

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Pisces 2019 Meena

Letter No. 11/ Cycle 32 – 19th February until 20th March 2019

The World Teacher Trust - Global

Invocation



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

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

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

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

Master EK



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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 Pisces, 19th of February 2019, 16.53



Message of the Month of Pisces

The entire Creation is present in the seed form in Pisces. Pisces is the seed while the Zodiac is the tree. The Creation can be envisioned in its seed form when the wisdom of synthesis is gained along with the wisdom of insight and vision. Pisces stands for the photographic moment wherein a huge scenery is captured within the camera of the eye. Using eye as a means the whole universe can be visualized, which is said to be the all-seeing eye; it is also said in the Vedas that there is the fish eye which overviews all (Meenakshi). This eye is located in the zodiacal sign Pisces. Students would do well to synthesize all that is known into One and gain this eye. The seers suggest the meditational practice of contemplating upon the third eye, which is also an all-seeing eye. There is an all-seeing eye in the being; there is also the all-seeing eye of the Grand Being. The latter is called the eye of Shiva, which is the ultimate of Pisces.

This one eye tends to be two; the one being tends to be many beings. When the two are connected the original eye functions. When the two are disconnected the original ceases to function. Integrating the soul with the personality causes the disconnection. Integrating the soul with the Super Soul enables the vision. From blindness to vision the path is laid by the seers. The seers are those who gained the ultimate sight. May they be the role models to all the disciples.



Message of the Teacher

Synthesis

The World Teacher is the one who associates with the Omnipresent within and without at all times. Such association is the state of fulfillment. Attaining such association is the practice called discipleship. Sanat Kumara, Maitreya, Morya and Devapi are the teachers of such order. Know that spirituality is but identity with the One in all at all times. Through such identity all conflict is dissolved. Pisces stands for such synthesis.

Utterances of Lord Krishna



Doing is ever better than non-doing.
Do only what is to be done.
By that you are fulfilled.
If you do other things you get complicated.
(3-8)

When doing is inevitable,
Better do what is good for others.
If you do other things, you get conditioned.
Know well what to do!
(3-9)



Lord *Maitreya*

Association with the Pulsations

When an aspirant associates with the pulsation his progress is certain. His life tends to be rhythmic; he tunes up with the rhythm of the nature; his food habits, his movements, his thoughts, speeches and actions also tend to be rhythmic. Eventually he aligns with the five elements of the nature within and around. He tends to be gradually magnetic. The vibrations emerging from him benefit the surroundings. The surroundings do not affect him.

Various practices of devotion and of knowledge ultimately culminate into the association with the pulsation principle within. Attuning to the Pranic principle of pulsation releases him from all kinds of sundry practices. Gradually one feels free from the world and yet works for the world. Finally life moves like a song. The residents of Kalapa are all those who attain such state.

Master Morya
– *Maruvu Maharshi* –

Travel Guide



When the mind is comfort oriented one cannot travel farther. Travel needs enthusiasm and readiness to face unexpected situations. A travel cannot be completely planned. One should be prepared to accept unexpected changes.

Travel also demands a bit of courage and adventure - it is not meant for the timid ones. One should have the courage to change according to the situation. Don't you adapt to the needed change when the path is found to be of thorns? A quick adaptation to a new pattern of thoughts gives enough facility to move on.

Many travelled before. Their experience can help you to travel with the needed readiness. The array of thoughts are your true friends in the travel. Thoughts of goodwill are the friends who never fail you to move on. Such thoughts light the way. Lighting candles carries the inner spirit. Each time you light a candle, seek from the light to have the lighted way to proceed further. May goodwill be the light that guides you until the Will is realized. The Will is no other than you.



Master Koot Hoomi
– *Devâpi Maharshi* –

Sambala 10

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

The residents of Sambala are all immortal. They are completely healthy and are full of knowledge. They dwell in bodies which do not suffer aging as it does in the world. The five elements in the ambiance of Sambala are full of equilibrium and are ever cooperative with each other. The nature in Sambala is divine and is distinct from the rest of the world.

Sambala overviews the global events and the related impact on the globe and the global beings. The residents of Sambala carry out effective meditations to neutralize the negative thoughts emerging from the world which hinder the general progress of the world.

Do you know that at the centre of the Sambala village there is a statue upholding the staff of light in its right hand? That light is transmitted in all four directions. The Hierarchy was thrilled that man could conceive this symbol and set it up as the Statue of Liberty in the newly found continent where a new age experiment was inaugurated.

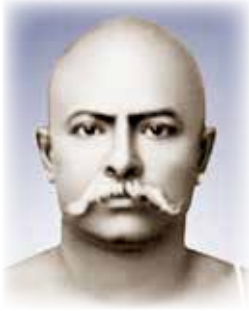
Sha-e-bala is the Persian word which means upheld candle of light. Sambala also means the strength of peace. Sambala also means the abode of the blue one. Gurdjieff suggested to his followers the sound Sham-e-balka, to worship the highest principle of solar energy. Sambala has many distortions all over the world. It was known in every tradition and again will be known in the near future. Sambala has now decided to externalize.

