

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Taurus 2018 Rishabha

Letter No. 1/ Cycle 32 – 20th April 2018 until 21st May 2019

The World Teacher Trust - Global

Invocation



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

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

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

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

Master EK



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Prayer of the Year 2018-2019

**MAY WE EXPRESS GOOD WILL IN ACTION.
MAY WE UNFOLD THE POWER TO MANIFEST.
MAY WE ENTER THE WORLD FOR THE LORD.
MAY WE STAY UNITED IN ALL WAYS.**



Full Moon of Taurus, 30 April 2018, 02.58



Message of the Month of Taurus

Sun's entry into Taurus is significant; it sows seeds for the entire year to come. The sun rays in Taurus are profoundly strong. They are indicated by the bull whose strength is indomitable. To regulate a bull is a labour by itself. Hercules was given this task. The aspirants therefore should gain the hint that they too have to regulate their bull of desire.

Taurus represents the lower part of the head that is from eyebrow to chin. It is called countenance or face. It includes all the five senses of the man. The ears, the eyes, the nose, the mouth that carries the taste as also the speech, are all within the countenance; the skin as well is present. The bull of desire is expressed through the senses and the speech which require to be regulated. Regulating the sense activity is symbolically called threading the bull through the nose to hold it well. Aspirants are required to regulate unrequired outflow of energy through the five senses and the speech. The power of Mars in Taurus represents the pull of senses towards the sense objects. The man is drawn like a beast by the senses towards the sense objects.

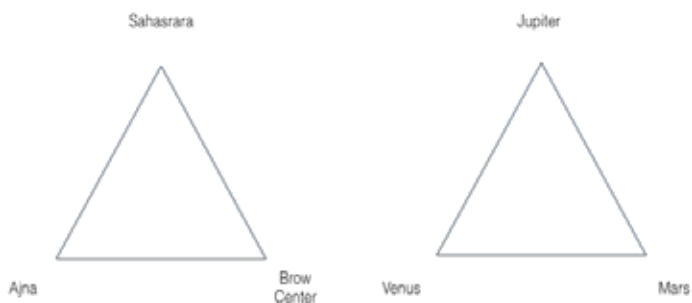
The essence of man dissipates and exhausts itself through such outflow of energies through the six channels namely listening, seeing, smelling, tasting, touching and speaking. Man is also drawn to the opposite gender which causes yet another outflow. Seven are the outflows of energies which deplete man's energy, cause decay and eventually the death.

The seers of wisdom therefore suggested that the bull of desire should be transformed into the divine bull Nandi. When desire is reoriented towards the divine in oneself, when passion for the outer world is substituted by passion for the inner world (passion for wisdom) the outflows of energies are reversed to pool in at the Ajna centre through contemplation and meditation. Even for this, the power of Mars is helpful provided Mars is associated with Jupiter. When man turns the passion towards wisdom the power of Mars in him associates with the Jupiter in him. The centre of Jupiter is in Sahasrara while the power of Mars is below the brow centre. Contemplating upon Ajna there would be culmination of Jupiter energies

and Martian energies to unfold the beauty of inner wisdom. This inner wisdom is represented by Venus.

For this reason aspirants are recommended to consecrate themselves to wisdom in the month of Taurus and re-form life activity into goodwill. This will enable ascent of energies from the brow to Ajna with a concurrent descent of energies from Sahasrara to Ajna.

Such is the work recommended for the aspirants in the month of Taurus. The related triangles are



Such is the theme recommended in Taurus to gain the bull's eye (the third eye).

Message of the Teacher

Grace



Love of God enables a systematic and sustained purification of personality. Love of God is an engagement that stands primarily in the life of aspirants.

Love of God happens, it cannot be cultivated. When the love happens, further cultivation for association with God is truly romantic.

Love of God is but a gift of God, the other name for it is grace. Awaiting the grace with profound aspiration is all that one can cultivate.



Utterances of Lord Krishna

Observe how the turtle withdraws at will
the five limbs into itself.
Likewise gain the ability
to withdraw the senses at will.

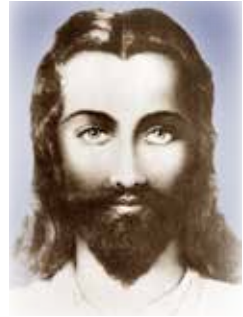
Such one's will is stable. (2-58)

No abstaining from sense objects is foolish.
Fasting senses is beastly.
Turn to the Divine through the five senses.
Such orientation releases you
from attachment to sense objects.

The key is bringing in light to disperse darkness.
Be not foolish to just disperse darkness. (2-59)

Lord *Maitreya*

Balance



The future of our planet partly depends on us. Humanity's material orientation causes an imbalance to the planet. Excessive orientation to the material shall have to be offset by spiritual aspirations. The South Pole tends to be heavier with expansion of materialism. It disturbs the balance between the North and South Pole.

Even in the humans, when the entire human consciousness is tending towards Muladhara, humans get imbalanced with heavy lower torso and weaker upper torso as also the head. In the materially rich countries the human forms are tending to be more and more oversized, especially in that part below the diaphragm. Small heads and huge stomachs are indicative of it. Such bodies are neither healthy nor safe for the indweller.

Imagine a ship in which all the passengers, the crew and the machine of the ship are posited in the rear side; such ship is bound to sink.

Even laymen know, as they step into the boat that they sit either side of the boat to balance. Should not energies in the human form and in the planet stay balanced by appropriate distribution of the energies from North Pole to South Pole, from Sahasrara to Muladhara? Such is the safe condition.

