

VAISAKH NEWS LETTER



HAMSA SIVA SOHAM



Scorpio 2007 Vrishika

Letter No. 7 / Cycle 21 – 23rd October until 22nd November 2007
The World Teacher Trust - Global



OM is the tread.

The planes of creation
are the flowers arranged as a garland
with OM as basis.

OM is life;
OM is awareness.

The thread of awareness
and the thread of life
are but the two threads
emerging from the one thread
of sacred OM.

Utter OM effectively;
fulfil love and light
in you and around.

K. Parvathi Kumar



Invocation

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

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

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

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

Master E.K.

Table of Contents

Invocation of Master E.K.	2
Table of Contents.....	3
Prayer for the Year.....	4
Message of the Month of Scorpio ♏.....	5
Message of the Teacher.....	6
Lord Krishna: Gītā Upanishad.....	7
Lord Maitreya.....	8
Master Morya - Maruvu Maharshi.....	9
Master Kut Humi - Devapi Maharshi.....	10
Message of Master E.K.	11
Vidura Wisdom Teachings.....	12
Shirdi Sai Sayings.....	13
Sri Ramakrishna.....	14
Lay Man's Prayer.....	15
Discipleship.....	16
Occult Meditations.....	17
Rudra.....	18
Ashram Leaves.....	19
On Love.....	20
On Change.....	21
On Silence.....	22
Hymns on Agni.....	23
Violet Flame Invocations.....	24
Children's Section.....	25
Book Review.....	26
News - Review.....	27
Window to World Service.....	28
Extracts from the Teachings.....	29
Paracelsus – Health and Healing.....	32
Dates of the Next Travels 2007.....	33
Astrological Important Days.....	34
Great Invocation.....	35
OM.....	36

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

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.

Vaisakh News-Letter in German (print): wtt@kulapati.de, in Spanish (WTT Argentina): wtt@wttargentina.org, (WTT Spain): wtt.spain@gmail.com

The English Vaisakh News-Letter is also available in print. Please contact:

The World Teacher Trust - Global

The Vaisakh News-Letter, Wasenmattstrasse 1, CH-8840 Einsiedeln, Switzerland

E-mail: wtt-global@wtt-global.ch Website: www.worldteachertrust.org

Prayer for the Year

Ten times ten.

The wheel rotates.

Three wheels from one wheel.

A total of four wheels.

Three above and four below.

Seven wheels rotate in three directions.

Seven and three is ten.





Message of the Month of Scorpio

Scorpio, 8th sign of the Zodiac, is the darkest month. It marks the death. Death and darkness are apparent. From the stand point of Hierarchy Scorpio is the most sublime month. It is presided over by the First Logos who is even beyond the perception of the humans who are yet to realise the Second Logos. Darkness is but absolute Light. Death is but the gateway for greater life. Scorpio offers the extreme liberation and extreme bondage as well.

Remember that the stories of eagles and serpents are but the stories of Scorpio. The double-tongued serpent is but the double winged eagle. The related transformations can be worked out in dead silence in Scorpio. The serpents are the vehicles of poison and are agents of death. The eagles are vehicles of the Elixir of Life. The great bird Garuda soars from utter bondage to the heavens of bliss to bring-forth the drink of immortality.

Mars, the ruler of the sign, represents the will of the aspirant. The Scorpion Mars is subtly powerful. The aspirant should take care to give right direction to the subtle power. Worship of the First Logos, the Lord Shiva, brings-forth the necessary direction to soar high. The Scorpions are effective either way. There are eagles in hierarchy, while there are great serpents in the nether worlds. Learn to follow the eagle in you, which leads you to the top of our head. That eagle is no other than your pulsation. The respiration is its wings. Activate the wings of respiration so that the eagle soars from earth to heaven; from the base to the Sahasrara. Utilise the Martian will to ensure that you do not rest until you reach Sahasrara. Study of the story of Garuda in Mahabharata will be helpful.



Message of the Teacher

A Loophole

Good behaviour, goodwill in action and virtuousness helps the aspirant to be protected on the path. These qualities help unfoldment of soul energy and experiencing of such energy leading to Divine life. Practices relating to the Divine may also feed the personality, which could turn out to be pride. Such pride leads to prejudice and critical attitude. This is the loophole into which many aspirants fall. As much as you see faults in others so much the pride is in you. Discipleship desires the aspirant to see virtues in others but not faults. Observing virtues in others gives birth to harmony in oneself while observing faults gives birth to conflict. Remember that virtues in others are the presence of the Divine in others. Let not aspirants fall into this loophole.

A true aspirant never exhibits his virtues nor does he publicise his acts of goodwill. He does the ardent work with much silence.