Message of Master E.K.

So-Ham



The winds of the day wear out the body, the winds of the night nourish the body and make it fresh through sleep. When the inhaling and exhaling winds in the body are associated through So-Ham, divine winds pervade and the body tends to be lighter and receptive to the world of light.



Message of Master C.V.V.

Aphorisms to Disciples 11

34. Punctuality, obedience to the Master, and humble attitude are important principles. Without these three, not much can be accomplished.

35. Instructions that you receive are the instructions that I received from the Brahman. For your welfare I transmit them to you.

36. I am the messenger of the God. Those who follow my messages would also tend to be the messengers of God. The messages that you receive should be taken as injunctions and commands. Do not take them in a light-hearted manner.

Vidura

Teachings of Wisdom



The Initiate indulges not in criticism
nor does he insult others.
He engages not in his personality praise.
He speaks not to spread conflict.
Pungent speech is foreign
to his nature.

PRACTICAL WISDOM

Pray!

Be normal and natural.

It is special wisdom.



Saraswathi

Suktam 3
Nyasa Vidya

The whole Universe exists in each one of us, but we are such egoists that we forget this fact and do not care even about the existence of the many intelligences in us. We should be grateful that we are given sight and eyes to see. As eyes and sight are free, we do not respect them. Only a blind man, through the absence of sight, knows what it is worth. We are given sight, hearing, taste, speech, oxygen, digestive abilities, vertical movements, but we are neither grateful nor do we value these abilities.

Master Morya states: "Be grateful for what is given". We always know what we are not given, but are oblivious to what is given. When we do not value what is given, why should we be given more? Learn to use what is given.

The body beholds the 12 sun signs, the 7 planetary principles and their chemistry, which is the chemistry of the Universe. Recognition of this immense vision energizes our subtle centres.

The science of correspondence between the micro-cosmos and the macro-cosmos was called Nyasa Vidya in ancient times. The outer Sun is identified with the inner Sun which is our consciousness; Jupiter stands for our comprehension; Mercury stands for our ability to discriminate; Venus stands for experience; Moon stands for reflections meaning, thoughts; Mars stands for vitality, force and power; Saturn stands for our instinct to preserve; Uranus stands for our fast expansion; Neptune stands for deeper experience called musing; Pluto stands for our end of things "but not our ending".

Likewise correspondence can also be established between the 12 sun signs and the parts of the body. The 5 elements can also be correlated

to the 5 primary chakras. Even the constellations of the Great Bear, the Pleiades, Sirius and the entire Universe can be corresponded with. All is in the human body as it is in the Universe. That is why the scriptures say: "God made man in his own image and likeness".

If we respect the workers in the house, they work better for us. The devas of the body are the workers in the house. We need to recognise them, attune to them through right motives and right actions, then they gain the strength and the asuras are deterred. Working with sound helps strengthening the devas. That is why the hymn says:

"Oh Mother Saraswathi,
deter those that deter the devas".





Srî Râmakrishna

He Who Has Seen God

He who has seen God roams about –
Sometimes like a madman,
Sometimes like an unclean spirit, feeling no distinction between cleanliness and its opposite.
Sometimes he remains like an inanimate object –
having been struck dumb by seeing God within and without;
Sometimes like a child, he attaches his soul to nothing,
and goes about with his clothes bundled in his arms.
But when he works for the good of others,
He who has seen God is a brave as a lion.

PRACTICAL WISDOM

Follow the Conscience but not Social Values.
Conscience leads you to inner Consciousness.

On Secret Doctrine

Seven Skins - Serpent



It is common knowledge that a cobra casts off her skin every seven years. She does thus seven times in one life. Changing the physical shell seven times is a phenomenon common to many species. The planet Earth also is said to have cast off her old skins three times before. This is because she is in the fourth gross physical round out of the seven rounds. At the beginning of every new round after a period of obscurity Earth casts off or is supposed to cast off her old skins as the serpent does. It is for this reason Earth is called the queen of serpents in the Itareya Brahmana. The seven skins stand for the seven geological changes which accompany and correspond to the evolution of seven root races of humanity.

It is interesting to know that even the human skin has seven layers. As humans evolve final layers emerge allowing the light within to shine forth better. In this fourth round we are in Globe D and the future globes are expected to be of brighter light than what it is now. So is the case with humans. The future Manus are all called Savarni Manus meaning Manus with colour. The planet gains brighter colour; the beings on the planet also gain brighter forms; ascending into the subtle from the gross is the step forward for the planet and also for the beings of the planet.