When the planet and humans are prepared, they are prepared from above downwards. The energies should stay permeated proportionately as between the head, upper torso and lower torso, as between the northern hemisphere, the tropical belt and the southern hemisphere. The melting of icy peaks in the north by which the waters flow to the south is already a message coming from the planet to counter this. Humanity can think of ascending to the upper torso or even to the head to balance

energies as between head, upper torso and lower torso for optimal living. Such movement enables gaining the wisdom that would prevent further heaviness to the planet. The Hierarchy is working at it. The inclined ones can join.



Master Morya
– *Maruvu Maharshi* –

Stay as That I Am



“I AM” is fragmented truth, “THAT I AM” is the truth. I AM is a localized state, separate from the whole. THAT I AM is a non-separate state, as one experiences the creation. Just I AM is a circumscribed state. Every circumscription is a limitation. It brings egoism and ignorance.

THAT I AM enables appropriate comprehension from the related experience. Just I AM is shrouded by ignorance and hence cannot gain the comprehension. Therefore it also cannot gain the experience.

Humanity is told from antiquity to stay as THAT I AM. But humans remain only in I AM consciousness, but not in THAT I AM consciousness. THAT I AM is the key given again and again, but it never gets preserved due to ignorance. THAT I AM is the royal secret which is always lost in a moment's time. Forgetfulness is the curse; try to dissipate it. Think only of THAT I AM and never think of I AM without THAT. The heart trumpets this truth. Hence, from ages the sages were goading to disciples of THAT I AM.



Master Koot Hoomi
– *Devâpi Maharshi* –

Questions of an Aspirant

A humble aspirant approached the Master and enquired:

“Venerable master, as I listen to you and as I observe you, I realize that I need to practice so many virtues to deserve your association. As I look at me I feel I am incapable of inculcating the virtue. Be kind to advise me.”

The Master answered, “You are far virtuous than many around me. You know your actual and factual position. There are many colleagues of you who do not as well carry virtues but believe that they are virtuous. Their belief has put them in illusion; they are not living to reality. To stay put with, reality is the virtue that one needs to be on the path. At all times be realistic; do not get into the fog of feeling to be virtuous.”

The aspirant again asked, “Venerable Master, as I pray the divine what should I seek?”

The Master answered, “Instead of seeking divine powers seek compassion. Compassion enables you to experience the Truth and the bliss of existence. Compassion is the single means through which one can reach the Truth. Compassion enables you to be compassionate with all that surrounds you.”

The aspirant again asked another question: “Venerable Master, favour me with your association and advice for all times to come.”

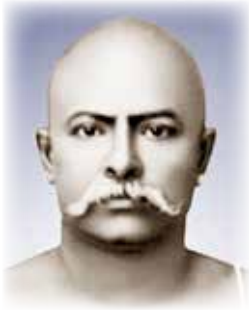
The Master answered, “As long as you stay aligned as between your thought, speech and action, you receive my presence and advice directly or indirectly. The nature responds and hands down the messages to the ones who are aligned in their thought, speech and action.”

Message of Master E.K.

Baptism by Fire



The first touch of the divine stirs the five elements of the aspirant's body. As the aspirant adapts to ardent practices, the impurities in five elements are gradually fired out; this is called baptism by fire. Only thereafter, the aspirant is eligible for inclining to divine experiences. Until then the experiences are illusive.



Message of Master C.V.V.

Aphorisms to Disciples 2

Remember that the prayer is for your all-round development. Remember that the prayer is for your total welfare. Entertain no doubt in this regard.

Thoughts of Good Will meant for action, when received in prayer, neglect them not. They are meant for your progress. Work upon them at once.

Do not entertain discussion in relation to your yoga practice except with those who are truly friendly in this yoga. Set aside unsolicited advices from the surroundings. Set aside the opinions of the surrounding people with respect to the yoga practice. Respect all that surround you but follow the ones whom you consider as truly ahead of you in yoga.

Vidura

Teachings of Wisdom



There is neither conquering
nor conceding,
neither praise nor insult,
neither aggression nor regression,
neither allegry nor sorrow,
neither enemy nor friend
to the "equi-poised" one.
He remains one in all
-but not as one to one.

PRACTICAL WISDOM

Encircle the teacher with the protective
Wall of Devotion.
With the teacher acts fructify.
Betrayal of him is dreadful..



Saraswathi

Suktam 2
Hamsas 1

The hymn speaks of a downward flow. How can one go up with a flow, which goes down? There are rowers who try to row against the current to reach the source –a very hard task-, but the beauty is, that each time the Word flows down, it also flows out as the many Hamsas or Swans.

In the second part of the stanza a hint is given to the keys of return when it is said that:

“Great is the velocity of the Word that flows downwards. Swans go out eternally therefrom”.

Swan is Hamsa in Sanskrit. Hamsa is the centripetal and centrifugal functioning of pulsation, the double principle of pulsation. Many pulsations take place, which in turn conduct respiration, circulation of blood, heart-beat, etc. All this is possible because of the flow of the Word. The flow of the Word is like a waterfall and that is what brings out the pulsating principle.

The Hamsas (Swans) are the movements in us as pulsation and also as thoughts. They are conducted by the Word, which exists as OM in us. There is the flowing out of Swans as pulsation during the night. There is also the outflow of Swans as thoughts throughout the wakeful state. The former Swans are responsible for our Existence and the latter are responsible for our ideas, thoughts and speeches.

Srî Râmakrishna

God Vision



In what condition of the mind does Godvision take place?

God is seen when the mind is tranquil.

When the sea of the mind is agitated by the wind of desires, it cannot reflect God, and then Godvision is impossible.



