

Vaisakh News Letter



HAMSA SIVA SOHAM



Scorpio 2019 Vrishika

Letter No. 07 / Cycle 33 – 23rd October until 22nd November 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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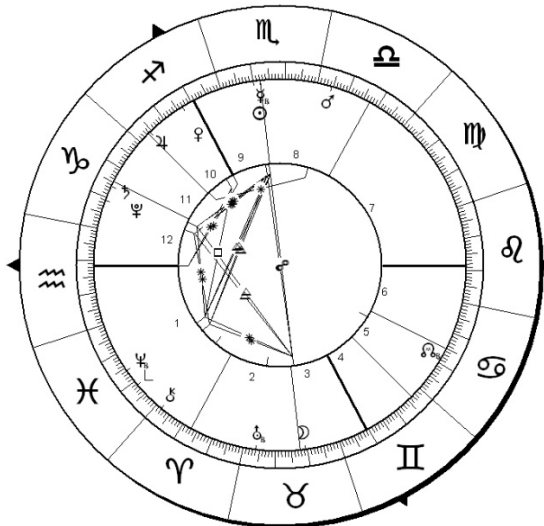
Dr Sri K. Parvathi Kumar is President of the 'World Teacher Trust' and Founder of the 'Vaisakh Newsletter'. The Teachings given in the name of the Masters are all seed thoughts expressed by them. They are elaborated and described by Dr Sri K. Parvathi Kumar for easier comprehension of an average group 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 Scorpio, 12th November 2019, 14:34 h

Message of the Month of Scorpio ♏

Scorpio is a fixed sign. Being eighth sign, it marks death - death of personality - and eventual birth of soul. It is a sign for death and eventual resurrection. Man is to die to his pride, to his ego, and to all his false acquisitions to be reborn as a resplendent, lovable, and compassionate soul.

Though Scorpio is a fixed sign and is considered to be very rigid, the esoteric understanding is otherwise. Scorpio can be as flexible as it is rigid. This is because Scorpio is ruled by the second element, water. Scorpions can be deeply devotional and stay dedicated to a cause, which can be either noble or ignorant. The power comes to Scorpio from its ruler Mars. In the depths of Scorpio, Pluto is the ultimate ruler.

The Greek stories relating to Scorpio show Scorpius as Phaethon the pride or Orion and the emotional attachment of Artemis. Orion is symbolic of Taurus while Artemis is symbolic of Cancer.

The passion of Scorpio and its dedication is governed by red blood colour. Lucky numbers of Scorpio are 8, 11, 18 and 22.

Scorpions are resourceful, brave, passionate, stubborn yet friendly. They are lovers of truth and are passionate about being accurate. They punish dishonesty through silent ways. They are determined and decisive and are uncrowned leaders. They provide the opposite pole to leadership to set the balance. Sun signs Leo and Aries find their nemesis in Scorpio.

The secrets of Scorpio can be fathomed only through deep meditations. May the aspirants be self-searching in Scorpio to see the frailty of their personalities and the beauty of the hidden soul.

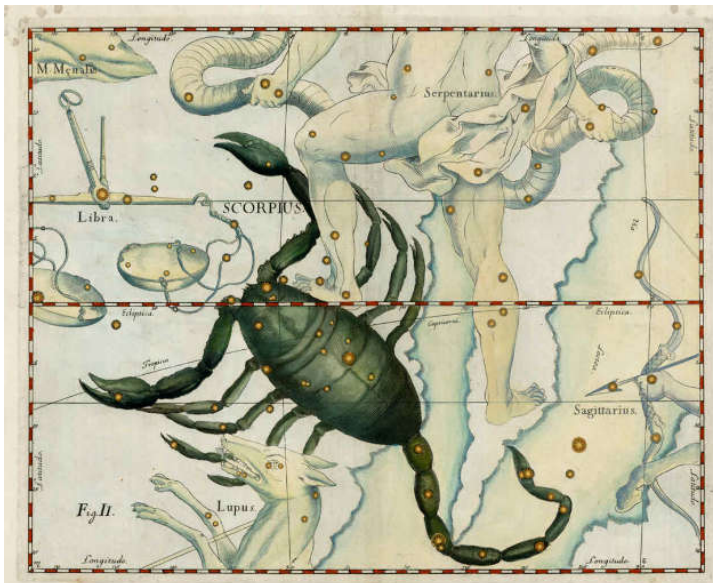


Message of the Teacher

Stable Mind

Learn to retain the mind at the threshold of the pulsation. Let that be the habit when there is no objective activity. Such habit transforms the mind into Buddhi. Consequently, mind gets stabilized.

A stable mind is better able to utilize the pranic forces as also the senses and the body in fulfilment of one's part in the plan.



Utterances of Lord Krishna



In this world, the humans fall
When they do not do what is to be done by them.
To arrest such fall, I demonstrate the methodology of action.
Lest, they would have no model.
(3-24)

The one with knowledge performs with passion
Unmindful of the results.
The man without knowledge performs with passion
Mindful of the results.
(3-25)



Lord Maitreya

Maitreya Communauté

Group Travel

Note that all are travellers. No one is a resident of the planet. The beings are travelling to fulfil themselves.

To travel together is but good luck. It is much more so during the dark hours, namely the ignorant hours. The dark hours could be hours of insecurity and hence travelling together enable safety and security. When a group is in travel, especially during the nights, they can rotate the torch as between them and help each other. Poor is the traveller who thinks of travelling alone. Man's ego separates him from others and makes himself feel separative. The aristocracy of the ego disables man to gain the joy of travelling together.

A teacher of wisdom insists upon co-habitation, collective learning, and collective sharing of food and comforts and collective protection. Krishna demonstrated it; Pythagoras also demonstrated it. The inclination to be separative is due to the infliction of Kali. When Kali inflicts men tend to be separate from the group travel.

Master Morya
Maruvu Maharshi

Conscious Sight



A small window opens up to a grand vision. What can be perceived through a window is far larger than what one can even travel and cover. The eye itself is a window. It enables you to see the sky and the stars, the mount and the lake. It covers a vast field. Men are not mindful to know this dimension of the eye. Though they see, they see not. This is because they are ever absent minded. They apparently see around, but do not notice much.