As far as humans are concerned, with the help of yoga and discipleship, they can move into the subtle even earlier. The Masters of the Hierarchy are the examples for such evolved state.

May this be thought over.



Saturn

Saturn and the Planets The Transit of Saturn 1

Similarly, when he transits our ascendant, he clears some more limitations in our personality. Saturn is the disciplinarian. He teaches us right approach and right conduct. But, if in our chart Saturn is strong, it means that we have some discipline inherently. If not, Saturn will teach us. In either way, Saturn paves the way for discipleship.

The Moon in our chart speaks of our past conditionings. When Saturn transits our Moon it is an opportunity to clear our past karma or debt. The ascendant speaks of our personality in this life, and when Saturn transits over it, we would be straightened.

The Saturn transits should be understood as an opportunity for inner growth, while in the outer it presents problems. Every problem has a gift behind, which the humble would gain.

A Master always begins his training through Saturn, because he wants us to overcome our limitations. He does not like us to be limited beings. He wants us to get into unlimited awareness.

The moment we verify any horoscope, we find that mostly when Saturn is transiting somewhere around the birth-moon or somewhere around the birth-ascendant, people will get into the Path of the Masters. It can be verified. He works so hard. The training starts with the stimulation of all unpleasant things. We will encounter more and more disappointments, more and more delays, more and more obstacles, and it is a course of 7 1/2 years. Thereafter, we become like a washed linen that can be used for a good purpose. All angularities, all impurities are washed out in that period of 7 1/2 years.

Discipleship

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

Psychological Problems and Their Solutions: Suppression

A man's life is frequently affected by his worries and defensive suppressions. The difficulty may lie in an unsolved problem, which serves to bewilder him, or in an inability to work out his relations with people. Or it may be found in a state of inner rebellion against life, against people, or against his own decisions. Such a man does not face life correctly, for it requires the will to live, the rejection of fear, and harmonious relations with others. He must not seek release from conflict through evasion or through inhibition. To do so is to make the emotional plane the battleground, whereas the problem should be elevated to the mental levels. Right use of the thought processes will bring the right solution to the problem. Right action is required in two directions: on the mental plane for guidance and on the physical plane for demonstration.

A disciple



The Teacher

51. Panchamudra Sulaksha Darsana Bhavamatra Nirupanam

Bestows presence when contemplation is carried out with the fivefold mudras

The Teacher bestows presence much easily when contemplations are done with mudras. Certain asanas and certain mudras help contemplation much better. Asanas that are recommended for contemplation are siddhasana, padmasana, veerasana and vajrasana. Asanas are postures that enable the vertical column stand erect and aligned. For the related asanas (postures) readers are recommended to look into an authentic book on asanas.

Likewise, there are also mudras (postures of the hand, of the body, of the mind, of the base and of locking) which would enable easy accomplishment in contemplation. In the word mudra there is muda; muda means cheerfulness. One is advised to contemplate with an attitude of cheer, this is very important. Contemplations are not recommended to be done with a serious mind. One should do so proposing much cheer to oneself. The sound dra in the sound mudra relates to the causal body. When certain postures are made with hands, certain energy centres commune to enable smooth contemplation without impediments. There are many mudras which are helpful for contemplators. Every great yogi adopts to any one of the mudras and contemplates for self-illumination.

When mudras are held, the life flow and the flow of consciousness happen much more freely and enable one to experience that state of consciousness which is beyond the physical, vital, mental and even the buddhic states of consciousness.

There are chiefly five types of mudras which are referred to by the Grand Master Adi Sankara.

They are -

1. Hasta Mudra – the postures of the fingers and hands
2. Kaya Mudra – the postures of the body
3. Mano Mudra – the postures of the mind
4. Bandha Mudra – the postures of locking the system
5. Adhara Mudra – the postures of the base that facilitate the rising of Kundalini.

The readers are recommended to look to necessary information as the topic here would not permit the elaboration of these mudras. Authentic yoga books may be referred to for the related information.

The student consistently contemplates to experience the pure consciousness (Self-Consciousness). Adopting to mudras he gains stability in mind. The consciousness that sits in the mind is called chitta. Chitta stands stable like an unflickering flame. To such unflickering chittas the Teacher gives the presence. As long as the mind flickers, drifts and jumps away from the thought of contemplation, not much can be done to gain good results. Such flickering minds would do well to pray ardently for the grant of a stable mind. The Teacher helps them, too. From an unstable mind to a stable mind one can reach through regular practice of meditation, practicing detachment from the objective life and seeking the favour of the Guru for such accomplishment.

The students would do well to know that adopting to mudras is a great facility for contemplation.

