

# Vaisakh News Letter



HAMSA ŠIVA SOHAM



Virgo 2018 Kanya

Letter No. 5/ Cycle 32 – 23rd August until 23rd September 2018

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



## Letter No.5/cycle 32 – 23 August until 23 September 2018

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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 Virgo, 26th of August 2018, 13.56



## Message of the Month of Virgo

The month of Virgo reminds aspirants of the principle of virgin. Virginity is the other name for purity. Purity enables manifestation of divinity. Jesus the Christ is one of the many Sons of Virgin, meaning Sons of Purity. A son of man turns out into a Son of God only when purity is attained in its true sense in the mental, vital and physical planes of his being.

Astrology speaks of Mercury as the true Son of Virgin and is therefore also called the preceding planetary principle of Virgo. Mercury (Budha) is born to a lady disciple called Tara, who developed a pure mind and a clean life and who also oriented totally to the wisdom of Jupiter. Consequently her mind got enlightened, representing manifestation of Mercury upon the clean screen of the Moon. Jupiter, Moon, and the aspirant form the triangle for the birth of Mercury according to Puranas.

The Masters of Wisdom are all those in whom Mercury is born through their righteousness demonstrated in all the three planes namely mental, emotional and physical. Birth of Ganesha is said to have happened on the fourth ascending moon phase of Virgo, who is known to be the foremost Son of God in the universe. Ganesha is an embodiment of fulfilment in every dimension of life. He is full of wisdom, of power and of intelligent activity. Equanimity is the fundamental quality of such Sons of God. In Ganesha the diabolic and the divine agree, the divine and the mundane agree. The trinity finds the agreement in him. In him all is synthesized, he rounds up every being through his presence. Such is the Son of Virgin, whom the Vedic seers presented to benefit the beings, who look for fulfilment in all walks of life.

The entire month of Virgo specially offer sunrays that can cause transformation of aspirants into disciples and of disciples into Masters. May the month be well utilized by all the aspirants. May the Sons of Virgin representing the Hierarchy bless the aspirants in their efforts for self-transformation.



## Message of the Teacher

### The Sound of the Soul

Link up I AM to THAT. Let THAT I AM be the swan song of your breath. It is a sweet song that purifies and magnetizes the being. It disables impediments and enables unfoldment of heart.

Study of the lives of great initiates gives enough impetus to move towards the song of life, which is also the song of soul. Even death fears to approach the one who is identified by the song of the soul, THAT I AM. The ultimate of the scriptures is to lead us to THAT I AM, which eventually fulfils the being.

## Utterances of Lord Krishna



When sense activity is unregulated,  
When mind is pulled hither and thither,  
When thoughts hold sway on the being,  
How can there be peace and poise?  
(2-66)

When senses are after sense objects,  
When mind is after the senses,  
It resembles a boat  
exposed to winds without sail.  
(2-67)



Lord *Maitreya*

## The Purpose of all Meetings

Every meeting can be constructive, it can generate welfare, it can also generate growth. May this triple purpose be fulfilled, whenever there is a meeting with the being.

Every division has its destruction and the related fall. Friends, learn to meet with intent to progress, to generate welfare and to build something for the general good. Separate not. Separation is due to prevalence of ignorance. Union is through prevalence of wisdom. Wisdom essentially enables unity. When the seed associates with land, water and sunray it grows through time to give out shade, flower and fruit. Such should be the purpose of all meetings.

Workers of goodwill shall have to transform themselves into social builders. They should learn to nourish and cause healthy growth to the surroundings. Simple acts of sowing seeds or planting them, throwing grains to birds, offering a morsel of food to the animal generate magnetic vibrations that subtly transform the ambience.

It is but natural that one feels good as he enters a garden. This “feel good” dimension is due to the unnoticed effort of the gardener whom you do not see around. Much less he expresses or exhibits himself. Learn to create, to build, to nourish and to cooperate in silence. If this is not possible you cannot enter into the threshold of goodwill. May this be fundamental to your life.



Master Morya  
– *Maruvu Maharshi* –

## A Fundamental Principle of Aspiration



Once a group of pilgrims lost their way in their pilgrimage; they were clueless of their direction. In despair, they sat upon a sand hill. In the meanwhile the dusk approached. The day turned to night. The stars appeared on the firmament. The moonlight dawned. At a distance, on yet another sand hill the group saw a sage sitting in a meditation posture. The group approached the sage in a haste, prostrated before him, explained their plight and sought direction.

The sage looked at them and said, “You are on pilgrimage towards the Divine; on the way you denied help to the helpless, to the weak, to the meek and to the hungry. As you denied help to them you are denied the direction to the Divine. On pilgrimage to the Divine the fundamental is to help those who approach you with dire necessity. When you deny help to the weak and meek you get disabled to reach the Divinity. Repent for what you have done”. Saying so, the sage remained silent. The group felt ashamed of their acts and repented for a while. Until midnight they had no courage to seek direction from the sage who was in deep meditation. After midnight the sage opened the eyes, looked at the group with compassion and said,

“Utter OM, seeking direction. May your utterance be ardent, may your utterance be with repentance, may your utterance be a call of promise to Divinity that we shall not deny when we are approached for help. Do so with intent.”

Saying so the sage disappeared. The group awaited the dawn and re-found the way to their joy and moved forward.

May not the aspirants overlook this fundamental principle of aspiration.



Master Koot Hoomi  
– *Devâpi Maharshi* –

Sambala 4

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

Etymologically Sambala means Syama Bala. Syama is the blue, Bala is the infant. Therefore Syamabala means the blue infant. When this earth suffered a deluge, a seer of immortality hovering over the planet saw a blue, resplendent infant afloat upon a banyan leaf. The Puranas describe the seer as Markandeya. Markandeya approached the blue infant (Syama Bala). The boy addressed the seer, "Welcome to you, oh child Markandeya". This ageless seer was irritated for a while for being addressed as a child by a child. However, he immediately regained his poise and relooked at the infant, who was afloat upon waters availing the banyan leaf as the bed. The boy smiled at the perplexed seer. As he smiled, rays of light emerged with feeble flute music engulfing the whole. The seer was lifted into a trance and experienced non-existence of self in retrospect.

