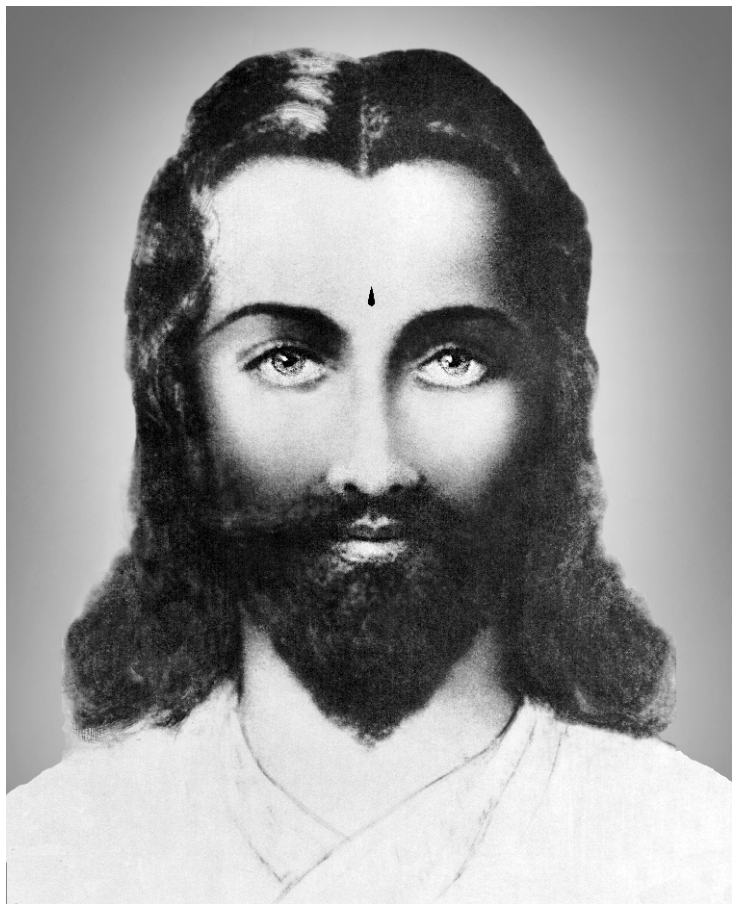


Dr. K.Parvathi Kumar

Teachings of Lord Maitreya



Dhanishta



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1st Edition 2014 - Original Edition
Master CVV December Call Celebrations - 2014;
Sadguru Tapovana, Bangalore

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For copies
#15-7-1, Angels Enclave, Krishna Nagar
Visakhapatnam - 530 002, Andhra Pradesh, India
Phone: +91 891 2701531

For online orders
www.dhanishta.org
info@dhanishta.org

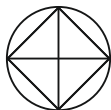
Price in
India Rs. 100
Europe € 3
USA \$ 2
Switzerland SFr. 5

ISBN 978-81-89467-50-C



9 788189 467500 >

Printed in India at: Akshaya Mudrana, Bangalore



Dhanishta

Dhanishta means Wealthy Wind.

Wealth is not measured in terms of money or business; it is measured in terms of richness of life.

Wisdom is disseminated by the Teachers of all times. *Dhanishta* works for such fulfilment through its publication of wisdom teachings flowing through the pen and the voice of Dr. K. Parvathi Kumar. Such teachings are published in English, German, French, Spanish, Hebrew, Telugu, Hindi and Kannada.

Dhanishta is a non-profit publishing house.

About the Composer

Dr. K. Parvathi Kumar has been teaching various concepts of wisdom and initiating many groups into the Path of Yoga of Synthesis in India, Europe, Latin America and North America. His teachings are many and varied. They are oriented for practice and are not mere information.

Dr. K. Parvathi Kumar has been honoured by the Andhra University with the title Doctor of Letters Honoris Causa, D. Lit. for all his achievements as a teacher around the world. He works actively in the economic, social and cultural fields with spirituality as the basis. He says that the spiritual practices are of value only if such practices contribute to the economic, cultural, and social welfare of humanity.

Dr. K. Parvathi Kumar is a responsible householder, a professional consultant, a teacher of wisdom, healer of a certain order, and is a composer of books. He denies to himself the title of being an author, since according to him –

“Wisdom belongs to none and all belong to Wisdom.”

The Publisher

Lord Maitreya - The World Teacher

Lord Maitreya is a sage of great brilliance descending from the order of Lord Vishnu - the second Logos, the preserving Light, the Logos of Love-Wisdom, the Cosmic Second Ray.

Lord Maitreya was the Prince of Benares, the holiest city of ancient India. He abdicated the throne in favour of his brother, with his father's permission, and joined the Divine Plan 5000 years ago along with Veda Vyasa under the guidance of Parasara, the then World Teacher.

Maitreya, Veda Vyasa (the author of Mahabharata, Bhagavata and classifier of Veda) and Sandipani (the childhood teacher of Lord Krishna) were the chief disciples of the then World Teacher, Parasara, who perceived and worked for the Divine Plan until the birth of Lord Krishna.

Lord Krishna, the Jagatprabhu (the Lord of the Universe) and the Jagadguru (the Teacher of the Universe), installed Maitreya as the World Teacher at the time of former's departure from the physical. Krishna found that Lord Maitreya was the most appropriate to continue the "Word" on the planet and

help the beings to find their path of ascent/evolution. Since then, Lord Maitreya, the World Teacher, assumed the august responsibility of imparting the “Word” through Astanga Yoga, through service and through sacrifice. The variety of Yogas, such as Raja Yoga, Kriya Yoga, Agni Yoga, Hatha Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga, Dhyana Yoga, Sanyasa Yoga, are all offshoots of the Astanga Yoga introduced and initiated by Lord Maitreya. The term Yoga essentially means ‘union’. It suggests the state of unity of the individual self with the Divine.

Among those who co-operate with Lord Maitreya in fulfilling the Divine Plan are the great initiates Maru (Morya) and Devapi (KootHoomi), of solar and lunar dynasties respectively.

King Yudhistira and the wise Vidura are among the foremost disciples of Lord Maitreya. Master Djwhal Khul (D.K.), popularly known as the Tibetan Master, has been the chief disciple from the network of disciples of Lord Maitreya, who in the recent 100 years has been gradually externalizing the Plan for the benefit of the beings who are afflicted by Kali and who are seeking the Path to Truth.

The teachings of Lord Maitreya are one of synthesis, of unity of existence and of love and wisdom. Under the direction of Krishna, he inaugurated 5000 years

ago the “Path of World Discipleship” in the name of “Bhagavata Marga” and has been preparing disciples in the Path, who in turn help the aspirants to enter the Path of Truth.

The work of the Lord is to orient the seekers to Truth and to its pattern of functioning through time, in space, devoid of all isms, but not to discard and denounce. It is also the work of the World Teacher and his followers to uphold the Truth in every system, in every religion and in every ism.

The Disciple working in the Path of the World Teacher remains simple, as common among the common, and yet inspires the surroundings into the Path of Truth through demonstration of sacrifice, service and love in action. He does not pronounce himself to belong to any order of hierarchy. He rather prefers to work in silence. Silence, secrecy, service and sacrifice are the four corners of the square within which he works incessantly. He demonstrates Yoga in every walk of life, in domestic and also in the social circles. Spirituality remains the predominant thought-current in the domestic, vocational and social field of activity.

Madam Helena Petrova Blavatsky, Madam Alice A. Bailey and Dr. E. Krishnamacharya (Master E.K.) are the recent exponents of the work of Lord Maitreya, while Master Jesus and the great initiate Pythagoras are

believed to be the exponents of the same work in the past centuries. Today there are about 3000 groups all over the world that function with the inspiration flowing from the World Teacher.

Lord Maitreya is believed and worshipped by some Christians as Christ. He is prayed as “Babaji” of the Himalayas by some others. He is looked at the Maitree Buddha by some Buddhists. In him the divine touch of Lord Krishna is experienced by an order of Hindus. He is generally recognised by many in recent years as the head of the Himalayan Hierarchy, which constitutes the “Inner Government” of the World.

The name of the World Teacher is indicative of his divine qualities. Maitri means ‘friendship, friendliness, benevolence and goodwill’. Benevolence personified is Maitreya. Friendliness is again indicative of equality, of similarity, of complete understanding and of complete co-operation.

The strength of the World Teacher is in his benevolence and his kind-heartedness. In him the pairs of opposite function as complementaries. In him the conflict of duality dissolves to give raise to harmony.

The World Teacher, Lord Maitreya, is an embodiment of many virtues and his virtues are sung among groups who invoke his presence for the world’s welfare. The return of his presence into the masses is

experienced by many who are dedicated to goodwill in social actions. His presence is experienced by some as the return of the Lord as Kalki, by some others as the return of Christ and yet by others as the synthesis in their thoughts and deeds.

The World Teacher Trust is a group of servers who function with the main idea of goodwill in the field of healing and teaching. Its groups are spread all over the planet today. They sing the song of Lord Maitreya every dawn and dusk to permeate the tranquility of the Divine Presence linking up to the World Teacher. This song is sung among the planetary groups of goodwill. Interested persons and groups may sing the song during the twilight hours daily.

Time's Deception

Deceived by Time, sometimes even knowers propose their name and form to the aspirants for contemplative and meditative purposes. They do not realise the danger of such distortion. It becomes difficult for the disciple at a later stage to overcome the form and the name that he fixed in his heart. The Lord is seated in the heart of every being and the Yogi or the Master should emphasise to the aspirant to reach the Lord, who is the Light within and the life too. The Teacher should stand as the guide but not as the goal. If the Teacher becomes the goal, the aspirant's progress gets stunted. It is unfortunate that today the one who shows the Path to the Truth unwittingly stands in between the aspirant and the goal!

2

The Reality

Today the brothers related by blood have no cordiality between them. In this context, speaking of Universal Brotherhood appears to be a paradox. It is our fundamental commandment to the aspirant that he should recognise the brother in the other as the preliminary practice. This must be practised regardless the behaviour and the qualities of the other. This has to be established in his behaviour, if he aspires to link up to the Hierarchy. There may be disagreement in the views, opinions and assessments. That should be considered as surficial, while the undercurrent of cordiality remains. Discord is different from disagreement -learn to be cordial even while disagreeing. This will enable better flow of Light and Love. Universal Brotherhood is the reality of the creation. Ignorance causes one to feel its superficiality.

3

Equality and Fraternity

To comprehend equality and fraternity one needs to have education, in the true sense of the word. Unless one is obedient and learns to be responsible, these two qualities cannot be comprehended. Today's education is mostly informative but not really educating. Today's man is much more informed than his ancestors, but we cannot say he is much more evolved. Equality and fraternity are the natural qualities of evolved beings. Enlightened beings such as Krishna, Buddha and Christ playfully demonstrate such qualities as equality and fraternity. Among their contemporaries, most of the people misunderstood them and even misbehaved with them. The reason for this lies in the gap in their respective states of evolution. The Law of Evolution and the function of the hierarchical system go hand in hand with equality and fraternity. Without the former the later becomes shallow and illusory. Today's slogans of equality and fraternity cried out in market places are mostly diabolical. Ponder on this.

The Groups

In recent decades, thousands of esoteric groups emerged on the globe. Though the groups are thousands in number, what they lack is group consciousness. The thread of fraternity does not run through the group members. That is the dexterity of Kali. Members gather only to fight but not to build group consciousness. The fundamentals of group consciousness are mostly substituted by such emergence as pride, instinct to dominate, disbelief, discontentment, doubt and suspicion. All groups speak of Light and Love like parrots. These groups are mostly becoming sects and cults capable of using esoteric jugglery with little service accomplished in the world. Till date, they remain ineffective to be in the windows of Light. Every good intention of the Hierarchy is being distorted in this way. We too wait for time's sanction and yet work relentlessly.

There are co-operative movements which lack co-operation. There are wisdom groups without wisdom. There are groups of synthesis without synthesis. All

names indicate their opposites in action. Groups speak of harmony and they are eternally in conflict! We wait and yet work relentlessly.



The Walk and the Talk

Adamancy is avoidable for the aspirant. It is the symbol of stupidity. Ability to accept other's view is necessary. One cannot ride on a wild stupid bull. When adamancy and stupidity crystallise, the centres of consciousness get arrested. Blind beliefs and superstitions are also part of stupidity. They cause hindrance to the Soul's progress.

