

Vaisakh News Letter



HAMSA SIVA SOHAM



Sagittarius 2019 Dhanus

Letter No. 08 / Cycle 33 – 22nd November until 22nd December 2019
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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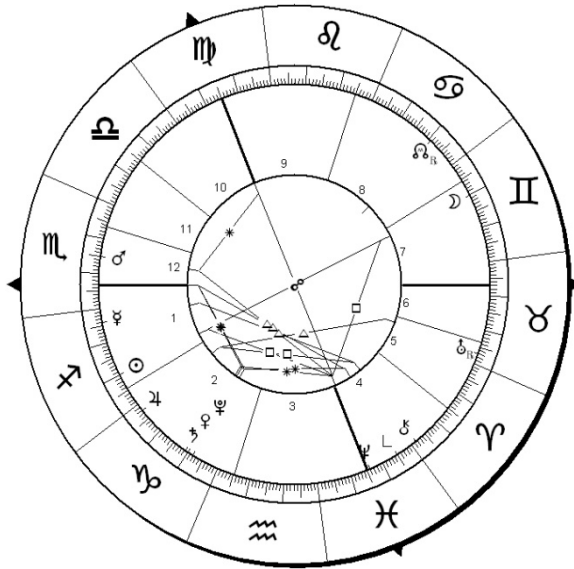
Dr Sri K. Parvathi Kumar is President of the 'World Teacher Trust' and Founder of the 'Vaisakh Newsletter'. The Teachings given in the name of the Masters are all seed thoughts expressed by them. They are elaborated and described by Dr Sri K. Parvathi Kumar for easier comprehension of an average group member.

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Prayer of the Year 2019-2020

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



Full Moon of Sagittarius, 12 December 2019, 06:12 h

Message of the Month of Sagittarius ✈

Think of the archer aiming at the noble task. Sagittarius demands to set noble targets to personality and strive to achieve them. Fire is the element that rules this sign. The good deeds of the man's past generate the needed fire to bend the bow, to pull the string, and to release the arrow accurately and precisely to reach a farther distance and hit the target. The strength of the past deeds is further supplemented by the presence of Jupiter, who acts as one's own guru. Note that Jupiter rules Sagittarius. The fire of aspirants generated from their past deeds and the strength of the guru enable chasing any task and fulfilling the surrounding life. Such was the life of Arjuna who was a true Sagittarian who was full of fire generated from the acts of goodwill. He was ably aided by the World Teacher Krishna who played the role of the teacher. May the aspirants emulate Arjuna.

Sagittarius is also a storehouse of healing. Healing of higher order that bridges earth and heaven is also part of Sagittarian activity. The bow symbolically indicates the sacred, ever-humming sound OM. Relating to OM as is being uttered forth within the being enables descent of higher and subtle energies which can be gainfully employed in healing the sick and treating the weak.

A Sagittarian is required to locate the placement of Jupiter in his birth chart and relate to its centre in his spinal column. He is also recommended to relate to the transit of Jupiter and its centre in his spinal column and utter forth the Jupiterian sound Kam or its variable Gam. May the readers be blessed with the Sagittarian energy for further fulfilment.





Message of the Teacher

Comforts

There is no end to comforts of life. They continue to multiply according to the wallet. The orientation to comforts subtly conditions the cycle and makes it rigid. The rigidity of the rich and the powerful is on account of the surrounding comforts and luxuries.

A saintly life is unmindful of comforts. While it is not averse to comforts, it does not bend itself to comforts.

Hug not to wealth and to power if you wish to walk the path of saints.

Utterances of Lord Krishna



A knower tends to be a teacher,
As he demonstrates equanimity in action.
A teacher discourages actions
Which promote fickle mindedness.
(3-26)

Know the secret of nature.
It works through beings, with its three qualities.
The ignorant beings think that they are active.
The truth is, nature is at action.
(3-27)



Lord Maitreya

Maitreya Community

Will to Dare

We do not entertain nor allow our associates to entertain blind beliefs. All such beliefs are based on ignorance and fear. A belief has to be analysed and be understood; it should not be entertained out of fear. Elimination of fear should also be attempted and efforts be made. Fear inhibits and does not let the being grow. An analytical approach opens doors for courage and to think afresh. The path to truth is an adventure by itself. Adventure requires an instinct to dare. Those who dare overcome themselves to find the needed fulfilment. No man ever turned himself into a master without demonstration of the will to dare. Creativity sets in when one dares and opens doors for multiple opportunities to move forward.

Thinkers plunge into action. Think not too much. Instead, act with what is already known. It leads you to better states of being.

We do not need more thinkers; we need those who are willing to act upon whatever is known. When thinking is not balanced by action it tends to be an infection and even cause an epidemic. Let the members of our community balance their thought and action.

Master Morya
Maruvu Maharshi

Boredom in Children



Not infrequently a child remarks “It’s boring grandpa!” When grandparents listen to such words, they have to be alert enough to review the thoughts that they generate at home. A child is light-hearted and loving by nature. How could his energy be affected by boredom? It could many times be due to the heavy ambience at home generated by the elders. The thoughts of the children are like the sparrows that move swiftly and joyfully while that of the elders could be heavy, dull, and can even be blank, like the bats hanging around the corner. The elders have to ensure that they do not harbour bat-like or vulture-like thoughts. They would do well to participate in the activity of children to shun their heaviness and to make light the ambience at home.

Let no child ever complain of boredom. Admonish yourself when you hear such words.



Master Koot Hoomi
Devâpi Maharshi

Sambala 19

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

Sambala is the inspiration and is even the breath of ashrams on the planet. The ashrams relate to Sambala and draw the needed energy, the will, and the knowledge to act. Sambala is an unlimited house of power and knowledge. It acts through the ashrams. If necessary, it acts by itself. When there is global crisis and when the ashrams cannot cope up with the crisis, Sambala sets in to redress.

Sambala also plunges into action to stimulate the evolution of beings. When it does so, there would be an action of destruction followed by reconstruction. Every resurrection is preceded by a death. Fresh health is through cured sickness. Sambala does not hesitate even to surgically strike and heal the saved parts of life.

