation of Venus



In the path of reversed wheel, in the axis of Aries-Libra the inversion of opposition is reversed. In Aries, Mars is exalted and in Libra, Venus is exalted. This exalted relation between Mars and Venus transforms the opposition into a marriage, in the sense, the two energies unite and find their harmony. The presence of a woman is therefore strongly recommended by seers for man and vice versa for harmonious progress.

Dr K. Parvathi Kumar: Mars - The Kumara

## Book Review

### The Book of Rituals

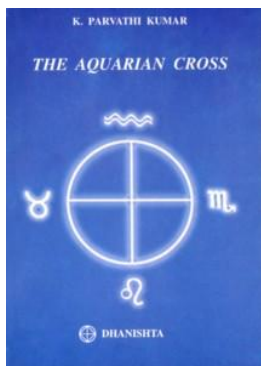


The scope of the present work is to explain the nature and the symbolism of the ritualistic key to the Wisdom. The work deals with the sacramental value of initiations and the changes brought to the student thereby. One of the main attempts of the author is to prove that the content of the initiation 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: The Book of Rituals

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

### The Aquarian Cross



The Aquarian Cross is one of the cosmic symbols. The cosmic mind is represented by a fourfold cross. It speaks of the fourfold existence at all planes. Each time we look at it we must get the recollection of our own four-fold existence. Then the purpose is well served. The symbolism of the cross and the astrological significance of the Aquarian Cross are well explained with deeper symbolism coupled with ancient wisdom. The book is based on lectures, which K. Parvathi Kumar gave during a group living in Posadas, Argentina.

K. Parvathi Kumar: The Aquarian Cross

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

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



## Astrological Important Days in September/October 2020

22.09.	15:30	☉ → ♎ / <b>Sun enters Libra</b>	
♂		<b>Autumn Equinox: Contemplation upon the female Hierarchy</b>	
23.09.	16:27	☾ 8 <sup>th</sup> phase of ascending moon starts	☉ 01°01' ♎ / ☽ 25°01' ♎
♃		(End 24.09. at 15:32)	
26.09.	15:30	11 <sup>th</sup> phase of ascending moon starts	☉ 03°55' ♎ / ☽ 03°55' ♎
♃		<i>Departure of Shirdi Sai Baba from the physical</i> (End <b>27.09.</b> at 16:17)	
<b>27.09.</b>	17:20	23 <sup>rd</sup> constellation <i>Dhanishta</i> starts	☽ 17°28' ♎
☉	21:00	<b>Dhanishta-Meditation</b> ( <i>Dhanishta</i> -constellation ends 28.09. at 19:08)	
30.09.	20:56	Phase of full moon starts	☉ 08°04' ♎ / ☽ 26°04' ♎
♃		<i>Contemplation upon the Mother sitting on the lion</i>	
01.10.	23:05	☉ <b>Full moon of Libra</b>	☉ 09°08' ♎ / ☽ 09°08' ♎
09.10.		1874: Birthday of Nicholas Roerich	
♀	14:19	☾ 8 <sup>th</sup> phase of descending moon starts	☉ 16°40' ♎ / ☽ 10°40' ♎
		(End 10.10. at 14:47)	
12.10.	13:09	11 <sup>th</sup> phase of descending moon starts	☉ 19°35' ♎ / ☽ 19°35' ♎
☽		<i>Contemplation upon Śiva, the cosmic 1<sup>st</sup> Logos</i> (End 13.10. at 11:06)	
16.10.	01:23	Phase of new moon starts	☉ 23°04' ♎ / ☽ 11°04' ♎
♀		<b>New moon point of Libra:</b> Festival of Lights, to dispel the darkness of the darkest new moon; <i>contemplation upon 'The Pledge'</i>	
	21:31	● New moon of Libra	☉ 23°53' ♎ / ☽ 23°53' ♎
		☉ in ♎ – 1 <sup>st</sup> to 9 <sup>th</sup> ascending moon phases: <i>Worship the descent of the Lunar Ray through the symbolism of Durgā, the Mother impermeable, and to culminate the worship on the 10<sup>th</sup> ascending moon phase (Durgā-Festival).</i>	
23.10.	00:59	☉ → ♏ / <b>Sun enters Scorpio</b>	
♀		☉ in ♏ – every evening at the twilight hours: <i>Light a lamp at the door-front and worship the serpent-power Kundalini, that encircles around the stem of the Base Centre.</i>	
		☉ in ♏ – every Monday (26.10., 02.11., 09.11., 16.11.): <i>Contemplation upon Śiva, the cosmic 1<sup>st</sup> Logos</i>	
	03:27	☾ 8 <sup>th</sup> phase of ascending moon starts	☉ 00°06' ♏ / ☽ 24°06' ♏
		(End 24.10. at 03:29)	
24.10.	23:08	23 <sup>rd</sup> constellation <i>Dhanishta</i> starts	☽ 17°28' ♎
<b>25.10.</b>		End of summertime (CEST 03:00 h → CET 02:00 h)	
☉	03:12	10 <sup>th</sup> phase of ascending moon starts	☉ 02°08' ♏ / ☽ 20°08' ♏
		<i>Durgā-Festival</i>	
	21:00	<b>Dhanishta-Meditation</b> ( <i>Dhanishta</i> -constellation ends <b>25.10.</b> at 23:53)	
26.10.	04:30	11 <sup>th</sup> phase of ascending moon starts	☉ 03°11' ♏ / ☽ 03°11' ♏

All times until **25.10.** are in CEST (Central European Summer Time)/UTC+2 (Universal Time Coordinated plus 2 hours) later in CET (Central European Time)/UTC+1 (Universal Time Coordinated plus 1 hours);

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## 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