Even the enlightened teachings are also degraded today into beliefs. We wish that every aspirant takes the teachings for his personal experiment than to build a belief system around us. Experimenting with the teachings causes progress. Only speaking of them transforms one into an impractical wanderer. We suggest that you courageously walk the teachings and not talk them. Let your walk itself be the talk for others.

6

Poise

It is a paradox that those who work do not look so much for rest and those who look for rest do not work so much. It is a further paradox that those who rest more than work, are the ones who are frequently weak and debilitated. Man's understanding of rest lacks common sense. Consequently the ones that are at rest are more sick than the ones at work. The secret of Nature is that it provides rest in work. Rest after work is ignorance. Longing for rest is a sickness. The globe is not at rest as we understand. The planets too are not at rest as we understand the word rest. The rivers also flow though not restless. Imagine if the bloodstream in us rests for a while! Further imagine if the heart and the breathing principles in us think of rest as we do!! The Creation collapses if rest as we understand is thought of. What is needed is poise but not rest. In poise there is the culmination of doing and not doing.

The Tickling Game

During the leisure hours, we play a humorous game of tickling each other. The one who gets irritated is the one who loses. The one who remains un-irritated by any amount of tickling is the winner.

A yogi is one who surmounts anger and irritability. He cannot be used by anger, while he may use anger as a weapon. If one is affected by anger, he is weak. One may use anger as a weapon to restore order and discipline; at no time should he be used by anger and irritation.

How to overcome anger is a question for many. Only regulated life would enable even manifestation of force. If such regulated life is made dynamic, the force is expended evenly and regularly, like the flow of a stream. When regulation, rhythm and dynamism are not observed, there is no expending of the force in a uniform manner. In such situations, there is the gush of anger. The force in you needs to be expended and expended properly; if not, it causes outbursts. If suppressed, it causes haemorrhages.

We therefore play the game of tickling. It is like playing with electricity. We too play risky games for fun.



Music of the Soul

If the strings of the lyre are loose, it cannot produce music. If the life of the aspirant is loose (if ill-regulated) he cannot progress. Tuning is important for the musical instrument. Alertness in duty is important for the disciple. If the disciple is alert, he grasps even the subtle hints. The seven strings of the Veena, when tightened and tuned, the flowing breeze also produces music on it. Likewise, if you tune up your seven-tissued body, it also can produce the music of the soul. The soul is like the flowing breeze, that plays music on the instrument of your body. Much depends upon your attunement. If you let loose your body, it decays faster. Beware of this.

The Antidotes

Let the labours of the work be transformed into the rhythms of the ritual. Let labour be replaced by rhythm. Rhythm causes the manifestation of electro-magnetic currents, routine does not. Routine becomes rhythm when deep interest and patience are induced into the work. Fatigue is common at work. Interestedness, humour and patience are antidotes to fatigue. When rhythm becomes a habit at work, the conflict dies. Rhythm thus eliminates the blockages such as fatigue and conflict and causes free flow of energy. Such free flow elevates you and causes unfoldment of consciousness. The unfolded consciousness expands into the realms of the Self, the Atman, the Truth.

A Commandment

The approach to the work is of three kinds. To work with love is the best. To work with indifference is the worst. To work with seriousness is the average. The one who works with indifference remains ignorant. It leads to an attitude of negligence. Negligence leads to mistakes. Indifference, negligence and mistakes lead to hatred of work. To such ones, scriptural instructions cause irritation instead of illumination. Pearls mean nothing to the swine. Likewise teachers, teachings and prayers mean nothing to the ignorant boor. They cannot inspire the boor as there is a strong veil of hatred that prevails between him and the teachings/teachers. If a person is hateful of wisdom and wise men, he is at the edge of danger.

Let not aspirants entertain the association of such persons. This is a commandment.

The Key to Us.

Tolerance! Patience! Wait! Be Silent!

These words should never sound meaningless to the seekers. The planet is the best teacher of them. If the seeker is short of any of the four, he should think of the Mother Earth. If you do not hold the four virtues, nothing can be transmitted and no co-operation can be possible from the Divine. Through time, the patient ones will gradually transform the unfavourable winds as the favourable ones. Patience is the final test on the Path of Truth. Patience opens doors to unlimited capacity. If you lose patience, you lose everything. Through patience, you can gain all the three worlds. Through impatience, you can likewise lose all the three worlds. The patient one is the powerful one. Conduct yourself with patience. This is the Key to work with us.

The Loud Cry

Reforms should start with you and your family; do not be in haste to reform and transform the society without the fundamental reformation and transformations relating to you. Set right your house first before you think of setting others right. If you do not follow this commandment you shall be an impractical philosopher and a poor example to be followed. Fraternity, loving understanding, co-operation, sharing, group living, shall have to be realized at home before you embark upon a larger home. Today the family system is in shambles. Conflicts, differences, disagreements, quarrels, are predominant in the family module. Until the humans learn to live as harmonious families, they cannot even dream of the global family. Slogans and demonstrations in the streets cause no impact. Adapt silently to the fundamental, please.

The Gardener

The cosmos is in process of creation through pulsation, that is, by explosions. The rhythm of the explosions gives harmony to the creation. Indeed, knowledge of the spirit carries the thread of the cosmos into manifested life. With a shining sword the new step should be cut free. It is necessary to recognize when to hold back the flowers of light lest they again be dissolved in the mist of the elements.

The gardener knows when it is time to gather the flowers, for he planted the seeds now hidden. Not he who purchased the seeds in the bazaar, not he who in idleness ordered the seeds to be sown, but the Gardener of the Spirit who at the start of bad weather buried the seeds in the spring-time earth.

Yes, yes, he, the Gardener of the Spirit will know the time of sprouting; he will distinguish the young stalks from the weeds, for he has performed the most hidden labour and to him belongs the best blossom.

Verily, it is a great thing to flash the sword at the right moment, and at the time of explosion to raise the arm.

Verily, here again the currents of the cosmos are descending upon the ready Earth. This is why the knowledge of the Spirit is precious.



Courage

We drive out all fear. We throw to the wind all the many coloured feathers of fear: blue feathers of frozen terror, green feathers of trembling betrayal, yellow feathers of secret crawling away, red feathers of frenzied heart-beat, white feathers of reticence, black feathers of fall into the abyss. It is needful to repeat about the multiformity of fear, otherwise there remains somewhere a small gray feather of complaisant mumbling or even some fluff of hurried bustle, but behind these will be the same idol of fear. Each wing of fear bears one downwards.

The 'blessed lion', garbed in fearlessness, ordained to teach the manifestation of courage.

Swimmers, if you do everything possible within your strength, whither can the most destructive wave carry you? It can only bear you upwards. And thou, sower, when thou wilt distribute the seeds, thou mayst expect a harvest. And thou, shepherd, when thou dost re-count thy sheep, thou wilt kindle a manifest light.

Teachings

The New Teaching respects the Bearers of the earlier Covenants, but it proceeds without the baggage of times which have been ended. Otherwise the load of text-books would take on unwieldy dimensions. The most practical thing would be to destroy all commentaries made after three centuries from the departure of a Teacher. At some time or other it is necessary to clean up the book-shelves. From this cleaning the Images of the Teachers of Light will gain in greatness.

The Trust

The manifestation of the pure Teaching must be linked with trust. Afterwards it will be necessary to develop such trust that the most apparent evidence cannot shake it. My Ray knows where evil is.

Create an atmosphere of readiness for action. When a blow is struck, many old obstructions fall unexpectedly. Many battles are past, still more are ahead. Every atom of the cosmos is battling. The quiet of death is not known to Us.

Concept

In schools respect must be taught for the pronouncement of a concept. Of course parrots can senselessly project into space concepts often of great significance. But people must understand that the word is the pedal of thought – that each word is a thunder-bearing arrow.

Loss of the true significance of concepts has contributed much to contemporary savagery. People strew pearls about like sand. Verily, it is time to replace many definitions.

The Earth's Destiny

The more anyone renounces, the more he receives. But nations have forgotten how to renounce; even the smallest thinks only how to receive. Meanwhile, the planet is ill and all is sinking in this sickness. And someone wishes to evade the final battle through infection of the whole planet. And some hope to be setting sail in broken fragments, forgetting that the ocean is also departing. It is easy to picture that the planetary body can be just as sick as any other organism, and the spirit of the planet is affected by the condition of its body. How to name the illness of the planet? Best of all as a fever from poisoning. Suffocating gases, from the accumulations of the lower strata of the Subtle World, cut the planet off from the world which could send assistance. The Earth's destiny can be ended by a gigantic explosion if the thickness of the cover be not pierced. A stupendous acceleration is forcing all lines to shake. It could have been expected that acceleration was urgent for a certain country, but it is needed for the whole planet.

Cosmic Significance of the Community

It does not matter how the New World will enter – in a caftan, a frock coat, or a shirt. If we establish the cosmic significance of the community, then all the details are no more than the dust under foot. One may forgive any absurdity if it be not against the New World.

The Player

In order to play the game of hidden twig, the searcher must look for it – not the one who hid it. Not without reason do the Hindus call the Highest Being the Player. Verily, the Earth is to be saved by earthly hands, and the Heavenly Forces are sending the best manna; but if ungathered it is transformed into dew. How then not to rejoice when gatherers are found? When ignoring derision, these seekers proceed, remembering Our Shield.

It is never possible to evoke the tension of Purusha without mobility of thought.

The spirit must strive by a single channel, as a bullet in a gun barrel. The manifestation of newly arising circumstances must not mar the rifling.

Striving

Striving is the boat of the Arhat.
Striving is the manifested unicorn.
Striving is the key to all caves.
Striving is the wing of the eagle.
Striving is the ray of the sun.
Striving is the armor of the heart.
Striving is the lotus blossom.
Striving is the book of the future.
Striving is the world manifest.
Striving is the multitude of stars.

Deserts Bloom

Much can be forgiven him who even in darkness has preserved the concept of the Teacher. The Teacher uplifts the dignity of the spirit. We link the concept of the Teacher to a lamp; in the darkness. Therefore, the Teacher may be called a beacon of responsibility. The bonds of the Teaching are like a saving rope in the mountains. The Teacher is revealed from the moment of kindling of the spirit. From that moment on the Teacher is inseparable from the disciple.

We do not see the end of the chain of Teachers, and the consciousness imbued with the Teacher elevates the attainment of the disciple as a precious, all-penetrating aroma. The bond of the disciple with the Teacher forms a link of protection in the uniting chain. Within this defense deserts bloom.

Relaxation

The main misunderstanding will be of the fact that labour can be relaxation. Many amusements will have to be abolished. Chiefly, it must be understood that the products of science and of art are for education, not diversion. Many amusements will have to be destroyed as hotbeds of vulgarity. The forefront of culture must sweep away the dens of fools passing time over a mug of beer. Likewise, the use of profanity must find a far more severe penalty. Likewise, manifestations of narrow specialization must be disapproved.

My Stone

I know people who have let the call escape them on account of their porridge. But My arrow is let fly in the hour of need. My Hand is ready to lift up the veil of the consciousness; therefore, co-measurement of the small and the great, of the recurrent and the non-recurrent is needed. Exert yourselves to understand where is the great! I say – time is short.

The Spring

The spring as a season comes and goes every year. Little is availed of the spring in terms of spiritual energy. The spring is symbolic of the 'spring up' of spirit to its greatest heights, where monotony, irritation, fatigue are totally destroyed and enthusiasm, inner joy are inaugurated to live throughout the year to come.

Spring has an electrical impact. It uplifts beings to the highest spirits. It is the time when Nature is fully impregnated with the energy of God. From fall to spring there is a great change in Nature, which is very visible. Likewise, in humans too similar uprising of spiritual energies happen.

Unfortunately man is little oriented to the seasons as such and much less to the spring. Today's man is busy in his own self-entanglements and illusions of development and advancement. It requires man to retrospect, to look back, and to reorient, if he really intends to find harmony within and around.

The Water

For a healthy life, pure water is very important. Pure waters purify the body and the mind. The so-called civilized world is negligent of this fundamental principle, they are trying to purify the water with varieties of chemical treatments. These treatments destroy the natural live secreting elements from the water. Mineral waters are but a glamour.

There are others who believe that boiled water is healthier but they forget that when the water is boiled certain life cells of the water are burnt up, much worse is the situation when such water is cooled for drinking purposes. When boiled water is cooled, it attracts other elements from the atmosphere while there is the reduction of temperature. Thus, boiled and cooled water does greater harm and causes dull heads. If you wish to drink boiled water, drink it hot, it is better than drinking cooled boiled water.