The dissolution of Atlantis for the birth of Aryans is but the greatest surgical action of Sambala. It saved the desirable seeds of humanity (sishtas) and eliminated the undesirable (dustas). The bad seeds of dustas are repaired in the transit house and are sent back into the world. Yet around the core of the dustas the evil remains and springs back through time. It is expected that in the meanwhile the sishtas gain adequate strength to resist the evil and shut the doors on it.

Sambala does this work with much patience for it knows the strength of evil. It works out for gradual weakening of the evil.

Message of Master E.K.

The Travel



Know that the groups of aspirants are all in a travel. Each group is but a compartment in the train. All groups are led by one engine. All groups are led by one teacher, the World Teacher, just like all railway compartments are drawn by one engine. The passengers in the compartments sometimes may change the compartments, yet they are travelling. Once they are in the train, which is ever moving, they cannot detrain them-selves. That is the beauty of the travelling.



Master CVV-Yoga

Aphorisms to Disciples 19

57. Hold on to goodwill if you can. Note that goodwill is your choice - it is not imposed from outside, it is posed from within. Therefore, it is called imposed (in-posed). Having decided upon goodwill, hold onto it and I support you and fulfil you. Normally, you do not perceive my support. It is inconceivable and many times imperceptible. I care not even if you do not perceive and conceive my support. I want you to be fulfilled. Therefore, my instruction to you is to invoke Me twice daily.

Vidura

Teachings of Wisdom



The food that is well digested,
the lady that is well behaved,
the warrior that wins,
and the aspirant that realises truth,
are honoured.

PRACTICAL WISDOM

Those who know
the Truth
can experience
the change in their duties
as happiness.

Master EK.



Saraswathi

Suktam 4
The Ability to Assimilate

PRANO DEVI SARASWATHI
VAJEBHIR VAJINIVATHI
DHI NAM AVITRIYAVATHU

May the flow of the Word
whose speed and assimilation
is immeasurable
preside over our wills and
protect us through and through.

“May the flow of the Word, whose speed is immeasurable”

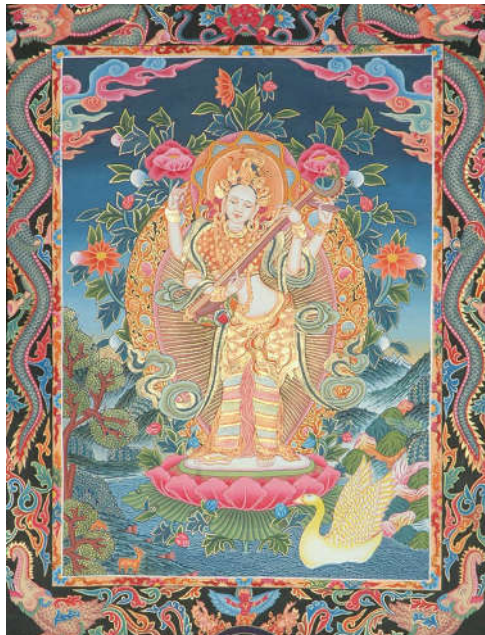
This idea of velocity is often repeated in the hymn, to remind us of our capacity to be anywhere in the Universe through the means of the Word.

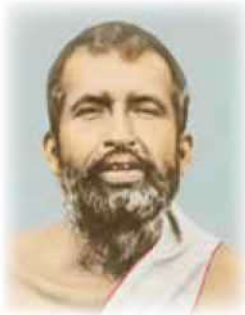
The name Saraswathi signifies “the flow of the Word”. Every river is seen as Saraswathi because of its visible flow and speed. The Sanskrit word for this is Vajinivathi. The Seers desire to establish in us, that it is the potential of the Word, that enables us to be anywhere, at will.

The ultimate awareness has no distance and time. It is timeless and distanceless. It is neither near nor farther. It has neither past nor future. It is present everywhere and every time. It is all comprehensive and all assimilative. It is here, there, and every-where. It was, is, and will be. It is One permeated Be-ness for eternity. Such is the Word’s speed and assimilation. It is too abstract to comprehend until our ability to assimilate the potential of the Word improves.

This hymn, thus, introduces another characteristic of the Word that is, the ability to assimilate. When the ability to assimilate has reached its limit we resist, and sleep is the result. Once our assimilation is complete, we stop sleeping. A seer or a yogi never sleeps, he only gives rest to the body. This ideal of assimilation can be bestowed by the Word. An appropriate incantation of the Word, carried out regularly, increases our ability to assimilate, to comprehend and to realize.

Assimilation is twofold: assimilation of knowledge and assimilation of food. Working with the Word generates both. If we are not hungry at the right moment, it means that the assimilation of food is not good. There are Seers who demonstrated limitless eating. There are Vedic scholars who eat ten times more than what is normal, and their voice does not require amplification. When they start chanting, the amplification system has to be switched off. Their chanting can reach a group of five thousand people without the help of any amplification.





Srî Râmakrishna

The Lord's Will must be Done

I see that I have become one with my Divine Mother once and for all. Said Radha to Krishna, "Abide Thou, O Beloved, within my heart and appear to me no longer in Thy human form."

But she soon yearned to see the form of Krishna again. Her heart panted and struggled for a sight of her Beloved.

But the Lord's will must be done, and for long time Krishna did not appear in bodily form to her.

PRACTICAL WISDOM

Silence leads to
Presence.

Presence absorbs
you into itself.

Master EK

On Secret Doctrine

Fire



Students may note that fire is not an element but a divine thing. The physical flame is the objective vehicle of the highest spirit. The fire elementals are the highest. Every-thing in this world has its aura and its spirit. The flame you apply to the candle has nothing to do with the candle itself. The aura of the object comes into conjunction with the lowest part of the other; granite cannot burn because its aura is fire. Fire elementals have no consciousness on this plane. They are too high reflecting the divinity of their own source. Other elementals have consciousness in this plane as they reflect man and his nature. There is a very great difference between the mineral and vegetable kingdom. The wick of the lamp for instance is negative; it is made positive by fire, the oil being the medium. Ether is fire; the lowest part of ether is the plane that you see. Fire is divinity in its subjective presence throughout the universe. Under other conditions this universal fire manifests as water, air, and earth. It is the one element in our visible universe, which is the kriya shakti of all forms of life. It is that which gives light, heat, life, death etc. It is even the blood in all its various manifestations. It is essentially one.

The pillar of fire, the burning bush, the shining face of Moses are representations of fire. Fire is like a looking glass in its nature and reflects the beings of the first order of subjective manifestations which are supposed to be thrown onto the screen of the first outlines of the created universe.