The place where it happened upon Earth has come to be known as the place of Syamabala, that is Sambala.

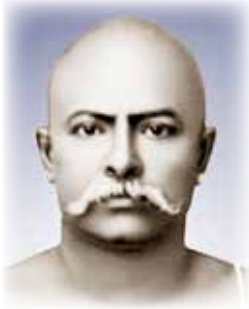
## Message of Master E.K.

### Dispassionate Observation



The coursing of light has its own twists and turns. Expectations are either delayed or denied. Unexpected events emerge to de-settle. The journey of life has its own surprises and suspense. While the daily routine continues, there are subtle trends which can only be witnessed.

The Masters of Light realized that through time the changes keep happening within and around and that to be observant is helpful while in coursing. A dispassionate observation with whatever is required to be in the present is given out as the key. To be so, one has to be courageous enough.



Message of Master C.V.V.

Aphorisms to Disciples 6

16. Truth is experienced even in untruth. When one encounters untruth the untruth can be seen when one is in truth. The truthful one experiences the truth and untruth in the world and relates accordingly.

17. The staircase that you need to ascend is within your vertebral column. Enter into yourself, ascend the stairs to experience the Brahman. 33 are the stairs.

18. As you ascend the stairs of the vertebral column you feel the body lighter and lighter. During the penultimate stage you feel floatation of the body. Your movement of the body on earth tends to become tender, gentle and subtle.

Vidura

Teachings of Wisdom



Silence is better than speech.  
Truthful speech is better than silence.  
Pleasant expression of Truth  
is better than mere truthful speech.  
Let not pleasantness in expression  
deviate from Truth.

#### PRACTICAL WISDOM

The Wise bend themselves.  
They do not, therefore, break.



Saraswathi

## Suktam 2 The Sound of Silence 1

Thus, we breath in and listen to the sound SO, and when we breath out we listen to the sound HAM. This is the best way to engage the mind in the 'Song of Life'. The 'Song of Life' is eternal, the mind associates with it and disassociates with it. We are now associating the mind with it. Through this observation, the song becomes predominant in us. It is the best way of relaxation. If we wish to relax, if we wish to fall asleep quickly when in bed, the best way is to focus the mind upon the song of respiration and keep knocking at the door as we inhale.

We consciously walk in, and each time we are thrown out through exhalation, we keep listening to the two sounds of the song –then we are in the process of contemplating the 'sound of the flow of the Word'. The Word makes the sound through the flow. When we are with the song, we build the bridge towards the Word, though we have not yet reached the Word. This is also the technique of internalisation. Wherever we are, we can internalise by using the method of conscious respiration, thereby reaching pulsation within us, with the help of sound.

When we regularly do it, we will be able to realize the pulsation, which is the basis of respiration. That pulsation also makes the double sound. Such should be the entry from the front door of the ashram. That is what is called 'walking from objectivity to subjectivity'. It develops a new taste for us in life. When we are in the subjective, the concepts of the objective mind do not bother us as much. The family, the economics and the society are problems to us because we do not know how to live with them. The same family, economics and society will be the avenues of splendour when we return from the Word. The very avenues of problems are also

avenues of splendour. They are not different.

The source from which the nectar comes is also the source from which the poison comes. The source of both is in the Throat Centre. The source of nourishment is also the source of disease. Through food we get nourished and through food we get our disease. We get disease when we do not know how to work with food. We secrete poison when we do not know how to work with the Throat Centre.

This process of working with respiration towards pulsation, is a withdrawal from the so-called avenues of problems. To teach it in exchange of money is a misuse. That is why the Seers never believed in payment.



Srî Râmakrishna

Nothing can Bind Him

Good and evil cannot bind him who has realised the oneness of nature and himself with Brahman.





## On Secret Doctrine

### Venus and Earth 1



Every active power or force of the Earth comes to her from one of the Seven Lords (The regents of the Seven Planets). Light comes through Sukra (Venus), who receives triple supply and gives one third of it to the Earth. Therefore, Venus and Earth are called twin sisters. But the spirit of Earth is sub-servient to the Lord of Sukra. In Hindu Puranas Venus and Earth are called mother and daughter but not as sisters. The formation of the Earth is through Sukra. The symbol of Sukra presides over the cross within (♀), while that of the Earth is presided over by the cross (♁). The difference between the two is too evident. The tail of Venus is but the head of Earth. It is also believed that on completion of evolution, the beings of Earth move on to Venus. Lord Sanat Kumara, who presides over the Earth as its Ruler, is said to be a descendent from Sukra (Venus). It is also believed by Hindus that Lord Krishna (the complete avatar) also descended onto Earth via Venus. Sukra represents the positive dimension while Earth represents its negative dimension. Venus is a globe poised over the cross while Earth is a globe trampled by the cross.

The esoteric meaning of this is: Earth is fallen into generation, into reproduction of species through sexual union. The mystical fall of Adam and Eve is but the emergence of the principle of Earth into its negative nature from the neutral nature of Sukra. The androgynous status is lost in favour of separated male female principle giving birth to the sexual instinct.

Venus is the most occult, powerful and mysterious of all the planetary principles. Its influence upon and relation to the Earth is most prominent. In the exoteric Brahmanism Venus or Sukra is a male deity. The Puranas explain that Sukra is the son of Brughu, one of the Prajapatis. The whole story of Sukra in the Puranas refers to the third and fourth races. The an-

androgynous beings of the third root race tended to be male-female beings in the fourth root race. In esoteric Brahmanism Sukra is considered as androgynous contrary to the exoteric Brahmanism where he is shown as a male deity. It is through Sukra that the "Double Ones" (androgynous, hermaphrodites) of the third root race descended. The original symbol of Sukra is circle and a diameter within (⊖). During the third root race when the descent happened its symbol transformed to pre-Tau state (⊕). As the symbol T descends, further down the circle it is the state of Tau (♀).

