

# VAISAKH NEWS-LETTER



**HAMSA SIVA SOHAM**



**Virgo 2004 Kanya**

Letter No. 5 / Cycle 18 - 23<sup>rd</sup> August 2004 until 22<sup>nd</sup> September 2004  
The World Teacher Trust - Europe

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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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## INVOCATION

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

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

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

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

Master E.K.

## PRAYER FOR THE YEAR

Wash karma in Space.  
On the deep blue slate paint  
ever-elevating colours,  
ever at the Feet of the Master  
in the Vaisakh Valley.



## MESSAGE OF THE MONTH OF VIRGO

Virgo exists below the diaphragm. It stands between the worlds of purity and the worlds of impurity. It stands between soul consciousness and body consciousness. It has the pull either way and the disciple needs to remain in virginity of the matter.

Virgo is an earthy sign. The earth of Virgo is between the mundane and the supra-mundane.

In man, it stands in between the Solar Plexus and the Heart Centre and holds the key of equilibrium between the higher and the lower forces. It is the centre of *Samana Vayu* the equalising pulsation between *Prana* and *Apana*. This pulsation is active only when purity is maintained.

Ability to manifest the Divine Plan in the mundane world is possible if the energies of Virgo are well realised. Mary is an outstanding soul that could bring in the energy of the Saviour for the benefit of humanity in recent times. She is the Virgin that enabled the descent of a Son of God. The purity of Mary need not be over-emphasised.

When the purity of Virgo is not maintained, the Virgo Centre in the human body becomes a harbour of diseases. Astrology speaks that the 6<sup>th</sup> house is the house of illnesses. The illnesses emerge from impurity and such impurities emerge from lack of balance between the soul consciousness and the body consciousness.

Between the soul and the body there is an intermediary principle called the personality. When the personality is a virgin personality, the soul shines through it and manifests Light through the body into the surroundings. For this reason the personality needs to be kept clean with regard to ones own thought, desires and worldly actions.

The month of Virgo is considered to be the month of protection through purity. Lord *Ganesh* the Lord of Cosmic Wisdom is said to be born on the 4<sup>th</sup> ascending moon phase in Virgo.

May the Cosmic Jupiter reconstitute the principle of purity to the personalities of the aspirants.

## MESSAGE OF THE TEACHER



Birth of knowledge  
is the birth of Christ in you.  
May the baby Christ in you,  
grow into an infant, a youth, an adult and a Saviour.  
Nourish him in you to become a Saviour.  
By this you are saved.



## GÎTÂ-UPANISHAD

- LORD KRISHNA -

The angels can assist, help and co-operate with man. When angels are pleased with man, they bestow plenitude, joy and contentment. They strengthen the man on the Path of Evolution. It is for this reason man developed the habit of worshipping the angels.

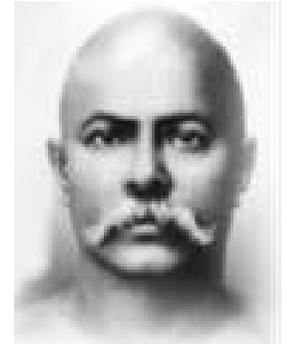
In my view, worshipping the angels is following the Path of Angels. Angels conduct the work impersonally, angels live only for the welfare of others. If man decides to live only for the welfare of others, the angels are pleased to work with such men. There is no other way of pleasing angels.

Worshipping angels and Masters of Wisdom, without making sincere effort to follow them, is a worship in vain.

A Teacher is oriented to the student, not by worship, but by following his teachings, so too an angel. Hence, gain the co-operation of the Masters and the angels by being impersonal in service and by total dedication to service. The quality of service decides the co-operation of the angels. Hence conduct service for others welfare.

Service forms one of the 3 basic principles of the Triangle for Discipleship. Without service no aspirant ever transforms into a disciple. Even the most-high in Creation, namely the Creator, is ever engaged in impersonal service.

## A WORD FROM MASTER CVV



Do you wish to know if I AM working within you?

The following happens with you if it is so:

- 1) The face becomes radiant.
- 2) Self-confidence grows in leaps and bounds.
- 3) Anxiety gets neutralised and peace prevails.
- 4) Your effectiveness in service keeps expanding.