Water not only quenches the thirst but also augments the life force. We, in the Himalayas, cure even incurable diseases with water. We cure ulcers, and

even serious injuries by regularly washing them with water. Thus, water has the healing power as the third aspect. It is time that those who follow us give due consideration for normal natural water.



Nemesis

The human world is today like a lake full of crocodiles. The human society is filled with these crocodiles who are excessively egoistic, powerful and even wicked. They usurp the global wealth while they speak that they are the global benefactors and protectors. Their speeches are flowery but without fragrance. They do not bear fruits, nor do they distribute the fruits of their wealth and power. They manipulate and exploit the weak and the good. They speak of peace, fundamental rights and freedom, but the peace, the rights and the freedom is according to their definitions. It looks as though their thirst and hunger is limitless and unbound.

But all is bound by time. As much as they transgress the Law, so much they develop the counter tidal wave, which would engulf them. These are the stupid ones that work out their nemesis by themselves.

This is not new in Creation, the time cycles prove it time and again.

Hints to Disciples

To whom should the discipline be given? To oneself, not to others.

Discipleship demands acceptance of the discipline relating to the laws of Nature, hence imposition of discipline is ignorance. Following discipline is for one's elevation.

For what are the teachings of the Great Ones? For oneself, not for others.

Teachings are for those who study to follow, but not for those who study to teach. The ones who study to teach enter into a loophole. Study the teachings, comprehend them and follow them to assimilate. Mere reading evaporates from the brain. Learn to distinguish from reading, studying, comprehending and assimilating.

How do we ably encounter the evil? The ones who carry seeds of evil in them only attract evil. These seeds exist in them as avariciousness. Such ones attract evil. When attracted by evil, deceit etc., search within and eliminate the seeds of excessive desire before they

sprout. Evil does not touch those who do not carry undesirable thoughts in themselves.

Learn to honour to be honoured. Learn to appreciate to be appreciated. Learn not to criticize, then you will not be criticized.

Lay new foundations through: forbearance, responsibility, acceptability, and agreeability.



Advice

An advice for you. Do not advice others unless sincerely asked. Advice given unasked is ignorance, advice given without ensuring that the seeker is sincere to learn, goes waste. I know many of you are anxious to advice. This is foolish. Advice should be given when someone sincerely believes in your wisdom and has confidence in you. There are as many casual advice-seekers as advice-givers.

You may note that there are multitudes who seek advice casually and throw it away into a wastebasket. They do not follow the advice but keep coming now and then for a casual seeking of advice. Not all are capable of advising. The ability to advise comes from:

- a) Sympathetic and patient understanding of other's problems
- b) Referring the problem to one's own buddhic plane and then responding with love and affection with the response received from the buddhic plane. The solutions are always found by the one who can ascend at will into the buddhic plane.

Advising is a responsibility. Do not be in haste to advice.



The Kingdom of Heaven upon Earth

The Kingdom of Heaven upon Earth.

Two sailors survived a boat crash. They remained afloat in the mid-sea with the help of a wooden piece from the boat. They remained afloat for days and nights. A few days passed by, they were thirsty and hungry and were even frightened of the faith. In due course they reached an island. They were longing to go back to their homeland and were anxiously awaiting at the shore. They made many signs to the passing ships and fishing boats, but no response came. They lived in the wilderness of the island, which was not inhabited. One fine morning their efforts yielded fruits, consequently, a fishing boat responded to their call, picked them up and took them to the homeland. They rejoiced.

A few years after, the two sailors went back to the dreaded island and built a lighthouse to guide the fishing boats and the ships, ensuring that the ships and boats did not crash against the rocky terra surrounding the island. Many joined them and made the island

habitable. Earlier, in the same island, the two were in deep grief and were badly looking for help. Now, in the very same island, they are joyfully conducting a work of cooperation and service to the fellow beings. What is the reason for the earlier grief and the present joy? Earlier they were alone and destitute, they were helpless and suffered lack of connections and communications with the rest of the world. Now they are not alone, they are a significant group. They are not destitute, they are helpers, they are no more alone but are well connected.

The story of an aspirant is no different from the above. The human beings feel, by the majority, that the earthly life is full of sorrow and that the heavenly life is full of joy. This disease is more with those who blindly follow the religions.

From being a destitute, inflicting self-grief, transform yourself to be a helper. Keep helping around, this will link you up to the other world, that is, the subtler world, where there are Grand Helpers who would help you to conduct further acts of help, thereby enabling you to experience the Kingdom of Heaven upon Earth.

What we do today is this only. You may choose this Path if you like it.

Peace

If you wish peace, you should learn to cooperate. People demand peace, they cannot get peace just by demand, nor can they buy it in the market. Peace is the product of sympathetic understanding and cooperation. A society full of aggression and malice can only have wishful thinking relating to peace, which they can never attain.

Learn to sympathize, learn to cooperate, learn to condole others during their calamities and learn to help. These attitudes shall have to be taught even in the childhood. In fact in every tradition there are simple, fundamental moral stories for the children, which carry profound truth. These stories are generally overlooked. The elders are too busy to inform the stories that inspire children to follow the path of virtuous aspirations. There is a specific path to peace, it cannot be experienced by demonstrations on the roads.

A Discipline

Discuss not with the stupid. Be silent towards the irresponsible, sink not your discrimination, prolong not conversations with people of lesser understanding. If you do so, you remain peaceful and also remain at poise.

When people exhibit their knowledge, try to understand their anxiety behind such exhibition. Whenever there is over-talkative nature in a person, listen to what he needs.

Remember, seldom you encounter in the world beings of depth, often the shallow ones are encountered. Rejoice when you encounter the depth.

Think it Over

A grandchild was frequently sitting in the grandfather's chair. The parents repeatedly tell him not to take to the grandfather's chair. The child questions the parents: "Why?" The grandfather observes and smiles.

The grandchild tries to walk with the big shoes of the grandfather, the parents tell him not to do so, the child questions: "Why?" The grandfather observes and smiles.

The child tries to use the pen of the grandfather, the parents deny him the pen, the child questions: "Why?" The grandfather observes and smiles.

The child has aspirations. The parents have no answer to the "whys" of the child. The child gets into conflict. The grandfather smiles, because the parents have ceased to be the teachers.

The grandfather provided a Teacher to the child who answered the "whys" to the child.

Aspirants need to be answered. Only Teachers can do it and give the "why" of things.

Conception

The work is done through concepts. Unless you conceive, you cannot work.

The habit of conceiving can settle in you the related concepts. Conceiving is natural, conceptualizing is the by-product. Acts of conceiving for work do not condition you, but the by-products of concept can cause conditioning.

Learn to conceive and learn not to conceptualize. Likewise, learn to listen, learn not to judge.

This is a playful game we often play as between us.

Plan - Place

As between the Plan and the place, the Plan is more important. Many of you are stuck to places. To them, the preference is to the place than to the Plan. This causes hindrance to their progress. Be bold enough to change the place if the Plan demands.

In our view, it is unwise to build ashrams with brick and mortar. Keep yourself flexible enough to move with the Plan. Do not get enchained by the things you have built in the physical plane. If you do so, you gradually get imprisoned.

In the olden days the seers were not staying more than 3 days and 3 nights in one place.

Nature's Trick

Without desire there is no creation. But if you desire it seems to complicate life. The clue is how to desire without consequences. The answer is, desire the duty. Desire not the fruits of duty. This is called divine action, karma.

If desires sprout in duty, understand that consequences are awaiting. Hence duty has to be done for the sake of welfare of others, not for self-propitiation.

But Nature is compassionate, it gives immense personal satiation when you work not for personal propitiation.

It is the trick of Nature which you need to understand:

“Work to satiate others, you are satiated”. If you work for your satiation you ever remain un-satiated.

It seems to be a loop. Commonsense does not work here!

Joy

Joy is the real strength. Joy shrinks your problems of life. Joy does not allow hopelessness, depression and doubt. Fear fears to approach the joyful one. Scriptures frequently speak of joyfulness. Sorrowfulness has nothing to do with Divinity. There is no sorrow for the Divine. There is none in the Hierarchy who has a sorrowful, morose and sad face. We pity the humanity that worships sorrow in the name of Jesus. Jesus is one of the handsome and joyful members of our group.

Joy initiates action. Action associated with goodwill is joyful. Associate with actions of goodwill and gradually walk into the kingdom of joy. Do not hesitate to plunge into acts of goodwill.

Divine Life

Divine Life is a life of ability, stability, mutuality, cooperation and harmony. Any goodwill association, in so far as it does not promote these qualities, cannot lead its members to divinity. The goal of thousands of divine organizations is to lead its members to Divine Life. They try to adapt to certain scriptural regulations, social service and study of the Scriptures. Through their regular and continued working with the association they get bound by an ism. The instinct of such members is to belittle and criticize other groups and associations who have similar goals but different objectives. They do not exchange their abilities nor do they entertain communications. It shows demonstration of lack of goodwill. A goodwill association lacking goodwill is a paradox. Such is the self-circumscription of the thousands of groups working today. Hence they are ineffective in the realization of their goal, the only one goal of all.

Fraternity - Cooperation

Fraternity and cooperation seem to be unattainable fruits to many members of goodwill societies. They desire fraternity and cooperation, they least know that such valuable qualities cannot be possessed by just desiring them. The members must necessarily go through the steps of discipleship. They need consecration, self-regulation and discriminative speech. Without inculcating these triple qualities, one cannot seek such things as fraternity and cooperation. Continuity of effort shall have to be cultivated. Cultivation is a continuous action. Let the fundamentals be continuously practiced with alertness. See how a cultivator is ever alert to sharpen the field to bring out fertility and to weed out the weeds that harm the crop. Learn to cultivate the body in all the three planes, and weed out the seeds, then the field sprouts and the crop grows to give the spiritual food. Demand of cooperation at personality level remains a myth. Cooperation and mutuality are natural for those who function as souls. Let your personality cooperate

with your soul consciousness. Let there be mutuality between the higher and the lower self. What is true with you will be true for you in relation to the surrounding life.



Jealousy

Jealousy is mental leprosy. Mental leprosy is very high today and we relentlessly try to heal. Jealousy killed many a Disciple. Jealousy eats away the little knowledge and feeds the pride. Jealousy caused wars, jealousy caused robbery, jealousy makes man restless, jealousy drives man to deadly acts. Jealousy is the energy that imprisoned this humanity. Only the focused one, who attend to their work of service with discriminative will, can escape out of the forest of jealousy. Duty, discriminative will, attitude to serve, and non-engagement in side issues are the four cardinal principles to escape out of the dark forest. Be not a leper at any cost.

Hate - Love

Hate accomplishes nothing. Hating people, places, races, kingdoms, leads to fall. Hate is a negative act of love. Hate comes from lack of understanding. Hate does not enable comprehension of the circumstances relating to others. Hate causes total disbelief and leads to destruction. Hate disintegrates the holder.

Loving understanding enables comprehension of others problems, such comprehension with love leads to cooperation, such cooperation helps solving others problems. This way a fellow being is uplifted. Such upliftment causes trust. Trust leads to further co-operation resulting in great accomplishments. Thus, love results in trust, and trust leads to accomplishments. Such accomplishments are recorded as miracles.

Cardinal Principles

There are certain cardinal principles for the voluntary service organizations to flourish. The organizations have better longevity if these principles are respected.

We may mention them as under.

1. Reasonable flexibility. The executive committee of the organization should have reasonable flexibility that would enable the members to function with certain degree of freedom. If the ambience is too rigid then the members would leave.
2. There should be total absence of authoritarianism. Authoritarian communications should be substituted by friendly communications. Friendliness should be the basis for all interactions inter se by the members.
3. Criticality destroys cordiality. Learn to communicate without being critical. Even advanced students do not know how to speak without being authoritarian and critical.
4. Co-operation should be implicit. Silent non-cooperation would destroy the institution.

A member of the institution should have daily introspection. He should analyse himself of his tangible contribution to the group. Is he critical? Is he authoritarian? Is he non-cooperative?



Friendliness

Company of a friend is a great comfort on the path of life. Blessed is the one who has such a friend. Not all can gain such friendliness. Friendliness is a delicate relation. Friendliness has no bondage. Friendliness does not demand, nor does it expect. It keeps the joy of togetherness without one expecting from the other, although one helps the other and vice versa.