During the fourth root race, when male-female are separated, the symbol T tended to be a Cross (♀), a fallen state. Therefore Venus is symbolized by the sign of a Globe over the Cross, while Earth is symbolized as a Globe presided over by the Cross.

## Saturn

### Time 2

### Delay, Disappointments and Obstacles 3



There is a self-designed progress, and we find an artificial obstacle coming in the way of the self-designed progress. Through this process, man gains experience and learns to wait. The more and more he is stopped on the way, it becomes a habit for him to accept it. When the flight gets delayed once or twice, we get really disturbed. But suppose it happens on a daily basis, then we will feel, "Okay, it is the order of the day," and we will learn to wait.

Thus, we learn to wait; that is what Saturn teaches us whenever we are disappointed, or wherever we feel obstacles. In the obstacles we always see an external agency as the cause for our lack of progress – Saturn makes us learn that there is no external agency by way of obstacles, but that there is something to be reorganised in the internal system.

In India, we are thoroughly trained by Saturn. 'Expect the unexpected' – is the message in the Indian way of life. Saturn is our ruler. Remember, India's sun-sign is Capricorn and the ruler is Saturn! We are taught patience, we are taught tolerance, we are taught acceptance. Delays and disappointments are common. This is true with our system. Soon, India will walk into the sun-sign Aquarius, then, many things would be broken and the 'Indian Phoenix' will rise once again with its strong wings – it is expected.

## Discipleship

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

#### Interpretation of Truth

Intelligence is involved in the interpretation of truth. Each will interpret truth according to his own state of evolution and each will fail to interpret in terms of the more advanced. The average person objects to wider points of view than his own; it serves only to frighten or exasperate him. All truth has to pass through the filter of the mind and is there given a personal slant and twist based upon individual glamour and illusions – the great distorters of truth. Where the mind is narrow and set and lacking in understanding, reason and experience there is danger of misapprehension, of credulity, and of wrong interpretation. A sense of values will be lacking, and the individual will over-estimate the non-essentials. We then have the superstitious devotee, a credulous follower of leaders, a fanatical unbalanced idealist, and a warped mind.

Man seeks to make truth precise and stable. This cannot be done. Basic truths are unalterable, but human realization, understanding and interpretation of them are constantly subject to change as man evolves mentally and spiritually. Truth is simply the expression of the immediate understanding of human mind. It is impossible for us to say with assurance and finality that such a condition is this, that or the other, to say what is or what is not, or to deny or affirm anything. All formulations of truth are only partial, and so called truth may later be seen to be imperfect and even false, from the angle of a wider knowledge and a more inclusive grasp of wholes. Hence all definitions, all facts, and all exegeses are but passing in their usefulness.

A disciple

## The Teacher

### 45. Paramamukam Attracts and Unfolds

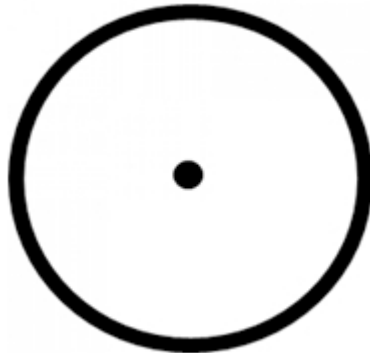


Anu means atom. Paramanu means atom to atom. The spiritual permanent atom is called paramanukam. It is the base for the other permanent atoms such as the mental and physical permanent atom. The atom is threefold in its activity. There is the activity of the neutron, proton and electron. Among the three the neutron is in a neutral position to the proton and electron. The neutron itself is a part of a higher system and represents the electron of the higher system. There is a corresponding higher proton and higher neutron. Thus, there is a series of subtle, subtler and subtlest states of the three which is explained in theology as seven states. Beyond the seventh state the proton and electron are absorbed into the neutron and which is no more called a neutron. This state is called Pure Existence. It is so when we explain the creation with the number key of seven. Some others do it with the number keys of three and nine. When the number key three is used, the spiritual permanent atom is zero or four. When the number key nine is used, the spiritual permanent atom is number ten. The scriptures explain this very elaborately and the student finds it strenuous to understand. The Teacher therefore gives an example. The example is a dot. He makes a dot and exposes it to a magnifying glass, the seeming dot appears as a disc and for the disc again a centre can be found. And with a much more powerful magnifying glass even that centre of the disc appears to be a disc. Subtler the vision, every centre becomes a circumference and there would be a centre there, too. It goes on and on until the vision is complete. It is at that point one finds the spiritual permanent atom. When we use the number key seven, it is said that there are seven planes. But each of the seven planes has another set of seven planes which are called the subplanes. And

each of the sub-planes has further seven planes when we get into detail. This is how creation is a manifold expression. The base of this expression is what is realized by a Teacher, and that base is the spiritual permanent atom. The Teacher identifies with it. Such is the abroad understanding of this attribute of the Teacher.

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

A disciple



## Kapila

### The Approach 2



Experiencing the good present around through their poised attitude, they are drawn nearer and nearer to 'ME' (the self). Their inspiration for all that is good is ceaseless and is thus natural. Their life purposes are gradually fulfilled. Their deficiencies make up and get rounded up. They grow more and more into I Am consciousness, which is felt by others as God-presence in them.

They ripen to the state where there is no cognisance of personal needs and desires. Their acts carry no expectations. Happiness is their experience in all acts. The corpse of expectations is not their lot.