## LORD MAITREYA

### PRICING IN CREATION

In Creation there is a price for everything. If you wish to move fast you face greater opposition of the wind. If you wish to sail fast you face the stronger currents. If you wish to evolve fast there would be quicker encounter of the weaknesses within you. This is the natural Law.

Special experience have special price. Every Divine experience has its consequences as precipitation of karma. Don't you pay higher price in the world when you look for a special treatment?

If you wish to have a child, don't you go through the pains of pregnancy and the related labour pains? Fulfilment demands its own price.

Set the sail of knowledge to the boat of your life and move smoothly in time and space adjusting the sail according to the wind. That is the purpose of knowledge. If not, knowledge remains a donkey load.

Whenever there is pain, utilise the knowledge and sail forward, do not stop sailing because of the pain of obstruction. Don't you reset the sail of the boat when there is an opposing wind? Do you stop and return? Or do you proceed, making the necessary adjustments to the sail.

This intelligence is demanded from the aspirants on the Path.



## MASTER MORYA

### - MARUVU MAHARSHI -

### STANDING ASIDE

Learn to stand aside in all that you do. A part of you can stand aside while the remaining part is at work. It is a skill by itself.

Does not the swimmer keep his head above the waters? Can he swim long if the head is in waters? Don't sink at work, keep the head above. If you sink the head you can't see, you can't listen, you can't even breath and you can't think.

When you learn to stand aside you know the taste of it. You would never try to be totally into all that is happening with you and through you. You learn to be an observer of your own being. When your being is thinking, speaking, acting and moving a part in you observes while a major part in you is in action. This helps you to see the very play of your action.

The observer observes the movie of his own work. He sees that he is playing a role in a movie. Does not a movie actor know consciously that he is not the role he is playing? So too you remain an observer of your personality working in relation to the world. The personality is the role of the actor, the world is the stage. In the movie, as per the role, there are relatives, friends, enemies etc. But once the actor comes out of the role there are no relatives, no friends, no enemies, is that not so? So are your friends, your relatives, your enemies.

You would understand that the whole Creation is a movie and everyone is an actor with a mask. You too are a little actor therein with your mask of personality. Do not lose the joy of being the audience of your own movie.

I wish you all good luck.



**MASTER KOOT HOOMI**  
- DEVAPI MAHARSHI -  
**ASSOCIATION**

Be alert in your associations. Choose the right associates and continue to be alert even when you are with the chosen associates.

Associate should be chosen on the basis of virtues. Not all are worthy of association. Not all water is drinkable. Not all associates can be accepted for integration. Drinking is a process of integration. If you drink undesirable water you have the consequent ill-health, hence integration with associates requires adequate alertness.

The one who is in continuous pursuit of Truth is the one who is considered to be most worthy of association. The one who remains in pursuit in all actions, in all ways of life is an aspirant according to us.

Look for such associates and look for such practice for yourself. If you are intense in the search of Truth in all ways, it brings you similar associates.

For the above reason associating is seen as an art but not as an accident. Associations continue for lives, good or bad. Choosing an aspirant that is better than you, as an associate, is helpful. Such should be the purpose of groups and grouping.



**MESSAGE OF MASTER E.K.**  
**VIRGO**

The World Mother is the object of man's meditation, his becoming and his merging. When the disciple meditates over this concept of the World Mother, he is raised by her into the state where the personality merges and the soul finds its place in the Mother, to be perfected and taken by her to the Father.

Ramanuja calls this process by the name "*Purushakara*". The word means making a man the *Purusha*. From the state of a *purusha* he is taken as one with the *Purusha*. This process includes three steps - "*Salokya, Sarupya* and *Sayuja*". The three terms respectively mean 'one with the look, one with the frame and one with himself within Himself'. This is the highest ideal of the spiritual path of Virgo.



## VIDURA WISDOM TEACHINGS

Do not abandon the Law  
for the sake of desire,  
fear, possessiveness,  
and even for the sake of life.