To consciously see is a practice by itself. A conscious sight shows you much more than what the superficial mind comprehends. The conscious sight gives you insight which leads you to wisdom. “Let vision come and insight, let the future stand revealed, let inner union demonstrate” is not an ordinary statement; its profundity is for those who practice conscious seeing and listening. Little practices pave a way for greater vision; to crave for grand things is but glamour.



Master Koot Hoomi
Devâpi Maharshi

Sambala 18

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

There is much glamour about Sambala. Sambala is unthinkable and verily unreachable to those who do not know what sacrifice is. Sambala opens itself to those who offer their entire being without hesitation to the Plan. An all-offering sacrament towards a noble goal enables one to stand in the sacrificial light of Sambala. The residents of Sambala are those who have nothing for self. In recent cycles, beings of the order of Maitreya and Buddha stand as outstanding examples of Sambala. The Hierarchy is annually given an entry into Sambala.

The term Sambala is synonym to sacrifice.

Message of Master E.K.

Observer



I let events pass by through time. I do not invite, involve, nor do I stay beyond. I do observe “how it is” and “how it is becoming”. I fulfil my little obligation in that process.



Master CVV-Yoga

Aphorisms to Disciples 18

56. When you are in my prayer try to be in your head (around the Ajna). Visualize much light around and feel your head to be a lighted one. May the entire nervous system of the head be seen as a web of light. Further visualize that you are in that web and the rays of light are permeating through the entire nervous system. The web of light relating to the entire nervous system vibrates in concordance to the pulsation. Enjoy the sound of pulsation and the splendour of the lighted field.

May this be practiced until the vision comes and insight.

Vidura

Teachings of Wisdom



The wealth gained
through means unlawful,
disturbs the rhythm of life
in general.

PRACTICAL WISDOM

Death is to a plane
but not to the soul
which permeates in
all planes of existence.



Saraswathi

Suktam 3
Sri Vidya

When we separate, we have ups and downs, therefore we pray to the deity of the Word to give us support. Since the deity is the Mother, she will hold us. If the deity is the Father, we have to hold on to Him. If we wish to be with the Father, we must hold on to Him, but the Mother is always around us, and holds us. The Mother is comforting, caressing, loving, supporting, sympathetic and forgiving. Remember this.

The Seers therefore decided to worship the deity of the Word more than its Source. Worshipping the Ultimate as the Mother is called Sri Vidya. Once we have grown up, we are not as dependent on the support of the Mother. Then we are able to work with the Father. In the day to day life it is the mother that teaches the child the good habits till the child is of seven years of age. She informs what to eat, what not to eat, when to sleep, when to get up; after that it is the father that continues the teaching to the child.

In a Teacher, the mother and the father principles are combined. To those who are in the initial steps, the Teacher plays the role of the mother and plays the role of the father in relation to those who have accomplished the initial steps. When there is a smooth flow through the ups and downs of the land, one experiences the splendour of life. Disease occurs when the flow is not smooth, then there is an up and down in health. Often our health is on the down-flow, and only sometimes it is on the up-flow. Likewise, there is an up and down in every aspect of life. The ups and downs of our life express themselves through the changing qualities of our speech and thought. When we have a constant flow, there is constant vibration.

The hymn indicates to us to work with the Word so that the flow is consistent, constant and effective to overcome the ups and downs of the field of our life.

Summary

We therefore use the Word, to deter and scorch those who deter the devas. To overcome the illusion and ignorance of separativity, to ensure strong and effective flow, so that we are not affected by the ups and downs of life.





Srî Râmakrishna

The Perfect Man

Once I had a vision. I felt that One Substance had taken the form of the cosmos, with all its creatures.

It then resembled a house of wax, with men, animals, gardens, roads, and the rest, all made of wax, and nothing but wax.

PRACTICAL WISDOM

The purpose of
extraordinary incidents
in life is to protect the
mind away from
the environmental
tangle.

Master EK

On Secret Doctrine

Immaculate Conception



Immaculate conception is not impossible. As time passes by there will be more and more through ether in the air. When ether fills the air (with clean and perfect ether), then will be born children without fathers. In Virginia there is an apple tree of a special kind - it does not blossom but bears fruit, from a kind of berry without any seeds. This will gradually extend to animals and then to men. Women will bear children without impregnation and in the Seventh Round there will appear men who can reproduce themselves. In the Seventh Race of the Fourth Round, men will change their skins every year and will have new toe and finger nails. People will be more psychic than spiritual, last of all in the Seventh Round Buddhas will be born without sin. The Fourth Round is the longest in Kali Yuga then the Fifth and the Sixth and the Seventh Round will be very short.

The present effort in yoga or discipleship is to attain as much clear ether as it is possible to enable the progress of the soul into the future rounds.



Saturn

Transformation The Steps of Transformation 1

1. Objective growth with selfishness.
2. Further objective growth with practice of virtues.
3. Subjective growth through virtues.
4. Recession from objectivity and the related growth.
5. Subjective growth in virtues and objective acts of Goodwill. (Selfishness having been gradually replaced by selflessness).
6. Lessons of selflessness in a society of selfishness! Hard lessons!! The consequent urge to swing back to old ways - temptation.
7. Steadfast adherence to virtues and life service.
8. Sainly life.

To Jesus, after 40 days of penance in the desert, Satan comes to him and says, "I offer you all this material kingdom. You be the emperor of it." That means, he is, but for the objective success. But there is also a great experience waiting in the subjective world. At that junction point we are left to make our own decision. It is for us to make the decision. Jesus made a decision. If he had made the decision to rule the kingdom, we would have forgotten him like any other Roman emperor. Thus, also in our life, a point of time in evolution will come where we will have to choose whether to run after objectivity or to go into subjectivity.

Discipleship

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

Fear 3

Fear breeds trouble. The fire of anxiety, foreboding, and worry burn up our thoughts, lowers the physical vitality, and opens the door to weakness and disintegration. Fear prevents seeing with clarity either one's problem or one's destiny; it kills truth and arrests right action. Frequently, fear is the main obstacle to seizing an opportunity. Agonized indecision based on fear is apt to sweep one into unwise action or words, and prevent one from following the light and vision within.