Fire in the grossest aspect of its essence is the first form and reflects the lower forms of the first subjective beings which are in the universe. In the air we have millions of living and conscious beings besides of our thoughts which they can catch up. The fire elementals are related to the sense of sight and absorb the elements of all other senses. Thus, through sight, you can have consciousness feeling, hearing, tasting, etc., since all are included in the science of sight.



Saturn

Transformation The Steps of Transformation 2

Normally man tries to avoid uninteresting, unpleasant and unhappy experiences. This shows the innate weakness in the psyche on the mental levels of man. The only way out of this weakness is to face the limitations and transcend them. There is no short cut. That which is unpleasant, we should try to accept, because by accepting it we grow. Saturn therefore, throws man into his own required experience. When a disciple wilfully begins to retrace his path of karma by approaching the series of necessary experiences, the role of Saturn upon his lower nature ceases. That means, when there are unpleasant situations, we should not run away from them. We should 'stay put' and work with them, then we will be able to neutralise karma. Until we reach this state, Saturn plays the necessary havoc. Till we accept, he plays havoc. The moment we are able to accept, he becomes our guide! To a mundane man he creates troubles only in such aspects of his life, in which he is most sensitive. He will touch such points, where we really feel troubled. He will not touch other points, but only our weak spots. Wherever we are strong, he will not touch. Wherever we are weak, he will touch and say, "How do you like it?" If you like it, he will give some more, and more, and more, until finally when he will say, "Okay! You are through. You can go into the next hall."

If a man cares too much for money, he will start worrying about failures and impediments in his financial aspects. Similarly, if we like a person too much, a separation from that person is bound to follow. In this way, man is chased by Saturn from one field of activity to another until he has grown beyond and above such mental attachments. That means, he will evaporate all the sticky material in man. Wherever we are sticky, he will chase us. When once the sticking material is exhausted, he will say, "Okay, now you proceed." But he does it in slow doses, it is not done at a time. If it is done at a time, we cannot

stand it. So, he does it every 30 years, when he conjuncts our birth-moon. He also does it in a smaller measure, every 7 1/2 years, as he squares our moon or opposes it through his transits. Transit Saturn making aspects with our birth houses and planets is a study recommended to all the aspirants.

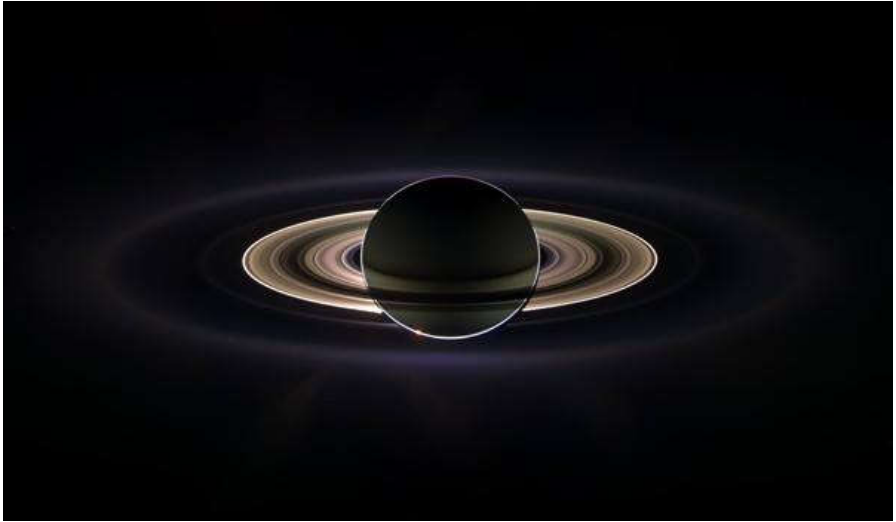


Photo: Nasa

Discipleship

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

Depression

When we touch upon the subject of depression, we are dealing with something so widespread that few escape its attacks. Individuals take an exaggerated view of their troubles. They feel they are tried to the limit of their capacity. Yet, in the light of the woe of countless millions most of us have little whereof to complain; our lives hold nothing comparable. We have no lack of life's necessities and know not cold, starvation, or a future which holds nothing but further agony. We are not wracked with pain, nor do we have to look at the pain of others. We have loved ones, friends, and an occupation wherein we can serve humanity. Specify the nature of your grievances against life and your paralleling sources of content. Compare your life, your possibilities, and your environment with that of others.

Depression is like a fog, and makes it impossible to see clearly, walk surely, and know reality. Undue concentration upon the foreground and upon interior states or moods characterizes most people. This must be overcome. Just as long as a man centres him-self in and identifies himself with his emotions, just as long as he interprets life in terms of his moods and feelings, just as long as he reacts to fear and desire, just so long will he have his moments of depression, despair, self-pity, discouragement, and self-condemnation. These unhappy states are due to emotional delusion which distorts, reverses, and deceives.

A disciple



The Teacher

61. Chandra Surya Chidagni Mandala Manditam

The light (fiery consciousness) that illumines the moon, the sun and the central sun

The Teacher is but light that shines forth as triple light. The triple light in creation is the light of Agni, the light of Surya, the Sun and the light of Chandra, the Moon. The triple light is also explained as the triple fire. In this the first fire is the cosmic fire representing the cosmic will, the second fire is the solar fire representing the soul, the third fire is the frictional fire representing the form-attaining principle of matter.

Man is also made up of these three. His body is formed by frictional fire or the light of Chandra. He is the soul shining as Surya. The soul is but in the body, while Agni or the central sun or the cosmic fire is within and beyond the body and is referred to as the Divine in the body. This is symbolically presented as

- a. Chariot of Arjuna, the body
- b. Arjuna seated in the chariot, the soul
- c. Lord Krishna presiding over the chariot and Arjuna

The chariot represents the Chandra principle, Arjuna represents the Surya principle and Krishna represents the Agni principle. Krishna holds the reigns of the chariot and leads Arjuna to liberation.

The Teacher is like Krishna, the student is like Arjuna and the chariot is like the body of the student. The student would do well to offer his chariot and also offer himself to the Teacher, just like Arjuna did. He requested the Lord to stay in his chariot and pre-side over him and his chariot.