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

A disciple



Kapila

The Indweller

17. The behaviour of the beings is manifold. There are beings with horrible behaviour and there are beings with harmonised behaviour. In all these variety, the behaving principle is one. Learn to look to and identify with the behaving principle and learn not to identify with the behaviour. The behavioural difference is due to the admixture of the three qualities in matter. The blend of inertia, dynamism and poise. But the central force functioning through the triangular forces is to be realised as the behaving principle. The Lord as behaving principle is understood as the Indweller (Vasudeva).

The Indweller is One. The behaviours are many. This Indweller of beings moves the beings according to a time plan. Through time, the beings are born, are grown and are consumed. Each being is consumed by the other. One is food for the other. The Lord is the 'all-consuming' sacrifice or ritual. He sacrifices Himself as the beings, their behaving principles, gathers forms to them, and puts the created system into a type of fire ritual where one consumes the other. This sacrifice is called 'Sarvahuta Yagna'. To Him there are no relations like friends, relatives and enemies. He regulates the creation and the beings. In the play, there are opponents to the players and team mates too. But they do not exist to the umpire. To the umpire there is neither an opposing team nor a supporting team. He is equi-distant to both. He is the neutral factor for the conduct of the play. He interferes when the play is not in order. Likewise, the Lord too presides as an umpire over the play of creation. He oversees and regulates. He is in the play but is not involved in the play. The one in play in this manner is the Lord as Indweller.

In us too, the Indweller participates as behaving principle. But the actions/behaviour do not bind Him. He conducts the play and yet stands beyond the play. The fruits of actions are to the beings. Not to Him. He accommodates all in the play and regulates them. The whole action from Devas to mortals is emanating from Him. Yet He does not act. The message of the Lord is - "Perceive inaction in action and action in inaction."





Ashram Leaves

The Three Brothers

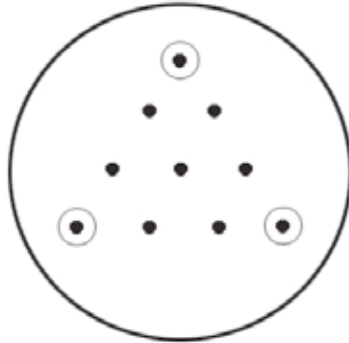
Understand the three eternal brothers of creation. The first one is a dwarf with grey hair. The second is an eternal eater and the third is the one whose back is anointed. The third one has seven sons.

Lord Dattatreya

The Decad



Its detailed form is:



This is the decad in its original form. The corner bindus (points) represent the Trinity presiding over the 7 bindus representing the 7 planes of existence and the circle representing the sphere of a universe. The worshipper can visualise himself as the central point enveloped by 6 sheaths, which surround him as the 6 bindus, further surrounded by the Trinity, the triple qualities, and finally surrounded by the "wheel of time". His assimilation of the 6 chakras and mastery over their functioning, leads him to preside over the Ajna Centre. Even then, he is still presided over by the 3 qualities of the soul beyond which he would encounter time, and beyond which he experiences the timeless Existence.



Fire

The Golden Door to the Golden Temple 2

When we visualise that vertical flame, and later we close our eyes, then we can find the flame arising from our Base Centre to the Ajña Centre and beyond. This is one way to conduct the purification of the body in all the seven planes.

That is where, after the visualisation of the flame, we seek to see the disc of the Solar God, which is of golden colour. If our senses are adequately withdrawn we will be able to see the golden disc. It is so beautiful. It looks as though the solar globe is rising between two mountains. The two mountains are nothing but our two eyebrows. Between the two eyebrows the disc of light shines. When we visualise that, the related bliss cannot be expressed in words. It is an accomplishment.

There we wait. We see the door and wait. We cannot open the door, because it is bolted from the other side. Someone has to open it from the other side; we just have to wait there. We cannot be impatient, we cannot be intolerant, we cannot make any claims. It has to open from the other side.

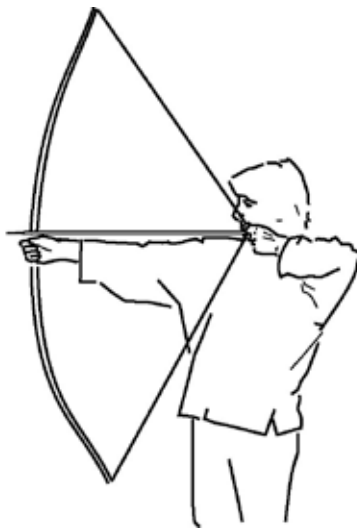
We just go to that Golden Door of the Golden Temple and wait there, looking at the circular golden door, which is represented by the disc of the Solar Light. The rays coming from the disc are good enough to set right all the layers of our body. They cause the necessary radiation and magnetisation. Just being there and receiving (absorbing) the Golden Light, we would get the Golden Body, which is called the Etheric Body.

Rudra The Lord of Cosmic Will and Vibration

A Few Dimensions of Rudra 2 Rudra



Down below the medulla (in the human constitution), the mind, the 5 senses and the 5 organs of action are formed which are 11 in number. These are the arrows released from the bow through which man acts and receives the fruits of action.