As we pay attention to it, fear grows in power. It tends to dominate unless something immediate and drastic is done. If man used his reason in the correct way, he could eliminate fear. Each one should ask himself a most practical question: how many tortured hours have been expended on realities and on tangible happenings and how many on forebodings and illusory premonitions about things, which never happened? Use common sense and do not permit time for illusory fears to grow. Concentrate on your work or on relaxation. We must refuse to register in our consciousness the very existence of that which causes the reaction of fear and thus prevent it.

Where fear has crept in, force it out by the dynamic power of substitution. In the place of fear, we must substitute with peace, which is the prerogative of those who live always in the eternal and in the realization. Nothing comes to pass but what is for the best. This inner peace and assurance will bring about right emotional conditions. Stand firm and unmoved, no matter what occurs. Act as if there are no more fears. Fears can be faced and eliminated, along with those vile children of fear - nervousness, foreboding, worry and depression. When fear and depression are overcome, we will enter into our heritage of freedom, happiness, and true satisfaction.

A disciple



The Teacher

60. Tatva Vicharinam

Contemplative for THAT

The Teacher is ever contemplative of THAT and thus stands as THAT I AM. He also leads the students to be contemplative of THAT. That is the final teaching he gives to students who are devoid of worldly action and worldly desire. The students are generally motivated to act by their personal will. Personal will motivates, personal activity triggers. Activity leads to further will, and will leads to action. Thought to action and action to thought they move. They do not have time to contemplate “Who am I? Where am I? And what am I to do?” Doing leads them to thinking and thinking leads them to doing. Thus they are caught in the web. Only those who regulate their desire, simplify their life and search for the meaning of life are the ones that are seen as aspirants. These aspirants have moderate rajas and moderate activity and have time to contemplate upon the fundamental questions stated above. It is with them the Teacher converses on Tat (THAT). He explains what THAT stands for, what I AM stands for and what is the personality of man and his mortal vehicle, the body. He explains the constitution of cosmic man, purusha, and the constitution of man, the image of that cosmic purusha. He imparts a way of life and a contemplative technique by which one can relate to THAT. He also develops tastes in the students to orient more and more to THAT than to think other than THAT. The Teacher emphasises the need to repeatedly recollect THAT. His entire work revolves around the students gaining the taste for THAT. For that reason, all his discourses lead to and culminate in THAT.

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

Kapila

The Steps, Part 6



18. Learn the secret of time. In the form of time, the Lord remains in the created being (the soul). In the form of time, he reflects upon the mind and pushes one into the daily action. Keeping awareness of time, one functions daily in life. While he is aware of time in terms of hours, days, months and years, he does not know that time is the inversion of awareness as time. Due to this inversion the man (the soul) is bound by time.

Time not only descends as awareness through mind, but also descends as the pulsating activity that causes respiration, heart beat and circulation. The pulsations and the respirations create the units of time relating to the being. The units of time are disturbed causing disturbance to respiration and pulsation due to mind's involvement through actions in fear, sorrow, anger, jealousy, malice, anxiety, etc. The poetical and the metrical functioning of the breath is disturbed. In course of time, such disturbance establishes itself through habit and paves way for death.

Mind's awareness of time also weakens when the breath is weakened. The daily life's rhythm is lost, meaning the mind's order is lost. Disorder prevails in the respiratory system and in the intelligent activity of mind.

Practising of breathing in such a state is futile. The daily rhythm therefore forms the basis for Yoga practice. How can one think of working with breathing with a mind that is in disorder? The breathing and the mind are at disagreement with each other. Hence, the preceding steps shall have to be well established as a habit by the Yoga student before he can propose to meditate to bring together mind's activity and heart's activity.

Daily activity should be elevated from routine to rhythm. Then the mind will be able to apply itself upon the breathing, respiration and pulsation. Then the two gather into one. Then one understands that he himself is descending in the two-way path of life activity and mind's activity. He is the undercurrent

of the both. As one, he is time, he is consciousness. As two he is his life and his activity which in fact is his triple state (He, his life and his activity). When the mind and the respiration start aligning with each other, cessation of inhalation or exhalation (state of breathless poise) happens. Such happenings cleanse the physical, vital, mental and buddhic layers of the student. Bliss thereby descends and permeates into the four layers. Man establishes in poise and experiences peace.



Ashram Leaves

The Chariot



A single wheeled chariot is drawn by seven horsemen. A horse of seven names draws the chariot. There are three centres to the one wheel and the wheel is once again the centre to the three centres. The wheel is eternal, ever new and indestructible. The seven planes exist on this wheel."

PRACTICAL WISDOM

Discipleship is
learning to change.



Lord Dattatreya

Guru Mantram 1

The seed sound relating to Sri Guru Datta is DRAM. The sound DA signifies dana whose English word is 'to donate'. The sound showers benedictions for mundane and supermundane fulfilment. It can fulfil desires, including the desire for immortality and self-realisation.

RA is the seed sound relating to fire, it burns ignorance and the related impurities, revealing the knowledge. It makes the being radiant and resplendent. DRAM enables accomplishment of knowledge, neutralisation of ignorance and comfort in the subtle and the gross planes of existence. The sound 'M' represents, pure, transmuted matter.

"OM DRAM" is uttered forth with the inhalation and the exhalation, to establish the presence of Sri Guru Datta in one's own being. A sincere practice would enable the manifestation of the presence of Sri Guru Datta as one's own pulsation and respiration. Thus, the Eternal Presence grows proximate as one's own pulsating and respiratory principle. Contemplation upon the double sound would lead one from respiration to pulsation, from pulsation to subtle pulsation and from subtle pulsation into the expanse of the universal blue, as a flying bird. The contemplator gains the form of the mantram and the identity with the Deity of the mantram.