On Secret Doctrine

Law of Cosmical Non-Intervention

As to the law of cosmical non-intervention, it could be justified only in one case, namely, if the celestial mechanism were perfect; but it is not. The so-called unalterable motions of celestial bodies alter and change incessantly; they are very often disturbed, and the wheels of even the sidereal locomotive itself occasionally jump off their invisible rails, as may be easily proved. Otherwise why should Laplace speak of the probable occurrence at some future time of an out-and-out reform in the arrangements of the planets; [*Exposition du vrai System du Monde*. p. 282] or Lagrange maintain the gradual narrowing of the orbits; or our modern Astronomers, again, declare that the fuel in the Sun is slowly disappearing? If the laws and forces which govern the behaviour of the celestial bodies are immutable, such modifications and wearing-out of substance or fuel, of force and fluids, would be impossible; yet they are not denied. Therefore one has to suppose that such modifications will have to rely upon the laws of forces, which will have to self-generate themselves once more on such occasions, thus producing an astral antimony, and a kind of physical palimony, since, as Laplace says, one would then see fluids disobeying themselves and reacting in a way contrary to all their attributes and properties. Newton felt very uncomfortable about the moon. Her behaviour in progressively narrowing the circumference of her orbit around the earth made him nervous, lest it should end one day in our satellite falling upon the earth. the world, he confessed, needed repairing, and that very often. [see the passage quoted by Herschel in *Natural Philosophy*, P. 165. De Mirville. iv. 165.] in this he was corroborated by Herschel. [I, oc. Cit.] he speaks of real and quite considerable deviations, besides those which are only apparent, but gets some consolation from his conviction that somebody or something will probably see to things.

Saturn

Lokaloka Parvatha 4



Saturn rules over the ring of the horizon, which is only a limitation relative to an observer. If we stand here and look around, each one of us will have our own circle of horizon. The horizon is different for each one of us, because we are positioned differently. When we are centred/positioned differently, we have different horizons, thus, what we see, also differs. Until we centre in the soul, the one TRUTH cannot be seen! Saturn rules over this ring of the horizon, which is only a limitation relative to an observer. The horizon is our own illusion, our own limitation of experience.

We all have our own horizons depending upon our placement. Depending upon the placement, there is the related limitation. The limitation changes according to our progress. It widens and widens, but always there is a protective ring. Saturn sustains this ring in the mind of man as a self-imposed barrier. There is no barrier outside! There is no such thing as horizon. An absolute horizon is not drawn anywhere. It is only our limitation that works as the horizon outside. Saturn actually hatches the consciousness of man. When man unfolds, the ring widens, the boundaries get widened. Saturn causes the process of unfoldment and we keep working for it. Man, through such unfoldment overcomes his own limitations until he lands in Synthesis. From the state of becoming, he reaches the state of being. God's creation is understood only if we know how it is. Thus, we should always get back into the original state, then only the ring of Saturn is crossed. Otherwise the ring of Saturn works as a necessary limitation, and we see things from our personal angle.

Discipleship

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

Thought

Man cannot distinguish accurately between mind and emotion, between thinking and feeling. There is a wide distinction between to think and feel and to feel and think. With the majority it is emotional impulse and desire which sweep the mind into activity. We use thought to express our likes and dislikes and to achieve our lower desires. Most thoughts are built of desire faintly tinged with mind. Learn the distinction between clear thought, the product of the principle of intelligence, dealing with life and emotional desires, demands and devotions. Clear, calm detached thought is a rare thing to find. Few are able to think clearly because they cannot dissociate themselves from all emotional reactions and attachments and from the thinking imposed by their background, tradition, circumstances and prejudices.

We have to learn to think, to discover we have an apparatus called the mind. Individuals seldom think, even about the most important matters. They evade thought even when they are capable of it. We need growth in clear-cut thinking and in clear-cut action. The power of thought is developed through the development of the faculty of discrimination. To discriminate and think truly to respond correctly to ideas and ideals, spiritual principles must direct our thought and activity. Until then there is reasoning from the wrong premises, misplaced emphasis, and inadequate progress in right directions.

A disciple

The Teacher

41. Nija Suddha Samyami Cocharam



Nija means Self, suddha means complete, Samyami means a poised one (a state of sahaja samadhi) and gocharam means appears.

Sage Patanjali enunciated eight steps of yoga for Self-realization. They are:

1. *Yama* – regulations relating to outer activity
2. *Niyama* – regulations relating inner activity
3. *Asana* – stable and comfortable mind
4. *Pranayama* – prana regulated
5. *Pratyahara* – absorption of objective mind into subjectivity
6. *Dharana* – contemplation of subjective man upon the Divine
7. *Dhyana* – reaching the Divine object resulting in the flow of energy towards you
8. *Samadhi* – becoming one with it

Samyama is a state where there is a natural state of samadhi (sahaja samadhi). Staying in that state of sahaja samadhi the Master conducts with the implements of the body. He remains at all times pure consciousness and conducts through the form of the body.

The Master is not a person. He is not a separative consciousness; he is ever connected with the universal consciousness. Indeed, it is universal consciousness only functioning through him. Having merged in the universal consciousness his identity gets dissolved. He only remembers TRAT I AM. He has no more attachment to the name or form or to any worldly identity. He appears as an individual, but it is the universal consciousness functioning through an individual.

He is like electricity which is all permeating and his form becomes an

electrical equipment that enables electrical functioning. It is one electricity functioning through many instruments. Instruments appear to be functioning, but in truth it is electricity that enables functioning. Likewise, the form of the Master is like an electrical implement and the Master as such is electrical.