Friend is one who dispels the dangers that could attack the one. He is the burning flame that keeps the beasts away from attacking. Friend is one who is awake, when one is sleeping. Friend is the ever-watchful awareness. Friendliness shares in sorrow and in happiness. Friendliness consoles and rejuvenates joy. Friends move forward together playfully. They protect each other at all levels. They remain victorious due to their joint and joyful effort. The God in man and the man in God are the eternal friends. The Teacher and the students too are eternal friends. The father and the son too, are eternal friends.

Learn the value of friendliness.

Impersonality

The Plan we work with has the objectives of:

- a. Dispelling darkness
- b. Dissolution of blind beliefs,
- c. Dissipation of fear,
- d. Promotion of goodwill,
- e. Instituting fearlessness,
- f. Imparting wisdom.

Every effort made to enhance the light of comprehension receives our co-operation. Our co-operation is generally invisible and is extended to all human acts of service and of enlightenment. Persons who work relentlessly for the social upliftment are transmitted energies to accomplish their task.

Among those in whom the intent to serve, to uplift and to contribute to wisdom is seen, we select some for further inspiration. We subtly direct them and enable them in fulfilling their tasks of goodwill.

The ones who work with our inspiration remain simple and mingle with the society and conduct acts of

goodwill without much personal aggrandisement.

We cognise workers who do not seek cognition of the society. Those who seek cognition of the society fall into the illusion of aggrandising themselves. They generally deviate from the Path of Truth.

Truth is simple and needs to be transmitted in simplicity, silence, and in secrecy. Acts of goodwill shall also have to be done as impersonally as possible. The Community of Maitreya carries impersonality as its fundamental quality.

Evolution

The planetary manifestation is complete. Evolution is the next step. Evolution causes awakening of the Consciousness, hence awakening the Consciousness is our sole activity. We conduct this activity day and night. Some listen to our call of awakening and are therefore awakened. But, by habit, they slip back into sleep. Awakening too should become a habit. Staying in such awakening should also become a habit. Only then desiring the sleep disappears.

The task entrusted to us by the Divine is tough. To awaken beings that are oriented to sleep is not found easy. It is like trying to work out a desert into a beautiful garden. It would nevertheless happen through time, since evolution is at work.

Advice to Disciples

The Master values internal and external purity.

The Master values if you can express profound Truth in simplest words.

The Master rejoices if you do not cause illusion through your speeches.

The Master further rejoices if your teaching is practicable.

If you and your teaching do not distance away from Truth, the Master co-operates.

Teaching essentially requires repetition. This is inevitable. If you carry patience to teach repeatedly the same, in different ways, the Master smiles at you with greater joy.

Look at the gardener who nurtures the earth through frequent redressing so that fresh life is received by the earth and is transmitted to the sapling. You too need to be a gardener. A true gardener is the true guardian.

The above are the ways to please the World Teacher. These are Lord Maitreya's instructions to his Disciples.

The Miracle

To inspire beings, to unfold their hearts and to stabilize such unfoldment, the only quality that is needed is simplicity. The whole Nature bows down to the man of synthesis; it bows down like a rainbow. The acts that emanate from such person are as colourful and beautiful as those of the rainbow. Seldom do we find a person who is not inspired by the sight of the rainbow. So is the act done in simplicity! The simple ones have no urge to be recognized. Those who seek recognition through acts of goodwill may be doing such acts with great mind, but neither they nor those to whom they are intended rejoice in such acts. There is no joy in greatness. Many times greatness ceases your joy. Not all great people are joyful people. The simple ones are joyful, they do greater acts than the great ones and leave much before their greatness is cognised. Such are the miracles of the true Teachers. They awaken the beings, cause the unfoldment of the heart and depart before the beneficiaries recognize.

Satyannaasti paro dharmaha

“Satyannaasti Paro Dharmaha”, says the Veda, meaning, there is no Dharma beyond The Truth. Truth is the ultimate. The Dharmas (the Laws of the Universe, the Laws of Right Relationship, the Laws of At-one-ment) follow The Truth and lead one to The Truth.

Truth includes all dimensions. There cannot be but One Truth. Many truths make one big lie. People generally live in fragments of truth and believe that what they know is the truth and the only truth. Even religions have done so.

Truth spreads peace; it cannot promote wars and conflicts. Truth does not fight. The fighting religions do not carry much truth. Fighting for religious truth is modern; it was not there 2000 years ago. Fighting religions cannot be seen as the torchbearers to humanity. They are far away from Truth.

Let Truth be the religion, let not religion be made truth. Religion as Truth is black magic; Truth as religion is white magic.

We, the Hierarchy, work for Truth; we do not work for the promotion of religions that carry the history of bloodstain.



The Test

A true Teacher lays 3 tests to the student.

Number 1:

He observes if the student is oriented more towards himself than to others. If it is so the Teacher has trouble in accepting such students.

Number 2:

Does the student carry a natural instinct and inclination for that which is the Law and that which is the Truth. If such natural instinct is absent in the student, and if the Teacher accepts such student, the Teacher would fall into dangerous implications of the world.

Number 3:

Does the student carry the ability to think, act. Action without thought, thought without action, serve no purpose. If the student has such ability to think and act, the Teacher can proceed to train the student, if not, he would have a blind follower.

The Teacher needs to be impersonal in observing these 3 aspects in the student.

The Teacher is advised not to fall in the glamour of followers.



An appeal to Humanity

Manipulating speech pulls you down through time.
Life gets heavy.

Every manipulation heaps on you as heavy a karma as an elephant. Karma grows in leaps and bounds as you keep manipulating through speech and action and it hunts one from life to life.

Men hold useless fears about money, health, fame, ignominy etc. Those fears are baseless. One should fear manipulation through speech, If he does not, he is a stupid.

Learn to hold the tongue in the right way.

This is our appeal to humanity.

Inspirational Carving

Aspiration has its twin brother, it is hard work. Hard work causes perspiration, it leads to inspiration. When you are inspired, your aspiration turns to perspiration, You do not mind to perspire because you are inspired.

Aspirants are many, 'perspirants' are few, 'inspirants' are rare. A mere aspirer is impractical. A mere worker without aspirations is a bull, a mere labourer. He knows only physical exertion.

Therefore work with aspiration. Mind not perspiration, Receive inspiration and move forward.

Aspiring for our Presence without hard work, is illusion. Turnout the aspiration into inspiration and carve out your being from out of your irregular personality. The 'Kings of Beauty' are those who unsparingly carved themselves out of their angularities.

The Obstacles

The obstacles have a purpose in life, they enable you to think, sometimes even at the cost of your sleep.

Man seldom thinks, he falls into a routine and follows it like the sheep. Man cannot be allowed by Nature to reduce himself to be a sheep, or a rodent round the mill. He is expected to think, he should think deeper to be a thinker. He is supposed to be creative when he is thinking and be a creator.

Every man is a creator to be, he cannot stop his own progress, hence the obstacles to make him think. To make him think twice, to introspect, to retrospect and to see the prospect, obstacles are needed. The stronger the obstacle is, the deeper the thinking process takes too. The continued thinking in a focused manner on the subsisting problem can hit upon a creative thought. It can sometimes open through tension of the focus the intuitional planes. There can be a flashing forth of an idea that gives solution. Thus, the human intellect is cornered to open the intuitional plane. That is the reward of the obstacle. That is what is said by my

spiritual colleagues: “Let pain bring due reward of Light and Love”.

When there is an obstacle think of it. Think deeper, be introspective. Dip deep into you and find the gift which is deep down under. Precious metals and precious stones are found in deep mines but not on the surface of earth, so too is the principle of occult life, it is available in depths but not on peaks.

Obstacles lead you from the peak to the depths, into deep valleys, sometime you reach the valley of death where the reality is better seen.

Resurrection is possible only when there is death. Obstacles open the way.

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 has 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, donot 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.



The Fakir

A fakir, was hitting a target with a tennis ball. The children around were getting the ball back to him. He was again hitting the target. The children again brought the ball back to him. It went on for hours.

A seeker of Truth was observing it and was waiting to talk to the fakir to receive some hints to progress on the Path. The fakir looked at the seeker. He stopped playing with the ball and enquired the seeker as to the purpose of his coming.

The seeker said: "I am a Truth-seeker I am told that you are a Truth-bearer and a Teacher. I have come to learn some hints from you to progress on the Path. I have been patiently waiting till you completed the silly game with the children. Would you please give me some tips?"

The fakir laughed loud and said: "You are really silly. A Truth-seeker is supposed to seek Truth in all that he sees and all that he listens. Did you not see the hints that I have thrown to you during the last few hours? If you did not see, what else can I show? I cannot show

the sunrise to a born blind". The Truth-seeker was shocked and said: "Venerable one, your ways are mysterious. I could not see any hints from your actions so far. Would you please be compassionate to tolerate my ignorance emerging from arrogance and explain the hints that you threw at me?"

The fakir suddenly grew resplendent, his face shined forth and he said: "Every time when I threw the ball it was hitting the target. I hit the target so many times. Each time I hit it, the ball came back to me to hit again. You too can do so. Work with the target on hand, reach it, then will come the next target, reach it, and then will come the next target, reach it. That is the path of progress. You cannot progress if you miss the immediate target. You already received certain teachings, fulfil them. Then will come the next teaching. You think you are a seeker, it does not mean you continue to seek without acting. A seeker is one who accomplishes what is known and looks for further accomplishments. To me, you look not like a seeker but a talker. You love talking of wisdom. Stop talking and start working. As much as you work so much you walk".

Such are the fakirs We know.

To reach the Hierarchy you need a Teacher. For the earthy beings to reach the divine planes the Teacher is the Way.

To be more specific: He is 'the only Way'. This is known to the Indians from ancient times. This is made known to the west 2000 years ago by Jesus. Jesus proclaimed: 'I AM the Way'. When he said it, he gave a key to the West.

While each being is I AM in essence, he does not know the Way to himself. The Teacher knows the Way. He leads you by the Way.

Many time you are not conscious that you are led by him. The benefits that the Teacher bestows to you to walk the Way are unavailable to those who wish to walk by themselves.

Following the Teacher is following the Way. Many followed that Way. Even Buddha followed the Teacher. For that reason he is called Tathagatha, meaning: 'The one that followed the Way'. Each Disciple that turned into a Master is a Tathagatha.

Know this and choose for yourself. The Hierarchy is built on this principle over 5000 years. This principle is called silsila in the Transhimalayan ashrams.



The Human riddle

The scientists do not know that the disturbance to the 5 elements causes disturbance to life and gives birth to anti-life energy. The modern man does not know how to interact with earth, water, fire and air. The human activity is regularly generating poisonous gases. These poisonous gases use the solar rays as their vehicles to enter into the earth, and are causing havoc to the planetary beings.

Not knowing the basic default, the scientist, as well as the modern man, thinks of purifying the planet. The intention to purify is counteracted regularly by ignorant activity. Man lost the key to live in friendliness with Nature. The contemporary effort of man to better his life is affected unconsciously by his own ignorance. It is like an ignorant doctor trying to save a patient and in the process causing him more harm. This is the riddle to be solved by man himself. He needs to unlearn many things instead of trying to learn more.

Maitreya's Age

Some say: "The Age of Maitreya has come". Some others question: "How soon will it come?" We answer: "It depends on you". Friendliness is the seed for the Age of Maitreya. Friendliness is the foundation stone for the New Age. Friendliness is the basis of all interactions as between the members of the Hierarchy. Friendliness has in it the strength of trust, faith, confidence, sharing, loving understanding etc. Today men can assess how friendly they are to the co-beings.

Enmity seems to be the key word of human activity today which is reaching its heights. When friendliness is a mirage even among the new age groups that tend to follow the teachings, how can we expect friendliness at large in the human beings? Man still likes to differ, to divide and to dispute. He prefers unconsciously conflict to harmony. Friendliness as the keynote was inaugurated in our circles as early as 5000 years ago.

The Hierarchy keeps teaching friendliness; the members of the Hierarchy demonstrate friendliness. It is for the members of the human family to invite

friendliness into their beings and improve the quality of their actions. The word Maitreya stands for friendliness. Wherever friendliness exists, there Maitreya manifests. When friendliness disappears, Maitreya too disappears into subtle planes.



Contribution to the Teacher

Your internal and external purity is a value to the
Teacher.

Your demonstration of the teachings is a value to the
Teacher.

