

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Taurus 2019 Mesha

Letter No. 01/ Cycle 33 – 20th April until 21st May 2019

The World Teacher Trust - Global

Invocation



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

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

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

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

Master EK



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Dr. Sri K. Parvathi Kumar is President of the 'World Teacher Trust' and Founder of the 'Vaisakh Newsletter'. The Teachings given in the name of the Masters are all seed thoughts expressed by them. They are elaborated and described by Dr. Sri K. Parvathi Kumar for easier comprehension of an average group member.

Contact : The World Teacher Trust - Global

The Vaisakh Newsletter in English and French: info@worldteachertrust.org; German: wtw@kulapati.de, Spanish: WTT Argentina: wtt@wttargetina.org, WTT Spain: wtw.spain@gmail.com; Brazilian Portuguese: brasil@worldteachertrust.org

Prayer of the Year 2019-2020

A Clean Life
 An Open Mind
 A Pure Heart
 An Eager Intellect
 An Unveiled Spiritual Perception
 A Brotherliness for One's Co-Disciple
 A Readiness to Give and Receive Advice and Instruction
 A Loyal Sense of Duty to the Teacher
 A Willing Obedience to the Behests of Truth
 A Courageous Endurance of Personal Injustice
 A Brave Declaration of Principles
 A Valiant Defence of Those who are Unjustly Attacked
 A Constant Eye to the Ideal of Human Progression and Perfection
 which the Secret Science depicts
 These are the Golden Stairs
 up the steps of which the learner may climb
 to the Temple of Divine Wisdom.



Full Moon of Taurus, 18th May 2019, 23.11



Message of the Month of Taurus

Taurus stands for bull. Bull is symbolic of vitality. The sunrays in Taurus vitalize the earth and enable effective fertilization and germination and growth of life on earth. The body is the earth which should be exposed to the golden light of Taurus to enable its fertility and then vitality. The vital energy supplied by Sun should be put to good assimilation in the month of Taurus. In the Vedic astrology, the month of Taurus is called the month of Madhu, meaning the nectar or the honey. This month is also known to be favourable for divine and subtle experiences which bestow good luck, strength, health, and nourishing divine experiences.

Great beings like Anjaneya (Hanuman), Shankaracharya, Gautama the Buddha, and Veda Vyasa were born during this month; they greatly benefited the humanity and continue to do so even now.

The full moon of Vaisakh also falls in this month, where the message of the Lord is received in a seed form in the Vaisakha Valley by the Hierarchy, headed by the World Teacher, Lord Maitreya. Lord Sanat Kumara and Buddha steer the energies into our planetary system during this full moon.

Many are the secrets of the sun sign Taurus. The predominant dimension of Taurus is the principle of beauty in Creation which expresses through form and leads beings towards beauty beyond form. May the aspirants make beautiful their life in and around and associate with beauty everywhere that would elevate them to a state of harmony, which thereby enables experiencing the harmony of Creation. Until beauty beyond form is realized, the hidden harmony in Creation is not realized. Humanity is stuck in the beauty of the form. Truly speaking, the beauty expresses through form and is truly beyond the form. The form contains the beauty forever. This secret has to be realized to experience the Taurus energy.



Message of the Teacher

Forgetfulness

Kali is the messenger of ignorance. Ignorance emerges from forgetfulness. Forgetfulness is the keynote for all ignorant activity. However much one knows oneself as “I AM” and that he is an offspring of “THAT”, one is bound to forget. As one enters in the knowledge of “THAT I AM”, he perceives all “THAT” around. Do not blame Kali for your forgetfulness. Do not blame yourself either, instead recollect.

Utterances of Lord Krishna



Actions of goodwill please the devas.
The devas grant wealth and welfare to the beings.
Enjoying the wealth and welfare,
Without being grateful to devas,
Make the beings thieves and rogues.
(3-12)

He who eats for himself is a pilferer.
Eat not or enjoy not without being grateful.
Remember the giver,
For all is given. Be grateful.
(3-13)



Lord *Maitreya*

Doubt and Suspicion

Let trust be the basis for all your actions. Do not suspect or doubt. Doubt and suspicion are the two rogues that do not let you grow; on the contrary, they cause your fall. You consistently inhibit yourself by these two negative qualities. Untruth joins you when you entertain doubt and suspicion, causing a triangular activity that eternally binds you. If one works in a group of goodwill with these three qualities and is a constant disturbance to the harmonious growth of the group, it is advisable for the group to marginalize such persons and conduct the activity unmindful of their views and their expressions.