Fire

Detailed Explanation 4

IV. Offerings to the 10 Directional Cosmic Devas 2

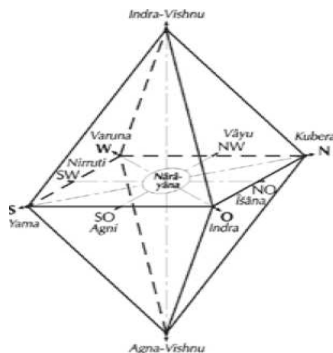


OM VAYAVE SWÂHÂ. VAYAVA IDAM NA MAMA
Offering to the Lord of NORTH-WEST, VAYU.

VAYU is the vehicle of the Lord of Life.
He is an elemental of air that brings life through air.
He exists in us at the point of the nostrils.
The respiratory system is governed by him.

OM KUBERAYA SWÂHÂ. KUBERAYA IDAM NA MAMA
Offering to the Lord of NORTH, KUBERA

KUBERA is the King of the Gandharvas. He is the lord of subtle planes. He holds intact (in togetherness) the bodies of Light in us, both etheric (subtle) and causal body. He exists in us in the Centre of the Crown (Head).



Rudra The Lord of Cosmic Will and Vibration

A Few Dimensions of Rudra 11 Sthapathi



It means the Master of manifestation and establishment. STHA in Sanskrit means to establish, to manifest. STHA is the root sound for stability. The stability is the other name for be-ness. Rudra is the Master of be-ness. The be-ness of the beings is Rudra as Sankara. Those who wish to manifest and to be in the splendour in such manifestation invoke Rudra. Rudra is the one who stabilises the planetary principles in the planets and the beings in the body. He is the one who works through humanity to create and to establish temples, houses and other structures for habitation.

Sanat Kumara

Smile of the Heart



The best treasure that one can have is a smile on the face. A smiling face is good to look at. But how does it come? To put up a smiling face is tense. It builds tension. But smile is natural to those who observe consciousness in others. A conscious entity carries a natural smile on the face. It is the normal state, while for purposes of work he may put on other expressions. Smile comes when there is joy at heart. Joy is but enfoldment of inner consciousness. For this reason, all those who have unfolded as consciousness have a natural smile on their face.



From the Teacher's Pen Questions and Answers

Higher Bridge

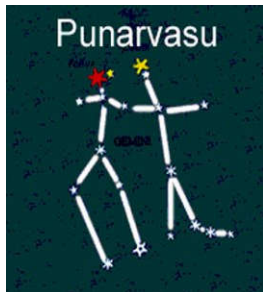
Question: Dear Master, how do we build the higher bridge?

Answer: Dear friend, All the bridge building activity is but the practice of meditation. The initial bridge to be built is between the mind and the buddhi. The next bridge is from buddhi to atman and final bridge is from atman to Paramatman. It is an inward process; it is an occult practice. All search outside shall have to be suspended and a search inside have to be initiated. The place of mind is normally in the solar plexus. Relating to the heart through the means of respiration and pulsation enables the first bridge. Here, mind becomes restful in the heart (in the principle of pulsation). Mind is at the seat of buddhi, and it experiences stability of consciousness. The samana pulsation prevails. Later, as one contemplates upon ajna regularly, one moves upwards through udana pulsation. When udana pulsation reaches the brow centre one experiences the glimpse of the self and the related field of light. Finally, when one contemplates upon sahasrara, the udana pulsation gives way to vyana pulsation and one reaches sahasrara. As one reaches sahasrara, the individual consciousness ceases and the universal consciousness remains. This is what is called at-one-ment.

These steps in the ascending order from solar plexus to heart, heart to head, and head to the top of the head build the bridges which enables ascent of man into God and descent of God into man. May this be set as goals for life by a student of occultism.

The Wisdom of Nakshatras

Star 7: Punarvasu



Punarvasu means “returned to reside” (star of renewal). It is a star most extolled in Hindu scriptures. It is the star in which the Second Logos, Vishnu, was born as Rama, an epitome of virtues. The deity relating to this constellation is the Cosmic Mother Aditi from whom the twelve sons, Adityas, are born.

Punarvasu is one of the brightest constellations of two stars; the other is Rohini posited in between Gemini and Cancer. Truth, generosity, purity, magnanimity, beauty, and aristocracy are but a few virtues relating to this star.

Punarvasu is known for care and protection. Contentment and satisfaction are its characteristics. Punarvasu does not let negativity in its thoughts. Confidence and optimism are always around to retrieve from difficult situations. They have a well built, healthy body and do not fall sick soon. The two stars of Punarvasu - Castor and Pollux - balance each other. Castor supplies positivity to set off the negativity of Pollux. Regeneration and renewal of energies are natural with Punarvasu, they recover from every fall be it health, emotion, adversities, losses, etc. They outshine others in the surroundings. The natives of Punarvasu would do well to look for spiritual attainment through self- purification.

The weakness of Punarvasu is the lack of forethought and carefulness due to excessive positivism. They sometimes disregard caution when it is needed. The last part of Punarvasu falls in Cancer which brings in the needed instability and fickle mindedness.

While the cosmic deity is Aditi the World Mother, the planetary ruler is Jupiter. Jupiter in Cancer renews the wisdom of the native from its past. It is a peculiar feature that they instantly recollect as per situations wisdom from the previous

incarnations.

Punarvasu natives innately like to travel, explore, and make pilgrimages. They are good healers, agriculturalists, and are the best gardeners. Their weakest dimension is in dealing with finances. They have not much feel for either income or expenditure or for borrowing and lending.

The symbol of Punarvasu is quiver with arrows. Arrow stands for man's discriminative will, swift movement, arriving at the goal, destroying evil and establishing law. It also indicates that the native is commanding and not subservant. The natives of Punarvasu generally accomplish whatever is contemplated and return home safely. They are active, energy always in motion and searching. In this aspect of arrow and other qualities the constellation resembles the sun sign



Gemini. The natives of Punarvasu have a fascinating combination of mental power and emotional belonging due to the spread of the constellation as between Gemini and Cancer.

A strange feature of Punarvasu is that second attempted things are successful while the first goes like a trial run. The philosophy of Punarvasu is "to be". They do when essential otherwise would like to relax. They are not hyperactive or underactive. The nature of the constellation is more male than female. The nose and the fingers are related to this constellation.