Your teaching of the values you demonstrate is a
value to the Teacher.

Your clarity in thought, speech and action is a value
to the Teacher.

Your repeated teaching with patience is a value to the
Teacher.

Contribute such value and
gain the favour of the Teacher.

The Wasted ones

One needs to differentiate between the birds that eat small insects and the vultures that eat animals and humans. Amidst humanity there are birds and there are vultures. We need to differentiate between them. There are people who do small mistakes; there are others who do atrocities. The atrocious ones are like the vultures that impose guilt on the small and punish them, exploit their property and molest their women. These “vulturous” human beings are usually the richest and the most powerful. Their aggression on humanity is terrible. They too have their teachers. These teachers prefer the rich and the powerful to the common among the people. They advise and guide for the propitiation of interests of the rich and the powerful. These teachers are sold out en bloc to Kali and serve the selfish interest on the planet. They enjoy the riches and the power of their followers. These are the donkeys who bear the loads of Karma of the selfish people, dissipating the energy of wisdom. These are the wasted ones.

A Secret of Work

One should learn the skill to live with little need for money. Money is man's creation. In God's creation there is only work. Money is but the result of work to enable man to fulfil his requirements. What in truth fulfils is the work. For the one who works for others, nature bestows wealth. One of the forms of wealth is money - an inferior form. The superior forms of wealth are good health, good associations, good use of time, and good orientations to work. Work only feeds you, not money. Work is planned for the beginning of the Creation. The other name for it is Yoga of fire, Karma.

Man who believes in working for others floats in creation. Man who works for money sinks into the quagmire of money-world. He loses faith in work and in man and gains faith in money.

If you wish to follow the path of Discipleship learn to work for others. Working for money and power is ignorance.

The Simplest One

Noble works always commence in simplicity and silence. Grand rivers that flow thousands of kilometres are an example to this. At their birthplace they are unimaginably simple.

Actions inaugurated by Masters are likewise noble and simple. Many times they are not comprehended. Comprehension of the actions of the Master is possible only to those who are dedicated to service, self-study and meditation. Do not be in a hurry to judge the actions of the great ones with the little comprehension that you carry.

The teachings of the Christ and the actions of Lord Krishna are not yet fully comprehended by present humanity. One needs significant unfoldment of comprehension to understand the beauty of their teachings and actions.

The grandest of the Masters upon earth is Lord Dattatreya, whose attire is inconceivably simple. He is the simplest one. Truth is simple, and unless one believes in simplicity, he cannot even walk the path of

Discipleship, which is the other name for simplicity.

Today there are many groups on the globe who are engaged with the activity of spirituality, the related wisdom, etc. From the observation of our Brotherhood these groups and societies are tending more and more towards a feeling of speciality and separateness that is contrary to simplicity. One needs to develop the eye to notice the simple ones and to follow simplicity. Remember that the noblest one is the simplest one.

The Human riddle

Fortify the thought plane with qualitative thoughts. You are thus protected by a strong fort. The five elements in you shine forth as per the quality of your thought. If thought quality weakens the fort weakens. It develops cleavages. It becomes easy for the undesirable ones to enter into the fort of your body. Once undesirable energies enter into you the health is disturbed. You get dispirited and disappointed. Gradually you lead yourself into self-pity. The three together lead you to death.

Let not Indra, the Lord of good thoughts, become qualitatively weak. As per Puranas whenever Indra was qualitatively weak the Asuras (diabolics) entered his kingdom of heaven and vanquished him. Your defeat depends upon the quality of your thought. Indra is the Lord of the celestials. He is the king of the creation. He protects. This he does by the quality of his thoughts. You too can uplift yourself or cause downfall to yourself as per the quality of your thought.

If today on the planet there are floods on one side

and drought on the other side and if there are incurable and horrible sicknesses and never ending conflicts between religions and nations, it is due to the quality of human thought.

Even goodwill groups are seldom engaged in thoughts of goodwill. They are at conflict with other groups and many times even with the members of the same group. When humans regularly produce conflicts through their thoughts how can they aspire harmony for humanity? From the hierarchical standpoint we see how foolish humanity is. They regularly destroy that which they aspire to establish. An average human has much conflict in himself and his thoughts emit energies of conflict. Harmony therefore remains a mirage. This is the human riddle!

Sadguru

A Sadguru does not seek a shelter, a habitat or an ashram. His shelter is the cave of his heart. He resides in the nest of pulsation within the cave of heart. Neither the cave nor the nest is made up of brick and mortar or the twigs. It's all weaved by the fabric of consciousness.

A Sadguru has many houses like this. They are the hearty caves of his students. He lives in their hearts and is untouched by their status, riches, properties, etc. As many students as a Teacher has so many shelters of consciousness are available to him.

A Sadguru participates in human activity as any other. He can be cognised by the vibrations he spreads through his looks, speeches and actions. He does not move un-required. Nor does he talk un-required. He supports the scriptures and the Teachers and does not indulge in criticism. His actions are precise and clear. He alerts his followers of the pit falls. He is deeply grateful for simple favours received. He is fearless and yet not adamant. He has only one work to do, to awaken people in their hearts.

The Change

Yoga is a chemical process. In a chemical process raw product goes through many transformations. Many times the finished product has no comparison with its original status/ nature. Likewise, man ends up being the Master in Yoga when the processes are all completed in him. For the milk to gain the status of butter there is a process. Likewise, for base metal to become gold there is a process. A stone becomes a diamond, a flower transforms into a fruit. Did you ever stop and think for a while? How many millions of transformations happen in the given examples?

You too shall have to accept the need for such transformations and take to the necessary Yoga discipline without which Mastery cannot be experienced. Your dreaming of the Masters is of no help unless such dreams inspire you to willingly accept the chemistry of Yoga. Millions of times Teachers repeatedly inform you to transform your speech, your thought and your action. Could you do it? Or do you speak of it all the time?

Expect not the world to change. Workout the change in you. Then the world looks different.



Silent Work

In the age of Kali such great avatars as Buddha and Christ happened. They taught relentlessly and inspired. They established their teachings in the ether around the Earth. They continue to live in the human memory. They are called saviours of humanity. Did they really save this humanity? It is a question posed by the intellectuals of the society.

Intellectuals are more engaged with the obvious than the real. They perceive the gross but not the subtle. They are accustomed to sounds but not to silence. They believe in speeches. They do not believe that speeches can be silent. They are with the noise of the world but not with the voice of silence. They need to get into the nature to experience. The one who does things silently gets transformed in nature. The breeze is silent. The play of light and darkness is silent. The change of seasons is silent. The unfoldment of a flower is silent. The emerging of the bud is silent. The transformation of a water drop into a pearl within the shell is silent.

Nature works silently and causes transformations in

silence. So are the Teachers whose work is silent. It cannot be seen by the intellect, which is blind to intuition.



The Leadership Crisis

There were too many hopes and aspirations about the new age, the Aquarian age. Innumerable efforts are being made to usher in the new life. Man is trying to adopt or adjust to the changing world. Yet the new age is not yet. The new life is not yet.

Wars are being conducted for peace! In the name of freedom subjugation and suppression of the weak by the strong is continuing. The dirty hunger for power and money is growing. The promoters of peace are at unrest. Patience does not seem to be anymore a civilised quality.

It reminds us of a familiar situation, which repeats itself in history. 'The Gospel is in the hands of the devil. Devil quotes scriptures.'

Today, leaders and governments that are impatient, restless and that are thirsty for money and power are the advocates of peace, freedom and co-existence. Their efforts lead them to their nemesis. They cannot transmit the energy of the Gospel since they do not carry it in their content. They have no time to look into

themselves. If they do, they die. This is the crisis of leadership.



Guess and its Application

When a lady carries a water pot on her shoulder and moves on the way, do you know whose thirst that water quenches? When a weaver weaves, do you know whom that cloth protects? When you look at a closed door, do you know who comes from the other side opening the door? When someone travels with you in the plane, train or bus, do you know the purpose of his travel? When the thunder strikes, can you imagine whom would it strike? When people behave differently, do you know why they behave so differently? The answer from you is obvious. You do not know.

Even while you don't know you make your own guess. With that guess as basis you speak or act. Your guess is entirely yours. It slowly crystallises due to your opinion. And your opinion becomes your belief. Many of your beliefs are thus blind beliefs based on opinions, which are founded on guesswork. When the foundation itself is false the whole edifice that you build cannot be true. It is equally false and hence he is bound to fall.

All this is your mind's cinema, imagery based upon its quality.

But the guesswork you do also has its divine purpose. Instead of utilising the ability to guess for mundane things why can't you guess of the Divine, of the planetary activity, of the life activity in you and around you, of the play of sound and the colour in creation and of the silent work of OM. Such guess would lead you to imagination and such imagination would lead you to visualisation and visualisation vertically lifts you up into Kingdom of Beauty.

Think it over.

Irritation

Irritations that you get are of two types. One type of irritation comes from one's own inability to improve oneself, to develop oneself. This is common to a Truth seeker, a Disciple. A Disciple tries to overcome his personality but frequently fails. Such failure causes irritation. If irritation is strong it gives birth to poison. Such poison is dangerous to the Disciple's health. It can lead to negativity also. The medicine for such an irritation is Pranayama and contemplation upon the Golden Light. If one cannot do Pranayama and contemplation, then one should seek Satsang (association with men of Goodwill). If one turns negative even to the group energy, then one leads oneself to selfwinding and binding.

The second type of irritation comes from the world around him, his inability to succeed in the world as desired. In such a situation one loses confidence in oneself and lands oneself in self-pity. Such self-pity weakens the heart and makes him peevish. Such a one expects that others should come and take care of him

and that others do not love him enough, that all around him are selfish people. It further leads to one's own theories that the world itself is defective and all worldly life is nothing but pain. This chain of thoughts confuses him and loses discrimination of right and wrong. The will gets distorted. The intelligence contracts landing one into hatred and dislike to all that is considered good. For such people, only through time and appropriate events, an exit route for solution will arise.

Love and Healing

In the groups all over the globe members talk frequently of healing. Healing is the ability to activate effective blood circulation into the areas where there is congestion. Ability to clear congestion of life force is to be achieved. Technically speaking, the healer should be able to locate the plexus relating to the area of congestion and activate the plexus to enable effective flow of life force through blood. This demands understanding of anatomy and physiology.

But the technique is not itself adequate for effective healing. The healer is required to carry adequate energy of love. The energy of love and life are inextricably linked. Love activates life energy. Love is the most sublime of the Divine energies and is the gem of the crown of an occultist. All great Masters abundantly transmitted love. Love raises the dead to life.

For love to generate from the healer the fundamental requisite is gratitude and gratefulness. A healer should inculcate the quality of being grateful for all that is given to him: big and small from the higher

circles and the mundane circles as well. The one who is ever grateful for having been allowed to exist and lives in that gratefulness the love flows from higher circles. The healer needs to fill every tissue of his body with gratefulness. He needs to be grateful to the 5 elements, 5 senses, 5 pulsations, mind, discriminative will, to the triple qualities, to awareness and to life force. He also needs to be grateful to other kingdoms like plant, animal, mineral and the Devas. There is a great deal of healing energy that the healer can tap from all the above sources. Be grateful to find entry into the temple of love.

A few hints for Group Work

A donkey cannot bear loads like a camel. One should know the load bearing capacity before he loads the fellow members. Loading with work is important for the member of the group to grow. Not all can be given equal loads of work. Likewise, the Disciple should know the loads that he can bear. He cannot undertake more work and responsibility than what he can do. If he does so, he would either fail or would become perfunctory in the work. Sometimes the overload can cause death through the related tension.

Among the group members some are more inclined and some are less inclined for work. There can be some who are just visitors. Work can be entrusted only to those who are inclined and such entrustment shall have to be as per their ability.

Even those who are dedicated to Discipleship cannot continuously be with the work. The Law does not permit. They too need to relax. Aspirants who do not know how to relax would be put to relaxation through brief illnesses.

The aspirant should learn to work and to relax as well. He also has to learn the time dimension relating to the work. Sometimes the work moves faster. Some other times works move slow. There can be times where the work needs to be suspended.

The last word of caution, “do not drag disinclined ones into work.” It’s like washing the mouth of a pig!