Trust prevails in our community. Preparedness to cooperate prevails. Doubt is never entertained and much less suspicion. Enthusiasm ever bubbles in the energy which enables grasp of the subtle dimensions which would enable the needed thrust. Courage follows and fulfils actions. The members move like race horses and are not stuck like the doubters in a quagmire.

Master Morya
– *Maruvu Maharshi* –

One-ness



Those who nourish are nourished. Nourish the plant, nourish the animal, and nourish the man. Let nourishing be your activity. The Sun nourishes. The Second Logos nourishes. To nourish is to be fatherly.

Let not your mind be occupied of caste, of religion, of nations, and of races. They are all sundry and miscellaneous. Be magnanimous to see the mankind. When you see the sea, do you see the various rivers on the planet in it? They are all merged into the sea. In fact, they emerge from the sea, gain temporary separative identity, and once again merge into the sea. Originally they are together, seemingly they are not together, and yet they culminate again into one. See the one-ness in the apparent many. Where truth is there the joy is natural and unconditional.



Master Koot Hoomi
– *Devâpi Maharshi* –

Sambala 12

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

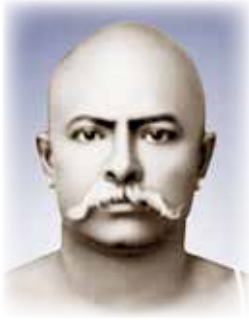
Sambala is the centre from where the will of God emanates on the planet and drives the planetary activity. Sambala receives the impulse from the higher circles during the full moon hours of Aries and formulates the plan of work. The formulation is done for thirty days. The formula is handed over to the Hierarchy during the full moon hours of Taurus. The members of Hierarchy assimilate the plan and initiate the action on the planet during the full moon hours of Gemini. Thus, the three primary full moons of the solar year are utilized for perception, conception, and formulation and delivery of the plan. The first part of the year constitutes the foundation for the next three quarters, during which the plan is manifested.

Message of Master E.K.

Diabolism



There is nothing within and around which is not Divine. Whatever is seen as non-divine and diabolic, it (that perception) has to be eliminated. Diabolism is nothing but one's own illusion. Kill out the diabolic of illusion; what remains is Divine.



Message of Master C.V.V.

Aphorisms to Disciples 14

38. The movements in you during the prayer are the means for the adjustments in you. Observe the movements within, let the adjustments happen, and let there be free flow of energy. See inside the centres, observe how I work out the adjustments.

39. I am Brahman. I have directly undertaken the responsibility relating to your upliftment. I am your teacher, your Master. To you, I am the Trinity. Learn to listen to Me and follow my instructions. The more you align with Me in you, the more you get trained and get fulfilment.

40. The relationship between you and Me is the most sublime and poised one. It is not debatable by others. Do not let others intrude our mutual relation.

Vidura

Teachings of Wisdom



Continuity of purpose,
poise, truthful and lawful nature,
and equanimity,
are the qualities of the Initiate.

PRACTICAL WISDOM

Synthesis of Old and New enables attainment.



Saraswathi

Suktam 3
Sound Formulae 2

The ancient Seers found out the purpose of sound, its formulae and its right use for purification. Sound has the power to ignite fire, which in turn can burn up everything that is impure. Mantrams are such sound formulae. The Gayatri Mantra is the sound formula that invokes the energy of the Cosmic, Solar and the Planetary Suns.

The Sun and the Central Sun cannot be Hindu –nor can the Cosmic Sun be Hindu. Likewise the sound formulae cannot be Hindu. Master Djwhal Khul, who was a Tibetan in one of his incarnations, says that the sound formulae are preserved only in India today. They have been lost in other places and must be given again. Madam Blavatsky also states that for some mysterious reason the sound formulae are still preserved in India. They were known in the ancient cultures of Egypt, Chaldaea, Assyria, Greece, etc. but much were lost due to excessive materialism.

Srî Râmakrishna

A True Sadhu



A holy man, while passing through a crowded street, trod accidentally on the toe of a wicked man,
Who, furious with rage, beat the Sadhu mercilessly, till he fell to the ground in a state of unconsciousness.

His disciples adopted every means to bring the sage back to consciousness, and when they saw that he was coming round a little, one of them asked, "Master, do you recognise who is now serving you?"

The Sadhu replied, "The same who beat me."

A true Sadhu finds no distinction between friend and foe, for he sees the same Spirit present in all.

PRACTICAL WISDOM

The will to be,
to know,
to do good
and to be silent
is the essence of Life.