Electricity enters into an implement and functions and is not always in the implement, it can recede from the instrument and re-enter into the instrument. The instrument can be switched off and on. But electricity is with and without. To that energy reference is made when one says Master or Guru or Teacher.

To those who can see, it is but the universal energy functioning through a form. The ego is merged in the universal energy while for the normal beings the ego exists. Even for normal persons it is the electrical energy only that works through as awareness. But in their case the ego is at work. The ego is like the monitor to the equipment. If the monitor does not function well the equipment gets affected. The monitor also gets affected. But in the case of a Master there is no such middle man as the ego between energy and the form. In this state the ego remains a conscious witness of the Divine plan happening through him. This state is called samyamam. The Master is therefore called a Samyami.

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

A disciple



Kapila

The Path 7



The practice of Yoga coupled with devotion and attentiveness thus leads man from step to step. Equanimity, friendship, lack of sensuousness, secrecy, silence, contentment, lack of jealousy, balance in thought and action are gained effortlessly. The will turns away from sense objects and turns inward and remains in association with I Am as I AM. The outer ceases to distort and the One is realised inside and outside. Even while one projects through mind, senses and body, the unity is retained in the background. The involution and the evolution of the will into objectivity and subjectivity are well realised. The formations within and outside with I AM as background is visualised as the incessant happening of images upon the background. The variety of images too is understood as no other. The One in all, the One as all and the One without all is experienced. The difference between the unitary existence and universal existence disappears. The universal existence is perceived as clearly as the eye sights the Sun. The belief that the One has a body also drops off. The body as support to oneself is realised as myth. He realises himself as the body too. The container, the content and the observer disappear into One and the solo existence remains, with no more body consciousness, no seeing or perceiving consciousness, since there is no other to see or perceive. Body is the product of the seven tissues. The seven tissues are born out of the triple force in interaction with root matter. The force and the matter have the nature to interact with each other incessantly. They are like the two wives of the One - their source the Essence. The two, their interaction and the consequent states of creation are also understood as the One. This understanding is not a mental comprehension but is a realisation. This realisation makes the One fulfilled, through permeation of all that is. It is the fulfilled state. The

Poornam - the Zero state. The experience of this state is called splendour. The soul remains with its undetachable splendour like the light remains with its inevitable illumination. It is the Self that is luminous. It is self-luminous. A state of inseparability.



Ashram Leaves

The Temple of Solomon



Three and four are the main implements of the seven-storied temple of Solomon - sol, om, on - in whose chambers the celestial music of the sevenfold gamut is heard and whose window ventilates the seven rays of the spectrum passing through the triangle and falling upon the square block of the temple.

The seven masons build the architecture in their order and the order is Sun, Venus, Mercury, Moon, Saturn, Jupiter and Mars.

All this is done in seven days of 24 hours each. The total number of hours are $7 \times 24 = 168$. This is better understood when expressed as 14×12 i.e., the 14 Manus guide (govern) the 12 pointed wheel or when seven pairs of Manus govern the 24 spokes wheel in their rotation.

$84 + 84$ are the two equal halves governed by the pairs of seven Manus each. One 84 has ascent and the other 84 has the descent.

Hour is the unit of $1/2$ month or $1/2$ year; 84 such hours form seven days and another 84 hours form the seven nights of the creation.

"When the temple is thus built, the implements are broken and are reconstructed through generation." Each hour is made up of 60 divisions or 60 inter-divisions each.



Lord Dattatreya

The Mace

The mace is symbolic of the instrument that subjugates pride. Self-pride needs to be sacrificed on the altar of service to the fellow beings and Sri Guru Datta appropriately uses the mace to put down the pride of those who follow the Path of Truth. He bestows humility, simplicity and humbleness through his training. Remember the statement uttered forth by the great Initiate Jesus: "the proud are humbled and the humbled are honoured". Sri Guru Datta /Teacher, never punishes the seekers, he is skilful enough to teach the essentiality of humbleness without punishing. Punishment does not exist with him, as he is "the Compassionate One". The seeming punishment sometimes, is a skilful upliftment of the student. With his utter simplicity he counters and neutralises the pride of the ordinary. With speeches, looks and other gestures, he neutralises the pride of those who are proud, but not crystallised in pride. When they are crystallised in pride, he works with his Siva quality, but with love and compassion, so that the soul is uplifted. The mace also symbolises the inverted position of the cerebro-spinal system, which is the abode of consciousness. If the mace is held upright, it resembles the light of the head, followed by the column of light of the spine. Sri Guru Datta, humbling the truth-seekers enables to reverse many inversions which the truth-seekers suffer from. He conducts as many as 7 reversions of inversions to make the being upright. Ordinary beings are upside down from the standpoint of knowledge. They suffer inversions and hence remain ignorant. They are illusioned by the ignorance. The mace held by Sri Guru Datta gives the message that man is inverted and that he needs to reverse the inversions. The technique of reversing the inversions relates to the yoga philosophy and the yoga practice.

Fire

Ghee



If in our daily life we use: cow urine, cow dung, for external use, and cow milk, cow butter and cow ghee for internal use and also for rituals, we would have a very pure vibration generated in and around us. That is why Hindus use for worship or for ritual, cow ghee. They also take small portions of ghee in their food.

Ghee relates to the essence of the brain content. The brain gets alerted. That is how it is understood in Ayurveda. The element of ghee is what secretes from the brain to lubricate and open the Third Eye. Hence ghee has a special importance in the Vedic ritual. Only cow ghee is used, and not buffalo, or goat, or sheep ghee. All cow products generate heat.