The All round fulfilment

All events of life whether pleasant or unpleasant, whether progressive or regressive, whether flowing or obstructive are all purposive and do contribute for the evolution of the Soul. The Soul progresses from incarnation to incarnation, through varieties of experiences gained from each of the incarnations. In some aspects the Soul gets fulfilled and in some other aspects it remains unfulfilled. Until there is all-round fulfilment the Soul continues to incarnate. The rich needs to experience poverty, the poor need to experience the riches. The healthy needs to experience the sickness and the sick needs to experience health. Thus the presence and absence of every aspect of life need to be experienced. Ultimately he needs to experience birth and death, masculinity and femininity as well.

The Lord when incarnated as Krishna, He demonstrated total fulfilment. He expressed the 64 splendours of creation relating to 64 sciences of wisdom.

HE is the way; HE is the goal of perfection. The Soul needs to emulate, draw inspiration and move forward towards fulfilment through evolution.



The Science of answering

When you answer a question the questioner should get answered. The answer to questions depends upon the questioner but not the question as such. Different answers come for the same question when asked by different people. This is because the questioner is being answered but not the question. This is the consistent way of answering called the “Science of Answering”.

If the questioner is not answered the question remains. Many times not answering a question is also part of answering. Not at all times you need to answer questions. Even if you know the answer sometimes it is wiser not to answer. By doing so, the questioner answers himself taking the clue from your silence.

It is also important that some questions are not directly answered when the answer could be bitter in such situations, suggestive way of answering is better than direct answering. Harmlessness is the basic quality of Discipleship and hence bitter answers are avoidable.

There can be leading questions where the questioner

suggests how to answer his question. In all such situations the answer can be nodding your head or it can be a question again as an answer to the question.

Those who know, do not give unpleasant answers by direct utterances. They take to the path of intelligence, the Ray 3 quality, by which help is rendered by answers.

Answering is a Science by itself.

The seeming little

Be alert to the subtleties of daily life, if not you are deaf and blind. See how an eagle flying very high in the sky observes even the most insignificant prey on the ground. The higher is your awareness the deeper should be your comprehension of subtleties.

Living in heights should concurrently result in living in depths. If you do not look down with high thoughts you may step over a pebble and break your bones. Awareness is alertness; unless you are alert enough you are prone for accidents. Sometimes accidents can be dangerous.

Working with awareness is working with light. The modern man knows the speed of light. If an accident happens in such speed, it can only be fatal. Be alert therefore. Be alert of little things, little persons, and little events. They are seemingly little.

Teaching Methods

Our teachings are considered by some orthodox persons as different from the teachings from the scriptures. The teachings also evolve as man evolves. As per time, place and people's comprehension the teaching methods are changed. The purpose of all teachings is to inspire the beings towards the Path of Self-realization. For this purpose varied teachings are given, considering the taste of the student.

If the same food is fed daily, it no doubt nourishes the body, but the inclination to eat is gradually lost. The joy of eating is also lost when it is the same dish every day. An intelligent mother cooks nourishing food into different dishes on different days, and the children are enthused to come to the dining table. So are our teachings. The children need to feel attracted to the schools to learn. Intelligent Teachers do so. A school cannot be a graveyard; it should continue to be a play school at any level. Such should be the teaching methods.

The Source of Human crisis

The whole story of creation is one of Divine compassion. The creation is for the beings and for their evolution. The Divine with His army of angels and knowers foster bodies for the beings, nourish them, educate them and expect them to progress with the help of such education. The Divine is called Father since even a normal father also proffers body, nourishes the body and provides education for the Soul. This is natural love of father towards the son.

The Divine does all this with love, with compassion and with utmost responsibility. Neglecting the Divine given opportunity to progress is ignorance. To inspire and teach ignorant, the Divine sends Teachers. The Teachers help some. But frequently, a class of ignorant humiliates the Teachers. Such ones are punished by the Divine through nature or through the direct descent of the Divine. The punishment also is done with love as under current but not hate. The father gently punishes the son only to set him on the path of rectitude.

Today's human crisis is due to those who do not

learn either from the Teacher or from the nature or from the punishments of the nature. These form the source of crisis from time to time.



Speakers everywhere - Followers nowhere

Where there is no inspiration there teaching is not possible. Teaching is for those who are inspired. Teaching is not for the uninspired ones. Unless one is hungry, feeding is not possible. If feeding is done to the non-hungry it leads to indigestion. Likewise teaching causes undesirable effects on those who are not oriented and who do not have adequate fire of inspiration.

To inspire is not our Path. To lead those who are inspired is our Path. The inspired ones are like the hungry ones who seek the Light of Wisdom and who seek the Path of Yoga. Such ones do not abuse the Wisdom. They utilise it in the most appropriate manner and fulfil themselves. Such ones do not sell Wisdom in the markets nor do they attract the unready, unprepared and unwilling ones.

Foolish are the teachers who try to inspire and lead. They unconsciously pick up unbearable luggage that hangs around their neck. Such teachers drown themselves through the dependency that they

develop in the students. The inspired students are the winged birds that fly when the Path of Yoga is shown. The uninspired ones are like the crawling serpents that hang around the Teacher making him heavy through their dependency. Teachers who gather students frequently fall into the glamour of playing the role of a Guru. This is a path to bondage but not a path to Light and the related liberation.

Precious things are not sold by the hawkers on the streets. Likewise, precious teachings cannot be given to impure, unwilling, unready persons. All that is precious shall also have to be guarded carefully with devotion and veneration. It is a responsibility of highest order. The teaching of Wisdom is for those who are ardently searching for it.

There are too many missionaries of God today in the world who do not work with the Wisdom informed to them. They are too quick to teach and to gather gullible public around them. Since they did not work with Wisdom and started teaching, their followers also do the same. Thus there are too many speakers today and there is too little following.

Healing

Man today is very alert and very careful in money matters. His Sraddha for money is by and large very high. The reason being his belief in money that it is the means for all his fulfilments. When he is sick he feels the importance of health. When he is not sick he coolly forgets about it. His Sraddha in health is intermittent. Man needs to look to his health first and wealth next. Health enables voyaging in the river currents of life. Wealth is only supportive. When he cares not for the health he disturbs the equilibrium of the 5 elements in the body and the disturbed elements lead him to further sickness. Man needs to observe the treasure of the 5 elements more than the outward treasures. When the inner treasures are intact his voyage through life is peaceful. He therefore needs to observe if there is excessive matter or water or fire or air in him. Anything that is in excess or in shortage breeds sicknesses. He needs to restitute the 5 elements in him. This is the real way to heal oneself. He can also work to purify and restitute the elements around him through prevention

of pollution. It is also an act of healing. Today's ills are mostly due to polluted matter, water, air and pollution through the smoke of fire. Remember, if you disturb elements, the elements in turn, disturb you.



Kindling

“What should we do with the enormous teachings that come from you and the hierarchy?” is the question. The answer is, follow them simply and silently. Do not talk much about them. Talkers are not doers. Doers do not talk much. If you follow them simply, implicitly and silently it would lead you to experience the truth of it. Experience is the fragrance of Discipleship.

Disciple is the one who follows the teaching. The fragrance generated from you enthuses others to enquire into the Path that you follow. To such ones discretely inform the teachings. If they are seekers they also join you.

The teachings are meant for their translation into action. They are not at all meant for propagation and for aggrandisement. The fragrance emerging from the right action is the true propagation, which we accept. Long back it was said, “Kindle thyself. Be available to others to kindle themselves.”

Do not think of kindling others. In our view, attempt to kindle others is aggression. Such aggression

will put off thy candle. Let the candle do its work, do not push it. If you push, it extinguishes.



The Last supper

Among the realised ones some teach, some do not. Some share love and compassion and some others internalise and remain aligned. All these have gained the favour of the Divine and also distinct, varied powers of the Divine. Utilisation of these powers or wisdom is a great responsibility. Unconditionally and selflessly sub-mitting the powers of Wisdom to the benefit of the surrounding life is yagna. As much as one does it, the surrounding life demands more and more. The realised one necessarily has to submit him to such demands forgetting self-comforts. This leads to surrender and letting the Divine help the surrounding life. In the process he is absorbed into the Divine as his energies get exhausted for the surrounding life through time. This is called the yagna of self-sacrifice.

Jesus, the Christ, gave this message at the dining table where he had his last supper with his Disciples. The bread he broke and shared with all is the symbolic presentation of sacrificing himself in favour of the surrounding life. By this he has become one with God.

A Delicate relation

Maitreyee Sangh (the community of Maitreya) is the most an-cient community on the planet. The members of this community commuted their consciousness into one consciousness. This consciousness is called Krishna Consciousness in the East and Christ Consciousness in the West. It is essentially Divine Consciousness whose spark exists as the core of every being. To stimulate these sparks into flames and to enlighten the surroundings is the work of the community. The key relation as between the Divine Consciousness and the individual consciousness is friendliness. The Divine meets the beings in friendliness. It is Divine's compassion. The beings many times get into the illusion that they are equal to the Divine due to the friendliness offered by the Divine. Thus they fall into a deception. The beings need to understand that they are sparks of the Divine and are therefore not equal to the Divine. A part cannot be the whole, while the whole remains in the part. Know this delicacy of friendship.

Pity and Sympathy

You should be able to distinguish between pity and sympathy. To pity someone is totally different from sympathising. Sympathy is a higher grade of love. Pity is a lower grade of love. Pity carries emotion. Sympathy enables friendly and cooperative action.

For example there are many who pity the poor but there are very few who sympathise and work for their upliftment.

The one who pities others also seeks pity from others when he is in difficulty. Since pity is emotional it causes sorrow, hatred and even anger. Self-pity is the worst kind of emotion that one can ever think of. The Lord says in the Gita to Arjuna, "Self-pity is heinous. Come out of it at once." Pity puts one out of action, out of what he needs to do in a given moment. It weakens the heart. It blinds the way to progress.

Do not fall into self-pity and the related doom.

Ever-seizing Workers

Keep learning to act. Learning is not just for the sake of learning. If you do so, it only decorates your personality, the ego. It does not help. If you translate such learning into action it initiates the necessary chemistry.

If you are thirsty you would drink for yourself. You don't wait till the water comes up to you. Thus if you are thirsty of Truth you would find the source of Truth. The thirst makes you move and cross even the impediments. If the thirst is not to the required degree you do not move swiftly. Many of you are thus not swift. When the thirst is absolute necessity, you cannot but run for it. Most of you are arm-chaired idlers but not ever-seizing workers. The Maitreya community consists of ever-seizing workers, but not imbecile idle philosophers. Workers go through the chemistry and reach the Truth.

A Riddle

From ancient times there is a riddle, which we narrate in our ashrams from time to time.

Once upon a time there lived an animal with gigantic size. It has a habit of eating away the Souls causing the illusion of death to them. It can move in waters, on land and can fly in the sky. It has very swift movement. Whoever is found it eats them. It has only one limitation: It does not look back, it only looks forward. One day it encountered a yogi and wanted to gulp him. The yogi smilingly ran towards a lake and entered into it. The animal too entered the lake in search of the yogi. When the animal was thus in search of the yogi, the yogi skilfully mounted on its back. The animal cannot look back and it could not find the yogi till date. It is continuing its search for the yogi even today. The yogi is sitting pretty on it and enjoying the rides on the animal.

This is a riddle, which we ask the Disciples to think over.

Avakara

A fiery aspirant who is in the process of Discipleship is called in our circles as Avakara. Avakara is the one who uncompromisingly eliminates every form of impurity within him. He cuts-off with a sharp axe the sprouts of ignorance. He is in a process of beautification. As much as he purifies, so much beauty is bestowed on him by Nature. In turn, he experiences such beauty in the Nature around him.

We frequently recollect Ashvaghosha when we think of Avakara. Staying on a highway he was painting the Nature with different paints. The travellers on the way could not but stop, see and get inspired by his paintings. Ashvaghosha was inspired and his inspiration was transmitting even through the paintings to the onlookers.

The inspired ones live in singing, dancing, painting or writing about the beauty of Nature. The beauty is the Presence of the Divine in the Nature. Poor are the ones who cannot sing, dance, paint or write and who cannot witness them even. Mankind created cinema

theatres to experience the song, the dance, the colour and the script. We too sometimes enter the cine-theatres buying the ticket. Very few of them do give a bit of joy. They should inspire man to move into the bigger theatre, the universe.