Group Prayers

May our recollection of Lord Agni,
may our utterance of hymns on him
and may the ritual of fire that we do
replenish and fulfil us in all ways.

PRACTICAL WISDOM

See not right and wrong.
See benefits and detriments.

Sanat Kumara

The Universal Brotherhood



As we see the One Consciousness in the surroundings all around, we realise the brotherhood of all beings. Brotherhood is not an achievement, it is but a realisation. When the One Consciousness is the basis for all beings, the various beings that one sees are products of that Consciousness only. All have the same father and mother. The brotherhood is a reality. It need not be specially achieved or accomplished. It happens with you. Once you are in constant contact with the Consciousness, all beings are but one universal group of brothers. That is why it is called 'Universal Brotherhood'. When one has realised the universality of brotherhood, it is not difficult to realise such brotherhood in smaller groups. There is no need for building circumscriptions around oneself and one's own group. It is but glamour that people feel about 'their' groups. Illusion prevails, consequently people extend their possessiveness from themselves to their groups. It is but expansion of possessiveness, but not of consciousness, when one feels 'my group, your group, his group'. It is all one group of all beings of the Universe. Enlarge your comprehension. Limit it not to yourself. Sraddha leads you to the state of Universal Awareness.



From the Teacher's Pen Questions and Answers Courage

Question: Dear Master, is courage an essential factor for discipleship?

Answer: Dear brother, it takes courage to make decisions and abide by them. It takes much more courage to make spiritual decisions and to abide by them. It requires courage to adjust one's life to the need of the hour. It demands courage to alter the daily routine and also to alter the relations. Courage is essential to avoid meaningless associations and to develop meaningful associations. It demands courage to set away petty affairs and the humdrum of life. To refuse time to nonessential social activity requires courage. Unless you are courageous you cannot wriggle out of this world.

Agni

An Introduction to the Work
of Cosmic Fire, 85



5. The Electric Fire Progressive Movement – Alignment 3

So, this is the three-fold functioning of the humanity now. From the state of functioning as mind to the state of functioning as soul, is the 2nd initiation that humanity will go through. The 1st initiation is that we are basically mental beings. The understanding that we are basically mental beings is the 1st initiation, that we can think, that we can act, that we can plan. And then comes the higher understanding, where all thinking, planning has to be aligned to a higher pattern of thinking and planning, which is already existing. That comes through gradual tuning up to the nature in every activity of life. And in the process, man realises that after all, even mind is a vehicle. And then he functions as soul. When he is functioning as mind, he is engaged more with the fire by friction and a portion of the solar fire. When man believes that he is the body and a bundle of desires – many human beings believe that they are the body and they are a bundle of desires – the fire functions only as desire. Then it is only functioning as fire by friction. Through fulfilment of desires or through failure to fulfilment of desires, man learns slowly to think. As he thinks, he finds a little more dimension to his life. The more and more he thinks, it means, the more and more he is functioning with the manasa devas, i.e. he has started working with the solar fire. But understand that it is only a starting of working with solar fire. That means, about 20 % function with solar fire and 80 % with fire by friction. And slowly, he grows into greater and greater awareness through experience and through time.

Through the challenges that he meets to his intellect, he slowly grows into intuitional planes, when he starts tasting the intuitional aspects. Then

he starts realising the soul aspect, i.e. more and more functioning of the solar fire in tune with the fire by friction. When man learns to function as a soul, that means, when he learns to function with solar fire, it does not mean, that he does not function with fire by friction. It is a process of gaining more ground, and in that process, he does not lose the ground already gained, meaning, he does not neglect the body, senses and the lower mind. But they are carried on as the bogies behind, like the shadow behind. As we walk towards the sun, the shadow follows. So, as the driver drives the vehicle, the vehicle follows according to the driver's will. If the vehicle runs on its own, regardless the driver's intention, it is the first state, where the vehicle does not listen to the driver. From that state, the mastery is gained over the vehicle. And in between, there is the experiencing of the middle state, that is functioning as mind.

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

Master EK

Vishnu Purana
Chapter XXIV



Plaksha Island

The island of Plaksha is surrounded by the ocean of sugarcane juice (water sweet as sugarcane juice). I have described this island previously. Now I will describe the island of Salmala. The Lord of the island is a great hero who has a well-built body. There are seven sub-islands there and their names are as follows:

1. Svetha (the white island);
2. Haritha (the green island);
3. Jimutha (the cloudy island);
4. Rohitha (the red island);
5. Vaidutha (the sparkling island);
6. Manasa (the mental island);
7. Suprabha (the island of good brilliance).

These are symbols of the seven tissues of man.