Every student has to submit himself and his body to the Divine in himself who is the eternal Teacher. Then the Teacher like Agni pervades the soul and the body of the student and fulfils the student. Such is the work of the Divine and such is the work of the Teacher who shines forth in all the three worlds and liberates those who offer themselves totally and unconditionally.

A student who seeks Truth may or may not have found a Teacher to offer

himself so very completely. Such ones are recommended to offer themselves to the Divine in and around them until they find a Teacher acceptable to their conscience. When there is a sincere, earnest and fiery yearning to reach the Divine, the Divine generally sends a Teacher. Once in a way the Divine directly unfolds. The latter is by exception, the former is the general tradition.

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



Kapila

The Steps, Part 7



19. Fiery aspiration continues throughout the practice, culminating in the emergence of light due to interaction of the fire of aspiration with the air of the breathing. The emanation of light enables equilibrium between the forces of inertia and dynamism. The absorption of mind with senses and respiration into pulsation and subtle pulsation culminates in to the state of being. The effort ends. The being remains. It is called the Samadhi.

Yoga student holds his own views and viewpoints during the practice. But as he starts living in Yoga, the views and viewpoints disappear and the vision remains. Vision is completed viewpoint. It has no loopholes in it. This vision leads to bliss within and happiness outside. The 'man in God' slowly thus transforms into the 'God in man'.



Ashram Leaves

The Lost Child

It is easier for the father to find the child who is lost (into the creation), than for the lost child to find the father.

It is easier to travel to any point on the circumference from the centre, than to reach the centre from the circumference.

A bird's eye view is comprehensive and complete. The viewpoint of the earthy is but a fragment of the truth.

Identify with the Father, the centre in you to gain the bird's eye view - avoid crawling with viewpoints around the circumference like a lost child.

PRACTICAL WISDOM

Change disturbs
the Balance
but
leads to a
New Balance.

Lord Dattatreya

Guru Mantram 2



In such advanced contemplation the permanent atom (individual soul), ascends unto the Ajna and exits out of the body into the expanse of blue in his own miniature form (of the size of the thumb, angusta). Thus, one overcomes the bodily limitations. Thereafter he enters into and exists from the body freely as if he is entering into his dwelling house and exiting it. He, thus, realises that the departure from the body is not death to him. It is only a departure into a different state but he verily exists.

Ramayana, the epic, contains all the secrets relating to this yoga. Lanka, in the Ramayana, is symbolic of the body, the 3 brothers in Lanka represent the 3 qualities, Ravana as dynamism, Kumbhakana as inertia and Vibhishana as poise.

Only the poised one escapes from Lanka, the body, while the other two destroy them-selves in Lanka and even Lanka gets destroyed. Hanuman, the Monkey God, is the Sat Guru who enters into Sri Lanka, inspires the soul, Sita, and exits Lanka, the body.

A Sat Guru can enter into his disciples bodies and inspire them. Such are the potentials worked out by the mantram. As the student invokes the mantram, the presence of the Sat Guru emerges from within, conducting the necessary adjustments in the student and assists the required transformations.





Fire

Detailed Explanation 4
IV. Offerings to the 10 Directional
Cosmic Devas 3

OM ISHANAYA SWÂHÂ. ISHANAYA IDAM NA MAMA

Offering to the Lord of NORTH-EAST, ISHANA.

ISHANA is the Master of the Universe. The other name is ISHVARA. He is the Master of Consciousness in us. The Lord in us. He is the God in man. He exists at the top of the forehead.

OM INDRA VISHNAVE SWÂHÂ. INDRA VISHNAVA IDAM NA MAMA

Offering to the Lord ABOVE, INDRA VISHNU.

INDRA VISHNU is the Vortex above the head. He presides over the North Pole. He is the President of all the Directional Devas.

OM AGNA VISHNAVE SWÂHÂ. AGNA VISHNAVA IDAM NA MAMA

Offering to the Lord BELOW, AGNA VISHNU.

AGNA VISHNU is the Lord of the Netherworld. He is the Corner Stone. He is the base. He is the Foundation Stone of every formation. He is the South Pole. He exists in the vortex of the South Pole. In us he is below the feet.

Rudra The Lord of Cosmic Will and Vibration

A Few Dimensions of Rudra 12 Mantri



Mantri means the one who protects those who work with mantra. Rudra protects, from the heart lotus, those who worship, contemplate, meditate, chant mantras and do other mental practices to attune to the Divine. He functions through all the teachers at all levels.



Sanat Kumara

Fulfilment

Similarly, the one in whom consciousness unfolds through the personality remains contented at all times. He is not in wanting of anything. Since he is filled with consciousness, he is naturally fulfilled. A fulfilled one is not in want of something from the world. Indeed, many are the gifts that come up to the sincere student who wills to observe consciousness at all cost in all situations. It is futile to attempt to fulfil oneself with money, power and worldly positions. To the man who turns towards the world for fulfilment, it remains a never-ending pursuit. It is like running after a mirage. Turn inward, find consciousness - which you are. Turn outward and observe consciousness in all that surrounds you. This is the way to fulfil the purpose of life. This is the ritual. This is the routine of the day.



From the Teacher's Pen Questions and Answers

Benefits of Seventh Ray Activity

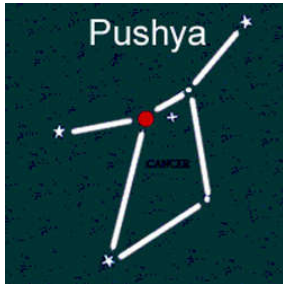
Question: Dear Master, you introduced seventh ray activity into the groups. What are its specific benefits to aspirants?

Answer: Dear brother, the seventh ray activity of rhythm in thought, speech and action:

- a. Brings into being upon the mental plane recognition of the soul and the mind.
- b. Produces a measure of order in the emotional process bringing in a balance between thought and emotion and transforming the emotion into devotion. It aids the work of second initiation.
- c. Enables the aspirant to establish certain service relationships to learn the practice of elementary white magic.
- d. Demonstrates of the first stage of truly creative love.
- e. Sets a foundation to the aspirant for the successive initiations.