To them all acts done are service to God only, for all their interaction is with the God-consciousness. Their simple, normal and natural work results in serving the World. Thus, they transform into the World Disciples - the Bhagavatas.

The two angles of the triangular qualities (inertia, dynamism and poise) are absorbed in them into the One - the poise, and poise is absorbed into the 'state of being' which substitutes, the hitherto existing state of doing. Effort ceases. The Plan Divine flows through. He has no more personality and personal work. He walks on Earth as a living God! To systematically ascend into this state of being, the following are recommended:

1. Attentiveness to daily ordained duties - domestic, economic and social. Worship of deities with indifference to daily duties causes no progress. Unless one is alert and attentive, one's own duties are not recollected well. Worship of deities help keeping up the alert and attentive attitude. Lack of attentiveness is demonstrated by forgetfulness, indifference, carelessness, negligence and laziness.



## Ashram Leaves

### Acceptance

"Blessed are the ones who realise the Father within the cyclic phenomena of ebb and flow, light and darkness, high and low."

"Blessed are the ones who stand out of the wheel through intelligent acceptance of the pairs."



## Lord Dattatreya

### Sat Guru, The True Teacher



The True Teacher, Sat Guru, is ever alone but not lonely. He is "One in all and all in One". He has no abode, but is an abode for all. He is not stuck with any name nor has he a form. He does not belong to any place, community, nation, or race, but they all belong to him. He is parentless. He has no passion for a nation, a language, a religion and for any "isms". He interacts with all, with an attitude of love and bestows light to enable people to lift themselves up from their respective states of awareness. He is representative of the energy of the universe and hence, cannot be contained or conditioned by race, religion, caste, creed and "isms". Such should be the understanding of a Sat Guru who is a representative of Sri Guru Datta. Sri Guru Datta and Sri Krishna demonstrated life beyond concepts. Concepts are built around them by people who are comfortable with concepts. People need concepts to hold on to something, arising out of the sense of fear, desire etc. The beings look for independence/freedom, but they build as many circumscriptions around them. In desire of freedom, people build prisons around them and cry more and more about freedom. It is the work of the knowledgeable ones to live in life and to interact with concepts as per the time and the place. They leave the concept after the work is done, but do not live in them. They are only guided by the Truth and the Law. Truth is with in and beyond creation. The Law is valid until one is in creation. The Law and the Truth go together for harmonious living.

In the story of King Bali, the Lord explains to the King the quality of a Sat Guru. He explains thus:

"How can I say that THIS is my abode? (THIS, refers to creation)." I AM everywhere. I AM not stuck to a place. I AM not related to anyone. People relate themselves to ME. I have neither parents nor children, for I AM the I

AM of all. I do not have any patterns of behaviour, for all patterns emerge from ME. They exist with ME as their basis, I allow them to exist, but I do not exist in them. Three qualities emerge from ME and the triple qualitative behaviours and their varieties of combinations depend on ME, while I do not depend on them. I know THIS, I know THAT (creation and beyond). I AM the basis for THIS and THAT. The only simple way to see ME, is to see ME in a Sat Guru". (Srimad Bhagavata)



## Fire

### The Prayer 2



Unless we are pure we cannot enflame the Fire within us. It is like purifying gasoline and other inflammable material before enflaming. That is why it is said: "Don't play with Fire". Fire is Fire. If we carry impurities, the first thing is to seek purity from the Fire; then only we can enflame the Fire. Fire can cause the destruction of all the impure traits in us.

We make Fire and look to the flame, which is brilliant orange or golden. We keep looking at it and submit one by one the impurities that we know in ourselves. This is the ancient most confession, a much better confession than the present confessional methods. The one who receives confession is supposed to be as pure as Fire. If we give out our guilt, the person who listens to it should be able to receive it and burn it up, otherwise what is the fun in confession? If a fee is fixed for confession, it is commerce. The very original concept of confession comes from the individual confession to the Fire.



## Cow The Symbol and its Significance

Among the duties cast on mankind, service to and worship of Cow is considered as foremost by the Vedas and Puranas.

### PRACTICAL WISDOM

No man can purify his neighbour.  
He can, at best, purify himself.



## Group Prayers

O Lord Agni!  
Nourish and vitalize the streams of life  
as they flow to every minute corner of our bodies  
and ensure their vitality.  
May you be kind to care the life flow in us  
as caretaker cares for the horses.

## PRACTICAL WISDOM

Wealth, power and family  
are no hindrance to the seeker.  
His attachment is.



Sanat Kumara

## Likes and Dislikes

It is normal that men like certain things and do not like certain things. They do not tend to be meticulous when they do what they do not like. Here is a loophole, a slippery ground, where students tend to fall and fail. Do not deny the work because of your likes and dislikes. Discriminate the work as dos and don'ts. What you have to do, do it with liking. What you don't have to do, leave it. With respect to all that you 'have to do', restructure that thought as 'I like to do'. Replace 'I have to' to 'I like to'. By this restructuring of the thought an attitudinal change happens. The lady says, "I have to wash the dishes." She would do well if she restructures the thought to "I like to wash dishes." Perhaps she can even structure it better to "I like my husband to wash dishes."

Getting back to the main stream of teaching from humour: avoid not the work in terms of likes and dislikes. Avoid in terms of dos and don'ts. Whatever is your lot to do, like it to do. Then you can bring in intent, become conscious and thereby stay alert and stay focused. This is the way to be here and now.

## From the Teacher's Pen

### Questions and Answers Magic



*Question:* Dear Master, there are courses promoted to impart magic and supernatural perceptions in a systematic way. Do you think these courses really help aspirants to gain the power of magic?

*Answer:* Dear Brother, there are varieties of magic including sleight of hand. Many magicians in circus and in social clubs and circles perform this. They are truthful, yet at the end the show is only the dexterity of their hands which causes appearance and disappearance of articles. There are courses for magicians who are trained in this regard under an oath of secrecy. They are also under oath not to claim such magic as spiritual.