Gîtâ-Upanishad

- Lord Krishna -



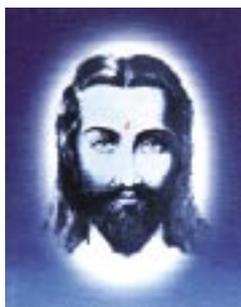
Three Hints of Action

The Lord says, “Do not attach yourself to the achievements. Do not rely on your success. Rely on yourself. Learn to be contented and self-dependent at all times. Keep doing acts of goodwill without feeling the pride relating to it.”

This is a key relating to action. It is common that man tries to rely on his past achievements. This would divert him from the present action. Instead of further action in goodwill he looks for self-glorification, which in turn leads him away from the Path.

Reliance on that which one builds is inferior to self-reliance. Man tends to rely, recline and relax upon what he builds. This would mean suspension of action in the present. The Lord said before that “doing is life; done is death.” Those who depend upon the wealth they built, the groups they built are the ones who relax from action, which would tend them towards laziness in the name of relaxation. Relaxation is in work. Rest is in work. Working is living. Relaxation and rest would mean lesser flow of life. One can be relaxed at work and also rest while in work, if he carries a bit of humour with him.

Contentment is yet another basic quality, which will seal the doors for the entry of negative energies into oneself. The Lord thus gives these three hints of action to those who are at work of goodwill. These would enable him to float in work but not sink.



Lord Maitreya

A Caution

Aspirants who pick up and practice instructions of discipleship tend to be tender in their energy. Such tenderness gradually opens to the subtle world but is at the same time dangerous, as they attract from the subtle world not only the Divine but also the diabolic energies. An aspirant stands on a different footing compared to an average mundane man. The energies of the latter are a bit coarse. The former are delicate. Deceases from the subtle world attack an aspirant easier than a mundane man. This needs to be comprehended.

We therefore recommend to the aspirants to skilfully adopt a way of life where they stay away from the thick of the mundane activity such as late nights, late and heavy foods, places of human indulgence (clubs, pubs, night clubs, crowded restaurants, heavy smoking areas, etc.). They would do well abstaining from these places and abstaining from heavy foods.

Every aspirant should slowly and gradually carve out a life within the mundane life ensuring inner and outer purity, pure and light food, visiting places of serenity and quietitude besides ardent daily prayers. Those who neglect these would frequently get attacked by stomach ache, tooth ache, indigestion, constipation to start with. Frequent disturbance to health is a clear indication of neglect of fundamentals.

Master Morya - Maruvu Maharshi -



Brotherhood

Brotherhood is a much battered word. It is more used than practiced. After the Pythagorean groups we are yet to see groups of brotherhood. Brotherhood does not exist even between the natural brothers and it is only an ideal for the groups, which is far from attainment. Groups are gathered only to fight inter-se. There are ever changing alliances within the groups as per likes and dislikes.

As long as likes and dislikes persist in the group, brotherhood cannot happen. The members of the group need to sacrifice their personal likes and dislike on the altar of common good.

Brotherhood is the most sublime aspect of hierarchy. It is just a concept in humanity and an ideal for groups of aspirants. Everyone needs to strive towards brotherhood, which demands sacrifice of personal view-points. It is the highest state of a cultured human being. It is in that state the real meaning of friendliness, love and unity is realised. Those who are willing to forget their self in service can tread the path of brotherhood.

Strive for brotherhood. The hierarchy stands as a great strength behind you.



Master Koot Hoomi - Devapi Maharshi -

Divine Order

A traveller embarked a ship with all his belongings. He intended migrating. Even before the ship launched its travel all his belongings were stolen. The on-lookers cried loud, Thief! Thief!! Thief!!! There are many who cried at the top of their voice. There was none to run after and catch the thief. The thief escaped. The co-travellers came to the thieved one and expressed their sorrow in many ways. The traveller said, "It is all in Divine order. It helps my migration better". The ship moved in high seas for three nights and three days. There was a heavy storm and cyclonic weather. The other travellers were deeply agitated but not the traveller. He remained quiet and composed. When asked he said, "All is in Divine order." The co-travellers felt that he is crazy.

The ship wrecked and all sunk. The traveller remained afloat and felt that it is the Divine at work. In yet another three days and three nights he reached ashore. The people at the shore recovered him and restituted him. The traveller said, "The migration is as per the Divine order." The people at the shore wondered at the stillness and calm the traveller emitted from his aura. They instantly felt him to be their master. To them a prophecy is fulfilled. To him the migration was complete. All happened in Divine order.

Message of Master E.K.



A Key to Discipleship

Recollect the Divine in the events of daily life. Recollect the Divine in the unfavourable events as well. If this is well practiced, the unfavourable will get neutralised. Recollection of the Divine in the events of life helps to lift oneself up and above the events. Then the events do not affect. Avoiding unpleasant events is timidity. Meeting them in the presence of the Divine neutralises karma. Many turned to be world disciples following this key.