To make ghee is very simple. We put cow butter in a vessel on stow. Slowly it becomes liquid. Then we keep on mixing it circularly. The waters in the butter evaporate, and the foam which comes out is also eliminated with the help of a spoon. Then we find slowly the butter gaining golden yellow colour like honey. We will also get a very good fragrance, very agreeable to the nose. At that time we have to stop heating. Then filter the ghee into a fresh vessel.

We can add ghee (but not more than two spoons) in the food that we use daily. If we take more, it will cause excessive heat, and sometimes we will not be able to assimilate it. People that chant Vedas for three to four hours take a cup of ghee daily. The voice of these people is vibrant like a stereo. That is because of the Fire that purifies the Throat Centre.



Cow The Symbol and its Significance

The Cow is immensely pleased if one gently caresses the dewlap (the skin hanging below the lower jaw).

PRACTICAL WISDOM

Qualitative thinking is
as well a Healing technique.
Abolish special Holiday.
Let every day be 'Holy'.



Group Prayers

O Lord Agni!
May our offering to you
be an offering to the triple world
of matter-force consciousness.

PRACTICAL WISDOM

Beauty stimulates creativity.
Obstacles create resourcefulness.



Sanat Kumara

Be Conscious at all Times

Like this man sees, but does not see, since the seer is not present totally while seeing. He listens, but does not listen. He eats, but does not eat. He talks, but doesn't listen to his own talk. If he listens full well what he talks, he would not talk rubbish. Man is a unit of consciousness, but is not consciously present in the talk when he talks. He is not consciously present when he listens. He does not consciously see. He does not consciously eat. Most of the things are done mechanically. The difference between man and machine is that man is conscious, machine is not. Because of the consciousness that he is, he has the facility to experience. When consciousness is not present the related experience is absent.

The mind has to be trained to be here and now. It is a discipline, it is a practice. From the minute acts to big acts one needs to learn to be consciously present. When one is consciously present, there is continuity of experience. It even enables continuity of consciousness to be present through series of different acts done during the day.

Be present in every act that you do. Be full of intent in every action. It is the way to Be. Man's consciousness is posited in the mind's layers. When mind is fully present, man is present. If mind is not fully present, man is not present. Work happens mechanically. Work does not give experience. Therefore ensure that presence of mind, which enables you to enjoy the juice of action. Action itself is juicy. Results are not that juicy. Unfortunately man projects into the future results, missing the present action. Result-oriented actions are full of tension. Actions done with intent are full of joy. Action itself is joyful. A Master of Wisdom says, "Joy is in action, rest is in action, recreation is in action, action refreshes."

From the Teacher's Pen

Questions and Answers Gaining Prevision



Question: Dear Master, how do we gain the prevision which is indeed helpful to set the sail without hustles?

Answer: Dear friend, I appreciate your ambition. From ancient most times three methods are available to gain prevision. Firstly, it is through alignment of the personality with the soul through which the brain gains the impressions. Correct fore-knowledge is therefore received. Secondly, through the science of astrology; this is as yet in its infancy. As one sees the science of astrology through a clean mind one gains the needed intuitions and intuitively gains the prevision. It requires associating with the planetary energies and with the twelve houses of zodiac in a deeper manner. The astrologer should be able to feel the characteristics of the sun signs and planets at any given point of time. Such astrology is taught in truly semi-esoteric schools. Thirdly, through the recurrence of soothsaying which exists in primitive races. During the time of Rama it was very prevalent. The Egyptians also entertained soothsayers. Till date soothsaying is available discreetly and is presently prevalent in African countries. This is but a mystical path. You may try your luck in any of the three ways.

The Masters of Wisdom suggest that we truthfully follow the eightfold path of yoga; in the sixth step of yoga, that is Dharana, you gain the infallible intuition that enables prevision in a scientific and accurate manner.



Agni

An Introduction to the Work
of Cosmic Fire, 76

5. The Electric Fire The Eye of Shiva 1

And hence, we are now receiving a lot of Aquarian energy coming from Uranus, and Uranus is only a conductor of the energies of the Lord. There is a Lord who conducts through the Uranus principle. And that Lord is the servant of the First Ray Logos. That means, the Lord of the First Ray is the Grand Father of Uranus principle. If we can understand the Uranus principle, we can also understand how we are getting into sleep. It is an important statement. Realisation of Uranus principle would enable us to realise, how we are slipping into sleep, and how we are awakening from sleep. That which we call Uranus as a planet, is worked out by a principle called Uranus. And there is the Lord of Uranus, called Varuna. The sound potencies are the same, but slightly altered. And there is a great symbolism of Varuna in the scriptures. We will come to Him later. And then there is a passage from Varuna, which is called Vena. These are all arrangement of sounds. And if you are through the passage, then you will meet the Lord of the 1st ray. We all know the word 'Third Eye', though we do not know 'Third Eye'. The word 'Third Eye' we have heard, though we do not know what 'Third Eye' is. But there are two kinds of 'Third Eyes' in us. The passage between the two 'Third Eyes' is, what is called, the passage of sleep to awareness and awareness to sleep. And that passage is called Vena, and the One who conducts through the passage is Varuna, and the planetary principle is called Uranus, and the planet is planet Uranus. So, the two eyes in our being: one is the third eye which is opened, when the higher bridge is built, that means, there are two bridges to be built, one bridge is from personality to soul, that is what we frequently call 'building up of Antahkarana body', which is also called the 'Meeting of the Pituitary with the Pineal'. Then we understand a complete existence.

