

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Cancer 2014 Kataka

Letter No. 3 / Cycle 28 - 21st June until 22nd July 2014

The World Teacher Trust - Global



Invocation

May the light in me be the light before me.

May I learn to see it in all.

May the sound I utter reveal the light in me.

May I listen to it while others speak.

May the silence in and around me present itself,
the silence which we break every moment.

May it fill the darkness of noise we do,
and convert it into the light of our background.

Let virtue be the strength of my intelligence.

Let realisation be my attainment.

Let my purpose shape into the purpose of our earth.

Let my plan be an epitome of the divine plan.

May we speak the silence without breaking it.

May we live in the awareness of the background.

May we transact light in terms of joy.

May we be worthy to find place in the eternal kingdom OM.

Master EK



Letter No.3/Cycle 28 – 21 June until 22 July 2014 ॐ

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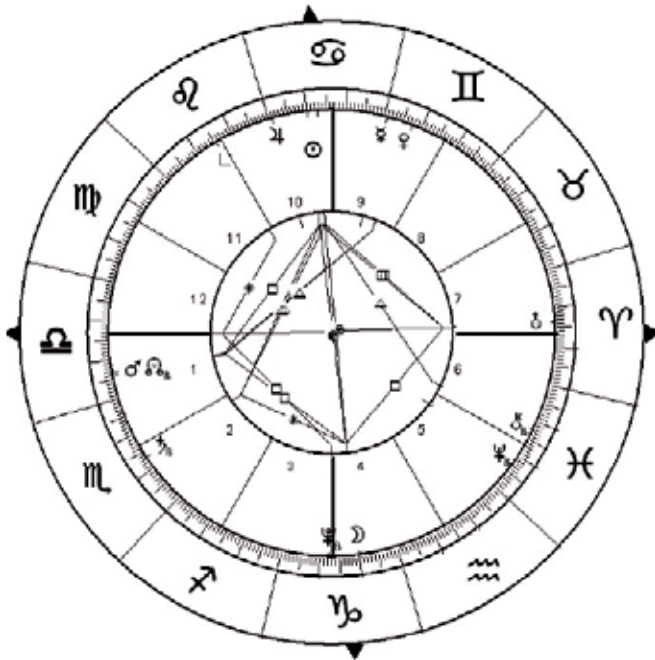
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Prayer of the year 2014 / 2015

**VIRAT SHINES THROUGH TEN DIGITS. VIRAT HAS TEN FINGERS.
MAN HAS TEN FINGERS. MAN IS FRAME OF VIRAT.**



Full Moon of Cancer, 12th of July, 13:25 pm GMT + 1h



Message of the Month of Cancer

As the sun enters Cancer, one thinks of moon, water, reflections, emotion attachment, love, caressing and experiencing.

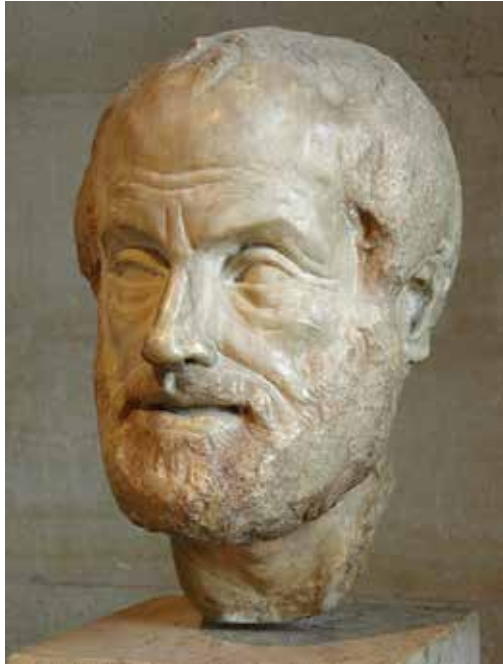
Without water there is no life, there is no taste of life. Among the five elements, water enables cementing the other four. The cementing principle of water is called love. Without love nothing grows around. In the sandy shores of the sea nothing grows. In the black, moist soil everything grows. Life is unworthy of living without the synthesizing principle of love.

But when water is in excess, it creates a contrary situation. Love tends to be emotional and possessive. It leads to jealousies, fears, depressions and such other emotions. While pure water contributes to the growth of life, impure water can cause death. Water is an agent that quickly relates to the surroundings. It reflects the qualities of the surroundings due to the moon principle that it carries inherently. Cancer Moon abundantly relates to waters and therefore Cancerians (men with birth moon in Cancer) have to be careful enough in their association with the surroundings. They quickly imbibe the impact of the surroundings. They are like chameleons that change colours according to the surrounding leaves.

The seers of the ancient times turn this problem into a gift. Associating with the noble, one can tend to be noble. Associating with the divine, one can turn out to be divine and so on.

Men are mostly mind-oriented. Mind is but Moon, which associates with water. From the seer's standpoint all men are Cancerians. When their mind is associated substantially with noble aspects of life, they can tend to be noble. Aristotle also says, "Mind is a mirror. If you turn it to the sky, it is filled with sky. If you turn it to mud, it will fill with mud." Thus man's mind is seen as a gift by the seers. Handling the mind appropriately is the key to life. The teachers have the ability to provide the right angle to the minds of the men. Orienting to the teacher enables the student to turn towards the light of wisdom, for the teacher is but a representation of wisdom. Lucky are those who associate with teachers of wisdom. The sun sign Cancer reminds aspirants to firmly reorient once again to the

Teacher, who is angled ever to wisdom. The Cancer full moon is dedicated for this purpose.