The Science of Man

Dr. K. Parvathi Kumar
First Young Group Life Teaching, Part 71
August 2001, Visakh

Christ consciousness, Buddha consciousness or Krishna consciousness means the consciousness that prevails all over. But this priest was stuck with a name and a form. To him, his Christ was just the form that he decided for him. You can't ask a superior being to work according to your conditions. You have to fall in tune with his comprehension. The lower shall have to fall in order with the higher. This kind of people exists everywhere and they don't allow us to grow out of certain cocoons. We have to be fresh seekers of truth. All Teachers who found Truth are helpers on the way. Every Master has something to give us as an implement to walk the Path. They are not our destination. Destination is the Truth. They are the directional signboards. On the Path you need certain directions. The accomplished Ones help you on the Path. Just like when you move on automobile, you follow the signboards and try to reach the place. Likewise, the Masters of Wisdom form the guidance on the Path. If you just stop at the signboard, you have not reached the destination. The Masters of Wisdom point out towards the Truth because they would like you to reach the Truth and later become a helper like them. But if you see a signboard and just sit near the signboard thinking you have accomplished, there can be no more foolishness than that. Suppose I travel from Brussels to Paris. On the way I see a signboard showing to Paris. The signboard is not Paris. It guides you to Paris. There are many who sit at the signboards and feel that they are in Paris. These are the ones who are stuck with a name and a form.

A Master of Wisdom is one who leads you to the Truth and who puts you on the Path. He also tells you that you will meet many more like him on the Path as you keep traveling, because one the way, you get guided by many signboards. So, don't try to settle at a signboard feeling that you have reached. So much for today

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

Paracelsus

Health and Healing

Programming Minds



Programming minds is on the increase. While programming is needed for orderly conduct of work, the habit of programming is encroaching into “programming the leisure”. Leisure is meant to relax, but if leisure is also planned and stuffed with activity on an hourly basis the juice of leisure is lost. Leisure has to be experienced with spontaneity as the underlying factor. Planning it and programming it, is to work on the contrary to the very leisure which mind aspires for.

Modern men have lost the simple technique to relax. The mind tends to lump up scheduled activity even into the bucket of leisure. The fashion of setting leisure in “to-do list” is the paradox of today’s leisurely activity. Consequently the leisure is not enjoyed, while it was planned to be so. The grabbing mind grabs away the leisure and remains as before even after the so-called leisure.

Fear of not accomplishing extends even into the leisure and therefore the leisure is also scheduled back to back. “Free time” no more remains a free time due to the habitual sense of achievement of joy. It is a fallacy if one thinks that leisure has to be productive. Therefore men try to do much more during leisure and enjoy much less the leisure. Completing a novel, hiking the mountains, bicycling the valleys, playing beach basketball, if planned the leisure is worked out in its opposite direction. There are others who think of car wash, mopping the floors, gardening of the backyard, such an activity dampers the whole idea of leisure. It is tending to be more and more difficult to stay away from any kind of “do”.

Somehow there is much urgency in mind to fill-up the free days of calendar with one thing or the other. Such minds even bump into friends' time and end up spoiling the leisure of either.

To let things happen on a free day instead of making them happen should be the keynote of leisure. Things work out better to experience the joy when we do not plan to work them out. It is about time we remember that we are "human beings" but not "human doers".

Dr. K. Parvathi Kumar

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

Website: www.paracelsus-magazin.ch/en

Children's Section

On Service

**TRUE SERVICE IS LOVE
- LOVE IN ACTION.**

Panchatantra Stories

25. The Frog and the Serpent

There lived a frog king in a deep well. His subjects and other relatives too lived in the same well. The relatives had an evil eye on his throne and often created problems for the king frog. In order to disrupt the smooth working of the kingdom and with a view to cause impediments, they hatched a plan with the connivance of a minister of the kingdom and soon there was a revolt against the king frog. The king frog somehow managed to subdue the revolt, but he was very unhappy. He took a vow to take revenge and teach them the lesson of their life. One day, he came out of the well with the help of iron chains hanging on the walls of the well. He headed straight towards the hole of a big black serpent, which he had seen earlier. Keeping himself at a considerably safe distance, the king frog called out to the serpent. The serpent was surprised to hear a frog calling him. He came out of the hole.

"I wish to be your friend," said the king frog.

"But we are born enemies," replied the serpent. "How's it possible?"

"I will make it possible. I have a proposal," said king frog. He spoke to the serpent about his plan and told him that he was bent upon teaching his relatives a lesson. "I want to punish them. I will take you to the well and in the process you can eat them all."

"Is it a dry well?" asked the serpent.

"There is not much water in it," said the king frog. "However, you need not worry. There is a nice hole in the wall of the well, a little above the water level. You can eat my relative frogs and retire into it to take rest."

"Okay, lead me to the well. I'll teach your relatives a lesson," said the serpent hissing loudly.