Another outstanding feature of this constellation is ritualism. Being the seventh constellation, they are well connected to ceremonial order and ritual. They are generally contended and happy beings.

The swan in pure waters is the symbol relating to Punarvasu.



Photo swan: Mindaugas Urbonas, Wikimedia

Agni

An Introduction to the Work of Cosmic Fire, 93

5. The Electric Fire Unexpected Arrival



We cannot forecast or expect the visit of Lord Christ. Suddenly, if the Lord manifests and the purpose is known, some get the shock of it, some get headache or someone will get into sleep, but there will be very few to quickly understand why there is such a sudden appearance. And make haste to do that which is necessary. It is like preparing the house after the VIP has visited. It is like saying: Come on, man, he has already come, better get ready!

The visit of Christ to humanity is what the visit of the Avatar of Synthesis is to Christ and His Hierarchy. These are not my words. These are the words of Master Djwhal Khul, because they have realised, how suddenly He visited, and hence, the Masters had to make haste to prepare humanity. So, there is the quick need to prepare humanity to get out of their separative attitude, because all separativity will be broken or burnt in this age. And the energy visited and has burnt up and broken many things through the two world wars. And the Master forewarned even before the 2nd world war, but the process was too quick. That is why on conclusion of the 2nd world war, the Master thought fit to give out the Great Invocation to network the humanity with love, light and will. So, removing the barriers between the human beings will result in groups. Removing barriers between groups will result in synthesizing groups. And when there is synthesizing of groups, slowly there will be synthesizing of nations and races. We need not really do anything to synthesize nations and races. That is too stupendous and too profound. That is attended to by the Grand Masters of Wisdom who are working for the planet and the planetary beings. What we have to do is to start loving our neighbour, meaning, our own member in the group and synthesize the group into one consciousness. And then through love synthesize groups and then realise one consciousness. Human being has to work at the micro-level, because he has no comprehension of the planetary functioning. There are the Sons of Light who have

comprehended the planetary functioning. They function from the macro-level. So, they try to influence other levels, where there will be synthesizing of the races and the nations. The way things have happened in East-Europe is an example of it. There will be a sudden offset of things, and that which is not foreseen, happens suddenly for the happiness of all.

So, the Masters of Wisdom try to synthesize at higher levels. And if we set our house in order by removing that faculty of separativity in us, we get included in the process of synthesis. Otherwise, we get excluded, and we have to feel the pain of it. So, the groups have to work on a person-to-person basis to synthesize. Casting off all feelings of separativity! And then there has to be grouping of the groups. There was a topic given to me in Munich in 1989, 'Synthesizing groups'. The speech itself was very experiencing. But now we have synthesizing of groups happening in these nine days here. That means, there is a bit of progress made. And if we go through the instructions of Master Djwhal Khul, He always wants us to remember that we are not alone or lonely. In truth, we are not a small group at all. We are one of the most formidable groups on the planet, but on account of the walls that are built, we are not able to see the walls on the other side. Imagine, there is an equally big group on the other side of the wall ahead of us, and another group this side, another group backside, another group in the cellar, and most important another group in the upper floor. The group in the upper floor are the accepted disciples. And then, there is another group over them, that is that of the Masters. See, to our left, to our right, to our front, to our back, to our above and below, there is so much of strength. How can we realise that all this is true? Only if we remove or pull down the walls that we have built!

So, let all of us work towards that goal, so that there is some effective functioning and the Avatar of Synthesis leaves a good taste with us, but not a bitter one. Towards that end, let us function!

End of the seminar

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

Master EK

Vishnu Purana Chapter XXIV

Liberation



Trees, worms, aquatic beings, birds, beasts and men as well as the Devas, will enjoy liberation when they follow the law and live according to it. All living beings can enjoy liberation and are privileged to enjoy it as long as they live lawfully. Those who do good deeds live in heaven for as much time as sinners live in hell. Those who are not prepared to rectify their defects or who do not like to experience the disadvantages of their defective behaviour will be thrown into hells. The type of atonement depends upon the nature of the sin committed. When the sin is too much, the suffering is also too much. When the sin is light, the suffering is also light. Those who like to rectify themselves will not go into the hells. Even the Manus, beginning with Swayambhuva, like to rectify themselves in many ways, like Tapas and good deeds. But Tapas and the performance of good deeds should be conducted in the name of Lord Krishna and not in their own names.

When one commits a sin and immediately realises it, the best method to undergo atonement is to go into the meditation of Lord Vishnu. One should worship the Lord in the form of the dawn, the dusk, the day, the night, the noon and the midnight. Narayana should occupy everything in one's life as one's own time. Sins will be washed away immediately. All afflictions of all types of sins will disappear when the Lord is meditated. One enjoys not only liberation, but also the heavenly pleasures without impediments. When meditation or oblation is offered to the Lord as a living God, there will be no obstacles and one enjoys the lordship of one's senses and wisdom. One need not go anywhere, one need not escape to the higher planes and one need not enter into the cycle of rebirths if one meditates everything as the living God. Such a meditation is the seed of liberation. Therefore, one should remember the Lord by night and day. Sins will be washed from time to time and no hell will be experienced. Heaven is nothing but one's own life lived up to one's own satisfaction. Hell is

nothing but one's own life lived against one's own liking. The same life may be lived as happiness or as sorrow. Life can be lived as liberation or as the conditioning of births and deaths. One can experience life as pain or pleasure by living angrily or peacefully. Always life is lived according to one's own way of living. If one's attitude in life is only to seek enjoyment, it results in sorrow. One can make one's life a taste of happiness or unhappiness, peace or anger. Nothing in this life is either happy or unhappy in itself. It is the change of the mind that bears sorrow or happiness. One can see one's knowledge as the Supreme Omniscient God or one can experience one's knowledge as one's own conditioning and bondage. Everything in this life depends upon how one knows it. There is nothing beyond this knowledge. Knowing how to know and not knowing how to know are both included in what we call "Knowledge". Beyond this, there is nothing that one can know. Thus, my boy, I told you everything about the spheres and the worlds that are above and below our existence. I have explained the heavens and the hells, the oceans and the mountains, the islands and the rivers. In an epitome, I have explained everything which you can comprehend. Tell me what more you want to hear."