Aristotle

Message of the Teacher



The Art of Living and Leaving

The man plans for the day, for the month, for the year and for the years to come. He thinks, "I have done so far today, I will do further tomorrow." Thus man occupies for days, months and years with plans of action for accomplishments and achievements. But if man is wise he should also include in his plan the preparation for that. While wish to live is not natural, living in a mortal body as its own culmination, the plan therefore should include the approach to the terminal and the related changeover. In a long journey we keep changing trains and their terminals and take to yet another train. Likewise, in man's journey to eternity, from time to time he has to change over. A plan that includes the change is a complete plan. When change is inevitable, concurrently preparing for the change is considered wise by the seers. As one entrains, he needs to eventually detrain, and, as one incarnates, he has to discarnate. The Masters of Wisdom insist upon Masters and disciples to learn the art of discarnating along with the art of living. Those who know the art of discarnating continue to live through change. They do not experience death. May the aspirants learn the art of living and leaving.



Gita-Upanishad

- Lord Sri Krishna -

Turning Within

“Turn away the mind and the senses from the world. Stay within. Ensure that the mind and the senses engage equally within. It is the fundamental step of meditation, which is generally unsurmountable. The mind and the senses are entangled with the world, and the thoughts and desires relating to the world engage a student in the world.” (6/24)

A strong habit is formed from childhood for the indweller to move into the world with the help of mind and senses. The habit causes an outflow of energy during the wakeful hours. The outflow causes exhaustion by the end of the day. To recoup away from such exhaustion and to re-energize, nature arranges sleep. Men are generally engaged with the world, causing the outflow of the soul energy via the personality. They are not taught to reverse the flow as much as they are taught their outflow.

Yoga is the only science which strongly recommends the inward flow of energy, contrary to its outward flow. It is like reversing the direction of energies. It is also like building a dam on the rivers so that the flow of waters towards sea is restrained and diverted for fertilization and cultivation of fields. Yoga offers this technique of turning inward, orienting either to heart centre or to brow centre. It suggests visualization of light and sound within. When this is regularly practiced and the new habit of turning inward is established, one can turn the mind and senses within, see within, listen within, taste and smell within and even experience the touch of the divine within. It is a matter of training the mind and the senses. Such training requires the needed will, consistency and perseverance. Men turned out to be seers with such practice. A seer is but one who can see within and without. Such facility the human constitution

offers and the yoga science directs. Sitting long hours every day and attempting to bring back the outflowing thought into a centre within is the key.

Even for strong-willed ones like Buddha, it took long years to turn inward. Casual sittings in the morning and evening is seen from a higher standpoint as fanciful.

A student of meditation must necessarily find ample time to work within. Only then the reality of this is realized.





Message of Lord Maitreya

Power of Action

Inertia and ignorance support each other; inertia promotes ignorance and ignorance supports inertia. As one awakens, one is required to be active utilizing the mind, senses and the body, one is suggested to conduct the activity in poise, commencing in order, so as to close the activity at the end of the day in peace. "Commenced in order, conducted in poise and closed in peace, to resume again the next day" is the key to discipleship.

Postponing work is an indicator of inertia. Inability to be timely is also an indicator of inertia. Slowdown at work is also inertia. At the same time hasty, laxness in work is avoidable. Men affected by inertia delay the work to the last minute and later hasten to do. This would result in too many mistakes, which also results in forgetfulness.

Until and unless work flows evenly like a stream, the thought flow would not be orderly. When the thought flow is orderly, mind gains the needed poise and elevates itself to receive intuitional thoughts.

Making mistakes, rectifying them and adjusting them do not enable either the work or the worker to progress. Seldom is the power of action realized by the humans. When action is associated with goodwill, the quality of one's actions tends towards the realms of divinity. Appropriate action is the basis for unfoldment of thoughts of higher ends.

Message of Master Morya

- Maruvu Maharshi -



Cooperation

A true believer believes in the benevolence of nature. The nature nourishes and protects those who nourish and protect the nature and its beings. As much as one nourishes other beings and protects them and their interests, the nature continues to protect and nourish.

Self-protection, self-profiting, selfish cornering of natural resources is nothing but ignorance from the standpoint of the divine law. As one helps others, the nature serves the one. This is an infallible law. Service is the law that liberates the individual from the bondage of life. The one who dedicates life to service is the wise one whom the nature and the intelligences of nature support and even glorify.

Man should know that nature bestowed on him the life and the light, that nature bestowed on him the mind and the senses. It bestowed on him intelligent functioning. Nature did so out of benevolence and not out of man's desire. The cooperation that the nature gives incessantly should be noticed. Man should also learn to cooperate. Until the man learns to cooperate, he cannot really serve. Cooperation and service are the fundamental principles of coexistence. Looking for divine light is a fallacy, when one does not know how to cooperate and serve.

Individual life tends to be truly a groupal and social life, only when one cooperates with the others and serves the others. No individual can ever progress by being individualistic, by being separative and by trying to stand out special amidst the others. Atonement is but 'at - one - ment', meaning to be one with the other. The key to divine light is mathematically stated as $one + one = one$, but not two.



Master Koot Hoomi

- Devâpi Maharshi -

A Declaration of War

Each time the sacred word is uttered forth, it is like a declaration of a war. As the word is uttered forth, there is commotion in the world of matter. This is because the consciousness hidden in the matter responds to the call and causes movement. Its movement causes a stir to the matter. The matter gets rearranged. Each time the sacred word is uttered forth consciously, matter finds a pre-arrangement in all the seven planes.