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

Master EK

Vishnu Purana
Chapter XXIII



Jambhu Dvipa Island 2

I have narrated to you about the mountains that mark the borders. The range of Kesara mountains, beginning with Sita, which exist in the four directions around Meru, are really charming in their beauty. The valleys amidst each group of mountains are inhabited by Siddhas (the accomplished ones), Charanas (the angels of breezes), etc. Really beautiful are the jungles that grow on these mountains. Even the Lords of the Sun God, the Fire God, Lakshmi and Vishnu prefer to live there.

(This means that the Sun's rays are splendidous, that fire often breaks out amidst the timber of the dried forests and that the Goddess of Splendour lives there as profundity with the pervasion of the Lord Consciousness.)

The corners of these jungles are favoured by Gods and Kinneras as their own resorts. The Gandharvas, Yakshas, Rakshasas, Daityas and Danavas are always playfully active across the valleys and jungles of these mountains. Night and day they take delight in playing there. They are the very heavens belonging to this earth. They are the very abodes of those who abide by the law.

(This means that the Laws of creation and the Laws of the properties of space, time, matter, force and consciousness exist there, before they come down as components of the units of creation.)

Even though these beings live through hundreds of births, they do not sin against the law. In Bhadraswa, Vishnu, the Lord of Pervasion, pervades as the Horse-headed Lord. (The constellation of the horse head will be above this region of the earth.)

Varaha and Ketumala put together along with Bharata form the back of the Tortoise (the Northern Hemisphere). Above the Kuru area, the Lord exists

in the form of the Great Fish (the constellation of the Fish runs across this area in the heavens above this region.) The Lord of all exists as the shape of this whole creation everywhere. He is the axis of all and everyone. He is the soul of souls.

In all the eight Varshas, beginning with Kimpurusha, we find beings living without sorrow, without agitation, without any outburst about hunger, fear, etc. People live in their natural state of mind and have no impediments, obstructions or inhibitions. They are free from any cause of sorrow. Across the hundred and twenty subdivisions of these Varshas, you find thousands of beings having their spans stable as thousands of years. The Lord never showers material values upon them. To them there is no difference between Kritha, Treta and other Yugas. In all the Varshas, the leading mountains exist in groups of seven. Rivers flow down taking their birth over these mountains.”



Mount Meru

The Science of Man

Dr. K. Parvathi Kumar
First Young Group Life Teaching, Part 63
August 2001, Visakh

The Two Techniques for Meditation 3

2. To link up the outer man with the inner man

The second technique is to follow the path of respiration. We all respire and the respiration consists of inhalation and exhalation. The inner man is breathing out and breathing in. You are the outer man settled in mind. Associate your thoughts with the inhalation and exhalation.

As you inhale, travel consciously from the tip of the nose through the nose, up to the bridge of the nose which is the eyebrow center. Then follow the path of the windpipe and reach up to the heart center and breathe in as much as you can. As much as you breathe in, so much you travel inside. There is a point at which you will stop inhaling and you start exhaling. Consciously move with the exhaling air, travel back to the tip of the nose, and again you inhale.

It is naturally happening with you that inhalation is followed by exhalation and exhalation is followed by inhalation. Just associate the mind with inhalation and exhalation. This is the way by which you arrest the mind from its modification into varieties of thoughts, because it is actively engaged with one thought of traveling with the inhalation and with the exhalation. This way, you will first arrest modifications, since you are engaged with observing inhalation and exhalation. When you are deeply engaged with inhalation and exhalation, the mind being inquisitive would like to know the principle that is causing this inhalation and exhalation in me. There would be a search conducted by the mind around the heart, because as you keep on inhaling and exhaling consciously, and when such inhalations and exhalations are deep, it activates the pulsating principle, which is the basis for inhalation and exhalation. Then the mind associates with the pulsating principle which is called the heart principle.

The pulsating principle is the basis of all life. So the mind engages with it and tries to know what is the intelligence that is conducting this inner pulsation. When mind is deeply engaged with the pulsating principle, inhalation and exhalation will slow down. When inhalation and exhalation slow down, you will again have the same effect of the experience of the cool, because the mind has gone deeper into the realms of pulsation, respiration becomes slower and thoughts are no more produced. Then there is no agitation in the energy. It is the pattern of thoughts that we entertain that are the cause of the inner agitation. When you disassociate with thoughts, the agitation of the energy gradually reduces. As a consequence, you get the bliss of the cool. You are more associated with the pulsation inside.

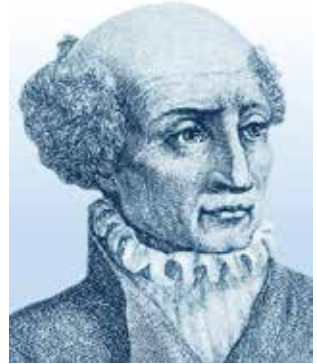
The mind enquires: "Who is causing this pulsation?" It engages at the door step of pulsation which is a centripetal and centrifugal functioning. It knocks at the door of pulsation: "Who is pulsating there?" When you regularly practice, you will get the answer from the other side. The answer comes as "I AM". The door of pulsation opens like an aperture opening, and then comes the vision of light and the related stability. This is how you enter into the portals of the fifth chamber, through the light.



Paracelsus

Health and Healing

The Use of Secretions



In matters of healing certain traditional and ancient products and therapies are gradually disappearing from popular use.

It is wise that the wisdom of the past is integrated with the wisdom of the present for better future. It is in this context the following requires to be reviewed and intelligently adopted or integrated into the existing therapeutic activity.