There are gurus who use this to gain control over their subjects and proclaim themselves as divine. This is sheer blasphemy. Such ones are not truthful and therefore suffer consequences.

There is the true magic which is performed by seers to whom the third eye is opened on account of practice of the eight steps of yoga. In the sixth and seventh step of yoga the third eye opens. They gain insight; they tend to be naturally clairvoyant and clairaudient. Such ones are out of all glamour. They do not use the faculty except when needed.

In the words of Master Djwhal Khul, "One of the fundamental rules back of all magical processes is that no man is a magician or worker in white magic until the third eye is opened, or in process of opening". (Cosmic Fire, p. 1008)

Do not fall into the glamour of magic; instead be sincere and honest in working out the steps of the Yoga of Patanjali which is an eight-fold path.

When the third eye is opened the pineal gland begins to function which enables a goodwill worker to better perform his duties and responsibilities.



Agni

An Introduction to the Work  
of Cosmic Fire, 79

## 5. The Electric Fire Varuna

What the Lord of 1st Ray is, He sends a spark of light, and that spark of light is called 'the lightening' or 'Parasu', which is His weapon. Then it is picked up by the Lord of Aquarius, called Varuna. He is a grand Lord who works in the waters of the space. Frequently He is understood as functioning in the emotional waters of the 6th chakra. The 6th chakra in waters, you will see in the books of Tantra, there is a dragon moving, which is an amphibious being. And his higher correspondence is the One who works in the waters of space. This amphibious animal is like a crocodile, which is called the White Dragon, whose replica we have in the waters on the Earth. The replica is his mirror image, but a bad image. 'Bad' in the sense of grosser image, and this White Dragon has a goat-like face and the body of a crocodile. Imagine a white goat face and white body of a crocodile. The body is that of a crocodile, the face or the head is like that of a goat. It is a beautiful animal described in the scriptures.

This is the White Dragon that keeps descending. Let us not get into that aspect. The Lord of the condensed potencies in space, called Varuna, He moves on this White Dragon, and in His hand, there is a trident. And with that trident, according to the directions coming from the 1st Logos, He playfully makes certain repulse upon the waters of space. The trident is nothing but the Neptune energy. So, the functioning of the Neptune and Uranus energies together by the Lord who moves upon the White Dragon, who is located in Capricorn, much work is done. And that work is the preparation for entry into the Aquarian Age. And that is why there is the happy living of Uranus and Neptune in Capricorn. This is the most



opportune time to prepare the planet and the planetary beings into higher consciousness.

The transit Neptune and the transit Uranus in Capricorn will bring in much good things for us. Understand, good things mean that what would push us into greater awareness. The means adopted may not be so sweet as we think. Sometimes we will be asked to eat certain bitter things. Whatever be the means adopted, it is sure that the humanity will be shifted into higher awareness, because we have to walk into the Aquarian Age. Already the energy visited and it started functioning, and we have to tune up. If we do not tune up, it will create a situation, where we have to tune up. Even if we don't listen, when we have to tune up, then it breaks us. That is what has descended as the energy through the comet in the early part of this century.

That energy has found its expression through the heart lotus in the same passage which I have explained to you coming from the 1st Logos through the Lord Varuna and with the working of Uranus and Neptune. That energy has visited the system, and it has been picked up by the comet to be given to the planet. A very high being was ready to receive it for distribution to the planet.

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





Master EK

Vishnu Purana  
Chapter XXIII

Bharata Varsha 4

In this land, time is measured as four yugas. They are:

1. Krita Yuga;
2. Treta Yuga;
3. Dwapara Yuga and
4. Kali Yuga.

In the other lands there is no division in Yugas and their effects are not studied. The Yugas are traditionally explained thus:

1. 360 sunrises make one Savana year;
2. 432,000 Savana years make one Kali Yuga;
3. Double the above = 864,000 years make one Dwapara Yuga;
4. Three times Kali Yuga = 1,296,000 years make one Treta Yuga;
5. Four times Kali Yuga = 1,728,000 years make one Krita Yuga.

The sum total = 4,320,000 make one Maha Yuga.



Here in this land people gain mastery over themselves and everything by following the path of meditation and intense absorption. The Ritualists go on performing the rituals according to the Vedic path. With great respect

for the pleasures of the other world some people make charities and gifts as offerings. The Lord who sacrifices himself as the creation is worshipped by the people through sacrifices. Vishnu, the All-pervading Lord of impersonal good work, is worshipped here.

Since Bharatha is a land of works whose results are known it is the chosen land among the other areas of Jambudwipa. The other areas are lands of enjoyment, whereas Bharatha is the land of discharging duties. Among thousands of births and rebirths a creature finds birth in this land due to the accumulated result of past good deeds. Even the gods find themselves blessed in this land and sing songs in its glory. Even from the plane of the Devas they descend here as beings, since this forms the way from heaven to liberation.

Here deeds are done without any desire for their results. All duties are performed with a spirit of offering to the Lord of pervasion, who is the One Soul of all souls. Having reached this land of deeds beyond results, beings live merged in the One Being. How can this be known by those body-bound beings who work to obtain the heavenly pleasures as the result? Accomplished are those who are born in this land, may they be defective of senses or limbs.

## **The Science of Man**

Dr. K. Parvathi Kumar  
First Young Group Life Teaching, Part 66  
August 2001, Visakh

### **The Meditation Process 2**

Normally, we don't breathe up to our lungs' capacity. Now we breathe as much as the lungs can hold. When you slowly release, you get yawning. It is the excavation of carbon in you. You inhale and fill the lungs and then keep it a while, so that the oxygen will penetrate into the system and then excavate the carbon. The gases also get expelled. The undigested food gets digested. And whatever is not desirable to the body is given a push to get expelled. So you get more and more life force through oxygen, and the force will gradually expel the carbon from the body. Slowly you will have shining eyes, an active body, and in a later state you gain a cool mind. The system cools down.