Vidura

Wisdom Teachings

The righteous
desire to regain lost wealth
through righteousness.

Shirdi Sai Sayings



Stability

Accept the life as it approaches you through the events. Link up to Me in the events. Remain stable with Me. Rejoice in Me as events come to pass. The stable one never totters.



Sri Ramakrishna

Divine Love – The Sea of Immortality

Dive deep into the sea of Divine love. Fear not. It is the sea of Immortality.

I once said to Narendra, “God is like a sea of sweetness. Would you not dive deep into the sweetness. Suppose, my boy, there is a vessel with a wide mouth containing syrup of sugar, and you are a fly anxious to drink of it. Where would you sit and drink?”

Narendra replied that he would like to drink from the edge, for if he happened to fall into it, he was sure to be drowned.

Thereupon I said to him, “You forget, my boy, that if you dive deep into the sea Divine, you need not fear danger of death. Remember that the sea of Sachchidananda is the sea of Immortality, having everlasting life for its waters. Be not afraid, like some foolish people, that you may ‘run to excess’ in your love of God.”

Lay Man's Prayer



We cannot stand up
to the standards of Scriptures.
We fall short in our disciplines.
But we pray that we may be strengthened.
We pray that we may be
allowed to pray!
If not allowed,
we cannot even pray.

Discipleship

The Occultist

The occultist is only the mystic functioning on a higher plane, that of the mind. With the occultist, divine knowledge and wisdom takes the place of the mystic way of feeling, which he has transcended but not discarded. The keynotes of the occult life have rightly been knowledge and the mental approach to divine imminence. Through the study of “the Kingdom of God without” he has to reach a point where he locates that kingdom likewise within.

The true occultist is rare and self-taught. He is mentally polarized and because he is aware of the realities of existence he is free from the ordinary glammers and illusions which colour the reactions and life of the average man. He does not need the outer church forms to the same extent as the masses, having contacted somewhat the inner life. The task of the Western Occultist is much harder than that of the Eastern, for the lives the dual life of spiritual and mundane activity. The Eastern escapes from life into the silent places, away from the pressure of daily living and constant contact with others.

Occultists tend to be sectarian, exclusive and self-righteous. In their ivory tower, they concentrate on their own development plus a little philosophy. They are not motivated by love of humanity but by spiritual selfishness. They let their selfish aspiration obliterate the need of their fellow men. The occultist fails unless, animated by love, he finds an unselfish purpose for his will, knowledge and intelligence. Unselfish service is the bedrock of the life of the occultist, and danger lurks when it does not exist.

A disciple

Occult Meditations



Meditation 11

*I AM the lake and you are the Sun.
The drops of water you take from my tiny frame
take their seat on the evershining throne of your bosom.
They are showered again into the sacred bosom
of the Great Ocean.*

Commentary:

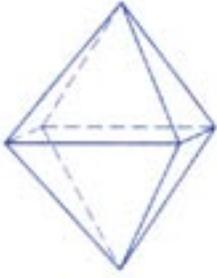
This meditation is the complete path of discipleship. It indicates that the man turns out to be the Master only to come back to help the fellow beings.

In the summer, through the solar ray, the salty waters of the ocean are drawn by the Sun into higher realms. In the following rainy season, the salty water drops; it comes back to quench the thirst of the beings and to give life to the fauna and flora of the Earth. It is the selfsame salt water that comes back as life giving, nourishing and tasty water.

Each man is like a lake of salt water. As he orients towards the Divine, the saltiness gradually transforms. Salt water is not useful either to drink or to support the vegetation and other life. Such is the life of the worldly man. He is not useful to others.

As a worldly person orients towards the Divine, he cultivates virtues and such virtues transform into abilities to serve others. The transformation is from selfishness to selflessness. The Divine's bosom is ever shining and ever loving in nature. The path of virtues leads man to the bosom of the Divine. In due course of time, he becomes substantially Divine. Such ones return to serve just like the rainwater serves. A Master is like the rainwater. A man is like the salt water.

The meditation seeks the Divine to draw the meditator unto the Divine so that the alchemy happens. There is a secret in this meditation. It is more a prayer to the Divine to accept the meditator and draw the meditator unto the Divine. The sunray draws the drops of water from the ocean. The drops of ocean cannot transform by itself. It offers itself to the sunray to be drawn into higher planes. The meditator should also be humbly seeking the Divine to lift him up to Him. It is *Hatha Yoga* when man himself can lift himself up. The process here is *Raja Yoga*, where the meditator seeks lift up through orientation. In this process, the mind is oriented to and receptive to the Divine ray.