On Secret Doctrine

Antediluvian Astronomers

To the minds of occult students, two figures are indissolubly connected with mystic astronomy, chronology, and their cycles. Two grand and mysterious figures towering like two giants in the archaic past emerge before the occult student whenever he has to refer to Yugas and Kalpas. When and at what period of pre-history they lived is known to none, say a few in the world now. There is no way for others to know of them with certainty since it demands knowledge of the pre-diluvian history which is beyond a hundred thousand years to a thousand, thousand years. Of them, the mystic East speaks off, as Narada, the Vedic Rishi, and Asuramaya, the Atlantean.

Narada, the son of the Creator, Lord Brahma, is one of the five mind-born sons. He was to be a Prajapati but opted out from being a progenitor and remained a celestial Kumara (celibate). He plays the role of a cosmic teacher adored and worshipped by the planetary Hierarchy and is intimately associated with the Three Logos. In Eastern mythology, he is considered to be the most-high teacher that initiates the initiates to the absolute truth called Nara. The truth in its involutionary process gains seven times seven folds of nature, flourishes for a duration, and then recedes in the same order. That the truth cyclically manifests and de-manifests is known in its details only to Narada and the Kumaras. The manifesting and de-manifesting of the truth in successive steps is what is called in the scriptures as Narayana. The intricacies of the truth Nara, and its manifestation and de-manifestation cycles are well known to Narada. The very word Narada means the one who initiates the knowledge into Nara.

Intune with the time cycles, Narada adjusts the processes, giving the needed stimulations here and there. There are many stories in Puranas relating to Narada facilitating the involutionary and evolutionary time cycles of the truth. In formation of the planets, in adjustment of the planetary activity, in balancing the divine and the diabolic energies, Narada ever actively participates and facilitates the work of Nara. He has free access to Nara and his Ayanas, meaning cyclical downward and upward movements. All works that have a planetary impact are inevitably initiated by Narada. Volumes can be spoken of in relation to his work. According to the need of the time cycles, he even instigates the wars not only upon earth but also in heaven. His mysterious ways are only known to him and to Narayana. The two form a great team in fulfilling the beings of the Creation. Blessed are the high initiates who have access to Narada.



Krishna orders Asuramaya to build a palace for the Pandavas



Saturn

Saturn and the Planets The Transit of Saturn 3

When Saturn transits our birth-sun, he will make us more disciplined with our health. He will tickle our inner ill-health. He kills the ill-health and makes us more disciplined about our health.

When Saturn transits through our birth Mercury, he will discipline us in our financial matters. When he passes through Mercury, he affects our financial affairs. His job is to restructure us to be in tune with the Law.

Saturn normally makes two visits in one life. He can also visit us three times in a life span, if we have enough longevity, and by that time he will give us great expansion.

When Saturn transits our birth-moon the first time, he gives us one dose of cleansing. In his second visit, he makes a complete cleansing. If we are still there when he visits for the third time, he will give us complete expansion. Suppose, he visits us very early in our life, say, around our 10th or 14th year. Then what happens? He will revisit us around our 42nd or 44th year, and again around our 72nd or 74th year. There are some people who receive Saturn at a very early age. If it is in the first seven years, he will visit them again around their 37th year, and the third visit will be around 67th year.

Discipleship

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

Sense of Futility

To many persons of intelligence, there comes the moment when no satisfaction is found in the familiar things, when the old and well known forms of gratification and of expression cease to attract interest. They are left unsatisfied and with a deepening sense of futility and emptiness. The crisis usually persists for a long time. This difficulty is not a disease of the mind and of the personality, as psychologists usually take it to be. The unthinking masses experience no such difficulty, desiring merely the satisfaction of the senses. Where the feeling of futility exists, it is a sign of progress and of a relatively high point of evolution and therefore a reason for a sense of encouragement. It warrants explanation and understanding, but no real concern, for it is a symptom of aspiration, unrealized perhaps but nonetheless there. In personality reorientation and conscious fusion, the spiritual nature is the solution to the problem.

A disciple



The Teacher

53. Chinmukha Antara Vartanam

Stay Active in the Inner Core of the Stable
Chitta of the Contemplator

Chinmukha means countenance engaged with chit, consciousness. When the contemplator reaches the state of stable chitta, his face carries the glow of consciousness and within that consciousness of chitta the Teacher interacts. In other words, in the core of the consciousness of the contemplator the Teacher appears and interacts. All transmissions are in that state. The Teacher may transmit a plan of action, a teaching or an instruction. The student receives into his stable chitta all that is transmitted by the Teacher and works with it. All inspirational writings, teachings and also acts of service are done with such internal support coming from the Teacher. As much as one holds his chitta stable and remains receptive, from the higher circles one would receive the necessary information for self-transformation. The student's stable chitta is an abode for the Teacher for interaction. In the earlier attributes we spoke of the abodes of the Teacher within himself. Now here another abode is spoken of which is the core of chitta of the student. The other name for the core of chitta is the heart of the student. The stable minds and the related stable chitta can be compared to the tuned up radio sets that are oriented to the transmitting stations. The tuning of chitta is the effort that the student has to make. The transmission is what the Teacher does from within. Thus, the radio set receives and transmits what is broadcasted by the radio station. The Teacher is like the radio station which is connected through radio waves. The radio set tunes up to the radio waves and receives the program.