Men of inertia are disinclined to utter forth OM. The inert persons are dominated by matter and matter would not let itself be disturbed to invocation of the sacred word. But the consciousness locked in the matter and mind needs the support of the sacred word to find its release from material conditioning. When consciousness presides over mind and matter, the journey of life is progressive, fulfilling and joyful. When matter conditions the consciousness, the soul experiences imprisonment and lack of progress.

The diabolic presides over the matter, while the divine preside over consciousness. The fight between the divine and diabolic is the fight between the spirit and matter in the lower planes. Mythological wars between the diabolic and divine should be understood accordingly. Every aspirant is but a soldier fighting the war within himself. The sacred word is the celestial weapon that enables him to eventually win the battle of life.

Message of Master *EK*



Avoid the Loop of Separation

Aspirants unwittingly walk into a loop of separativity, when they entertain such an idea as our path to light, our Master; our culture; our symbol; and our flag. Such a loop leads many to form many cults and many religions relating to the path, the teacher and the symbol.

Mind-fixed man when separated from the natural stream does not culminate into truth. The stream that culminates into the sea fulfils itself but not a separated one.

In every wish, aspirant should avoid the loop of separation.



Vidura

Wisdom Teachings

Prefer the community to a person.
Prefer the village to a community.
Prefer the nation to a village.
Prefer the Earth to a nation.
Abandon the part
if necessary,
for the sake of the whole.

Shirdi Sai Sayings
The Healing Agent



My appearance in the dreams auspicious, the visit to "Shirdi" is equally auspicious. The eternal fire at Dwar-Ka- Mai in Shirdi gives My presence to purify. The Samadhi grants the boons and the Gurusthan initiates you into My kingdom.



Message of
Sri Ramakrishna

Realisation and Transmutation

So long as one is not blessed with the vision of Divine, so long as the touch of the philosopher's stone has not transmuted the base metal in one into gold, there will be the illusive feeling, 'I am the doer.' And until this illusion ceases, there will persist the idea that gives the sense of distinction between 'I have done this good work', and 'I' have done that bad work.' Maya means this sense of distinction, and it is because of it that the world continues.

One reaches Him if one takes refuge in Vidya Maya – that aspect of Divine Power having the preponderance of Sattva – which leads one by the right path. He alone crosses the ocean of Maya, who comes face to face with God – realises Him. A man is truly free, even here in this embodied state, if he knows that God is the true agent and he by himself is powerless to do anything.

On Secret Doctrine



The Herd Mentality

Science strikes out, at its own sweet will and fancy, dozens of names of ancient heroes, simply because there is too great an element of myth in their histories.

Initiates who have acquired powers and transcendental knowledge can be traced back to the fourth root race, from our own age. The multiplicity of subjects to be dealt with in regard thereto and the mystery around them prohibits interaction of such a historical charter in science, however historical they are in fact and truth. Science therefore rejects although the initiates and the related facts and truth from the history. For it is easier that way than to get into the science of those subjects, those fables and unveil the mystery. Science systematically denounced to itself the ancient science and therefore had to start all over again.

The church on the other side was much more ignorant of the knowledge of the initiates, their discipline and their approach to life, and hence dispensed with all those greats initiates from Atlantean times.

The church introduces its own star angels, its own channels and agents of the Creator. Both science and church have grown stronger to put off all that was valuable and scientific in relation to the past. The entire mankind is brought under their power, to follow either of them like a herd of sheep, devoid of the natural powers of thinking and reflecting. Humanity follows today blindly their leaders, who are also blind. Today the majority of the mankind hates to think for itself, to think original. Like the sheep, they find it convenient to follow someone without thinking. They

ennoble themselves by such thought of following, covering themselves under the gaze of "humbleness", "obedience", "faith" "surrender", and so on. The majority is willing to follow beaten tracks, not knowing where those tracks lead to.

No one is willing to be with an unfamiliar problem in life; the adventurism is lost in the human system, and they continue to be the sheep, always looking for the shepherd. They least realize that the shepherd is in them. The shepherd within the sheep can be brought out, if the mist around the initiates of the past is unveiled. An initiate is one, who finds the saviour within oneself and tries to transform and play the role of a shepherd. To be a saviour of the surrounding humanity, one should find the saviour in oneself. The methodology and the discipline of finding the saviour within oneself have been interpreted as black magic. Instead a saviour is shown to the world; even that saviour is not well depicted. He stands crucified on a cross. The symbol sends a signal message, that the humanity as such is crucified by ignorance.

Rejecting the Mystery Institution that produced such initiates as Pythagoras, Plato, Apollonius, Zoroaster and host of others, the institutions of power (Christian church and politics) have blinded the humanity into materialism and ignorance.

The well-known game "to call white swan black goose" and to kill it cannot go on forever. It must come to an end.

Lay Man's Prayer



Realising is reaching.
There is no seeking,
no knocking,
no longing.
Just realise
"I am That I am"
and stay put;
stay stable.
We pray
that no illusion takes over.

Discipleship

The Light Beyond the Senses

Men meditate upon the light which is beyond the senses, the mind and the buddhi. They meditate upon such light within them. Many are able to meditate upon the light within, but only a few know that, very light is no other than oneself, the mediator. "The light that I meditate upon within is no different from me. I Am THAT, I AM Verily That. Verily that exists as I am."

This key to the truth shall have to be pondered over. It is this truth that is pronounced by initiates as in another way, "I and My father in the Heaven are but one." A student of synthesis needs to firm up this dimension of the Self.