Rudra

13. Oshadhi Pati

Oshadhi means healing herbs. *Pati* means Master. Rudra is the Master of the healing herbs. He resides in the herbs as the power of healing. An herb is thus distinguished from other plants by the presence of Rudra in it.

Ashram Leaves

Hari



Om is the ocean of life. The sounds „S’ and ‚H’ apparently separate the fathomless and boundless surface of the ocean. The two sounds form the two wings of the swan (the breath). When the ocean becomes the wave, it is HSOUM and when the wave becomes the ocean, it is SOHAM. In the process there is stirring up of heat represented by the sound „R’.

The heat impregnates the male (S) and the female (H) and forms HR or HARI - The 2nd Logos - Vishnu - Love.

Meditate upon the sounds - S, H, R.

On Love

Love elevates and alleviates.
Energy springs, fountains emerge,
glands secrete in Love.



On Change

Until right alignment happens,
the urge to change
persists.



On Silence

The sky is silent.
The earth is silent.
In between is the drama of sound and light.



Hymns on Agni



8. YASTWA MAGNE HAVISHPATIRDUTAM DEVA SAPARYATHI TASYA SMA PRAAVITHA BHAVA

Oh Lord Agni! Protect the worshipper who worships you as the messenger of Gods. The very purpose of worshipping the Lord Agni is to seek protection, splendour and fulfilment.

Since Agni is the essence of Trinity and the Devas of all Planes, invoking Him would enable manifestation of all Conceivable Devas with their related power and splendour. It is for this reason worship of Agni is seen as worship of God and the Devas who protect, nourish and ensure the growth of beings.

Agni and Devas being neutral, a school of thought advocates that we need to seek from them our welfare while worshipping them so that they bestow what is sought.

The Vedic System promotes seeking welfare, protection, growth in all dimensions. There is another school of thought which advocates that worship is enough and that seeking is not necessary. But the former school is more prevalent with the worshippers while the latter school prevails with those who follow the path of neutrality i.e., the Path of Yoga.



Violet Flame Invocations

I am the Violet Flame
To the Light alone I bow down.

I am the Violet Flame
I blaze like the Sun.

I am the Light of God
I shine forth ever, forever.

I am the sacred Power of God.
I am free. I free every one, at once!

Children's Section

The Doctrine of Ethics

**Course not to accumulate
gold and riches.
In due course
they reach the kingly treasure.**

Dear Children

There is a popular saying "tell me the books you read I tell you what you are. Tell me the friends you meet with I tell you what you are".

The world has many categories of people. They range from Saints to Sinners. From civilized to uncivilized. From knowledgeable to ignorant. If we wish to grow constructively in life we need to chose the friends with whom we spend our time. We also need to choose the books we have to read.

In these modern days book reading habit has come down. Books written about noble persons and noble ideas inspire us to follow the noble path. Books written about crime, sex, drugs would lead us down into baser energies. The habit of reading good books helps to restructure our thoughts for the better, because the authors provide for such noble thoughts in the books. The inspiring stories of the world leaders who helped humanity would provide many good ideas for moulding our lives. Please therefore consider reading inspiring stories and noble ideas regularly to help restructuring the thoughts. Now I tell you about the importance of associating with right friends and families.

If you associate with friends who have noble aspirations you would also gain such aspirations. If you associate with persons who live aimlessly in their life you too would remain aimless. When there is no aim in life your energies get disbursed into roaming in the streets on motor bikes, wasting time at pubs and discos and there by loosing energy through non constructive activity.

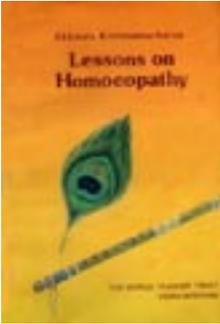
During that part of life where you remain a student you need to be studious to strengthen and provide skills to yourself. Your mind should be able to grasp well, plan well and execute skillfully. Your senses including speech have to be under your regulation. Your body needs to be strong and healthy to enable you to fulfill the plan of life. For this you need to associate with persons of such orientation. Just like a magnet magnetizes iron pieces the noble person's association tends you to become noble. Hence beware of your friends and your association with them.

K.Parvathi Kumar

(from the editorial of Dr. K. Kumar on the website: www.jugendforum-mithila.de)

Book Review

Lessons on Homoeopathy



Dr. Ekkirala Krishnamacharya had taken up homoeopathy as a media for healing the sick and propagated the same to thousands of his disciples in India and abroad who are now rendering valuable service in healing the sick. As a part of his teachings, he conducted a 3-day homoeo-seminar at Coxyde (Belgium) during his last visit to Europe in 1983. The lectures delivered there are brought out through this edition for the benefit of the posterity. It is a masterpiece in Homoeo literature to all classes of people in general and practitioners in particular.