Three deep respirations and then a pause and again three deep respirations and a pause – like that you can do it nine times. In total you make 27 respirations. It will be around fifteen to twenty minutes. That is enough. Thereafter you can continue the other step of visualizing light in the forehead. Observing the light there becomes easier, because your system is prepared for observation. That can be another ten to fifteen minutes. So it's about thirty to thirty-five minutes of meditation exercise. That's how it will be.

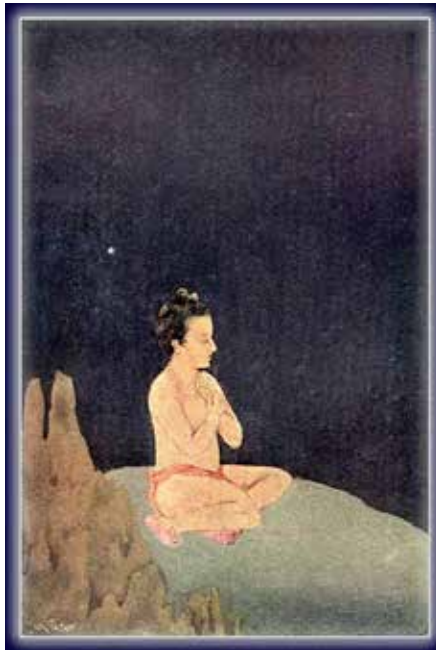
When practiced, you may feel the energy, and sometimes you may fall asleep. It shows that the energy levels are low. But slowly, as you keep working, they rise, and you will not have the instinct to sleep or to rest all the time. You don't feel fatigued. Only in the night, for about six hours, you would sleep and during the rest of the day you are active. It improves our energy levels and also the response operators of the brains. This meditation exercise, if it is done after asanas, it is much better. It depends upon your routine. So, you may try to find time for asanas and for this practice. That would hold you good.

We will continue to work out the meditation. You may please as said earlier lock the system with the hands and the legs. And keep the back erect. Gently make three breathings and relax, and again make three breathings and relax. When you inhale you try to hold it, so that the lungs are filled with oxygen. Hold as much as you can without discomfort. The impulse to exhale will naturally come, and then you exhale. Like that try to do three times and relax, three times and relax, and like that we can do nine sets of three times. Ensure that the mind follows the path of respiration. Take your own time and do it.

We utter OM three times so that we have cooperation.

How do you feel when you do this respiration? Is it comfortable? How many times have you been able to do it?

When the mind is agitated, you cannot do respiration consciously. Meditation is to reduce the agitation of the mind.





Paracelsus

Health and Healing

Friendliness and Human Touch

With ever increasing technology and patented medicines, will the number of physicians decrease? If it would be so, it would be a calamity. There are areas where technologies and technical machines could reduce the number of persons employed, but it is not so with physicians. Physicians are widely needed. A physician is a highly educated friend of humanity. Friendliness is the basic quality demanded of a physician. In friendliness communications happen better and patients can express better. "How do you feel?" A question when asked in friendliness by a physician, the patient's psyche tends to be very responsive. He would feel like sharing all his sicknesses and related feelings. While the medicines help in a curative process, it is the physician who initiates it. A combination of friendly suggestion along with the medicines is required for cure of sicknesses.

A needless surgery by a surgeon is spiritually regarded as a murder. As far as possible, the physicians have to be friendly in their enquiry and should little use the knife on the human body. It is not uncommon that several ailments in different states of progress complicate a cure and unless the physicians find time and inclination to enquire the patients in friendliness. The effect of treatment is more often mediocre when friendliness and human touch is absent.

Listing as many remedies as the number of ailments is again seen as irresponsibility. The chief cause that breeds subsidiary ailments shall have to be located and treated. If remedies are prescribed without much investigation into the cause of ailments, it would result in lowering the vitality of the patients. The patients degenerate through excessive use of medicine and such

degeneration can lead to disaster.

The present practices are moving towards a calamity that strikes down the present generation. It also corrupts the future humanity. True and genuine health should be the objective of the physician. Matching medicines to ailments is not seen as an act of responsibility. A physician who is highly educated has a vital role to play in the field of health and healing. His knowledge and his experience should help him to attain maximum health with minimum medicine. This change is but necessary to give a different course into future health and healing activity.

Dr. K. Parvathi Kumar

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

Website: [www.paracelsus-magazin.ch/en](http://www.paracelsus-magazin.ch/en)

## Children's Section

### On Service

**ANTAHKARANAS AND BAHIRKARANAS  
ARE PURIFIED IN THAT ORDER,  
ENABLING SOUL'S LIBERATION,  
WHEN TRUE SERVICE IS RENDERED.**

#### Panchatantra Stories

##### 14. The Talking Cave

There was a lion who ruled over a certain part of a jungle.

One day, he could not prey upon a single animal after wandering around the jungle in search of food. It was almost sunset and the lion started returning in spite of being very hungry.

On his way, he saw a big cave, and thought to himself, "It is for sure that some animal must be living in this big cave. Such a nice cave cannot be un-inhabited. At sunset, whatever animal lives here is bound to return. I shall hide inside the cave and wait for my dinner to arrive."

The cave was the home to a jackal, who arrived a while after the lion had hidden himself inside. While entering he noticed the footprints of the lion leading into the cave, but could not find any footprint coming out.

He thought, "If a lion is indeed entered, I will be dead as soon as I enter. But, how can I be sure? There is no reason for me to stay away from my home if there is no lion inside. I must find out a way to confirm if the lion is still inside."

The jackal thought of a plan, and standing in front of the cave, began to shout, "Hello Cave! Hello Cave! Can I come inside?"