The Wisdom of Nakshatras

Star 8: Pushyami



Pushyami, the eighth star of constellation, is also known as Sthishya. Pushya means nourishment, Sthishya means onlooker. In the human body it represents the food pipe that fulfils the stomach and nourishes the body. Stishya bestows an ability to witness, to look around and to get informed. Blue sapphire, which is symbolic of the clean and pleasant energy, truly represents Pushyami. This

pleasant bluish white is attributed to the pleasant look of the Mother. Since it is the eighth star the ruling planet naturally happens to be Saturn, which also corresponds to blue sapphire. The symbol of Pushyami is given as a fully bloomed flower, a healthy udder of cow, and the lunar disc rising from the sea on the full moon evening. Pushyami is light and swift. Its main characteristic is to fulfil the surroundings.

Since this constellation falls in Cancer, the Pushyami native jumps at an opportunity impulsively and gets committed. The natives look very positive outside but entertain much caution, doubt, and even scepticism inside. They respect others, they do not stop at it, and they expect respect from all. Criticism affects their ego fast and they get deflated very fast. The water dimension in relation to this constellation should be taken particular care of. Their associations have a dominant factor on them. The natives of Pushyami embark upon projects which are slightly beyond their capacity, they stretch themselves to achieve, and they have adequate will to overcome obstacles.

The deity that rules Pushyami is Brhaspati (Jupiter), the teacher of the celestials. The natives of Pushyami can well relate to the wisdom of God and of heavens. With Jupiter as the ruling deity, prayers and rituals bring many blessings to the natives. Meditating upon the divine mother would be most propitious; it brings much peace and prosperity in life. Saturn as the planetary

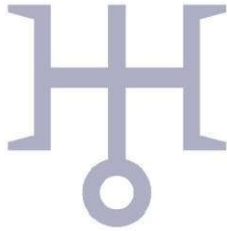
ruler and Jupiter as the presiding deity is an excellent combination for attaining knowledge in depth. Following panchanga, the almanac, is strongly advised to these natives.

The natives of Pushyami generally take birth in a family with wealth and prosperity. Pushyami falls into the category of very auspicious constellations by virtue of Jupiter being its deity. Moon also impacts Pushyami since Pushyami is within the ambit of the zodiacal sign Cancer. Jupiter and Moon together provide the necessary growth and expansion, while the ruler Saturn gives the needed stability and consolidation. Natives of Pushyami are willing for hard work and have a good disposition to help and serve people around. Thursdays are considered more auspicious for Pushyami natives for obvious reasons - Jupiter being the lord of Thursday. Another dimension of Pushyami is that it stands uninvolved, aloof like the sky which is not part of the activity of the other four elements. They stay away from conflicts and do not gather many crowds around their clear consciousness. They prefer to be alone if time and place permit.

The weaknesses relating to this constellation are impulsiveness, undertaking heavier jobs than their capacity, doubtfulness, excessive cautiousness, can be easily deceived, and deep attachment to kith and kin.

The bird relating to this constellation is seagull and the tree is fig tree. The animal is goat, which is soft natured.





Uranus The Alchemist of the Age

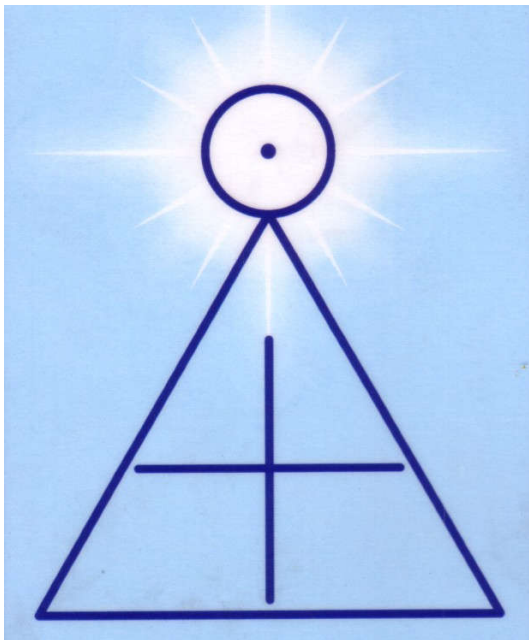
Introduction

Hearty fraternal greetings and good wishes to the brothers and sisters that are gathered here this morning.

I know that many have come travelling long distances. The travel has been twofold. And the distance covered is also twofold. The travel we speak of as the first aspect is the apparent external travel from India, Europe, Central America, North parts of South America and many parts of Argentina. There is also another travel which is covered - a long distance is covered; that is the travel of the individual soul in its urge to overcome the personality and arriving at such act trying to pick up implements to transcend the personality. This journey of the soul is hidden and is not capable of being measured. If we have gathered here it is due to one truth that there is the birth of consciousness in each one of us and we are trying to nourish and give strength to that consciousness to find its expression through the personality. The effort of the soul to express itself through the vehicle of the personality keeps every aspirant engaged in variety of activities with one goal in view that one day the soul would preside over the personality and that the bliss of life is experienced appropriately. And in this effort there is the winning and losing between the soul and the personality. Sometimes the personality wins and sometimes the soul wins - the ability to find friendliness between the two is what is called discipleship. The ability of the soul to bring around the personality is what is aimed at and for that purpose thousands of implements are found, informed and a way is given to be followed. The way is as ancient as the universe. It existed at all times and will exist for all times to come for the aspirants to follow. The way reveals itself when the aspiration is sincere.

In every group life implements are picked up to strengthen the soul so that it can find a better relation with its personality. As much as we find a better relation with our personality, so much harmony is gained within and outside.

As better friendliness is gained with the personality, there is the qualitative improvement in the vertical levels and concurrent improvement in the horizontal levels. As the soul gains greater ground vertically, inside there is more harmony horizontally with the personality and that manifests quality of Will, of Light and of Love. The soul gaining vertical ground enables manifestation of quality through the personality into the horizontal activity. The discipleship is measured in terms of vertical and horizontal qualitative improvements. As we bring more and more the soul quality into the personality, its fruits are seen as the harmony surrounding us. If there is much conflict that surrounds us and also encroaches into our personal life, it means that the tide of the personality has overtaken. And when there is absence of such conflict then it means the soul is tiding over the personality.



Master EK

Vishnu Purana Chapter XXVI

The Lokas 1



Maitreya said: "My Master! You have narrated to me about everything. Now, I want to know something about the lokas beginning with the Bhuloka and the Bhuva Loka. In the same way, I want to know the location and magnitude of the planets."