Ekkirala Krishnamacharya: Lessons on Homoeopathy

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

Wisdom Teachings of Vidura



Vidura was the Chief Counsel in the Royal Court of the Blind King. He is an initiate that knew the Law and advised the king untiringly and patiently. He is considered as the Mahachohan (the chief of a Social Hierarchy of the trans-Himalayan adepts) in the Theosophical world. His teachings to the king are eternally valid. They are given in brief, culling out from the Mahabharata. (The Mahabharata is the great epic composed by Veda Vyasa in 18 books. The Bhagavad Gita forms a part of it.)

K. Parvathi Kumar : Wisdom Teachings of Vidura

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

News - Review

Tours of the Teacher

India: Guru Pooja / Seminar on Cosmogenesis - Visakhapatnam, January 8th – 22nd, Group Journey to Pondicherry, January 23rd – 26th, 2006

Saturday, 14th January the group met at the house of the Master for Fire Ritual. At noon time we had a beautiful lunch offered by Master Kumar and Kumari-Garu. The seminar on Cosmogenesis started in the evening. Extract from notes: "Since 18 years I have a sequence giving wisdom in relation to cosmogenesis and anthropogenesis from the scripture called Bhagavata, given by the Master Vedavyasa. There are teachers of which today Lord Maitreya is the foremost. He received the wisdom from Parasara and the experience of synthesis from Lord Krishna himself. He taught it to the Mahachohan, Vidura. Mahachohan is an important and grand being, that is guiding civility and civilisation on the planet. Civility means, how to live in cities, villages, metropolises, in accordance with the law. He works through the governments to make right decisions for the citizens of that nation. He works for human rights. A huge work is carried out by him today. At the advent of Kali Yuga Lord Maitreya was installed as the World Teacher, and Vidura as the Mahachohan...."

Sunday afternoon the group went to Ramadri, the temple site of the WTT, for the ceremonial installation of the Sri Ram booklets. Afterwards we had our evening meditation in the small amphitheatre with the beautiful view overlooking the Gulf of Bengal.

Wednesday, 18 January in the evening the group went to Master E.K. Sundavaranam for meditation and participated in a concert at the statue of Annamacharya, a great Indian Master of music of the 16th century.

Thursday, 19 January the group visited the Planetary Healing Centre at the coast of the Gulf of Bengal near Visakhapatnam. We assembled under the trees in front of an old statue of Lord Maitreya for the lecture of Master Kumar. The Master gave an orange statue of Ganesha to Brother Miquel and Sister Rosa, who are starting a healing group in their medical clinic in Barcelona.

Saturday 21st January the group went to the Mithila Tadi school. We participated in a little celebration together with the pupils of this beautiful little school situated at the foot of a mountain, surrounded by nature and silence. The children come from the villages around receive free food and education and are educated along spiritual principles together with the normal education. The whole place is very simple, but pure; it vibrates from the power of OM, generated by years of meditation of the founder of the ashram, Sadananda Murthi Garu.

cont.

Window to World Service News & Activities

(Inputs welcome)

Group reports: Germany

Name of the group: WTT-Germany, individuals

Area: Area: Francfort

Contact: Karin Diekmann E-Mail: KarinKiekmann@gmx.de

Activities

- Help for homeless and handicapped persons, in collection with regular visits.
- Cooperation with the Paracelsus-magazine.

Group reports: Germany

Name of the group: WTT-Germany, individuals

Area: Baden-Wuerttemberg

Contact: No Name

Activities

A member of WTT e. V. Germany carries the spirit of the World Teacher Trust into a group of women from 19 nations. Since one year, this group exists in the German region Baden-Wuerttemberg. They have organised a "Language-Café", where more or less 50 women meet once a week to learn German and to exchange ideas.

Furthermore, she works with a group of children who have problems in reading. The children also get help in their home works and in preparing the bicycle test, because they have to learn the traffic signs.

Extracts from the Teachings

Sri Suktam

The nature and the characteristics of the World Mother,

Dr. Sri K. Parvathi Kumar

Wengen Group Living, Switzerland, May 2002 / Part III

Light objective is there, light subjective is there. As long as the universe is, the light is. It can be seen inside, it can be seen outside. During the day it can be seen as sunlight. During the night it can be seen as moonlight. During the night, when there is no Moon and no Sun, you can see the light as the fire. If there is rain in a new moon night, the fire can be seen in you. The fire in you can never be put off. That is why the approach to the fire from within is considered as the best way, and the luminosity of the fire is the light. This light is explained in 15 hymns in *Srî Sûktam*. *Purusha Sûktam* was explained in 27 hymns in tune with the 27 constella-tions. *Srî Sûktam* is explained in 15 hymns in tune with the 15 aspects of the Moon, from 1st phase of Moon to full moon, because it relates to light. This is according to the law of correspondences the scriptures are given out. No scripture survives time, unless it is in tune with the universal laws.