Parasara and Maitreya

Paracelsus Health and Healing

Nutrition and Health



Do the present-day physicians know much about food and nutrition? Probably not, could be the answer. Four generations ago physicians were not only prescribing medicine, but were also advising on matters of food and its rhythm. Even today in other medicinal systems such as homeopathy and ayurveda, prescriptions were also given to the patients in relation to food and drink and also in relation to rhythms, at least during the period of treatment, but it is not so in the traditional medicinal system namely allopathy.

In ancient India there is a health dictum “fasting is a super medicine”. When there is ill health fasting was suggested; living on waters and juices was also suggested until the illness was cured. When there is illness, the auto immune system fights to expel the sickness. If food is taken in a normal fashion, we load the system and cause more stress on the auto immune system which is fighting to expel the undesirable matter from within the system. When a patient is being treated, for medicines to effectively help the cure there should be supportive food to ensure that the patient does not tend to be weak, but it does not mean that the patient be allowed to eat as if he is healthy. Drinking cold water and eating ice cream is avoidable when one has cold, affecting the respiratory system. Eating fried food and other calorie-rich food when one has fever causes more damage to the health while an attempt is being made to tone-up the digestive system.

Today in the traditional medicinal system, there is no prescription at all vis-à-vis the food and drink; the answer by the physician to such questions is, “Do not worry, the antibiotics will take care.” It is pretty much known that antibiotics are as much killers as they are medicines.

Patients may be interested in food choices, especially when they are sick, and the physician would do well to advice. Obesity and malnutrition are tending to

be high in rich and poor communities respectively, due to inadequate knowledge of simple nourishing food. While many physicians recognize that diet is influential in matters of health they do not learn enough about nutrition in medical schools or in the training programs that follow. It is estimated that 50 to 80 percent of chronic diseases such as diabetes, hypertension and heart-sickness are partly related to or affected by nutrition. Timely regulation of food would mediate the occurrence of such sicknesses. A change in diet, if suggested, would avert the risk factor. People gain weight at the rate of a pound or two every year which is not taken seriously, but over a decade the person tends to be over-weighted which would cause a huge impact on his health. There has to be a frequent if not daily weighing of the bodily weight as a habit which a physician can insist to his patient. Weight gain is such a surreptitious activity that persons cannot notice until after some time. A daily check-up is the best way to bring in the needed daily corrections in terms of intake.

It is a great service if in the schools and in the community, the children are imparted the habit of a weekly check-up of their weight so that they tend to be cautious to ensure height and weight balance. The body-mass index should be paramount in the minds of the humans to avoid the rampant sicknesses that hover around. Medical students should have in their education module a distinct subject relating to food and nutrition; a casual mention here and there cannot be considered adequate. There should be a specific examination paper in relation to this subject to ensure that every physician knows adequately about food and nutrition; curriculums shall have to be slightly reframed for this purpose. Physicians should be trained to discuss food with patients besides discussing the ailments and the sicknesses. A record should also be maintained of the eating habits of the patient.

Today all physicians warn the patients of the peril of smoking and of the benefits of not smoking. They have become advocates for not smoking. Similarly, there should also be advocates for balanced diet with nutritional values.

In any health-care system prevention of sickness should be placed over treatment of sickness. It is in this direction the law makers and the administrators need to work to ensure healthy food habits within the community.

Preventing sickness is universally acceptable and is ever preferred to incessantly fighting ever-persisting sicknesses. A nutrition professor, Marion Nestle, says that “one cannot satisfy talking about band-aids, for bruises something more should be done in the field of nutrition”; it requires to be educated at all levels up to the level of the physician.

“Weight loss” is the pet subject in rich communities. To ensure good health, keys should be given to all how to eat and reduce, but not how not to eat. There is a way to eat, to maintain right body-mass index that should be targeted.

Dr K. Parvathi Kumar

Extract from: Paracelsus - Health and Healing

Website: www.paracelsus-magazin.ch/en

Dimensions of Ancient Wisdom

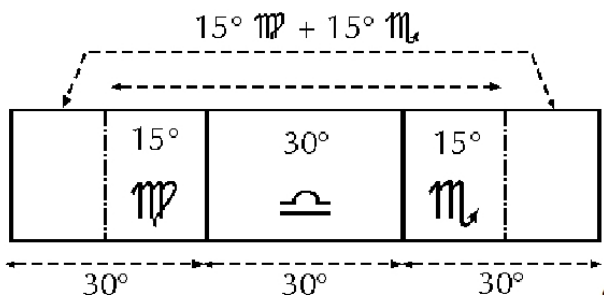
Dr K. Parvathi Kumar
Group Life Teaching, Part 7
June 2018, Billerbeck, Germany

Therefore, being the fourth kingdom on this planet, we have to adapt to the fourth step of Yoga, which is Pranayama, and Pranayama relates to the fourth element of the five elements, that is air. Air is the fourth element: matter, water, fire and air. Air stimulates fire. Air purifies water on earth. Air is the perceptible divinity. There is only one element, which you cannot see, but you accept that it exist You can see the sky, you can see fire, you can see water, you can see matter, you cannot see air, but you don't say that there is no air. Existence of air cannot be denied, though it is not visible. That is why air is said to be the direct presence of God. The direct presence of God: Namaste Vayu, Twameva Pratyaksham Brahmasi - like that we utter. Verily, you are the direct perception of God, because I know that you are existing, although I cannot see you. Among the five elements, air has that special quality that it can only be perceived, while it cannot be seen. So relating to air and through that activity of air, which is happening within us, we stand the chance of turning subjective and moving upward.

And relating to this dimension of yoga is not possible, unless there is some fair demonstration of service in the outer world. You cannot be released from the outer world, unless you have discharged yourself from the outer world. Through some service or the other, there is a debt, there is a karma, a karma to planet, karma to mineral, karma to plant, karma to animal, karma to human. They draw you back again. You are drawn by karma. The key to karma clearance is tangible service. Clear what is due from you to the mineral, plant, animal, human. This clearance is needed. On one side, turning your life into a life of service, and on the other hand keep on turning inward to realise the inner being.