Prithvi

Parasara said: "That unit of space that is made brilliant by the rays of the Sun and Moon is called 'Prithivi' - the globe of earth which includes the oceans, rivers and mountains. Around the surface of this earth globe, it is surrounded by a portion of space and this portion, measured from end to end, is called 'the diameter of the Earth'. It is 100,000 links in length (one link equals 20 cm), i.e. the solar globe is one lakh links distant from the earth. The Moon is at almost the same distance from the Sun, thus the distance between the Moon and the Earth is negligible when compared with the distance from the Sun.

Ring of Nakshatras

Ten thousand links above the orb of the Moon, there exists what we call the 'Ring of Nakshatras'. Nakshatra' should not be confused with a star. Nakshatra means a unit of equal divisions of above-said ring. This ring of Nakshatras shines lighted by the heavenly bodies.

The Orbits of the Planets and Constellations

Two hundred thousand links above the Ring of Nakshatras you will find the orbit of Mercury. It is almost the same distance to the orb of Venus. The orbit of Mars exists as much below the orbit of Mercury as the distance between Mercury and Venus. Two hundred thousand links above Mars you will find Jupiter. Two hundred thousand links beyond Jupiter, you will find the orbit of

Saturn. One hundred thousand links beyond the orbit of Saturn, you will find the range of the Seven Stars of the Great Bear which has an expansion of 100,000 links. One hundred thousand links beyond the outer tip of the orb of the Seven Stars, you will find the Axis of Rotation called 'Dhruva'. It stands as the pillar around which all heavenly lights revolve. I have given you an idea of the magnitudes of distances, taking the centre of this Earth as the centre of measurement.





Paracelsus Health and Healing

Healing - Intelligent Balance

If we get back in time and go to the times of Hippocrates, there was not much science of health in the West though the science of health already existed in the East in the name of Ayurveda. During those times there was belief that sickness was God's fury on man. The priests were propagating such theories so as to hold people as their captives. Hippocrates was the one who brought in certain light into the area of health by stating emphatically that sickness was normal and had a normal cause. He was the first one to use the knowledge of natural sciences to cure illness.

Hippocrates always pointed out the importance of diet in the healing process, which seems to have been lost somewhere on the way during modern times in modern treatments. Today doctors believe more in medicine than adjusting food, its intake and quality. In one of the eastern scriptures it is said that there is no sickness that cannot be cured through adjustment of food and drink.

In his works on air, water and places, Hippocrates emphasized their importance and their effects on health. He also emphasized the effects of environment on personal health. Today there is little concern for environment. There is almost total lack of knowledge relating to use of water, air, places and environment for healing purposes. On the contrary, people hide themselves within heating and cooling systems. People cannot face either winter or summer or even rain. Health education is missing to drive people to brave into the natural environs. In underdeveloped and developing countries people are somewhat lucky that they do not get protected due to their inadequate wealth. The nature thus compensates by bestowing better health on them than on those who are in wealth. Wealth sometimes associates with sicknesses for this reason.

Hippocrates cautioned people that equilibrium of vital force should always be

maintained. He strongly suggested that one should ensure that his/her body is not too hot, too cold, too wet or too dry. His preventive approach to sickness was largely around appropriate diet, rest and exercise, besides intelligent use of air, water and environment.

It may look to be a paradox if it is said that in India even ten thousand years ago the science of health recognized the ill health as imbalance of rest, movement and poise, as imbalance of activity and inactivity, as imbalance of the inherent qualities in man. Man's energy functions as a triple. When will sprouts, energy becomes dynamic. When will recedes it becomes inert. In man, the will to desire to do, to accomplish, exists in varied ways. If will is over-active it leads to one kind of imbalance. If will is under-active it leads to another kind of imbalance. Men are over-active in some aspects of life and under-active in some other aspects of life. It therefore brings in a third kind of imbalance, which is an admixture of the first two, leading to a third kind. These three chief imbalances affect the rhythm of respiration and circulation of blood, the life force, in three different ways. Health measures were always seen as restoring the rhythmic balance. Inner balancing of life is given greater emphasis in the East, while outer adjustment to seasons and to the environment is given emphasis in the West. Acute and short durational sickness is attributed to disturbance of life from the outer, while chronic sicknesses are seen as disturbance from the inner.

To sum up: healing is seen as an act of balancing the life force to its normalcy when-ever it is disturbed either from inside or outside man. Doctors/ healers need to study the natural causes of imbalance before they treat. They need to understand the natural cause of imbalance in the patient, since the modern Father of Medicine says that sickness is from a natural cause. Such natural cause can be within or outside the patient.

Dr K. Parvathi Kumar

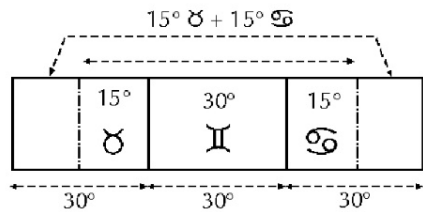
Extract from: Paracelsus - Health and Healing

Website: www.paracelsus-magazin.ch/en

Dimensions of Ancient Wisdom

Dr K. Parvathi Kumar
Group Life Teaching, Part 8
June 2018, Billerbeck, Germany

When we close Gemini, Taurus and Cancer become one sun sign. Then we become a zodiac of eight sun signs. The One whom we call the World Teacher or Lord Maitreya or the Christ is the One who holds a zodiac of eight sun signs. He does not have the passion of Libra, nor does he have the duality of Gemini. Two airs are closed by following the path of air. Aquarius, Gemini and Libra are the triplicity of air in the zodiac. If you close Libra, it will close Gemini. You are left with Aquarian air, which is only in the head.



When you are beyond the brow centre, there is no duality. When you are beyond the diaphragm, there is no passion. You can relate to objectivity, to Libra, you can relate to duality, to Gemini, but they don't condition you. Neither passion in the world conditions you, nor the duality of the world conditions you, when Pranayama is practised.

Therefore, we have to start with something, which is the foundation for our journey into the light.

We continue tomorrow. Thank you for your very dear presence. We are all so accustomed to each other that it becomes difficult not to meet. But we also will learn a new habit...