For some moment, he waited in silence and shouted again, "Hello Cave! Have you forgotten our understanding of all these years? I always wait for your reply before I enter. Why are you silent today? I shall then go to some other cave if you do not reply."

On hearing this, the lion thought, "The cave must reply to the jackal when



he returns at sunset. It is because I am inside that the cave is not replying today. I must invite on behalf of the cave, or the jackal will go away."

So, the lion replied from inside the cave, "Hello Jackal, you may enter. It is safe inside."

The reply was even more frightening due to the echo from the walls of the cave. The jackal at once knew that the lion was waiting for him to enter and make a meal out of him. He ran off as fast as he could and saved himself.

The wise indeed say:

*"Be watchful and alert whenever you step into a new situation."*

## Stories for Young People

### Practice

Surrounded by his students a young teacher gave a lesson about life and death. Eagerly the students listened and took notes. But one student just smiled. The teacher full of anger asked him: "Are you listening to me?" The student answered: "I can demonstrate you mastery over life and death. Bring me an ant."

A large ant was brought. He cut it into three pieces and separated them. Then he closed his eyes and sat motionless. After a while the three parts moved together each other and the revived ant scurried away.

The teacher felt ashamed. He was embarrassed before his students because he only knew the scriptures without understanding the mastery of life and death. He asked the student: "Where did you learn that?" The student answered: "Your master taught me."

At this the teacher became angry. He addressed his master: "You teach others things which you don't teach me. Why?"

The master answered: "You are still a slave of your violent emotions. I have taught you many things. All these achievements depend on practice, not on verbal knowledge of them. Knowing is useless without practice. If you know how to play a piano but don't practice, you will never create music."

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

Compiled and quoted by B.K.

WINDOW TO WORLD SERVICE  
NEWS & ACTIVITIES  
(Inputs welcome)

SWITZERLAND

**Activities of Individuals working within the National Group**

**Name of the group:** Circle of Good Will

**Contact:** Ludger Philips

**Address:** Tannackerstrasse 12a, CH-3073 Gümligen / Berne

**Phone:** +41 319512877 **E-Mail:** [guter-wille@good-will.ch](mailto:guter-wille@good-will.ch)

**Website:** [www.good-will.ch](http://www.good-will.ch)

**Facebook:** <http://www.facebook.com/circleofgoodwill>

<http://www.facebook.com/guterwille>

**Activities :**

- **Online Study Groups of WTT-Global:** There are 4 online study groups in weekly or bi-weekly rhythm - in English: "Book of Rituals" followed by "The Seven Races"; in German: "Book of Rituals" followed by "The Seven Races"; "Man Sacrifice", followed by "Bhagavatam" and "Sripada Srivallabha Charitamrutam". There are also meetings for Dhanishta and Full Moon meditations.
- **Group Meeting:** Besides the online groups there is a meeting with fire ritual on Sundays. We assisted in the organisation and realisation of the May Call Day in Alsace, the CVV Sharing in North Germany and seasonal celebrations at the Paracelsus Centre, Switzerland.
- **Social Activities:** Support of social and spiritual activities.
- **Correspondence / Organisational Work:** Information and networking. Cooperation in the Executive Board of WTT-Global. Operating the mailing lists. Seminar notes and circulation in the groups. Editing the Annual Report of WTT-Global / coordination with the international groups.
- **Websites and media:** Operating and editing the website [world-teachertrust.org](http://world-teachertrust.org) with the help of WTT members from USA and Germany.

Operating the website sripada-srivallabha.org about Lord Dattatreya and his incarnations, in cooperation with other members. Operating the sites kulapati.de, in cooperation with WTT-Germany, wtt-america.org in cooperation with Mithila Venezuela as well as the website good-will.ch. Operating a German and an English Facebook page as well as a page for WTT-Global. Together with Sebastian Rey of Sudama-group, Buenos Aires, Argentina, and members of the WTT Group of Mysuru, India a video project on Mother of the World was realised.

- **Books / Publications:** Free distribution of English books / brochures of the WTT. During the year under review 50 books & booklets were distributed world-wide for free to interested persons. Electronic documents (texts, pictures, MP3) were distributed on request. Regular publications of articles in the blog “Flowers on the Wayside”, [www.blog.good-will.ch](http://www.blog.good-will.ch), about different topics in relation to spirituality.
- **Vaisakh Newsletters:** Coordination and editing of the Vaisakh Newsletter for the different translations. Help with editing the electronic version in English and French in cooperation with WTT-Belgium. Electronic distribution. Editing of the web version of the Vaisakh Newsletter. Paper copy print and distribution in Switzerland, together with the Lunar Messenger.
- **Lunar Messenger:** The monthly „Lunar Messenger“ is distributed via e-mail to 1810 addresses (453 German, 571 English, 566 Spanish, 220 French) to over 45 countries, plus a few paper versions. Group members from Miami, USA, Mexico and New Caledonia help with the English, Spanish and French translations. The newsletters and other information are also made available to a larger circle of interested persons via the website.
- **Pictures:** Monthly illustrations of spiritual principles through paintings, mainly about the zodiacal signs.

## Picture to the Month of Virgo

### Virgo - Spiritual Light and Spiritual Food of Mankind



To all the living beings of various planets, the Sun is the gateway to communicate. The Virgin in the Virgo sign is described as having an ear of corn in one hand and a lamp in the other. The ear of corn represents her son as the spiritual food of mankind. It is a matter of interest that the winter solstice marks the return home of the fruits of cultivation in the fields. The lamp is the symbol of spiritual light or the light in darkness. Objectivity is darkness to the yogi. Our light is his darkness and his spiritual illumination through subjectivity is darkness to others. The lamp therefore represents the light of initiation in darkness. Virgin, the World Mother, conceives her son in the darkness of the midnight.