The human secretions emerging from powerful chemical processes take place in the organisms of the humans. Even the products of refuse are seen in ancient times as carrying medicinal substances. Not far ago in the Indian system urine was considered as the medicine for the one who urinates. Even today the practice prevails, though it is fading out gradually by man's orientation to modernism. In China the stool that was defecated was analysed, (even slightly processed) and was given back as medicine to the person. Likewise the sweat was also gainfully employed to address the disorder within the body. In Europe the blood of the patient was also drawn, slightly processed and was given back to the patient as medicine to gain a synthetic cure; it is called cluster medicine.

When we gain understanding of the human system, the glandular secretions also carry the required remedies relating to the persons from whom the secretions are drawn and are given back as medicine. The human insulin as a remedy to balance the sugar levels in the humans is but an example of such usage that we have today.

The man carries not only his sickness but also the related medicine within himself. Man is self-contained in this regard. Man's vital body has auto-

healing power which can also be improved upon through right rhythms of life, of food, of drink, of activity and of rest. Searching for medicines to cure the sicknesses of humans has been a huge activity on the planet today. But such medicines are available within the patient himself. The power to heal is also within the patient. This understanding when seriously taken into consideration and investigated into, much relief can come in matters of treatment and cure. It is like the old saying that “the treasure you hunt for outside is but within you”.

Much study about the use of glandular secretions, the properties of blood, that of excretes would be of great importance to make strides of progress in matters of treatment and cure.

Dr. K. Parvathi Kumar

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

Website: www.paracelsus-magazin.ch/en

Children's Section

On Service

**FOR A TRUE SERVER, THE BODY EXPERIENCES
THE QUALITATIVE CHANGES – A PERSONAL ALCHEMY,
WHICH CAN BE EXPERIENCED ONLY.
IT CANNOT BE EXPLAINED.**

Panchatantra Stories

14. How a Sparrow Came to Grief

A couple of sparrows lived on the branches of a huge tree, deep in the jungle. They had worked very hard in building their nest, and it was a comfortable home that protected them in all weathers.

One day during the winter, as they were enjoying the comforts of their nest, it started raining outside.

Sometime later, a monkey came to take shelter under the very same tree. The monkey was all drenched in the rain and his teeth were chattering in the cold.

When the female sparrow saw this, she felt pity on him and said from her nest, "O Monkey, You have hands and feet similar to humans. You can use them for many reasons. Why don't you make yourself a protected home?"

The monkey was already suffering from the rain and the cold and was in no mood for an advice. He replied, "You wicked sparrow! Why can't you keep your mouth shut?"

But the female sparrow continued her advice. She explained how she was able to enjoy the comforts of her home and how she did not suffer from either heat, or cold, or rain. This made the monkey very angry.

The monkey thought, "What a wicked female bird! She talks as if she has mastered all sciences and philosophies and simply won't stop chirping. She is making me so angry that I might as well kill her. I am already suffering from this rain and cold, I do not wish to hear any advice."

The female sparrow, however, continued chattering and did not cease to

advice.

At one moment, the monkey became so angry, that he climbed up the tree and tore up her nest to pieces.

The wise indeed say:

Give your advice only to those who deserve it, else you will come to grief.

Stories for Young People

Himalayan Flowers

A boy was brought up in the heights of Himalaya. The whole day he roamed around. He admired the monsoon clouds travelling towards the snowy peaks, the changing of the colours of light, the sound of the wild animals and the beauty of the varieties of flowers. One day he found the king of Himalayan flowers, the "himkamal" or snow lotus, a very rare flower. It was growing from between two rocks and its big blue bloom was half covered with snow. In his mind the boy started a dialogue with the flower: "Why are you here all alone? Your beauty is meant to be adored. You should give yourself to someone before your petals fall and return to the dust." As the breeze blew its stem, it shook and bent to the boy answering: "Do you think I am lonely being All Alone? All Alone means All in One. I enjoy these heights, the purity and the shelter of the blue umbrella above." The boy was not convinced. He pulled the lotus out by its roots. The fragrance radiated everywhere. Ignoring its pain the lotus said: "The purpose of my life is fulfilled." The boy took the flower to his father. But he was not appreciative. The boy felt, that he had done wrong to pick up the flower: "depriving mother nature by snatching her child from her lap." He compared his own life to the lotus and understood that beauty is to be admired and not to be used, possessed, or destroyed. He never picked up a flower again.

Told from Swami Rama: "Living with the Himalayan Masters." 1978. Pennsylvania.



WINDOW TO WORLD SERVICE
NEWS & ACTIVITIES
(Inputs welcome)

Spain

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Activities :

Practices

- Full moon, New moon and Dhanishta prayers.
- Fire rituals at Solstices and Equinoxes
- Bookselling of Dhanishta Editions
- Collaboration with "Arco Iris" - School of Parents
- Group living : https://drive.google.com/file/d/0B7eJKPAW9_DoWThhZm9ONXdMdXM/view?usp=drive_web
- Group study, The Teachings of Sanat Kumara

Picture to the Month of Taurus

Taurus – Impregnation by the Divine Will



Taurus is the bull. The bull is called Vrishabha in Sanskrit. Vrishabha also means the downpour of the energy of Will. The energy of Taurus is the bull. It is a bull of higher circles and the planet is the cow which is impregnated by the energies of the bull. This is an annual happening. The full moon of Taurus is an important event for the planet. The energy impregnates the earth and the beings on this earth. Therefore, Taurus full moon is known as the time where you can be impregnated by the Will.

Dr. E. Krishnamacharya: Spiritual Astrology

Book Review

Wisdom Tales



The Seers of all times communicated intricate wisdom principles through lucid and simple stories. A good teacher is invariably a good story teller. Master E.K. was known for such story telling. He inspired many into the path of righteousness through his teachings and inevitably there was story telling in every talk that he gave. When he talked on Homoeopathy, the listeners could figure out a patient, from the description of the drug that he used to give. That was his ability. May these stories help the readers to find wisdom clues to enrich their comprehension.