## SHIRDI SAI SAYINGS THE ESSENCE



Eliminate the ignorance. You find yourself as the knowledge. Ignorance covers the knowledge.

You are not individualised soul. You suffer the veil of illusion and think so. YOU are as much as I AM, the Lord. You chose to be separate through your thought and hence got separated.

In essence, you are no different from Me. The world too is not essentially different from Me. I exist as You and as the world. I am the essence of all that is.

## CHILDREN'S SECTION

### THE DOCTRINE OF ETHICS

Cooperation is strength,  
Collectivity is fortification.  
Does not the lonely elephant  
fall prey to the lion?

#### Halāsanā (The Plough Posture)



## CHILDREN'S SECTION

### YOGA ÂSANAS

#### Halāsanā (The Plough Posture)\*

Procedure:

1. Lie flat on the back with legs straight and arms beside the body.
2. Slowly raise the legs, the back upwards - keep the legs straight while raising. Use the stomach muscles while raising.
3. Push the legs downward over the head. Take the support of the body to push the back vertically.
4. As the legs touch the ground, relax the body in the posture.
5. Inhale and retain the breath until you move the body vertically. Exhale as you bend the body, bringing down your legs. Breathe slowly thereafter.
6. Apply your mind on Solar Plexus.

Effect:

- Has the best effect on all organic functioning viz., the kidneys, the liver, the pancreas. Promotes digestion, removes constipation. Reduces the waist.
- Cures diabetes and piles. Gives optimum health.

*\* An Âsana from the book 'Mithila' of Dr. K. Parvathi Kumar for physical and psychological relaxation.*

## BOOK REVIEW

### NEW ERA HEALING



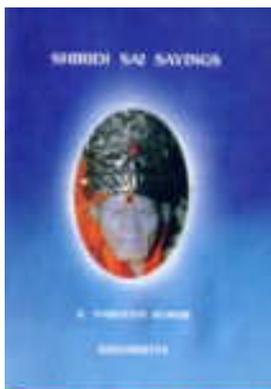
Healing is the age-old art of mankind. The origin of life includes the origin of the principles of life preservation.

A few lectures which Master E.K gave out in various centres in Belgium have been gathered as extracts in the form of this primer. They contain all the seeds of the various branches of the healing wisdom of the ancients. They will serve the purpose of stimulating the thought of those who wish to learn the subject in detail.

**Ekkirala Krishnamacharya: New Era Healing**

**Copies:** The World Teacher Trust Europe: [wtt-europe@wtt-europe.ch](mailto:wtt-europe@wtt-europe.ch)

### SHIRDI SAI SAYINGS



Sai Baba of Shirdi has been a great inspiration to the theists all over the globe. He is one initiate in whom people from all religions agreed. He demonstrated humanism and super humanism without the colour of any religion. This book contains important teachings of Shirdi Sai Baba for better understanding and practice. *Extract:*

**“The Feasible Practice”**

Eat that which you can digest. Practice that which is feasible. Do not look for spiritual practice that you cannot sustain. It causes you indigestion and the consequent disgust.

**K. Parvathi Kumar: Shirdi Sai Sayings**

**Copies:** The World Teacher Trust Europe: [wtt-europe@wtt-europe.ch](mailto:wtt-europe@wtt-europe.ch)

**Booklist:** [http://www.good-will.ch/pdf/wtt\\_publications.pdf](http://www.good-will.ch/pdf/wtt_publications.pdf)

## NEWS - REVIEW TOURS OF THE TEACHER

### Extracts from the WTT-Europe Annual Report 03/04 36th W.T.T. Intercontinental Tour, 27 May-30 June 2003 Berlin Group Living (Germany), 13-16 June 2003

A group gathering of some 90 people mainly from Germany congregated for a group living from 12 to 17 June. The Teacher spoke on “Maitreya & his Works”, in which the life and teachings of Maharshi Maitreya, Prince of Benares were explained. There were also sessions of Questions & Answers about different subjects.