Daily life is a cinema. Just as you observe a cinema, observe your daily life. Continue to be an observer of the daily life as you observe the cinema. From you many roles come out. Much dialogue comes out. A lot of movement of limbs happen. A lot of movement into Nature also happens. You encounter different things during the day. You witness the sky, the birds, the sunlight and the breeze. You experience the heat and cold. Besides, you would see different patterns of behaviour; from within you and from others. The variety is beyond description in a daily routine if only you observe.

You experience joy, peacefulness, poise, anxiety, fear, tension, jealousy and a host of other energies, but remain an observer. Only then you remain the same at the end of the day.

Ashvaghosha thus experienced daily life and experienced the beauty of the intricate drama of life. Till date his paintings are a source of joy to us. He even tried and succeeded to fix within his paintings the Presence of the background consciousness. Such is his

ability. He is a model for those who wish to be born in consciousness. He is an Arian (born in the full moon hours of Aries).



Time and Intuition

Timing the work is as important as planning the work. Just as there is work plan there is also time plan. Learn to time the plan of the work and also time the events and also fulfil within the appointed time. This is a discipline. It enables you to do many more works than what you think that you can do.

This discipline starts with timing the hour of waking-up, timing the daily natural morning routine, timing the prayers and timing the daily events of work besides timing for food, for relaxation and for entertainment. Do not take it that you are binding for nothing.

If you abide by time, time does not bind you. It enables you to fulfil tasks with ease. If you waste time, time wastes you. The planets know the value of time and hence are shining in the sky over innumerable years.

Time enables building subtle bridges over unknown valleys to destiny to enable you to pass through without fall. Time helps the timely with intuition.

Intuition is the gift of time. Instead of craving for intuition learn to respect and follow time.



The Only way

Growth in life brings the related responsibilities. Discharge of such responsibilities enables one to grow further. Accepting responsibilities that life offers and responding to them with devotion and dedication is common in Discipleship. Let not Discipleship be seen as a privilege. The more you grow in Discipleship the more you need to serve. As much as you become a servant so much the world recognises you as a Master. The servants of life are the members of Maitreya Community. Looking for rights privileges and prestigious positions in service organisations causes inversion. Look to serve. As much you serve so much you progress into light. This is the only way.

Allow your children to grow naturally

The parents that pamper children with chocolates, ice creams, playful toys, colourful dresses and fashionable footwear must know that they have not done anything to nourish the Soul. They only nourish the body of the child. Unconsciously they nourish the undesirable side of the budding personality.

There is another category of parents who stuff children with superstitious religious habits and feel proud that their children are spiritually oriented. This is not the way to orient them. This is only stuffing them, which in the later stages of their life they vomit out. These parents also haven't done well to the growth of their children. May I suggest certain simple and natural ways to help children to grow:

1. Frequently make the children accompany you to places of natural scenic beauty. Let them observe the peaks, the valleys, the trees, the lakes and the colours of nature.

Get them exposed to the wind, the winter and the summer.

2. Let them play in the fields of nature and stay under the huge shade-giving trees.

By the above they absorb much life energy and even electrical energy, which is called the Intelligence. The Pandavas, the sons of Light, grew in their childhood in the Himalayan valleys. The Kauravas, the sons of the blind king, grew amidst palatial comforts. The attitudinal differences became obvious as they grew in life.

Allow your children to grow naturally. Do not excessively protect them with comforts or stuff them with your own doctrines of right and wrong.

Group and Group-life

A healthy group consists of men, women, children and the aged ones. Such a group is a complete group. In consciousness they are all one, but in maturity they are different. By nature also they are different. As said earlier they are One in essence yet they are different in their states of awareness. The children are but children. They need to be given love and affection and should be taught to respect elders. Likewise, the ladies and the gents need to be cognised of their gender and should accordingly be respected.

A male cannot be a female for that life or a female a male. There are social values as between elders, ladies, gents, and the children. Together they form a beautiful group. But a mix-up of their function would cause confusion and conflict. There need to be different programs as between them in a group life.

An intelligent group leader recognises the natural function of the male, the female, the children and the aged. In so far as these functions remain natural the group survives and grows naturally.

While there are some programs common for the entire groups, there should be specific programs for the children, aged, ladies and gents.

Building a group without these values would become meaningless.



Cordial Relation

It is but normal that as you proceed on the Way you get frequently confused. You get further confused by your study. When confusion is prevailing, study of Wisdom books aggravates the confusion. It may even lead to conflict and the related unrest.

In such situations of confusion and conflict the remedy is to turn in and tune up to the Divine in the heart. He is ever available in the heart. Keep searching for Him in the golden hue of the heart cave. Remember that the heart is the meeting place where you can have an interview with the Lord. He is the friend most intimate to you and is ever silent. He is the friend that does not intimidate. He does not interfere nor does he impose Himself on you. Such friends are a rarity in the objectivity.

Develop cordial relation with the Lord. Love Him. Sit with Him and gain the poise and peace. Any other relation with God could be confusing but not the cordial relation.

Science of Change

Man's mind always thinks of comfortable settlement. To settle comfortably is his incessant desire and effort. Meditation is also practiced to gain a stable and comfortable mind. But meditation is possible only after one gains a stable and comfortable mind.

One can be in a settled state of being only if one knows 'how it is and how it is becoming.' If he does not know how it is and only observes the 'becoming' he feels the constant change and the related impact in him. Change is constant in nature. Stability in change is also constant in nature.

If you see the plant, it is ever-changing. Yet it is stable. Everything is ever changing in nature. The planet is ever-moving and is yet stable. In fact the stability of the planet is in its movement. The aeroplane is moving fast and yet is stable in the air. Speed and stability seem to be contrary, but they are complementary. Do not be afraid of change.

Learn to include the change and proceed. It leads to the higher states of stability. Also learn that you do not

have to propose changes. Changes happen naturally, because change is natural with nature. Learn the science of change and find your own comfort and stability.



A Caution

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

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

Every aspirant should slowly and gradually carve out a life within the mundane life ensuring inner and outer purity, pure and light food, visiting places of

serenity and quietitude besides ardent daily prayers. Those who neglect these would frequently get attacked by stomach ache, tooth ache, indigestion, constipation to start with. Frequent disturbance to health is a clear indication of neglect of fundamentals.



Grain and Husk

In the human society there is too much thinking and too little action. You think much about human rights, poverty, general distribution of wealth, alleviation of the sufferings of the poor nations, improving the living conditions of backward communities, restitution of healthy way of life. You conduct too many seminars, national and global conferences and discuss. The humans like discussions more than acting upon decisions already made. Discussion and release of papers has become a disease. The decisions are generally transgressed. You find reasons for such a transgression. In all this activity you find little grain and heaps of husk.

People who cry from housetops about freedom, liberty, democracy, etc, are frequently the ones who flout them. Enough is human hypocrisy. We in Hierarchy appreciate a small act of goodwill more than a huge exhibition of ideas. Much time is wasted in ideation. May you not fall into the same track. May you believe in humble acts of goodwill and act upon them. Eliminate hypocrisy if any in you.

The Utterances of the Wind

A mystic lives in a remote place amidst the forest. In his surroundings there are anthills, beehives, parrots and also monkeys. Mystic speaks from time to time to the surrounding beings thus:

To the ants he says, "You are the industrious ones. You do much hard labour and build cities but the snakes occupy your buildings expelling you from your dwelling places. You nevertheless continue to build. Your labour will be rewarded elsewhere."

He addresses the honeybees thus. "You are the knowledgeable ones. You gather the nectar of life. Hardly do you consume it for yourself. You are ever engaged in collecting knowledge. But the knowledge you gather is stolen by the humans, to be sold in market places. Your pearls of knowledge are thus thrown away to the swine. Nevertheless you gather knowledge. You too are rewarded elsewhere."

He looks to a parrot and says thus. "Oh parrot! You speak like a priest. You articulate with flowery words. But your speeches do not spring from your experience

of knowledge. All that you speak is borrowed. You aggrandise yourself; exhibit yourself pretending to be the knower. You encash your privileged status in varieties of ways. You are the parasite that draws life from others. You are the wasteful one.”

The mystic looks at the monkeys and says thus. “You disturber! You disturb the surroundings. You do not experience nor do you let others experience. You bite fruits of knowledge and throw them away without experiencing the taste. You don’t let the others taste them nor do you taste. You are the fickle minded one. Truly you are not the ancestor of man. Surely you are the child of man’s mind. You are born out of the fickle-mindedness of man. Men are not born out of you.”

The utterances of the mystic are blowing in the wind.

Effective Discipleship

The best gift of God to man is Will. Man carries Self-Will. He does not however realise the potential of such Will. With the help of Will, man can turn himself into Divine or diabolic. Will has to be supplemented with discrimination. If Will is exercised without discrimination it leads one to diabolism. When discrimination works complementary to the Will, man tends to be Divine.

Be it the Divine or diabolic they are effective users of Will. Only the humans who do not utilize the Will continue to be weak and meek. This is the majority, while the Divine and diabolic are the minority. Even in the minority, the diabolic capture the weak and meek faster than the Divine and promote their purposes. The Divine minority are not as fast as the diabolic ones to fulfil their purposes. Thus in exercise of Will, it appears that the diabolic are more effective than the Divine and capture the humanity faster. This is the paradox of the Kali age.

The Divine too have to be effective. The Disciples

therefore are directed by the Brotherhood to be effective. Weak and meek Disciples cannot help the situation in the present context. Effectiveness of Disciples is counted much in the Brotherhood.



Self-Study

Study should lead to self-study, meaning study of Self, oneself. Studying book after book gives fund of knowledge. Application of such knowledge on oneself would reveal one's own efficiencies and deficiencies. One needs to fulfil the deficiencies so that there is all-round development.

Remember, self-study is the true contemplation. Self-study reveals as to where the self is bound, where there is need for fulfilment of the personality. Self is generally conditioned by personality. Personality conditioning is due to unfulfilled part of personality. The self has to strike an agreement with personality, by which personality gets moderately satisfied and lets the self, free. Such self can work with the cooperation of the personality. Until the cooperation of personality is gained, there cannot be continuity of purpose. An unfulfilled personality blocks the self from time to time. Therefore, time allotted for moderate fulfilment of personality cannot be considered as waste of time. From time to time, the horse needs to be attended of its

needs, so that it is available with full vigour to its rider. Just as one loves the horse that he rides over, learn to love your personality. Be friendly in all your deals with personality with the object of gaining its cooperation.

Your personality is inseparable from you. Therefore you have no way but to put up with it and intelligently gain its cooperation.

Don't be beastly to suppress it, to subjugate it and to overpower it. It would turn contrary and subjugate you, overpower you and suppress you. Use intelligently the knowledge from study to gain friendly relation with personality. This process is the true self-study.

Scientific research and Research of Self

Research and investigation for innovation and revelation is but an aspect of Discipleship. The scientist immersed in scientific research and the aspirant immersed in research of self are equally engaged in Tapas. Both of them bring down information and practices from subtle to gross. They also give techniques to move from gross to subtle. As things move from subtle to gross and from gross to subtle there is a plane where they meet each other. They encounter each other with their countering forces. It is this double movement, which causes appearance of certain new things and disappearance of certain old things. The scientist mostly brings through his innovations the subtle to the gross. The scientist of the self does the contrary.

We the Hierarchy cooperate with both the currents. We extend our help to the scientist and to the spiritual scientist for the free and even flow of the respective currents. Chiefly these two categories of the persons constitute the social reformers in the world.

Spirit of Brotherhood

To serve the brotherhood, faintheartedness is unhelpful. Courage and steadfastness are the need. One need not be a hero nor are the qualities of a hero demanded. Heroes are not there as supposed. If one brings one's best into life one would tend to be a hero, however little that best is. Speak-not of self-renunciation. Speeches lead you nowhere. Be steadfast on your purpose. Let inspiration guide you to be courageous and steadfast. Self-renunciation is but the result of such steadfast working with the best of oneself. The right speech is the sword and the right action is the spear for everyone to be a member of the army of the brotherhood. The fainthearted ones frequently speak of their difficulties, their differences, and their tiresomeness of the work. Such ones waver. Wavering ones cannot serve the brotherhood. Note the significant words – inspiration, courage, steadfastness, speech, action, heroes, swords and spears. *Let not your inspiration be broken even if bones and muscles are broken. May this be the spirit of brotherhood!*

The Phantom

Renunciation includes self-renunciation.