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

A disciple

Kapila

The Yoga Science 1



Mind is the middle principle. It should be kept clean at all times. Yoga practice enables to keep mind's screen clean to reflect that which is. However wise one is, regular (daily) practice of Yoga is essential to maintain the state of mind clean and neat for reflection. The whole process of creation is one of combustion. The by-products of carbon keep emerging due to the very process. Hence the need to remove them on a daily basis. Yoga practice is the daily cleaning process that enables Yogic living. Hence the importance of Yoga. Such Yoga shall have to be practiced with constant and consistent awareness of I Am in all.



Ashram Leaves

Watch - Catch

I Am unborn and hence do not die.

I Am uninvolved in all actions that happen through me.

Matter gathers around me in the layers and get influenced in subtlety.

Her gathering and dispersal are periodical, I Am eternal.

She comes out of me, subtle, grows grosser and coarser and reversing the process, she grows subtler and transparent.

Indeed, her game around Me is pleasant to watch and dangerous to catch.

Lord Dattatreya

Perfect Creation - 10 Sun-Signs



The 10 incarnations in 4 Yugas is also the formula derived from number 10. A zodiac of 10 sun signs is the esoteric zodiac, which excludes the passion, the emotion and the desire represented by the second half of Virgo, Libra and the first half of Scorpio which accounts of 60 days (two months, or two sun-signs). It is the unlawful desire that brings the fall to the perfect creation into imperfection. Every theological system speaks abundantly of the need to moderate without negation these three, namely, passion, emotion and desire. Verily, desire is the only one, which builds his triangular activity through emotion and passion. The three together blur the vision/comprehension.



Fire

Devas

In the ritual through the Fire god the planetary, solar and cosmic Devas are invoked by their respective seed sounds and mantrams, the directional Devas are also invoked. Their blessings are sought as per the three steps of the prayer, namely

- Neutralisation of Karma.
- Visualisation of golden light.
- Experiencing the Truth.

This Fire ritual is therefore recommended for all truth seekers. The cooperation of Devas is essential for an aspirant and the disciple as well. The Devas are the helpers on the Path. Their worship is best done through Fire. The text reveals their detail.

Rudra The Lord of Cosmic Will and Vibration

A Few Dimensions of Rudra 5 Siva



The cosmic principle of Rudra as contained in the Vedas is described as Siva in the Puranas. Siva means the Auspicious One. The auspiciousness relates to the universal welfare. Those who submit their lives totally for the other's welfare are eligible for the bliss of Siva. It is also called the state of liberation. The ones who reach the bow of Siva in them are those who have performed such acts of self-sacrifice and service. Rudra himself emerged to conduct such acts in creation, and hence He initiates those who follow the path of self-sacrifice through service.

PRACTICAL WISDOM

A Master of Wisdom not only imparts Wisdom
but also lends Presence.



Group Prayers

May our veneration towards Lord Agni
override our limitations of utterance of actions
and of plans that we conceive
and ensure that we are guided at all times
in all ways by the Lord Agni.

PRACTICAL WISDOM

Knowledge builds the Path to Oneness,
One teaching and One Source.

Sanat Kumara

Life's Purpose



Attaining the Lord should become the Rhythm of daily life, the Ritual of Life.

The purpose of daily life is to experience the Lord, then the routine of daily life transforms into a ritual. The ritual gives the magnetic impact of rhythm. The purpose of human life is Atonement and this is attained through a practice of experiencing the Lord in the daily events of life. This enables experiencing bliss in its optimum level every moment. To be blissful at all times is the goal set. This blissful state is also called the realisation of Truth or God. God realisation means realisation of the Truth of One Existence, realisation of One Existence, One Consciousness and its work in detail. This has to be the attempt of the humans. The human souls search for happiness, and that search ends when one realises that he himself is happiness and that happiness can be found within according to one's disposition. The inner happiness is called joy. In the inner chambers of joy, there is the bliss. When man dips deep into the source of mind he finds himself in the light of buddhi, which is joyful. Wisdom is the buddhic state, which is joyful. The nature and its intricate work are understood beyond the seeming conflicts. Therefore joy prevails as man further searches into the inner chambers of joy that is, the source of the light of buddhi. He finds himself as a unit of consciousness. Each soul is but a unit of consciousness in whom pure knowledge is imbedded. Every soul is a unit of consciousness that emerges from the pool of consciousness, called Universal Consciousness. When this is realised the joy becomes boundless, because of the realisation that the soul – unit consciousness – emerges from Universal Consciousness which is boundless. This Universal Consciousness emerges from Existence, which too is boundless. Experiencing all these states through a path of discipline is called yoga, discipleship. When the experience of One Consciousness and One Existence is realised, man dwells in the optimum of bliss. Man has this potential.