Our Bro. Johannes and Sister Susanne went through the ritual of marriage in the presence of the Fire, conducted with the blessings of our Teacher. The 2<sup>nd</sup> edition of the German version of the book “Time - The Key” was released during this group living. The group visited the monuments of the city of Berlin, like the Brandenburger Gate, Humboldt University and some other historic buildings in the centre of the city as well as a tour by boat along the river Havel, organized by members of the group. There was as well a visit to the Einstein Centre.

### Brussels, Paris, London, Wales 18-30 June 2003

#### Brussels, Corroy-le-Grand Group Living (Belgium)

A small group of about 30 people took part in the group living organized by the Belgian Brotherhood. Our Brother Josep Manel and Sister Pilar went through the ritual of marriage in the presence of the Fire, conducted with the blessings of our Teacher. On the last day a visit to the historic city of Bruges was organized.

#### Paris (France)

Along with the Teacher and his family, a group of brothers & sisters from Belgium, Spain, Germany and Argentina visited Paris. At the top of the Eiffel Tower the group of about 20 members meditated for the peace and welfare of humanity. At the Louvre Museum, sitting inside the big esplanade of the glass pyramid, the vibrant energy of Paris could be felt. At the Church of Le Sacré Coeur on Mont Martre the group led by the Teacher went inside to meditate and to pray. In the Royal Palace at Versailles we had a glimpse of the history of France up to Napoleon.

With the occasion of the Summer Solstice, the Teacher carried out a fire ritual in the park of Versailles during the early morning hours, after which the Teacher spoke of the necessity of Europe to remain united in this particular challenging time.

## GROUP FORUM NEWS & ACTIVITIES (Inputs welcome)

Group reports, extracts from the WTT-Europe Annual Report 03/04  
Name of the group: WTT Argentina, Contact: [wtt@wttargentina.org](mailto:wtt@wttargentina.org)

### COSQUIN: GROUP SOL

- Meditation meetings on Full and New Moon at the river banks.
- Wednesday: Alter a yoga practice and a study group functions.
- Program for the year, created on December for a deep reflection on the issues. It is divided into three stages:
  - 1) Prologue and the Three Fundamental Propositions of the Secrete Doctrine.
  - 2) Shivas Sutras based on the book La Realidad Primaria of IK TAIMINI
  - 3) Venus- K.Parvathi Kumar
- The third Saturday of each month, activities open to the public.

All these are performed at the CENTER OF CONFERENCES AND CONVENTIONS of the Cosquín's Municipality.

### GROUP JÚPITER

It keeps performing the redaction and publishing of the Vaisakh Newsletter, during the time between the New Moon and the Full Moon, with articles about the energy of the month and the description of the planets in transit during that time.

### GROUP VENUS

Its members gather every first Saturday every month at 18.00. They meditate and then utter a mantram from the book of Master KPK, and then they study the seminar on White Magic given in India. The Coordinator Commission has regularly gathered during this time on third Saturday every month. They keep helping several dining halls and assistance centers all over the outsides of Buenos Aires. At the Full Moon celebrations the corresponding quote of the book of Master EK is worked out, and also the messages of the Masters of the corresponding Round Letter.

On these occasions, punctual instructions referred to the purpose of meditation are read, likewise, the teaching on the importance of to meditate during the New Moon. Some times, the group experience is used as a basis for the work, both during the group livings and during meditations too.

Every seminar from Master KPK is now available at three different places to make easier the spreading of his message and teaching to everyone that asks for it.

## EXTRACTS FROM THE TEACHINGS THE HIGHER ASPECT OF LIBRA, Part II

Dr. Sri K. Parvathi Kumar  
Peñíscola Group Living, Spain, June 2003

This point of equilibrium exists at every threshold. That which is beyond the creation is a state of perfect union. The spirit and the matter are together. It cannot be called spirit, it cannot be called material. It is both. That is the perfect state of *Yoga*. It is true, because the two exist as one. Then one manifests from the other. Unless material exists beyond, how can it come to existence? How can anything that is not existing come to existence? You can ponder upon this sentence. That which is not existing can never manifest. That which is existing can never non-exist. All that exists, exists eternally and it may change states of manifestation.