You see "*Bhagavad Gita*", it has 18 chapters. I have explained many times to you the importance of number 18. "*Bhagavata*" has 12 chapters. It relates to the 12 sun signs, to the grand concept of dodecahedron. "*Ramayana*" is explained in 7 cantos representing the 7 Chakras of the body. Scriptures are conceived in tune with the law of the nature, and you can see that detail even in the smallest presentation of a scripture.

So, when you see *Purusha Sûktam*, it is given in 27 hymns, and *Srî Sûktam*, it is given in 15 hymns plus one as a blessing. Why plus one? The plus one aspect is because within 14 moon phases you find alternatingly a full moon and a new moon. Essentially 14 phases of creation are there, and these 14 phases of creation emerge from seeming nothingness which is called from new moon into apparent fullness. One is seeming nilness. These words were very beautifully conceived by the Masters. Seeming nilness, but it is not nil. Apparent fullness is full, but it is as it appears. It is the work of the light.

There are so many things happening in a movie on the silver-screen. The silver-screen is untouched. The silver-screen is not affected. If there is a lion on the screen, you can put a finger near the mouth of the image of the lion, and nothing will happen to your finger. That is how on the

silver-screen something imaginary is created through imagery. There are so many images.

It requires lives of contemplation upon these grand concepts. This work of light is considered as a grand play. It makes you feel that the whole thing is real, and it is not really so real. But if it is not so really real, why should it be? Just for the joy of it! For the fun of it! Take it as a game. A game is a game! After the game is over, you need not continue with the roles of the game. A goalkeeper in football is only a goalkeeper on the playground. He does not try to be a goalkeeper outside the playground. An actor in a movie or in a drama is playing a role. We are all players of varieties of roles. But if we take the role as real, we are stuck. We forget that we are playing roles.

Many times I humorously tell you the role of Hanuman in a movie, the monkey god. If you are given the role of Hanuman in a movie, you are given a tail and a monkey face. Once you are out of the role, you can't go out in the street with the tail and the monkey face. Now there is spider man in the movies. What is real? I AM is real. All the relations will develop just for the joy of it, not for the pain of it. Why should we develop relations that are painful? The original idea was to be joyful. Who compels a man and a woman to be together? It is the inherent joy in the beings that brings them together. To be joyful and blissful is the quality of the soul. It strives for joy and ends in sorrow.

There are three levels of happiness. In Sanskrit we have three words for it. I could find the three words in English, and it is for the translators to find them in their language.

What you call happiness relates to the senses and the body. In a cool weather, heat is comfort, and we are happy. If we have a group life in the mountains and it does not rain, we are happy. In a very cold weather a cup of coffee makes us happy, and in a very hot weather a coconut water or a Coca Cola make us happy. This kind of happiness relates to the senses and the body. They are very temporary. Then we have the next grade as joy. Joy relates to mind and *Buddhi*, contrary to senses and body. When you are in joy, you don't care for sensuous joys. If you are engaged with a good thought, you don't mind missing a meal. That is how people who live in the realms of *Buddhi* or wisdom, they don't care for water, food, breakfast, lunch. This is very natural to them. They are engaged with something more interesting. Suppose, a child is seriously ill in the hospital, and the situation is one of life and death. The doctors are operating, and it is lunchtime. Will the mother go for lunch? If she goes, she is not a mother, she is a monster. The father may go. I know such fathers. Very coolly he will go for his lunch and come back.

But a mother will not. What is the difference? A mother is with the more important thing. Her child's well-being is her joy.

So, at the *buddhic* or mental plane, you discard such kind of happiness, when you are with joy. All wisdom concepts put us to that kind of harmony relating to the joy of wisdom. Why do you gather so many times to listen to the same man over 14 years? What is it that makes you come all the way? What is it that makes me come all the way? What is the bridge between us? Is it food? Is it clothing? What exactly is it? The bridge between us is wisdom. The teacher and the student are bridged by wisdom. For the sake of the joy of sharing and living in wisdom, we spend time and money, and we try to overcome many difficulties to reach this place. What for? You don't gain anything in terms of material benefit, on the contrary, you lose. But why do you do that? It is the joy. Wisdom gives the joy. This is why wise men don't care for so many worldly pursuits. They are joyful inside. Others are not joyful inside. They keep on running for things outside. The joyful one is a stable one. He has no more necessity to run for things. Things will run for him. That is how the things undergo a change.

Then there is what is called the bliss. Bliss relates to the soul. This bliss is due to the presence, where wisdom is not, where material splendour is not, and yet the soul is rejoicing in the presence. At that state you don't need even wisdom books, wisdom teachings, wisdom contemplations. These are the three levels, at which you experience the wisdom, at which you experience the life. There is the gross physical experience which is arising out of the activity of the senses, and there is the experiencing of the light of wisdom, and then ultimately, there is the experiencing of the very truth. Experiencing of truth is called *Ananda*, experiencing of wisdom is called *Sukha*, and experiencing some pleasures through senses is called *Bogha*.