So, we shall now relate to the theme of Pranayama by which we try to express the energies of Libra in us and later we try to express the energies of Gemini in us, by which we stand in alignment with the World Teacher or the Christ or Lord Maitreya. Lord Maitreya or the Christ is the model whom we try to orient and to follow and in alignment to Him, our energies get reorganised. We get reorganised, when we relate to the humans who have perfected themselves. The humans who have perfected themselves stand as a good example for us to follow. Their lives demonstrate the teachings, and their teachings are very dear to us, not only to hold in our heart, but also to follow in slow degrees.

Relating to a Master of Wisdom whose deeds, whose speeches and whose form

magnetises us, is by itself a facility for self-mutation, transformation and transfiguration. Since there is a Hierarchy of Masters on the planet, we are drawn to a Master of Wisdom or more of them or to the entire Hierarchy as such. The Hierarchy on the planet representing the humans and who cooperate with the Devas to fulfil the divine plan on earth. Man is in the material world to serve the fellow beings and to uplift the fellow beings. In serving and uplifting the fellow beings, man finds his fulfilment. The key to man's fulfilment is in the service of the fellow beings, not in his self-satisfying practices.



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

Stories for Young People

On Service

A Teacher's life is full of dignity,
due to the Service he demonstrates.
There is no dignity in vanity.

8. The Gift

Yussef and Khalil were young immigrants in America. They had high goals and little money to realize them. One day they were invited to dinner. The host wanted to celebrate his upcoming wedding. The friends consulted. Khalil did not want to accept the invitation; they could not buy a gift. But Yussef persuaded him to come with him. He was confident that the host would be delighted to see them both.

After dinner, the guests were asked to tell stories.

Khalil was chosen as the narrator. Yussef encouraged the shy friend to tell of an ancestor from Lebanon. Khalil told of his great-great-grandfather:

"He had the habit of never leaving his house without his sword. Once all the villagers were asked to come to the church. The bishop had given the church pictures of the suffering of the Lord Jesus. Gibran came to the church and listened with the others to the parish priest's explanations: 'The first picture shows Jesus being captured by soldiers'. Gibran reached for his sword, he controlled himself laboriously. The priest further explained: 'The second picture shows Jesus being abused by a soldier'. Then Gibran called out: 'No one here in the village will do harm to my Lord.' He took his sword, beat the soldier and smashed the glass, the frame and the picture."

The audience was delighted with the story. The host presented Khalil a box of sweets to thank him. The friends shared the contents and went home doubly rewarded. In the future, Khalil Gibran expressed his ideals through stories that inspired people all over the world (including: *The Prophet*. 1923).



Narrated after Jean Pierre Dahdah: Khalil Gibran. A Biography. Translated from French to German by U. Assaf-Nowak. Düsseldorf 1977, p. 255f - with further references.

Window to World Service
News & Activities
 (Inputs welcome)

Argentina

Name of the Group: Litoral Group

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

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

Activities, Part 2:

9) Meditation for the Argentine Republic once a month when the New Moon of the Country is produced.

10) The School of Astrology "HIPATIA" has as purpose:

- To study the great laws of the Cosmos in order to ignite the flame of creativity, of beauty, in order to reach the Infinite and its rhythms.
- Cooperate for the construction of the highest spheres of planetary and cosmic life.

The studies of the School of Astrology Hipatia are based on the teachings of Master Djwhal Khul, the Tibetan; Master Ekkirala Krishnamacharya and Master K. Parvathi Kumar.

The work that is done is intended to bring heaven and earth closer together, marking the energy that radiates the 7th Ray - "the upper and the lower unite and the spirit radiates form.

We form a triangle of focusers and our meetings are held on Tuesdays.

In 2018, we make presentations on the following topics:

- a. Equinox and solstice: the universe and its rhythmic heart (March).
- b. Admirable new earth: Uranus and the orbit of the celestial heart (May).
- c. I see a house illuminated between floods and caves (July).
- d. Virgo: the exquisite jewel - the Mother (August).
- e. Equinox and Libra: cosmos and mutuality (September).
- f. Sagittarius: hierophant of the mysteries of the Temple (November).

We elaborate analysis on the aspects formed in the sky during all the new and full moons, presented in the meetings of meditations of the moons organized by the Litoral Group. These analyses were also posted in different groups of Whatsapp of the Grupo Litoral.

We also analysed in texts posted in this group the great astrological-astronomical events of the year, including meteor showers.

We have a group of WhatsApp, a page of the group of the School in Facebook. We participate in some Fire and Water Rituals, some meditations of the New and Full Moons.

11) Healing Group:

The "Cuna" Healing Group has been working consecutively for 5 years. Today it is made up of 20 people. Some do it in a subtle way sustaining the healings at a distance and others in a face-to-face way. During 2018 we interceded in the participation of AIS (International Association of Sintergetics) in the end of year activities of the WTT in India.

Three "Hands for Healing" Workshops have been offered and are open to the general public.

The members of the group have offered a Talk together with the group of the School of Expansion of Consciousness called "The Magic of the Heart in your Hands".

Some of us participated in the International Healing Caravan held in Peru.

We actively participated in the Five-Year Plan organized by AIS, adhering to the work with the element Earth during 2019, declared Year for Peace.

The "Spiritual Healing Course" was held in the Theosophical Library of the City of Buenos Aires, and the study and meditation service groups continue.

12) Consciousness Expansion School:

It offers monthly classes for all the public, on varied and different subjects, always related to the spiritual formation of the assistants.

From 2018 it also incorporated the celebration of solstices and equinoxes during the year.

Picture to the Month of Sagittarius

Sagittarius - The Axis of Rotation

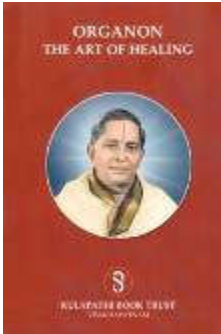


Manu and Sanat Kumara have a correspondence with the head centre of every one of us. For example, the north pole of our earth has its correspondence with our head. The south pole of our earth has its correspondence with our coccyx and the whole vertebral column has its correspondence with the axis of rotation of our earth. And what the Masters do in their meditation is, they direct their disciples and followers to make a meditation daily through a process of what they call superimposition. That is, they imagine themselves occupying the whole earth from head to their tail and then meditate the north pole in their head centre and south pole in their coccyx and gradually they make a contact on higher planes with the corresponding points of the earth's axis of rotation. And they receive a contact with the seven centres in their vertebral column and gradually the sub-centres also. While doing so they will experience the consciousness of the various continents of this earth and the various races and nations and their collective minds on this earth. This is one of the regular meditations of the Masters and their disciples.