A disciple

Occult Meditations

Meditation 91



**OCEAN ROARS THUNDER. WAVES MEET CLOUDS.
ARK LEAPS ON BOUNDS. WHOLE SPACE SOUNDS.
FOAM OF OCEAN ABOUNDS.
OM RESOUNDS.**

Commentary:

The one who has become the king of kings remains essentially a pulsating being who sings the song of life OM. He has become OM. Everything relating to his identity disappears and he remains as the pulsating OM, which is the basic potential of creation. The rest dissolves. The dissolution is indicated by "Ocean roars thunder. Waves meet clouds. Ark leaps on bounds. Foam of ocean abounds." The accomplished man experiences the sound of space. He resounds OM. At this state of awareness, man experiences beness. He experiences himself as pure existence, a pulsating awareness. This state is beyond the three qualities of nature. Such is the journey of man, to be the king of kings, OM.



Kapila

The Play 1

The whole creation is a happening upon the background according to an arrangement. The arrangement is the agreement between the time, the force and the Nature, with existence as the background. It works out the creation like a play. A play has certain rules and regulations. While in play the player has to observe the regulations. Otherwise he pays penalties and fines. So too in creation. The regulations of the creational game are to be observed. Otherwise one pays penalties. In the play, there are seeming opponents. Without opposing teams there is no play. But the opponents are opponents for the sake of play. They are not really opposed to each other. A hero and a villain in a movie enact their opposition in the movie, but they are not enemies to each other in life. In creation, the seemingly opposite principles are but complementary to each other. Their seeming opposition brings in the play of creation. Matter and Spirit too, which hitherto remained as one before the creational impulse put up the seeming opposition. The Nature is made to put up the opposition with the Spirit by the force triggering the play.

Ashram Leaves



The Lighted Wheel

Matter (Prakriti) forms the framework of the spirit (purusha). It is the lighted wheel or the ovary of space omnipresent, with the ovals of stars which form the scales of the serpent of time. The ovals are nine in number in the three turns. $9 \times 3 = 27$. Twenty-seven are said to be the lunar mansions. Moon lives in or moves through one asterism a day. These are the 27 asterisms.

The solar consciousness and the lunar dimensions are intertwined alternately in the whole universe to form the Ardanari, Adonai, Jeh-Veh, male-female and androgynous aspect of spirit and matter.

The whole zodiac is thus formed by the intertwining of Lunar (even) space and Solar (odd) principle, formed in 12 doubles (Rasalila) or 24 lunations of the year. Out of these 24, 12 are male and 12 are female. The frame of the Grand Sacrifice (of the cosmic person) itself is created in every round (of the year, or, the zodiac) in the same model (of alternating male and female). Every day the inhabitable globe (the Earth), goes round the 24 mansions in 24 hours - each mansion being alternately positive and negative. Thus the 24 hours emit alternately the male-female, positive-negative energies. And, the seven sacred deities preside over these hours to form the seven "days" of building the "temple".

The Lunar Ray of two nodes (new & full moons) which guide the tides on this globe goes around these 24 units in 27 days.

The Solar Ray goes around these 24 units in 12 months or 360 days. It goes around these units in 12 months of our Sun (12 Solar years to us).

This is the 24 inches scale which is one of the main implements of this frame of our zodiac. These are the 24 spokes of the wheel (Ezekiel's) of periodical motion (Chandas). These are 24 sacred letters of knowledge of the highest degree.

This wheel is impregnated in two rhythms:

$$3 \times 8 = 24$$

and

$$4 \times 6 = 24$$

Three and four are the prime factors of this eternal music with its septenary gamut.



On Love

Love succeeding Knowledge is complete Love.
Love preceding Knowledge is incomplete.

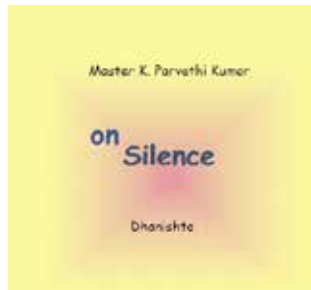


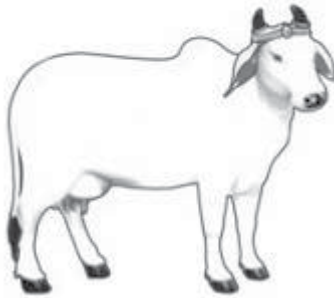


On Silence

From Sabda to Nissabda,
from Nissabda to Nada,
from Nada to Self, is the path.
[Sabda is uttered sound.

Nissabda is Silence, state of no sound. Nada is
Anahata Sound - called the voice of Silence].





Cow

The Symbol and its Significance

Protection of Cow clears impediments on the way of life.



Violet Flame Invocations

Humans cry for freedom!
Free will took away their freedom.

Humans cry for freedom.
Least they know
that they took away their freedom.

Neither Nature binds nor God.
Man binds himself
and cries for freedom.

Human cry for freedom is false!
The cry is farce.
CSG

From the Teacher's Pen



Questions and Answers

Question: Master, mind tends to be commercial. How could it be transformed towards goodwill?

Answer: When goodwill is translated into actions through regular service, mind gives sway to charity. As charity finds a place in mind, it gradually antidotes commerce. It is not enough, if one reads esoteric books and collects information. Translating a few instructions from the books into the act of service provides a way. Service should be seen as acts of benevolence towards any surrounding being, from which no compensations are expected. If one can do such service regularly (however small it may be) the commercial mind tends to be a benevolent mind.

Question: Master, however much I try not to compare with others, I keep doing. How do I overcome this?

Answer: Comparing with others is useful in so far as one intends to imbibe the good qualities in others. It enables growth. But if such comparison leads to jealousy, one would suffer from it. Let all comparisons be done to find out the feasibility of imbibing them through emulation. The good qualities in others may be seen as divine manifestation and they may be admired, appreciated and emulated. By this, one grows. Know that comparison by itself is not undesirable.