So, there is happiness, joy and bliss. The wisdom exercises should lead away from mundane things. It is not running away from them, but they become of secondary importance. Wisdom exercises should enable us to grow nearer to the soul quality. Until one experiences the soul, wisdom is the abode. But once you experience the soul, there are no speeches, you are there. You are there in the presence, and the presence is emanating through you. That is how you reach that step of the silent one, and you will conduct greater acts than the speaking ones. As you walk deeper and deeper into light, proportionately the speeches reduce and even get extinct.

cont.

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



Paracelsus Health and Healing

Key to Health and Longevity

The modern man gradually realizes that health is directly linked to the nature of his activity, which includes the activity of intake. The modern man also realizes that energy is received not only through food but also through sunlight, air, water, extra-breathing and even through thoughts of good will.

Food is not seen as the only source of energy. On the contrary, it is more and more realized that the lesser the calories of food the better is the health and longevity. It is generally known now that green vegetables, leaf vegetables and fruits are the *mantrams* for longevity. Intelligent and thinking men today prefer raw and fresh vegetables, fruits, juices, much water and sunlight. People prefer high carotene fruits and vegetables to avoid cancer, heart attacks etc. Those who are inclined towards yoga and meditation reduce gradually, but substantially, eating heavy-calorie food, such as meat, roots, specially potatoes, and even pulses and cereals. Sprouted cereals and pulses, salads and raw vegetables replace the heavy food. Studies made in this regard have also proved that the lesser are the calories of food the better is health and longevity.

Many incurable diseases such as diabetes, rheumatic arthritis, obesity, blood pressure, cardiac problems, are due to the tendency to eat food of high calories, which is beyond the body's capacity to assimilate. There is a movement emphasizing on the above, besides emphasizing on reducing salt. Salt retains water. The lesser the salt the better is health, says Naturopathy and Ayurveda.

Many studies have been done with respect to the above, and it is a proven fact.

It is wise to gradually and systematically reduce the calories of food over a couple of years (2 _ years) than to think of sudden reduction, which would disturb the system.

The medical science needs to recognize that *the human bodies are evolving through time and are getting sophisticated and, therefore, cannot have the same pattern of food as before.* The human bodies are not fit anymore for heavy food. Much of the ills today are due to stuffing the body with food

that is heavy for the human machine. Indigestion, constipation, accumulation of gases and the consequent sicknesses are due to excessive food consumption. There is definite need to lighten food. This needs education. The esoteric understanding is that human brain and human body are evolving every 7 years, since World War II – a phenomenon attributed to the new Age planetary energy, Uranus!

Besides, the automation and other mechanical facilities do not let man these days to exert physically. Hence he does not burn as many calories as he did before. If man counts the calories that he burns and compares it with the calories of food he eats, he would know how much he overeats. *This overeating on the planet is really amazing!* It is specially so in the rich communities and developed countries, where availability of food is very high. There is every need to balance the daily intake of calories and their expenditure. This knowledge is important, since humans do not physically exert so much, while mentally they do so. Mental exertion is subtle exertion and therefore needs subtle food. Subtle food is sunlight, fresh air, water, fruit juices, salads, fresh raw vegetables, but not foodstuffs that are tough for digestion. Man is tending towards a subtle world, and subtle food facilitates movement into subtle thoughts. Education in this regard needs to happen.

Dr. K. Parvathi Kumar

Extract from: Paracelsus – Health and Healing

With a subscription you support this important work (€ 70 / year)

Dates of the Next Travels 2007

Dates	Program
Oct 25 - 29	Libra full moon and Gurupujas and group lives in Guntur, Vijayawada and Koduru.
Nov 7 th	Goodwill Day celebrations, honouring all Goodwill workers in the WTT centres
Nov 16 - 19 th	Gurupuja and Group life in Bellary, Karnataka State.
Nov 23 - 26 th	Scorpio full moon Group life in Divya Kala, Hyderabad.
Dec 1 st & 2 nd	Guru Pujas in Srikakulam.
Dec 14 th – 17 th	Pilgrimage to Seven Hills.
Dec 22 nd & 23 rd	Celebration of Birth of the Savior and the Solstice.
Dec 24 th	Sagittarius full moon, contemplation upon Dattatreya.
Dec 25 th - 27 th	Addressing Groups in Ananthapur (800 kms southwest to Visakhapatnam).
Dec 28 th – 30 th	December Call group life in Bangalore.
2008 Jan 1 st	Celebrations at Master EK Sundaravanam.
Jan 2 nd - 6 th	Pilgrimage to Shirdi.
Jan 11 th – 13 th	Guru Pujas at Visakhapatnam
Jan 14 th – 27 th	Group life with Europeans and Americans.