The king frog took the serpent to his well and said, "Here live my relatives and rebels. You can eat them all, but please spare my near and dear ones."

"All right," said the serpent and entered the well followed by the king frog. There, he started eating the frogs, one by one, as and when pointed out by the king frog. Soon all the enemies of the king frog were eaten up by the serpent.

Now, it was the turn of the king frog and his family. The serpent said to the king frog, "As you see, I've finished all your relatives and rebels. I've eaten your disloyal minister also. Now, I've nothing to eat except you and your family."

King frog realized his folly. He had befriended his enemy to achieve his own selfish ends and settle his score with his enemies. The king frog felt as if the god of death was in his hot pursuit. He, somehow, managed to gather some courage and said to the serpent, "No problem. I'll visit some other wells and ponds and persuade the frogs living there to resettle themselves in this empty well. Once they are in here, you can feast on them with ease."

"That's good", the serpent became happy. "Do it soon. I'm hungry."

Both the king frog and his wife came out of the well and took to their heels, never to return to the same well again.

The wise say that

"Never look to the wicked for help."

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

Stories for Young People

11. Protecting Arms

A boy of 14 years heard of a region in the Himalayas, where people lived around a small Shiva temple. Nobody there eats corn without offering it to the deity of this temple. According to the local folklore, if anyone forgot it by mistake, their house started shaking and the people act in a funny way. The boy was curious about the place and decided to visit it.

He approached the village at seven o'clock in the evening. It had already become dark. The boy walked along the edge of a steep cliff. He had no light with him and wore wooden sandals which were very slippery. He slipped and was at the verge of falling down the cliff, when suddenly a tall, old man dressed in white caught the boy in his arms and brought him back to the footpath. "This is a holy place and you are fully protected. I will take you to your destination." He led the boy to the path for about ten minutes, until they neared a cottage with a torch burning inside. The boy turned to thank the old man, but he could not find him anywhere. When he shouted, the owner of the cottage came out and invited him to be his guest. The boy narrated his adventure and the man in the hut started weeping: "Seven years ago I also lost my way exactly at the same place. It was eleven o'clock at night. The same old man took hold of my arm and brought me to this hut, where I live. His loving arms have saved me. I have never seen him again. You were fortunate to encounter this great man."

The next day the boy searched the whole area. He went to the cliff and saw the marks where he had slipped, but he did not find any such man. Later he learned that six hundred years ago there lived a holy man at this place. He instructed and guided those who lived in that area although he remained in silence. The temple was built where he lived.

Often in his life the grown-up boy remembered those loving arms that protected him from falling down.

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)

Venezuela

Name of the group: Mithila-WTT

Contact: Irene Luna

Address: : Av. Ppal de Valle Arriba Residencias Capri O-13, urbanizacion Valle Arriba, Guatire, Venezuela

Phone: +58 2123418009 **Mobile:** +58 416726322

E-Mail: iren.luna@gmail.com

Activities (1):

- We are meditating every afternoon at 6 pm with a group of ladies initiating them in the CVV meditations.
- We do a reading about the life of the Master CVV.
- We are giving classes to young people from 12 years old and up, on Saturdays, giving all the teachings of Master Kumar.
- We are giving public classes on Sundays before or after the full moons each month, about issues that Master Kumar gives us through his lectures; we do the following meditation the same day with the public: Meditation with Master CVV; meditation on the planets (Neptune, Uranus and Pluto); meditation Prayer for Peace, and the meditation for redirecting money for spiritual purposes, given by Master DK.
- We meet at important dates for the WTT such as spiritual festivals, Wesak, May Call Day, December Call. etc
- Every Sunday we meet at 5:30 a.m. to 7:30 a.m. to perform group meditations; we are working with the purpose of making contact between human and devic nature.
- We meet on Friday afternoon for a spiritual service with the Count St. Germain. We teach children in this service.
- We give the tenth and services to various people who need it; it is for us a very important part, the help to those who need it.

Picture to the Month of Pisces

Pisces - The Spiritual Waters of the Sky



In Pisces we have the spiritual waters, the waters of the sky that are in a continuous flow. When we say “waters of the sky”, people think of the waters which are in the clouds. That are not the waters of the sky mentioned by the scriptures. Water in its subtlest form is electricity. So you have electric fire in Pisces also. That is why it is called a spiritual sign. Saraswathi is the one that conducts the flow from up above to down below, and all movement of all beings, be it horizontal or vertical; all movements of the planets and even the movement of the sun around the central sun. It is all arising out of the flow, just like we see the flow of things in a river. You can visualise a circular flow of the energies in creation, which is called the wheel of creation.