Question: To function as a soul, we are told to see the soul in all. This is an engaging exercise. Many times I fail. How do I succeed in this?

Answer: Failure is but common in this regard. But failure is a stepping stone for success. You need to create the habit of seeing souls. When a new habit is attempted at, to fail is common. Each time you fail, you may re-attempt with greater vigour. When the child tends to walk, he necessarily falls. But the child does not give up, until he starts walking. So should be an aspirant. May the Will help you.

Agni



An Introduction into the Work of Cosmic Fire, 32

Pure Motives 2

So, when you do acts with good pure motives, your mental body grows more and more into illumination. If an action started with a good motive, turns out to be bad, we need not feel guilty of it. Guilt is a thing relating to the motive. So, if someone is guilty and outwardly he is behaving nice, he is a Scorpion meaning he carries poison inside and moves very beautifully outside. Please, don't think that all those who were born between 22nd October and 21st November are all like this, because I cannot face them later outside.

So, people who carry bad motives inside and act very nicely outside, those are the ones who continuously kill the mental body – their own mental body, not others. Because the mind always is scheming, floating and conspiring, becomes sick slowly. And the sickness settles at mental level; nothing can be done at that time. It is easy to cure the sickness of the physical body. It is very difficult to cure the sickness of the mental body. The mental sickness is too strong to be cleared, stronger than the grip of the crocodile, because it is a higher crocodile, called the five-pointed mind or pentagonal aspect of the crocodile. Mind is described as the 5th principle, and it has five points. It is described as the five-pointed star, and in Sanskrit it is called Makara meaning another crocodile, a much stronger crocodile, very, very difficult. So, how to get out of it – with good motives! That is why charity in all motives is recommended.

That is the instruction of the Masters. We have to be very charitable in our motives. Charity outside means losing something relating to your money or property. It costs us something. But to be charitable at mental level does not cost us anything. To carry good feelings to others does it cost any Deutsch Mark? It does not cost us anything. But if we don't do it, it costs us something very heavy. If we don't carry good motives to others, we suffer lots of cost in terms of mental diseases running after doctors, going to America, New York etc. And more often, the doctors check you clinically and say: "You are perfectly alright!" But you know you are not alright at your mental level. The doctor says: "You are alright", you say: "You are not alright", then the doctor says: "May be your mental...!" Then we search for some psychotherapist or some kind of magician called the Master, because the normal relative processes do not cure. It is very difficult to come out of impure motives. It binds us so very strongly. It is very difficult to come out of it. That is why pure motives are suggested, and actions of good will are suggested. Serving others is suggested. Man tried many, many things to overcome the limitations of the mind. And he found himself very helpless in this matter.

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

Master *EK*

Vishnu Purâna
CHAPTER XIII



The Offspring of Prudhu

Prudhu begot two sons, Anthardhana and Havirdhana (darkness and light). Anthardhana begot Sikhandini (the flame of fire or the spectrum). Havirdhana married Dhishana (will), who had six fires (six levels of consciousness). Their children were:

1. Prachinabarhis (the tuft of rays in the east),
2. Sukra (the white light or the fertilising tissue of space),
3. Gaya (the pleasure of existence).

Prachinabarhis, the brilliant one, became the first Prajapati (a round or unit of time which bears a unit creation). Havirdhana means the sowing of the food of the gods in space, or the manifestation of light, whereas Anthardhana means the unmanifested light which we know as darkness. To sow the food of the gods in space, Havirdhana spread the sacred kusa grass with its edges towards the east. Hence his child was called Prachinabarhis (the sacred grass is a symbol of the sun's rays which begin to shine from the east).

Thus Prachinabarhis was known by everyone as daylight. His valour was really great. He married Savarna, the daughter of Samudra. Samudra means the ocean of life in space, since it includes all mudras or moulds of future forms. Savarna means "of the same colour". Space temporarily assumes the same colour of the light that is born. They begot ten children, called the ten Prachetasas (the ten awakenings which we call the ten directions around a given point). All ten were past masters in the science of archery. That means they prepared their bows in the form of the vari-

ous arcs which became latter the orbs of the various bodies. All of them follow the one law which is not different for each one. This means all of them manifest from the same geometrical centre. All of them performed the same type of penance (tapas). Tapas means penance, but also light and heat. All ten Prachetasas made the same light and heat manifest in ten directions. They lived in the waters of the ocean and performed penance for ten thousand years. This amounts to one thousand divine years, or one day of Brahma.

The Science of Man

Dr K. Parvathi Kumar
First Young Group Life Teaching, Part 23
August 2001, Visakhapatnam/ India

The Third Chamber 1

Coming to the second subchamber, we have to see what the tendencies in us are. There should be a constant review of the tendencies in us. Do I have the tendency to sleep more than required? Do I have the tendency to be always late for any event? Do I have the tendency for overaction, for doing more than required, speaking more than required, thinking more than required? So, there is either over-doing or under-doing with respective areas of life. Do I have indifference to that which I wish to know? Or do I have deep veneration and interest to that which I wish to know?

This is how we have to make an analysis by ourselves, because if others tell us, we don't accept. That is another tendency. If you tell a lazy man that he is lazy, he gets offended. You can't tell anyone what he is, especially in terms of his negatives. You can only speak the positive. So, each one therefore has to look into himself, to find what kind of tendencies one carries. We should be truthful to ourselves. We cannot be deceitful to ourselves.

See within your tendencies, see the tendencies in your actions, and thereby make two columns:

- Make note with blue ink of your good tendencies,
- Make note with red ink of your undesirable tendencies.