So, matter and spirit, father and mother exist as One beyond creation. That is the perfect state of *Yoga*. That is what we call *Samadhi*. Then from out of THAT, the two emerge, spirit and matter, father and mother. So, the source of the father and the mother is One. When they are in manifestation, one takes to the principle of constancy. The message is: Do not swing! Be - in all situations. If you wish to be, nature will put you out. So, you have to try again to be. If you take it as a game, it is a game. If you take it as a fight, then it is a fight to you. Being children of the nature, we cannot decide what we wish to be. That is why we require the grace of the Mother, so that she leads us to the Father. That is how the worship of the Mother has come to be.

*“Mother, you only have to pull me through, I can't meet your illusions. Your illusions are impossible to be crossed even by the best of the seers. Only those who have your grace can be led to the Father.”*

Without the grace of the Mother, without the permission of the nature, no man can reach the Father. That is why she is called the threshold. The Mother is the threshold. The Father IS at all times. So, it is the network of the Mother with Father as basis, with spirit as basis. To be equidistant to the Mother and the Father becomes possible, when you gain the grace of the Mother. The grace of the Mother cannot be gained, unless you respect the nature. Man can never gain the truth, unless he gains the friendliness of the female nature. The female nature encounters man through the mother, through the sister, through the wife, and through the daughter. These are the four, whom a man has to ensure that he has done his duty well. Any act of indecency or insult done to one would not allow a man to proceed further. This is the secret Libra gives. Libra says: “Be friendly to me! Be respectful to me! Understand that I am as much as the Father. Don't deny me, and don't try to possess me.”

That is why the equinox of Libra speaks of the work of the Mother. It is the counterpart of the equinox of Aries, where you see the work of the spirit.

The Aries/Libra axis is one of the most important axis. In Aries you meet the Father. In Libra you meet the Mother. In Aries the Mother is in the Father. In Libra the Father is in the Mother. So, it is a state of being, and no one is superior to the other. This equanimity has been the approach of the ancient wisdom, but as we enter into the Age of Kali, there is the superiority complex man dominating woman and thereby causing suffering to himself. Today if this humanity is suffering, it is mostly through lack of understanding of the feminine nature and womanhood.

The law of nature is what the conscience in you accepts. Your attitude may differ from it, but you learn through pain the consequences. There are periods of retribution, there are periods of repentance in everyone's life arising out of acts of ignorance, indifference, negligence. The law of Karma is conducted in Libra. The judge is in Sagittarius, but the judgement is in Libra. Sagittarius is a self-conscious man who tries to set target after target and keep reaching them. He is like an arrow who reaches the target, and the shooter is the judge. Hence, he never fails in hitting the target. But the judgement is in Libra. So, the law is ruled by Libra. Since Libra is disturbed vis-à-vis the humanity, the law is also disturbed. The human consciousness is also confused. To please the confusion, we go through the process of trial and error and experience the consequences.

From out of monarchism which had its consequences of suffering to humanity, human brain invented communism and capitalism. Some believed that communism would give freedom to humanity, and some others believed that capitalism would give us freedom. Also there are others who believe that socialism will give the freedom. Any 'ism' has no value, unless your conscience has improved. If we carry the right degree of conscience, through every means you can work out the freedom. That is another aspect of Libra - judgement. The judge never fails, and the judge judges you at every point of speech, action and thought, and causes retribution and repentance for you to enable to gain the equilibrium. It is a function of Libra.

When the passions are applied more to the essential values than to non-essential values, the maid in you rises. The lady of passion of Libra rises to marry the king of Aries. This is an allegory. You have to balance both. Otherwise, the one which you neglect will hold you. This you can see in your own life. That which you have neglected will hold you by the neck. If you neglect health, you are held by disease. You are not able to work, because you did not give adequate attention to health. If you neglect to sleep at night, you are made to sleep during the day, during the hours of work.

If you don't want to work, you are held by every problem in life. But people who are too much into work, are also in problems. Too much of anything is bad! Too much sex is bad. No sex is also bad, because sex will be in the head. If you have aversion to money, you are held by poverty. Don't have any aversion for anything, be in the middle-point. Then there is a higher step in balancing the outer and inner life - to retreat and again to come out! This

facility is what we understand during the process of meditation. That is also the work of Libra. Be modest with everything in the outer life. Find out the golden middle point! This kind of balance in the outer life will enable you to think of inner life. A modest outer life will help you to look into the inner life.