During these dates you won't be able contact Dr. K.P. Kumar.

You find the updates on: www.worldteachertrust.org/vaisakh15_e.htm

Astrological Important Days in October / November 2007

23.10.	21:15	☉ → ♏ / Sun enters Scorpio	
♂		☉ in ♏ – Every evening at the twilight hours: <i>Light a lamp at the door-front and worship the serpent-power Kundalinî, that encircles around the stem of the Base Centre</i>	
		☉ in ♏ – Every Monday (29.10., 05.11., 12.11., 19.11.): <i>Contemplation upon Śiva, the cosmic 1st Logos</i>	
25.10.	10:41	Phase of full moon starts	☉ 01°33'♏ / ☽ 19°33'♏
♃		<i>Worship the cosmic 1st Ray, Lord Śiva, and chant the five-syllabled Mantra OM NAMA ŚIVĀYA</i>	
26.10.	06:51	☉ Full moon of Scorpio	☉ 02°23'♏ / ☽ 02°23'♏
28.10.		End of summertime (MEST 03:00 h ⇒ MET 02:00 h)	
01.11.	10:27	☾ 8 th phase of descending moon starts	☉ 08°34'♏ / ☽ 02°34'♏
♃		<i>Contemplation upon Lord Nârâyana (End 10:22 on 02.11.)</i>	
04.11.	12:24	11 th phase of descending moon starts	☉ 11°39'♏ / ☽ 11°39'♏
☉		<i>Contemplation upon OM NAMA ŚIVĀYA (End 14:16 on 05.11.)</i>	
07.11.		Goodwill Day: Birthday of Master <i>KPK</i>	
08.11.	21:30	Phase of new moon starts	☉ 16°03'♏ / ☽ 04°03'♏
♃		New moon point of Scorpio: <i>Contemplation upon 'The Pledge'</i>	
10.11.	00:03	● New moon of Scorpio	☉ 17°10'♏ / ☽ 17°10'♏
17.11.	09:03	23 rd constellation <i>Dhanishtha</i> starts	☽ 17°18' ≈
♃	11:38	☾ 8 th phase of ascending moon starts	☉ 24°42'♏ / ☽ 18°42' ≈
		(End 11:16 on 18.11.)	
	21:00	Dhanishtha-Meditation (End of <i>Dhanishtha</i> -constellation at 09:23 on 18.11.)	
20.11.	08:20	11 th phase of ascending moon starts	☉ 27°35'♏ / ☽ 27°35'♏
♂		<i>Contemplation upon OM NAMA ŚIVĀYA (End 05:48 on 21.11.)</i>	
22.11.	17:50	☉ → ♏ / 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 (22.11., 29.11., 06.12., 13.12., 20.12.): <i>Healing prayers and healing work</i>	
23.11.	19:22	Phase of full moon starts	☉ 01°05'♏ / ☽ 19°05'♏
♀		<i>Contemplation upon Lord Dattâtreyâ, the Lord of Yoga, and upon Master Kût Hûmi (Devâpi)</i>	
24.11.	15:30	☉ Full moon of Sagittarius	☉ 01°55'♏ / ☽ 01°55'♏
01.12.	01:17	☾ 8 th phase of descending moon starts	☉ 08°24'♏ / ☽ 02°24'♏
♃		(End 02:22 on 02.12.)	

All times until 28.10. are in MEST (middle european summertime) later in MET (middle european time).

From: »Astrological Calendar 2007/2008«;

Publisher: The World Teacher Trust - Global, Wasenmattstr. 1, CH-8840 Einsiedeln.

Great Invocation



Let us form the Circle of Good Will.

OMNIA VINCIT AMOS.

From the South through Love
which is pure.

From the West through Wisdom
which is true.

From the East through Will
which is noble.

From the North through Silence
which is golden.

May the Light make beautiful
our lives.

O Hierophant of our Rite

Let his love shine.

OMNIA VINCIT AMOS.

Let us form the Circle of the World
Servers.

We bow down in homage
and adoration

To the Glorious and Mighty Hierarchy,

The Inner Government of The World,

and to its Exquisite Jewel,

The Star of the Sea -

The World Mother.

From the point of Light
within the Mind of God

let Light stream forth
into the minds of men.

Let light descend on Earth.

From the point of Love
within the Heart of God

let love stream forth
into the hearts of men.

May 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
which underlies the happenings
of the time.

Let vision come and insight.

Let the future stand revealed.

Let inner union demonstrate
and outer cleavages be gone.

Let love prevail.

Let all men love.

Master D.K.