Then what would you do? First this recognition is important. There are so many undesirable tendencies in every mundane man. The science of self-transformation suggests that we step off the positive tendencies in us, so that we don't have time for the negative tendencies in us. If you fight to overcome the negative tendencies, you are only supplying the energy through thought to the negative tendencies. So, don't supply energy towards what we should not do. Supply energies towards what we should do. This is the key given by the Masters of wisdom. They don't tell what we should not do. They say what we should do.

There are enough instructions in the teachings of every Master and in the Scriptures. Reading the Scriptures of the Great Ones gives us the ability to discriminate between a desirable tendency and an undesirable tendency. If you mostly engage yourself with those tendencies which are desirables and do not give time for the other tendencies, then slowly those tendencies become weak, because you are not supplying energy to it. This is the key that is given by the Seers.

Suppose, every evening some friends come to play cards with you. Every day at the same hour they come. They waste your time, and they waste their time. The best way is to dedicate the time either for study of your curriculum or study of a teaching of a Master. When they come, you can say: "I'm occupied with this." Then they will not receive attention from you. They will come one day, two days, three days – then they will slowly find that you are not interested in playing cards, that you are not interested in wasting time. They will go away from you and will not come back. This is how you can overcome the negative tendencies.

I give you another example: There is a doctor, who has wife and children and a good placement in the university. When the dusk hours approached, he felt compelled to drink alcohol. So, he went on drinking. It has costed him his health and also his money. After ten years, he found that his health was deteriorating very fast, and his financial position was not so very good. While he had responsibilities towards his children for college education and later for marriage purposes, he was worried. He wanted to come out of drinking alcohol but he was not able to do it. He was deeply disgusted with himself.

As he knew me through one of his friends, he came to me and explained his problem. I told him, "Don't worry, I will ensure that within six months, you will overcome this problem. Before the dusk hour, you come to me for one hour, and together we shall study a teaching of a Master. I will engage you in a very spicy manner, so that you don't feel the need for alcohol." He agreed. He came for three days. Then he did not come, because the tendency in him was fighting for its survival. So, he preferred not to come, but to drink. I waited three days and later enquired. He said, "There is a resistance in me to come to you at the appointed hour. As a consequence, I'm not coming to you. Not that I don't like what you speak from the teaching, but there is a resistance in me

to come to you." I said, "You don't worry, I will come to your house at that hour. Wherever you are at that hour, I will come and meet you, and speak to you about the teachings of the Masters." He said, "It's a great help. I'm thankful to you for your love and patience."

I went to his house every evening, for three months, daily speaking to him about the teachings. Not only he, his children started listening, and also the lady of the house. Slowly, he was developing a taste for the teaching. Consequently, he gained the strength to abstain from alcohol. He said: "You have given me enough time, hereafter you don't have to come. But give me some sensible work to do during this time. I'll try to conduct that work and forget about the alcohol because I've got some strength now." I suggested to him to operate a free medical dispensary in the evening. Because he is an allopathy doctor, he has knowledge of the science, and during the day, he gives medicines to the university students. Therefore, in the evening, I suggested that he gives medicines free to people who are poor. He agreed. A friend of him, a police officer, arranged an excellent place in the police office to give free medicines to the poor. He became a source of service to people, and the strength of service has made him to overcome the habit of alcohol.

Likewise, every undesirable tendency can be overcome by occupying more and more with the desirable tendencies. There are many persons who could stop smoking because of their association with me. Chain smokers have stopped smoking. The only technique is to find out their strength, encourage them in their strength, and make them occupy in that strength. One important factor is that the person, who is suffering from a negative tendency, should first recognize it and then have the desire to overcome it. If one does not have that kind of impulse to overcome the limitation, not much can be done.

In the case of this doctor, he was deeply concerned about his habit of drinking and wanted to come out of it. So, he could be helped. Help can be given only to those who seek it. It cannot be given if they don't seek it. Not seeking help arises out of very strong negative tendencies. They don't listen to friendly advice. They don't listen to elderly advice, until and unless they have the related bad consequences. They don't change.

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



Paracelsus

Health & Healing

Fundamental Laws
of Humanism

“Life is in everything”. This is an age old teaching. Even objects do carry life. Upon each piece of handiwork particles of human substance are stratified. Not only the state of the maker’s health is left upon the object, but also his striving energy, which is indissoluble. The latter exists with the object for ages. Stratifications of emanations cannot be ejected. It is therefore considered essential that a man who creates objects of human utility should do it with good will, with peace, with joy and with love. When human work is done with conflict in mind, with an attitude of restlessness, anxiety or hatred, their impact is on the created objects. For this reason it is considered essential that a man has to be joyful at work. The human emanations surround the objects when they are in the making. It may look like a fairy-tale but it is true. Objects are considered good or evil as people are called. Inferior energies at work permeate into the work and get stratified into the created objects.

It is also further said, that milk coming from cows after the calves are fed is considered healthy. Squeezing milk from the cows with machines is considered a brutal aggression. It is like squeezing milk from human breasts, which is meant for the infants. Neither the cow nor the mother is happy, and such ignorant acts are done. When there is less concern for life and when life is hurt, it comes back to the one who hurts. These are certain fundamental laws of humanism which have their impact on the overall health of humanity.

Many such examples can be given of human diabolism in relation to their attitude towards the animals and birds which are consumed as food. This requires deep introspection.

Dr. K. Parvathi Kumar

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

With a subscription you support this important work (€ 84 / year).