Then balance the values. Very few people know about balancing of values. Excessive orientation to a value to the extent of being stupid puts you out of balance. You should work out a balance of values. I have a value to get up at 4 o'clock in the morning. Supposed, I am in the house of another person, where there is only one bathroom, and to that bathroom I have to go through the bedroom of my host. Should I insist on my value to go through the bedroom of my host who is sleeping with his wife? Is that a value? Is it not stupidity? Likewise many of us have certain values which cause discomfort to us. A value is no value, when it is discomfort to someone. According to time, according to place, certain values have to be adjusted. There are certain values which cannot be compromised, and there are certain values which can be compromised according to time and to place.

So, we should see what are essentials and what are non-essentials. People are generally fussy about non-essentials, and they are not focussed upon essential values. For example, if there is no picture of the Master, I am disturbed. But the Master is more important than the picture. A picture is the means, the Master is the reality. A Master can give his presence with or without the picture. In case you don't find the picture of the Master, you need not be disturbed. Likewise, if there is no candle, still you can pray. But if there is a candle and you don't light it, when you pray, it is indifference. If you have a picture of the Master and you don't put it in front of you, when you pray, it is indifference. Indifference does not enable us to relate, but at the same time, when you don't have them, you need not feel disturbed.

So, we have to see the essentiality of values and non-essentiality of values. A prayer is essential. For whom is it essential? If I think it is essential to you, you may not think so. There is a very small section of humanity who feels that prayer is essential. But don't try to rub your value on others which is religion, missionary, militancy. There should be balancing of values, so that we don't apply a right value in a wrong way. There are people even in our groups who strongly advocate about vegetarian food. You can inform your value, you cannot influence. You can express your value. You should not impress. The ancient teaching was very delicate. There was no brain washing. You should have a sense of values, balancing of values is the next step. Whatever you think a value, you do it. If others follow, because they feel it is good, it is okay. Your demonstration may enable some to follow, but you cannot live your life on the basis that someone should follow you. So, have a sense of value and a balance of value!

*to be continued*

## GREAT INVOCATION

Let us form the Circle of Good Will.

OMNIA VINCIT AMOS

From the South through Love  
which is pure.

From the West through Wisdom  
which is true.

From the East through Will  
which is noble.

From the North through Silence  
which is golden.

May the Light make beautiful  
our lives.

O Hierophant of our Rite  
Let his love shine.

OMNIA VINCIT AMOS

Let us form the Circle of the World Servers

We bow down in homage  
and adoration

To the Glorious and Mighty Hierarchy,  
The Inner Government of The World,  
and to its Exquisite Jewel,  
The Star of the Sea -  
The World Mother.

From the point of Light  
within the Mind of God  
let Light stream forth  
into the minds of men.

Let light descend on Earth.

From the point of Love  
within the Heart of God  
let love stream forth  
into the hearts of men.

May Christ 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 to come

let His energy pour down  
in all kingdoms.

May He lift up the Earth to the  
Kings of Beauty.

The Sons of Men are one  
and I am one with them.

I seek to love, not hate.

I seek to serve and not exact  
due service.

I seek to heal, not hurt.

Let pain bring due reward  
of light and love.

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

Let vision come and insight.

Let the future stand revealed.

Let inner union demonstrate  
and outer cleavages be gone.

Let love prevail.

Let all men love.

Master D.K.



OM can be listen not only when you utter  
but also from the busy sounds of movements  
by the cars in a city,  
in the humming sound of an aircraft,  
or in the humming sound of electrical appliances.

To listen to OM as the cry of the ocean is one step.  
To listen to OM through the dance of the flames  
is the second step.

To listen to OM as the song of the breeze  
through the trees of the forest  
is the third and higher step.

To listen to OM in the stillness of Silence is the final step.

Prefer to listen to OM than to utter.  
Even while uttering the preference is to listening.

May OM lead you through lives and settle you in Itself.

*K. Parvathi Kumar*