E. Krishnamacharya: Overseas Messages II: Advanced Astrology

Book Review

Organon - The Art of Healing



Homoeopathy is a human science allied to the principles of nature. It helps rectifying the behaviour of the persons, restores clear understanding, and establishes sound relations with friends and relations. Its aim is to free the person from unwanted thoughts and haunting impressions of personal life which lead to serious diseases. The book "Organon - The Art of Healing" by Dr Ekkirala Krishnamacharya gives you all the clues of self-rectification, rules for maintaining health and the various causes of diseases, together with the process of treatment to cure diseases.

E. Krishnamacharya: Organon - The Art of Healing

Info: Kulapathi Book Trust, kulapathibooktrust@gmail.com

Messages of Master EK



Courage, discrimination, purity of mind and quietude are inborn qualities of an aspirant standing at the door of initiation for discipleship. They are the result of actions of goodwill rendered in the past life. Goodwill in action leads one to the Path. As much as one demonstrates goodwill, so much he progresses. The Path suddenly disappears to those who entertain malice.

The book "Messages of Master EK" contains 108 teachings of Master EK, which have been propounded by Dr K.

Parvathi Kumar in the Vaisakh Newsletters.

K. Parvathi Kumar: Messages of Master EK

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

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

Astrological Important Days in November/December 2019

22.11.	04:31	11 th phase of descending moon starts ♀	☉ 29°31'♍ / ☽ 29°31' ♏ <i>Contemplation upon OM NAMA ŚIVĀYA</i> (End 23.11. at 01:54)
	15:59	☉ → ♊ / Sun enters Sagittarius	
		☉ in ♊ – Every morning: <i>Utilize the two hours before dawn for intense spiritual practice – particularly the first 13 degrees of Sun's transit</i>	
		☉ in ♊ – Every Thursday (28.11., 05.12., 12.12., 19.12.): <i>Healing prayers and healing work</i>	
25.11.	18:10	Phase of new moon starts ☽	☉ 03°08'♊ / ☽ 21°08' ♏ New moon point of Sagittarius: Contemplation upon 'The Pledge'
26.11.	16:05	● New moon of Sagittarius	☉ 04°03' ♊ / ☽ 04°03' ♊
29.11.	13:09	4 th phase of ascending moon starts ♀	☉ 06°58'♊ / ☽ 12°58' ♏ <i>Contemplation upon Ganesha</i> (End 30.11. at 13:35)
01.12.	14:43	6 th phase of ascending moon starts ☉	☉ 09°03'♊ / ☽ 09°03' ♏ <i>Contemplation upon Subrahmanya, the Kumāra</i> (End 02.12. at 16:29)
02.12.	07:13	23 rd constellation <i>Dhanishta</i> starts ☽	☽ 17°28' ♏
	21:00	Departure of Śrī Nicholas Roerich from the physical	03.12. at 09:47)
03.12.	18:44	● 8 th phase of ascending moon starts ♂	☉ 11°15' ♊ / ☽ 05°15' ♏ (End 04.12. at 21:14)
05.12.		Departure of Śrī Aurobindo from the physical (1950)	
07.12.	02:04	11 th phase of ascending moon starts ♃	☉ 14°37' ♊ / ☽ 14°37' ♏ <i>Contemplation upon Lord Nārāyana</i> (End 08.12. at 03:59)
09.12.	05:24	13 th phase of ascending moon starts ☽	☉ 16°47' ♊ / ☽ 10°47' ♏ <i>Contemplation upon Hanumân, an embodiment of Rudra</i> (End 10.12. at 06:14)
11.12.	06:29	Phase of full moon starts ♌	☉ 18°51' ♊ / ☽ 06°51' ♏ <i>Contemplation upon the 8-petalled Heart Lotus</i>
12.12.	06:12	○ Full moon of Sagittarius	☉ 19°52'♊ / ☽ 19°52' ♏
13.12.		Departure of Śrī Nicholas Roerich from the physical (1947)	
18.12.	19:01	● 8 th phase of descending moon starts ♌	☉ 26°30'♊ / ☽ 20°30' ♏ (End 19.12. at 16:53)
21.12.	12:45	11 th phase of descending moon starts ♃	☉ 29°18' ♊ / ☽ 29°18' ♏ <i>Contemplation upon Lord Nārāyana</i> (End 22.12. at 10:52)
22.12.	05:19	☉ → ♏ / Sun enters Capricorn ☉	Winter Solstice: Birthday of Jesus Christ ☉ in ♏ – Every morning: <i>Contemplation upon the brilliant-white 5-pointed star during the twilight hours</i> ☆
25.12.	06:47	Phase of new moon starts	☉ 03°07'♏ / ☽ 21°07' ♊

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

From: »Astrological Calendar 2019/2020«; www.worldteachertrust.org;

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



The Great Invocation

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

From the South through
love, which is pure,
from the West through
wisdom, which is true,
from the East through will,
which is noble,
from the North through
silence, which is golden.
May the light make
beautiful our lives.
Oh! Hierophant of our rite,
let his love shine.
Omnia Vincit Amos.

We bow down
in homage and adoration
to the glorious
and mighty hierarchy,
the inner government
of the world,
and to its exquisite jewel,
the star of the sea
- the World Mother.

From the point of light
within the mind of God,
let light stream forth
into the minds of men.
Let light descend on
earth.

From the point of love
within the heart of God,
let love stream forth
into the hearts of men.
May the Lord return to
earth.

From the centre
where the will of God
is known,
let purpose guide
the little wills of men,
the purpose
which the Masters
know and serve.

From the centre
which we call
the race of men,
let the plan of love and
light work out,
and may it seal the door
where evil dwells.

From the Avatar
of Synthesis
who is around,
let his energy pour down
in all kingdoms.
May he lift up the earth
to the kings of beauty.

The sons of men are one,
and I am one with them.
I seek to love, not hate.
I seek to serve,
and not exact due service.
I seek to heal, not hurt.

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

Let vision come and
insight. Let the future
stand revealed. Let inner
union demonstrate and
outer cleavages be gone.

Let love prevail.
Let all men love.

Master DK



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

Meaning:

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

Katha Upanishad