*Dr. Ekkirala Krishnamacharya: Spiritual Astrology*

## Book Review

### Narayana Kavacham



Many people who suffer from misfortune, diseases and the onslaught of the social and planetary influences stimulated by the experience of their past deeds, are in search of spiritual help. Many discover with the Narayana Kavacham (protective shield) stunning results both from the mundane and the spiritual point of view. It is considered to be one of the most powerful Mantric formulae.

Master EK gave the "Narayana Kavacham" and his commentary as a spiritual practice to experience the One.

*Ekkirala Krishnamacharya : Narayana Kavacham*

PDF: [http://www.worldteachertrust.org/\\_media/pdf/en/ek/narayana\\_kavacham.pdf](http://www.worldteachertrust.org/_media/pdf/en/ek/narayana_kavacham.pdf)

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

### Nutrients for Discipleship



Discipleship is not just doing some practices of meditation, study of books and dabbling into fields of service. It has a larger connotation. A disciple is one who gains multiple abilities and offers such abilities to benefit the society in multiple ways. In the book "Nutrients for Discipleship" Dr. K. Parvathi Kumar explains that discipleship is to dedicate the mind, the senses and the body to divine purposes

through acts of general welfare in preference to acts of personal welfare. He says that the spiritual practices are of value only if such practices contribute to the economic, cultural, and social welfare of humanity.

*K. Parvathi Kumar : Nutrients for Discipleship*

Info : *Dhanishta Editions, info@dhanishta.org*

Online: [http://worldteachertrust.org/\\_media/pdf/en/nutrients\\_for\\_discipleship.pdf](http://worldteachertrust.org/_media/pdf/en/nutrients_for_discipleship.pdf)

## Astrological Important Days in August/September 2018

23.08.	06:08	☉ → ൬ / Sun enters Virgo	
25.08.	1883:	Birthday of Master MN	
‡	06:19	23 <sup>rd</sup> constellation <i>Dhanishta</i> starts	☽ 17°27' ॐ
	11:46	Phase of full moon starts	☉ 02°09' ൬ / ☽ 20°09' ॐ
		<i>Contemplation upon Gāyatrī, the World Mother</i>	
	21:00	<b>Dhanishta-Meditation</b> ( <i>Dhanishta</i> -constellation ends on <b>26.08.</b> at 09:05)	
<b>26.08.</b>	13:56	☉ Full moon of Virgo	☉ 03°12' ൬ / ☽ 03°12' ॠ
☉		☉ in ൬ – 1 <sup>st</sup> to 14 <sup>th</sup> descending moon phases: <i>Contempl. upon the Pitris</i>	
<b>02.09.</b>	17:17	☾ 8 <sup>th</sup> phase of descending moon starts	☉ 10°06' ൬ / ☽ 04°06' ॠ
☉		<b>Birthday of Lord Krishna</b> (End 03.09. at 15:50)	
05.09.	11:31	11 <sup>th</sup> phase of descending moon starts	☉ 12°47' ൬ / ☽ 12°47' ॑
‡		<i>Contemplation upon the Pitris</i> (End 06.09. at 08:45)	
08.09.	23:12	Phase of new moon starts	☉ 16°10' ൬ / ☽ 04°10' ൬
‡		<b>New moon point of Virgo:</b> <i>Contemplation upon 'The Pledge'</i>	
<b>09.09.</b>	20:01	● New moon of Virgo	☉ 17°00' ൬ / ☽ 17°00' ൬
02.09.	12:37	4 <sup>th</sup> phase of ascending moon starts	☉ 19°37' ൬ / ☽ 25°37' ॠ
‡		<i>Ganesha-Festival: Contemplation upon Ganesha, the cosmic Jupiter, from Head Center to Base Center</i>	
13.09.	11:22	5 <sup>th</sup> phase of ascending moon starts	☉ 20°33' ൬ / ☽ 08°33' ൬
‡		<i>Contemplation upon the 7 Seers of the Great Bear, represented by the 7 Masters of the 7 Rays</i> (End 14.09. at 10:53)	
<b>16.09.</b>	12:24	☾ 8 <sup>th</sup> phase of ascending moon starts	☉ 23°31' ൬ / ☽ 17°31' ॠ
☉		(End 17.09. at 14:14)	
19.09.	19:10	11 <sup>th</sup> phase of ascending moon starts	☉ 26°43' ൬ / ☽ 26°43' ॠ
‡		<i>Contemplation upon Gāyatrī, the World Mother with a rainbow hallow around the head</i> (End 20.09. at 21:46)	
21.09.	13:16	23 <sup>rd</sup> constellation <i>Dhanishta</i> starts	☽ 17°27' ॐ
♀	21:00	<b>Dhanishta-Meditation</b> ( <i>Dhanishta</i> -constellation ends 22.09. at 16:00)	
<b>23.09.</b>	03:54	☉ → ॠ / Sun enters Libra	
☉		<b>Autumn Equinox:</b> <i>Contemplation upon the female Hierarchy</i>	
24.09.	03:48	Phase of full moon starts	☉ 00°58' ॠ / ☽ 18°58' ॠ
☽		<i>Contemplation upon the Mother sitting on the lion</i>	
25.09.	04:52	☉ Full moon of Libra	☉ 02°00' ॠ / ☽ 02°00' ॠ
02.10.	00:39	☾ 8 <sup>th</sup> phase of descending moon starts	☉ 08°42' ॠ / ☽ 02°42' ॑
♂		(End 02.10. at 22:47)	
04.10.	18:19	11 <sup>th</sup> phase of descending moon starts	☉ 11°23' ॠ / ☽ 11°23' ॠ
‡		<i>Contemplation upon Śiva, the cosmic 1<sup>st</sup> Logos</i> (End 05.10. at 15:48)	
08.10.	08:02	Phase of new moon starts	☉ 14°55' ॠ / ☽ 02°55' ॠ

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](http://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