Renunciation is to de-link mentally with what one has. Self-renunciation is to mentally de-link with what one thinks he is. The former is easier than the latter. But the latter is the ultimate key for the Soul to function. What one thinks of himself is but a phantom, a shadow that circumscribes and conditions the Soul. It is the personality trait that disables the functioning of the Soul. Personality is but the reflected Soul, reflected into the world. It is like the Sun ball reflected in the waters. The reflected Sun is never stable. But the Sun ball in the sky is stable. Such is the self, contrary to the Self. The latter is original while the former is the duplicate, the reflection, and the phantom, which needs to be renounced. Many find such a condition difficult to fulfil. Very often Disciples fall into this quality in everyday life. In each inspiration, in each burst of enthusiasm, in each task accomplished the phantom tries to make a big show. Beware of this.

Dwarfs

The sight of a dwarf stimulates slighting laugh. But the one who laughs is the real dwarf. Dwarfs are those who do not see value in others. It is generally said that it is difficult for a dwarf to cross a threshold. Crossing threshold is a symbolic statement. Men that can-not see value in others and only see other things, are prevented by the thresholds of illusion, to reach the Light.

Spiritual value exists in all. It is seeker's job to look to it all around but not look to other things. When one is shallow-minded he does not see value, he does not see spirit. Such ones are real dwarfs. They cannot aspire to climb-up to the mountainous spirit. Remember that the Spirit is the mount, the invisible crown on the head, which cannot be attained with petty minded attitudes. A person's aura indicates if he is normal or if he is taller than others or if he is a dwarf. When one continues to be a dwarf, he disintegrates. The movements, the speeches and actions show if one is cyclically a dwarf or a tall person.

Learn to live with lofty ideals though not achievable. They enable you to grow by millimetres over lives. Effort for lofty and noble works is the means for growth regardless their results. Do not remain dwarfs and do not become dwarfs.



The Ladder

Blend your consciousness with the Lord. This is the single effort that unfolds you to Light. You become Light when you have become one with the Lord. As thought of the Lord initiates and as you think of the Lord frequently, you are drawn close to the Teacher.

The Teacher is the one whose consciousness is blended with the Lord. He hears and adheres to the Higher Consciousness. He receives and transmits Divine thought. As you hear and adhere to His advice life unfolds. Eventually you would have tangible experience of life. Accept the transmissions from the Teacher until you have gained enough Light to gain the ability to receive direct transmission.

The Teacher helps you until you help yourself. Once you are linked, the Teacher disappears. Your bonding with the Teacher forms a ladder for you to climb up to the Spirit. Once you have climbed, the ladder will be used for others to climb.

Remember that your bonding with the Teacher is the means to bond with the Spirit. Your original

impulse to bond with the Spirit brings you in contact with the Teacher and the original programme cannot be ignored.



Nobility

The grateful are noble. The ingrates are ignorant. Gratitude is the chief quality of justice and without justice one cannot reach the Path. Realise the beauty of gratitude. It kindles fire in the heart. If you inculcate the habit of gratitude, there would be benevolent accumulation of nobility from former lives. Some are born noble due to this attitude.

Learn to be grateful even for the simplest acts of favour received. Nobility is in recognising the attitude to help as it expresses in the other. The Lord as Rama expressed such nobility towards a squirrel, a bird, a tribal and even towards enemy. In this, there is the message of the Lord.

Teacher - Student

Rejecting the Teacher is rejecting the Hierarchy. The Teacher is the fiery Envoy of the Hierarchy. He represents the fiery Will. Directed by Him, the worldly transcend. He acts consciously. One should be alert to see the consciousness at action. Do not deviate towards the personality of the Teacher. It confuses you. See the Teacher in action. If you are striving towards spirit, see the Teacher as the gift, to strive towards realisation of the spirit. Teachers are rare to be found. This is known. But the Teacher says, "Students are rare to be found".

As much as the student of Spirit searches for Teacher, the Teachers also search for the fit ones.

Aspiration - Teacher

You receive the Teacher according to your state of consciousness. The selfish ones and the unselfish ones find their Teachers according to their quality. The confused ones also find their Teacher. The gullible have the gullible Teacher. The ignoble have the ignoble Teachers. Manipulators find the manipulative Teachers and so on. The cleanliness of your heart is the measure. The purpose of life is another measure. The inclination to be studious and self-affirming is the third measure.

In the Cosmos there are diverse aspirations. You find your Teachers as per your aspirations. Such is the life of Infinity.

The Contagion

Wavering flames do not burn object. Stable and focussed flame burns it. Cooking needs the latter and not the former. Cooking is but transformation. Transformations in you are possible if the power of fire in the flame is at work. The power of fire is not at work when the flame is wavering. Observe the flame of your mind. If it is a wavering one, it helps you not. A wavering mind is a contagion. It dispirits the surroundings. It eventually submerges into ignorance and also leads others into it.

The wavering ones are exposed to another danger. They are susceptible to blasphemy. They can be instrumental to wound the innocent ones. Be careful of inconsistency of mind.

Indifference is the twin brother of inconsistency. It corrupts and corrodes all good beginnings. Indifference is but crystallisation of lack of effort. And that builds frigidity.

To the wavering ones, a Teacher is of help. To the indifferent ones such help is not possible. The Teacher

is the hold to the sinking one. But if he is indifferent, he does not care to hold on. Such ones are doomed.

It is helpful to search in oneself, if indifference is subtly growing in him, if wavering is entertained. If one finds such symptoms, he will do better being in the physical presence of the Teacher.



A Hierarch

If you combine the responsibilities of a leader, a teacher, a judge, a mother, a father, a server, a lawmaker, a mystic, a sacrificer, a lone-ranger, a scientist and an artist, the result is a Hierarch. His responsibility is not only earthy, but also extends through subtle and mental worlds. Thus prepares a Hierarch, over series of incarnations, not because he was asked to do so, but because of inner impulse.

A Hierarch has no fear of responsibility. His courage is the link between the three worlds. He is the lighted pillar, all penetrating. His wings glow with the feathers of achievements.

Complete Thinking

Everything anticipated already enters into life. Expect the unexpected. When it happens, it does not terrify you. It is only the unexpected, that terrifies and frightens. It means that you have to transform the unexpected as expected. This can be done through striving for knowledge.

Once a victory was announced to the emperor, he accepted the message with complete calm. The courtiers rejoiced the announcement but not the emperor. Then a courtier enquired if the emperor was not happy. The emperor said, "To me this victory is already passed, for I know that we win. What is won in the mind is now won on the ground. I am now concerned about the next task of difficulty." Such was the emperor's advanced thinking.

A Teacher thinks ahead of others, sees and listens earlier than others and cautions. One needs to be alert enough.

Bonding

As much as you strengthen the bond with the Teacher, so much you strengthen your-self. The Teacher's psychic energy is inexhaustible. By such bonding, benevolence, striving, gratitude, concordance develops in you. The Teacher does not need any of these. They are needed by you. The powerful rhythm of the dynamo of spirit affirms by this bonding, otherwise you are left with doubt, pride or self-pity, divisive attitudes and sickness. Strive to bond with the Teacher, who is ever helpful. By such bonding you can transform yourself and become a co-worker.

Our Purpose

Our stay on earth is to teach the Truth, the Laws, the Love and the peaceful co-existence. We give knowledge and give the path of yoga that enables translation of knowledge into daily action. Knowledge in daily action leads to synthesis.

We inform and we show the way. We do not convince nor do we bombard wisdom. We make the wisdom available. We promote no particular ideologies and religions. We do not emphatically argue to enable people to believe.

We are delicate in our dealings with the co-beings. Our teachings are also delicate. We do not, at any cost, affect the free will of the people around. We respect the freewill utmost. We teach. We do not punish. In our view all beings are flowers.

The flowers of the Soul shall have to handle with utmost care to enable appropriate unfoldment. We do not cause unfoldment. The flowers unfold themselves through time.

We only help eliminating the obstructions to such

unfoldment. We tend to be the gardeners. You may utilise us as the rudders to your life.

We are willing to serve!



Maitreya Stotra
The Song of Lord Maitreya

Jagad Guru Namasthubhyam
Himalaya Nivasine
Namaste DivyaDehaya
Maitreyaaya Namah .. 1

Salutations to the World Teacher,
The Dweller of the Himalayas.
Salutations to him who has the etheric body of
effulgence.
O Lord Maitreya, salutations to you!

NamoJñanaSvarupaya
MayamohaVidarine
NirmalayaPrasanthaya
Maitreyaaya Namah .. 2

Salutation to you, the embodiment of knowledge,
The dispeller of ignorance and illusion.
You are the pure and the tranquil one.
O Lord Maitreya, salutations to you!

Namaste Bodhisattvaya
NamaPunyaMurtaye
PurnanandaSvarupaya
MaitreyaayaNamō Namaha ..3

Salutations to you, the one of poised wisdom,
Salutations to you, the embodiment of goodwill in
action.

You are the embodiment of complete bliss.
O Lord Maitreya, salutations to you!

Siddhi BuddhiPrayuktaya
Siddhi BuddhiPradayine
BhavabhitiVinasaya
MaitreyaayaNamō Namaha ..4

Fulfillment and wisdom are the qualities associated
with you.

You are the bestower of fulfilment and wisdom.
You are the destroyer of the fear of birth and death.
O Lord Maitreya, salutations to you!

Namaste Karma Nistaya
YoginamPatayeNamaha
Brahma JñanaSvarupaya
MaitreyaayaNamō Namaha ..5

Salutations to you, the action oriented one,
Salutations to you, O Yogi of Yogis.
You are the embodiment of the Word, the Truth.
O Lord Maitreya, salutations to you!

Namaste Guru Devaya
Namaste Dharma Setave
Narayana Niyuktaya
Maitreyaaya Namaha .. 6

Salutations to you, O Deva of the Initiates,
Salutations to you, O Bridge to the Dharma, the
Law.
You are the one appointed by Krishna, the Lord of
the Cosmic Synthesis.
O Lord Maitreya, salutations to you!

Namaste Karuna Sindho
Prema Piyusha Varshine
Jagad Bandho Namasthubhyam
Maitreya Ya Namaha .. 7

Salutations to you, Ocean of Compassion,
Who always shower the Nectar of Love.
You are the one related to the World.
O Lord Maitreya, salutations to you!

The Qualities of Lord Maitreya

The song speaks of the following qualities of the Lord.

Jagadguru The World Teacher

Himalaya Nivasine The Dweller of Himalayas

DivyaDehaya The one with divine body
- the VajraSarira or etheric body of effulgence

JnanaSvarupaya The embodiment of knowledge

MayamohaVidarine The dispeller of ignorance and
illusion

Nirmalaya The pure one

Prasanthaya The tranquil one

Bodhisattvaya The one of poised wisdom

PunyaMurtaye The embodiment of goodwill in action

PurnanadaSvarupaya The embodiment of complete
bliss

Siddhi BuddhiPrayukataya The qualities of
fulfilment and wisdom are associated with him

Siddhi BuddhiPradayine The bestower of
fulfilment and wisdom

BhavabhitiVinasaya The destroyer of the fear of birth
and death

Karma Nishtaya The action oriented one

YoginamPatayeNamaha The Yogi of Yogis, who are
skilful in action and who carry equanimity and Love

Brahma JnanaSvarupaya The embodiment of the
Word, the truth. The World in flesh and blood
in its eternity

Guru Devaya The Deva of the Gurus (Initiates)
The Teacher of the Teachers

Dharma Setave The bridge to the Law
from the state of lawlessness

Narayana Niyuktaya Appointed by Krishna,
the Lord of the Cosmic Synthesis, to institute the Law
through teaching in the Kali Age.

KarunaSindho The Ocean of Compassion

PremaPiyusha Varshine The one that showers the
Nectar of Love

JagadBandho The one related to the World

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Dr. K. Parvathi Kumar***

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Lord Maitreya is a sage of great brilliance descending from the order of Lord Vishnu - the second Logos, the preserving light, the logos of Love - Wisdom, the Cosmic Second Ray.

Among those who co-operate with Lord Maitreya in fulfilling the Divine Plan are the great initiates Maru (Morya) and Devapi (KootHoomi), of solar and lunar dynasties respectively.

King Yudhistira and the wise Vidura are among the foremost disciples of Lord Maitreya. Master Djwhal Khul (D.K.), popularly known as the Tibetan Master, has been the chief disciple from the network of disciples of Lord Maitreya, who in the recent 100 years has been gradually externalizing the Plan for the benefit of the beings who are afflicted by Kali and who are seeking the Path to Truth.



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