Dr. K. Parvathi Kumar: Seminar Saraswathi - The Word, Rigi 1999s

Book Review

Vishnu Sahasranama



Vishnu Sahasranama means “The Thousand Names of the Lord” and represents the quintessence of ancient Indian thought. The text of this Scripture is the 13th book in the great epic poem of Vedic literature, The Mahabharata, composed by the sage Veda-Vyasa, a contemporary of Lord Krishna, more than 5000 years ago. The word meaning for each of the stanzas is described, followed by a lucid explanation which utilizes the etymological, astrological and spiritual keys to bring out the significance of each of the 1000 names of the Lord.

Ekkirala Krishnamacharya: Vishnu Sahasranama

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

Download : http://worldteachertrust.org/_media/pdf/en/ek/vishnu_sahasranamam.pdf

OM



OM is beyond the three qualities. OM details into the triple sound A U M. A stands for the Will, U stands for Love and Wisdom, M stands for intelligent activity. Continuously contemplate upon OM which enables the realisation of Oneself as OM. Therefore, continue to contemplate upon OM.

The book “OM” contains teachings on OM, which have been propounded by Dr. K. Parvathi Kumar in the Vaisakh

News Letters.

K. Parvathi Kumar : OM

PDF:http://worldteachertrust.org/_media/pdf/en/teachings_of_master_koot_hoomi_2.pdf

Astrological Important Days in February/March 2019

19.02.	00:04 ☉ → ॐ / Sun enters Pisces	
♂	16:53 ☾ Full moon of Pisces	☉ 00°42' ॐ / ॐ 00°42' ॐ
26.02.	00:17 ☾ 8 th phase of descending moon starts	☉ 07°03' ॐ / ॐ 01°03' ॐ
♂	(End 27.02. at 00:51)	
01.03.	04:09 11 th phase of descending moon starts	☉ 10°14' ॐ / ॐ 10°14' ॐ
♀	<i>Contemplation upon the healing energies</i> (End 02.03. at 06:34)	
04.03.	07:40 23 rd constellation <i>Dhanishta</i> starts	ॐ 17°27' ॐ
ॐ	21:00 Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends 05.03. at 10:47)	
05.03.	14:37 Phase of new moon starts	☉ 14°41' ॐ / ॐ 02°41' ॐ
♂	New moon point of Pisces: <i>Contemplation upon 'The Pledge'</i>	
06.03.	17:04 ● New moon of Pisces	☉ 15°47' ॐ / ॐ 15°47' ॐ
11.03.	1940: Master MN left his physical body	
13.03.	23:53 ☽ 8 th phase of ascending moon starts	☉ 23°04' ॐ / ॐ 17°04' ॐ
♀	(End 14.03. at 22:51)	
16.03.	19:03 11 th phase of ascending moon starts	☉ 25°52' ॐ / ॐ 25°52' ॐ
ॐ	<i>Contemplation upon the healing energies</i> (End 17.03. at 16:21)	
17.03.	1984: Master EK left his physical body	
20.03.	06:15 Phase of full moon starts	☉ 29°18' ॐ / ॐ 17°18' ॐ
♀	<i>Contemplation in the headcenter upon Shambala, Sanat Kumâra, the six Dhyâni Buddhâs, Râma and Master Morya</i>	
	22:58 ☉ → ॐ / Sun enters Aries	
	Spring Equinox: <i>Contemplation upon Shambala, Sanat Kumâra and the six Dhyâni Buddhâs</i>	
21.03.	02:43 ☾ Full moon of Aries	☉ 00°09' ॐ / ॐ 00°09' ॐ
27.03.	16:25 ☾ 8 th phase of descending moon starts	☉ 06°40' ॐ / ॐ 00°40' ॐ
♀	(End 28.03. at 18:04)	
30.03.	22:53 11 th phase of descending moon starts	☉ 09°54' ॐ / ॐ 09°54' ॐ
ॐ	<i>Contemplation upon Master Morya</i> (End 01.04. at 02:34)	
31.03.	<i>Birthday of Lord Hanumân</i>	
☉	Summer time starts (02:00 h CET → 03:00 h CEST)	
	15:17 23 rd constellation <i>Dhanishta</i> starts	ॐ 17°28' ॐ
	21:00 Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends 01.04. at 18:24)	
04.04.	09:21 Phase of new moon starts	☉ 14°14' ॐ / ॐ 02°14' ॐ
ॐ	New moon point of Aries: <i>Contemplation upon 'The Pledge'</i>	
05.04.	10:50 ● New moon of Aries	☉ 15°17' ॐ / ॐ 15°17' ॐ
♀	☉ in ॐ and 1 st - 14 th phase of ascending moon: <i>Contemplation upon Master Morya and 15 days yogic programme to lay down a good seed for the coming year</i>	

All times until 31.03. are in CET (Central European Time)/UTC+1 (Universal Time Coordinated plus 1 hour), later in CEST (Central European Summer Time)/UTC+2 (Universal Time Coordinated plus 2 hours);

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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