Children's Section

On Service

**MANY THINK OF SERVICE
BUT FEW ENGAGE IN DEED.
EXCESSIVE THINKING PREVENTS SERVICE.**

Avarice

Dear children,

Avoid avarice from your nature. Avarice leads you to self-degeneration. The avaricious one gradually loses self-esteem. He is led to do indecent and impure things. He hesitates not to bend down before the undesirable ones. He has to gulf many insults for the sake of avarice, serving the wicked.

Desiring in excess of what one genuinely needs is seen as avarice by the elders. Modulate desire in such a manner that it does not turn out to be avarice.

K. Parvathi Kumar

Stories For Young People**A Mouthful of Rice**

There was a brahmin who lived with his wife in great poverty. Sudama and Kalyani were satisfied with everything they got but they worried about the health of each other.

Kalyani once asked her husband to visit Krishna. He was the ruler in Dwaraka. Sudama was longing to see his old school friend and so he agreed to her proposal. But there was a problem. He wanted to give a present to Krishna, but they didn't have even the daily needing to eat. Kalyani went to the neighbors, lent four handful of rice, fried them with care, tied them up in an old piece of cloth and gave it to her husband.

Sudama reached the palace of Krishna in no time and full of joy he talked with his friend of the days of youth. In the presence of the Lord, Sudama did not feel his poverty. But suddenly he remembered his gift, too little for a king, and full of shame he blushed. Krishna knew his thoughts and so he encouraged him to show him the gift. Shyly hesitating Sudama handled Krishna his bundle. Krishna assured him that he was very pleased with him and this gift. He took a little portion, only a mouthful, of the rice, and Rukmini, the lady of Krishna, smiled. She knew that the acceptance of this part of the heartily given gift by the Lord would grant to this devotee all the wealth of the world.

Krishna made Sudama chief of Secret Service. Sudama accepted the honor and wealth he got from the Lord with humility. He and his wife lived with their minds and hearts full of Krishna.

Story from Srimad Bhagavatam. Master EK gave more details of the life of Sudama in "Music of the Soul" (1987) and "Man Sacrifice" (1982). Master DK in his incarnation as Giri Sama was a grandson of Sudama.

WINDOW TO WORLD SERVICE NEWS & ACTIVITIES (Inputs welcome)

SPAIN

Name of the Group : Good Will in Action – Buena Voluntad en Acción

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Activities :

“BUENA VOLUNTAD EN ACCIÓN” is a non-profit NGO which has been active in the district of Poble Sec since 1997, to help promote the social and labour inclusion of people on the brink of social marginalisation. We are a non-religious, non-partisan and independent association and we work as part of a network of neighbourhood organisations with the objective of helping the families that are in such circumstances.

We work for the inclusion of each of the persons and families through individualised work schemes which include, depending on the persons' situation, participation in several of our training workshops: teaching, job placement workshop, job search techniques etc. together with the covering of the basic needs of the home while the family is on the programme.

The work programme lasts from 3 to 6 months, during which time the social workers and volunteers try to provide the family with the tools, knowledge and resources that will help them overcome the circumstances which first made them resort to our association. On top of these projects, which are especially centred to adults, there are two more projects that are intended for two particularly vulnerable groups: children and young people. To the school support project for children from age 6 to 13 that we have been developing for the last 10 years, a new project has been added in December called Young People in Action (Jovenes en Acción), including both academic and vocational aspects for young

people from age 16 to 25. This project is being carried out jointly by a neighbour Association (Poble Sec Per A Tothom) and Buena Voluntad en Acció.

Our activities are carried out by our team of volunteers and coordinated by four salaried workers and the Board of Directors.

All our activities, which, all along 2012, represented more than 10 000 uses and nearly 1000 families attended to, were mainly made possible through 90 people who, in a disinterested way, worked along with us on our projects.

All along 2012, 938 first visit interviews have been conducted with persons or families in need of help, and 555 follow-up interviews.

Welcome Service and Work Plans

The Welcome service is where information, orientation and assessment are conducted. The social worker is the person in charge of attending to all the demands, giving information, guiding towards adequate resources or programming a second interview if the person can effectively be attended by Buena Voluntad in Acció.

Job Placement Workshop The Job Placement Workshop is a collective workshop to provide support in the search for a job, and it offers several modalities. 154 persons attended the Job Placement. We carry out two lines of training:

- 1) To optimize potential and encourage autonomy.
- 2) Labour Workshops and courses to facilitate access to the labour market.

Basic Needs

Food and hygiene services; Clothing service; Programmes for children

Volunteers

Volunteering is the foundation of Buena Voluntad En Acció. All activities are based on the collaboration of volunteers, and are made possible with their participation and collaboration. As of 31-12-2012 there were 59 volunteers active.

Picture of the Month of Cancer:

Cancer – Cosmic Musicians and the Moon Principle

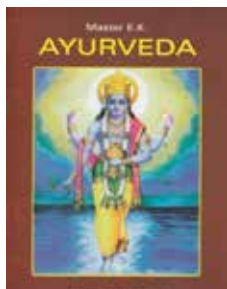


Gandharvas are supra cosmic intelligences and are not conditioned by the creation. They are like the musical notes and waves that move within and beyond the creation with freedom. Among them, Soma is one of the chief Gandharvas and is the reflective principle. He bestows bliss that would cause an inexplicably blissful muse of the soul with the super soul. When this Gandharva is pleased, he secrets from a centre in the head and enables musing of the soul with the universal soul. His rays function through Neptune, Venus and the Moon at three different levels. Soma presides over all celestial music and is the centre of emergence of the sacred word OM. When Soma's blessing reaches the worshipper, he will experience the birthplace of male-female energies in him. The Soma centre is the ultimate yogic centre, where male-female energies merge with equal lend.