These are the two dimensions. Until the first dimension is fairly demonstrated, the second dimension will not open. That is what I want to tell you. We have to open that dimension in us of entering into the heart, moving into subtle pulsation, moving upward, realising knowledge afresh and experiencing the self by which Gemini is also closed. Two sun signs have to be closed. I spoke

many times to you, how to close Libra. When Libra is closed, Virgo and Scorpio become one sun sign. So, it becomes a zodiac of ten sun signs.



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

Stories for Young People

On Service

“Parasitical existence and vampirism
are loathsome.

Live not on others’ labour.

Give before you receive”,
says the Teacher.

7. The Bet

Two young men bet on which of them would become the ruler of their country. It was a strange bet because their birth did not give them the right to become rulers. Andrea¹ came from a noble family - but he was destitute and driven from his hometown by merchants. Giacomo² came from a peasant family. The way to become ruler was to become a fighter.

Italy towards the end of the 14th century was a rich but divided country where everyone fought against everyone. Cities and villages were developed into fortresses. Those who were strong and fought had the power. In this way, Giacomo, the peasant boy, had already gained his experience with weapons as a child. Andrea and Giacomo wanted to become Condottiere, leaders of private protection troops, which were taken by the most different clients under contract (ital: condotta). The rights and obligations of the parties were precisely regulated and renegotiated annually. Condottieres became rich and were the actual rulers of the country.

The two men of the same age became the best Condottiere of their time. In battle they were experienced, as army leaders they had studied the tactics of warfare. As a result of their profession they often saw each other - mostly as representatives of the opposite side. They were professionals, taking victory or defeat as an obligation to their contract. Normally they decided to fight in the most painless way for their troops, including sham fights. When Andrea wanted to conquer Rome, Giacomo forced him to withdraw. Andrea returned later and took Rome. Victory and defeat alternated.

The most difficult client at the time was Johanna II, Queen of Naples. As a weak person she constantly changed her allies, husbands and advisors. So, she

constantly created new problems. Her kingdom was coveted by France, Poland and others. Giacomo had the misfortune to be her Condottiere. She rewarded his loyalty by putting him into prison. Later she hired him again.

It was winter, Johanna's enemies wanted to conquer Naples. Giacomo rode with his troops towards Naples to protect his queen. While crossing the river Pescara (southern Italy) he drowned in the icy floods.

A few months later Andrea rode with the best men of his time against Naples to conquer the kingdom and depose Johanna. When he wanted to rest in Aquila (southern Italy), a city subordinated to him, it refused him entry. This intrigue of Queen Johanna took time. Andrea had to conquer Aquila.

The behaviour of the city was surprising but not unusual. Unusual was the behaviour of the experienced war hero Andrea. The masterly tactician behaved like a beginner. He made chaotic decisions and lost the battle to the troops of the queen and her allies. He was wounded and cared for by friends and enemies. His wound healed. But Andrea did not eat, did not drink, did not speak a word. He died - in the proximity of the river Pescara, where Giacomo drowned, half a year after his death and on the day his friend would have completed his 55th birthday. It is said that a prophecy had told them winner of the bet would be death.



1 Andrea Fortebracci, called Braccio da Montone (1368-1424).

2 Giacomo or Muzio Attendolo Sforza (1369-1424).

Story after Jacob Burckhardt: The Culture of the Renaissance in Italy. 1859. Marie Herzfeld: Chronicle of Perugia 1402-1503 (introduction and translation into German 1910).

Window to World Service
News & Activities
(Inputs welcome)

Argentina

Name of the Group: Litoral Group

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

Activities, Part 1:

- 1) Meditations of New Moon and Full Moon, Equinoxes and Solstices, rhythmic works that have made us grow in number of people who attend them and in quality of service.
- 2) In the full moon it is continued working with detail "the works of Hercules" from the reading and explanation of the text of the M. Kumar on his book "The man and his symbol" and in the new moons "The commitment" of the Master E.K. and the mantras corresponding to the sign.
- 3) Meditation of the personal New and Full Moons.
- 4) Celebration of May Call Day and December Call.
- 5) Work with the violet flame every Friday.
- 6) Alignment with Neptune, Uranus and Pluto given by Master Kumar for the benefit of the planet.
- 7) Another recently incorporated activity is the Prayer for Peace, given by M. Kumar, on Sundays at 11 am.
- 8) The Fire Ritual Ceremony is held every Sunday at 9:00 A.M. and at the celebration of May Call Day and December Call Day.

The Fire Ritual Ceremony is held at the headquarters of the Litoral group, 'CUNA', every Sunday at 9:00 am. The corresponding activities are prepared weekly, namely: Collection of sticks offered from trees of Pine, Camphor and Laurel, all of the area, which are polished and cut to the same measure.

Weekly preparation of the Ghee. Planning and execution of the ceremony, in charge of the Focusing and/or officiating sisters of the ritual.

Outstanding activities during 2018:

Service Activities:

- Generation and creation of a space for reflection and planning, about a Service that meets the needs of people in street situations: non-perishable food, clothing in good condition, diapers and footwear.
- Elaboration of advertising spots, inviting to participate of the activity of service, to all the members that conform the Litoral Group. They circulated through WhatsApp's media, and in a personal way in the different meetings.

These donations were made weekly, distributing them in the Children's Hospital and to people who were located directly in the street, among them, aborigines 'Tobas'.

- Celebration of May Call Day 2018: (In charge of the officiants of the Fire Ritual): Introduction to the "May Call"; Meaning and purpose of its Celebration; Teachings of the Mystic Mantrams of Master CVV; Practice and application of them.
- Celebration of the December 2018 Appeal: (By the officiants of the Fire Ritual): The Yoga of Master CVV; Spiritual Healing; The promise of Master CVV; The Prayer and the adequate orientation towards the Master.

Picture to the Month of Scorpio

Scorpio - Ascent of the Winged Serpent



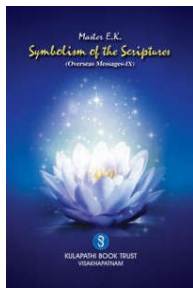
"Loosening the spirals of Karma, the serpent shines winged and escapes through the bore of the Sun's body from above the eyebrows. Henceforth the serpent is the winged messenger of the Gods. He is Mercury."