Ekkirala Krishnamacharya : Wisdom Tales

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

Temple Service. An Introduction.



If we do business without knowing the discipline of business, we would land ourselves in loss. Likewise, the wisdom science also has its discipline. The moment one adapts to it, the knowledge or science reveals itself. Adapting to rhythms of daily life, setting up rhythms to relate to respiration and pulsation, one can gradually develop the will to enter into oneself and start rebuilding the temple in tune with the inner rhythm. The booklet is a brief outline for aspirants who are keen to know the work of Temples on the planet and to gain the knowhow to enter into such temples and perform Temple Service.

K. Parvathi Kumar : Temple Service. An Introduction.

Info : Dhanishta Editions, info@dhanishta.org

Online: https://worldteachertrust.org/_media/pdf/en/temple_service.pdf

Astrological Important Days in April/May 2018

20.04.	05:12	☉ → ♉ / Sun enters Taurus	
21.04.	14:58	7 th phase of ascending moon starts ‡ <i>Descent of Idâ force for manifestation and materialisation</i>	☉ 01°22' ♉/♌ 13°22' ♄
22.04.	12:47	● 8 th phase of ascending moon starts ☉ (End 23.04. at 10:46)	☉ 02°16' ♉/♌ 26°16' ♄
25.04.	07:16	11 th phase of ascending moon starts ‡ <i>Day of Nârâyana: For healing, synthesis, and for self-contemplation</i> (End 26.04. at 05:50)	☉ 04°58' ♉/♌ 04°58' ♀
29.04.	03:07	Phase of full moon starts ☉ <i>Birthday of Vedavyâsa, contemplation upon the Hierarchy with The World Teacher presiding over the groups of disciples</i>	☉ 08°41' ♉/♌ 26°41' ♋
30.04.	02:58	☉ Full moon of Taurus (Vaiśākh-Festival)	☉ 09°39' ♉/♌ 09°39' ♀
07.05.	14:58	● 8 th phase of descending moon starts ‡ (End 08.05. at 17:13)	☉ 16°55' ♉/♌ 10°55' ♄
08.05.		White Lotus Day: The day of departure of HPB from the physical	
♂	04:08	23 rd constellation <i>Dhanishta</i> starts	♃ 17°27' ♄
	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends 09.05. at 06:43)	
10.05.	19:58	11 th phase of descending moon starts ‡ <i>Day of Nârâyana</i> (End 11.05. at 20:12)	☉ 20°01' ♉/♌ 20°01' ♀
12.05.		1922: Departure of Master CVV from the physical	
14.05.	16:17	Phase of new moon starts ‡ New moon point of Taurus: Contemplation upon 'The Pledge'	☉ 23°44' ♉/♌ 11°44' ♉
15.05.	13:48	● New moon of Taurus	☉ 24°36' ♉/♌ 24°36' ♉
17.05.	07:57	3 rd phase of ascending moon starts ‡ <i>Contemplation upon the sound emerging from the seat of the heart (Leo) to the mouth via the throat</i> (End 18.05. at 04:54)	☉ 26°18' ♉/♌ 20°18' ♀
19.05.	01:58	5 th phase of ascending moon starts ‡ <i>Birthday of Śankarâchârya, the great philosopher initiate of Advaita</i> (End 19.05. um 23:14)	☉ 27°59' ♉/♌ 15°59' ♄
20.05.	20:48	7 th phase of ascending moon starts ☉ <i>Descent of Idâ force for manifestation and materialisation</i>	☉ 29°42' ♉/♌ 11°42' ♀
21.05.	04:14	☉ → ♊ / Sun enters Geminis	
‡	18:43	● 8 th phase of ascending moon starts (End 22.05. at 17:01)	☉ 00°35' ♊/♋ 24°35' ♀
24.05.	14:48	11 th phase of ascending moon starts ‡ <i>Day of Nârâyana: For healing, synthesis, and for self-contemplation</i> (End 25.05. at 14:17)	☉ 03°18' ♊/♋ 03°18' ♋
26.05.	14:10	13 th phase of ascending moon starts	☉ 05°12' ♊/♋ 29°12' ♋

All times are in CEST (Central European Summer Time)/UTC+2 (Universal Time Coordinated plus 2 hours);
From: »Astrological Calendar 2018/2019«; www.worldteachertrust.org;
Publisher: The World Teacher Trust-Global, Föhnhafen 1, CH-6640 Brunnen.



The Great Invocation

Let us form
the circle of good will.
OMNIA VINCIT AMOS.
From the South
through love,
which is pure,
from the West
through wisdom,
which is true,
from the East
through will,
which is noble,
from the North
through silence,
which is golden.
May the light make
beautiful our lives.
Oh! Hierophant of our rite,
let his love shine.
OMNIA VINCIT AMOS.
Let us form the Circle of the
World Servers.

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

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

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

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

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

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

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

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

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

Let love prevail.
Let all men love.



OH LORD AGNI!
WE PRAY THAT WE MAY BE LEAD
THROUGH THE PATHS OF RIGHTEOUSNESS (OF LIGHT),
FOR YOU KNOW THE LIGHTED PATHS OF THE UNIVERSE.
LEAD US, GUIDE US AND ENSURE THAT
ALL OUR KARMA IS BURNT ON THE WAY
AND THAT WE TEND TO BE THE LIGHTED BEINGS
IN THE ETERNAL KINGDOM OF LIGHT
TO SERVE IN JOY!

ISA VASYA