Dr. K. Parvathi Kumar: Rudra

Book review

Ayurveda



Ayurveda is the science of Life. The vital body, senses and the mind form the field of study of health and disease in Ayurveda. It is the habit-forming nature of man that is to be used positively as a preventive method for all diseases. Master E.K. has written a fine introduction to this vast subject and his intention is to reach a wide public audience, so that the language remains relatively non-technical.

Ekkirala Krishnamacharya: Science of Healing

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

Mars. The Kumara



Mars is of great help to the aspirant who wants to transcend the barriers of the lower planes. It is in this context the seers gave the higher dimensions of Mars. Utilizing these dimensions, an aspirant can gain the positive vibrations of Mars and progress on the path. The most sublime and divine aspect of Mars is presented in the sublime concepts of Saravanabhava, Subrahmanya, Kartikeya,

Visakha, Shanmukha and Skanda. This book tries to capture these sublime dimensions of Mars, the Kumara.

K. Parvathi Kumar: OM Namō Narayanaya. Significance, Meaning & Practice

Copies: The World Teacher Trust, info@wtt-global.ch

Astrological Important Days in June/July 2014

21.06.	12:51	☉ → ♋ / Sun enters Cancer: Summer Solstice	
22.06.	06:19	11 th phase of descending moon starts ☉ <i>Contemplation upon the personal Teacher, the Guru</i> (End 23.06. at 06:16)	☉ 00°42' ♋ / 00°42' ♂
26.06.	08:37	Phase of new moon starts ♌ New moon point of Cancer: Contemplation upon 'The Pledge'	☉ 04°36' ♋ / 22°36' ♏
27.06.	10:08	● New moon of Cancer	☉ 05°37' ♋ / 05°37' ♋
28.06.	11:58	Car Festival (starts with the 2 nd phase of ascending moon and ends at full moon of Cancer on 22.07. at 20:15) ♌	
05.07.	01:18	● 8 th phase of ascending moon starts ♌ (End 06.07. at 02:28)	☉ 12°54' ♋ / 06°54' ♎
08.07.	02:27	11 th phase of ascending moon starts ♌ <i>Contemplation upon the personal Teacher, the Guru</i> (End 09.07. at 01:10)	☉ 15°48' ♋ / 15°48' ♏
11.07.	17:03	Phase of full moon starts ♀ <i>Dedicate to the World Teacher and Vedavyāsa</i>	☉ 19°15' ♋ / 07°15' ♏
12.07.	13:25	○ Full moon of Cancer	☉ 20°03' ♋ / 20°03' ♏
14.07.	08:33	23 rd constellation <i>Dhanishta</i> starts ♌	♌ 17°23' ♏
	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends on 15.07. at 05:50)	
18.07.	16:37	● 8 th phase of descending moon starts ♀ (End 19.07. at 15:50)	☉ 25°54' ♋ / 19°54' ♏
21.07.	16:12	11 th phase of descending moon starts ♌ <i>Contemplation upon the personal Teacher, the Guru</i> (End 22.07. at 17:13)	☉ 28°45' ♋ / 28°45' ♂
22.07.	23:41	☉ → ♌ / Sun enters Leo ♌ ☉ in ♌ – every Tuesday (29.07., 05.08., 12.08, 19.08.): <i>Contemplation upon the influx of hierarchical money via the Mother of Splendour Lakshmi</i> ☉ in ♌ – every Friday (25.07., 01.08., 08.08., 15.08, 22.08.): <i>Contemplation upon the World Mother in the Heart Center</i>	
25.07.	22:27	Phase of new moon starts ♀ New moon point of Leo: Contemplation upon the World Mother in the Heart Center and Contemplation upon 'The Pledge'	☉ 02°49' ♌ / 20°49' ♋
27.07.	00:42	● New moon of Leo	☉ 03°52' ♌ / 03°52' ♌
03.08.	14:40	● 8 th phase of ascending moon starts ☉ (End 04.08. at 14:47)	☉ 11°07' ♌ / 05°07' ♏
04.08.		Birthday of Master CVV	
06.08.	12:34	11 th phase of ascending moon starts ♌ <i>Contempl. upon Lord Maitreya in the Heart Center</i> (End 07.08. at 10:17)	☉ 13°54' ♌ / 13°54' ♏
10.08.	00:06	Phase of full moon starts	☉ 17°14' ♌ / 05°14' ♏

All dates are in CEST (Central European Summer Time)/UTC+2 (Universal Time Coordinated plus 2 hours)

From: »Astrological Calendar 2014/2015«;

Publisher: The World Teacher Trust-Global, Büelstr. 17, CH-6052 Hergiswil,

Great Invocation



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

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

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

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

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

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

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

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

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

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

Let love prevail.
Let all men love.

Master DK



*PÛSHAN EKARSHYE
YAMASÛRYA PRĀJĀPATYA VYÛHA RASMÎN
SAMÛHA TEJAH.
YATTE RÛPAM KALYĀNATAMAM.
TATTE PASYĀMI YO
SAVASOW PURUSHAHA.
SOHAM ASMI.*

"OH! SOLAR GOD,
YOU ARE THE SON OF PRAJAPATHI.
YOU ARE LONE RANGER OF THE SKY.
YOU ARE ALL NOURISHING AND ALL REGULATING.
PLEASE WITHDRAW YOUR RAYS AND BRILLIANCE.
BY YOUR GRACE I WOULD THEN BE ABLE TO SEE
YOUR BEAUTIFUL GOLDEN DISC."

ISAVASYA UPANISHAD, 16TH MANTRAM