The spirals of Karma exist until the Sun centre, which is the Ajna centre. Once the awareness escapes the bore (the ladder), explained in the previous meditation, beyond the pituitary body, which is also called the brow centre, the serpentine consciousness escapes into higher realms and transforms itself into a winged shining serpent. The awareness of the disciple moves in the etheric states of Akasha as a winged being. It carries the etheric shine and moves in the expanse of the blue. The journey is thus complete.

K. Parvathi Kumar: "Occult Meditations", meditation no. 28

Book Review

Symbolism of the Scriptures



The scriptures have their own language and their own symbols which are different from the technical man-made symbols. Wisdom is concealed in each symbol in the scriptures. Dr Ekkirala Krishnamacharya (Master E.K.) was a master of the six keys to the Veda without which the knowledge of the scriptures cannot be unlocked. His lectures in this volume "Symbolism of the Scriptures" playfully present the scriptural symbols and explain their significance.

Content: Symbolism of the Scriptures; True Purpose of Astrology; Concept of Astrology.

E. Krishnamacharya: Symbolism of the Scriptures

Info: Kulapathi Book Trust, kulapathibooktrust@gmail.com

PDF: https://worldteachertrust.org/_media/pdf/en/ek/symbolism_of_the_scriptures.pdf

Life and Teachings of Master Jupiter



The grand sage Agastya is also known as Master Jupiter in theosophical literature. He has been with the planet and humanity over yugas, right from Lemurian times. He descended on this planet along with the other Sons of Will and Yoga and has been helping the planet and humanity. He resides in the South to enable stability for the planet and also to enable stability for the beings on the planet. He brought down much light into the matter and therefore there is much light in the lower planes also, so that the beings can pursue the

light.

The book "Life and Teachings of Master Jupiter" by Dr K. Parvathi Kumar describes a few dimensions relating to the life and work of Agastya.

K. Parvathi Kumar : Life and Teachings of Master Jupiter

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

PDF:

http://worldteachertrust.org/_media/pdf/en/life_and_teachings_of_master_jupiter.pdf

Astrological Important Days in October/November 2019

23.10.	19:19	$\odot \rightarrow \mathbb{M}$ / Sun enters Scorpio	
	☿	\odot in \mathbb{M} – every evening at the twilight hours: <i>Light a lamp at the door-front and worship the serpent-power Kundalini, that encircles around the stem of the Base Centre.</i>	
		\odot in \mathbb{M} – every Monday (28.10., 04.11., 11.11., 18.11.): <i>Contemplation upon Šiva, the cosmic 1st Logos</i>	
	21:39	11 th phase of descending moon starts	\odot 00°06' \mathbb{M} / \mathcal{D} 00°06' \mathbb{P} <i>Contemplation upon OM NAMA ŠIVĀYA</i> (End 24.10. at 18:48)
27.10.		End of summertime (CEST 03:00 h → CET 02:00 h)	
	07:53	Phase of new moon starts	\odot 03°33' \mathbb{M} / \mathcal{D} 21°33' \mathcal{Z} New moon point of Scorpio: Contemplation upon 'The Pledge'
28.10.	04:38	● New moon of Scorpio	\odot 04°25' \mathbb{M} / \mathcal{D} 04°25' \mathbb{M}
03.11.	22:26	● 8 th phase of ascending moon starts	\odot 11°10' \mathbb{M} / \mathcal{D} 05°10' \approx
		\odot (End 05.11. at 00:27)	
04.11.	22:54	23 rd constellation <i>Dhanishta</i> starts	\mathcal{D} 17°28' \approx
05.11.	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends 06.11. at 01:45)	
07.11.		Goodwill Day: Birthday of Master <i>KPK</i> (1945)	
	05:25	11 th phase of ascending moon starts	\odot 14°27' \mathbb{M} / \mathcal{D} 14°27' \mathcal{X} <i>Contemplation upon OM NAMA ŠIVĀYA</i> (End 08.11. at 07:54)
11.11.	13:31	Phase of full moon starts	\odot 18°49' \mathbb{M} / \mathcal{D} 06°49' \mathcal{Y}
		\mathcal{D} <i>Worship the cosmic 1st Ray, Lord Šiva, and chant the five-syllabled Mantra OM NAMA ŠIVĀYA</i>	
12.11.	14:34	○ Full moon of Scorpio	\odot 19°52' \mathbb{M} / \mathcal{D} 19°52' \mathcal{Y}
19.11.	11:05	● 8 th phase of descending moon starts	\odot 26°46' \mathbb{M} / \mathcal{D} 20°46' \mathcal{Q}
		♂ (End 20.11. at 09:11)	
22.11.	04:31	11 th phase of descending moon starts	\odot 29°31' \mathbb{M} / \mathcal{D} 29°31' \mathbb{P}
		♀ <i>Contemplation upon OM NAMA ŠIVĀYA</i> (End 23.11. at 01:54)	
	15:59	$\odot \rightarrow \mathcal{Z}$ / Sun enters Sagittarius	
		\odot in \mathcal{Z} – Every morning: <i>Utilize the two hours before dawn for intense spiritual practice – particularly the first 13 degrees of Sun's transit</i>	
		\odot in \mathcal{Z} – 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	\odot 03°08' \mathcal{Z} / \mathcal{D} 21°08' \mathbb{M}
		\mathcal{D} New moon point of Sagittarius: Contemplation upon 'The Pledge'	
26.11.	16:05	● New moon of Sagittarius	\odot 04°03' \mathcal{Z} / \mathcal{D} 04°03' \mathcal{Z}
29.11.	13:09	4 th phase of ascending moon starts	\odot 06°58' \mathcal{Z} / \mathcal{D} 12°58' \mathcal{Y}
		♀ <i>Contemplation upon Ganesha</i> (End 30.11. at 13:35)	

All times until 27.10. are in CEST (Central European Summer Time)/UTC+2 (Universal Time Coordinated plus 2 hours) later in CET (Central European Time)/UTC+1 (Universal Time Coordinated plus 1 hours);

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