From the Teacher's Pen

Questions and Answers

Group Service

Question: Dear Master, why there is so much insistence on group service these days in your teachings?

Answer: Dear brother, the law of group service is the future law. In the past ages it was service to one's own self. The emphasis was upon individual salvation. The entire attention by an aspirant was engrossed about oneself. Nothing was considered more important than self-salvation, self-revelation, and self-independence.

Then came the period where service to the Master was considered to be of dominant interest. The aspirant was serving himself and was also serving the Master. The Master was served and the duty to him was heavily emphasized. It was considered that salvation was easier to be attained by serving the Master. An unconditioned, selfless service to the Master was the keynote for salvation.

Ever since the advent of the Aquarian Age, service to the society is considered the main means for self-salvation. Self-forgetfulness in serving the society, if cultivated man overcomes all his limitations and stands liberated. Therefore, think of serving the surroundings. The service can be towards plants, animals, humans, earth, water, air, etc. Let service be your attitude. This is the new dimension of BEATITUDE.

The Wisdom of Nakshatras

Star 1: Aswini

Ashwini is the first constellation covering 13°20' starting from 0°0' Aries. In the Hellenic astrology this constellation corresponds to 26° Aries to 9°20' Taurus. The Vedic astrology follows the fixed star method while the Western astrology takes into account the movement of the axis and hence there is the difference of 23°20'. A table is separately provided to locate every nakshatra as per the astrology followed in the West for easy reference. The term Ashwini means of the horse, meaning born out of the horse energy. The Ashwins are the twin gods. At the supra-cosmic plane they are known as Drasyu and Nasatya. Together they are called Ashwini Kumaras. They are the two fundamental alternating principles that descend into cosmic, solar, and planetary planes. At the planetary plane, they exist as the sons of the Sun. They represent inhalation and exhalation of prana. They also constitute the basic healing energies in the solar system. Being the first part of Aries, Ashwini is considered to be horse head. In Puranas, the constellation represents the energies of the Ashwins Mitra and Varuna or Drasyu and Nasatya. The Ashwins are the celestial healers. They are frequently invoked since ancient times for miraculous healing and even for rejuvenation of an old body into a young, vital, and virulent body. Many are the stories relating to the twin gods who are said to be born through the Sun to benefit our solar system. They represent the highest form of healing deities. They are the twin gods. Horse itself is a symbol of dynamic energy and horse head is much more so. The persons born with Sun or Moon in this constellation are very active, intelligent, and skilful at work. They have bright eyes and a broad forehead and a little bigger than a normal nose like the Greeks. They are skilful and intelligent workers, gentle in manners and intelligent in handling situations. If a person has Sun in this constellation, he would be much more dynamic and even stubborn. The persons



born in Ashwini constellation are faithful persons and are willing to do sacrifices. They constitute good friends and are reliable during times of difficulties. They are good advisers but cannot accept criticism. They cannot be easily influenced and are generally committed to work. They belong to the category of believers yet they are not slaves of sentiment. They reason out with intelligence. They would like to take the central place in any congregation and generally would like to rule. Persons born with Moon or Sun or ascendant in this constellation are natural healers and they would do well in the field of medicine. The persons born in Ashwini constellation are swift and fast in their thought and action and hence there is a danger of being hasty, impulsive, and weak in details. They are good starters but are not good finishers. They could be good administrators, physicians, psychologists, and even marketers. The ruling planet for this constellation is Antinode. It indicates that they get suddenly depressive and disillusioned and set to loneliness. This is seen as their major weakness. Ketu (Antinode) is known for all types of beginnings and is directly related to initiatory impulse. It also carries the power of the past. It supplements the Ashwins energies in healing persons. It has the ability to rejuvenate just like phoenix. Mars, being the planetary ruler of Aries, connects to this nakshatra (constellation). Mars is known for its active energy, initiatory impulse, and warring nature. Natives of Ashwini constellation carry the impulse to fight for a cause – either good or otherwise. Since Sun is exalted in Aries, Sun also connects to this constellation giving the needed recognition, rulership, etc. Thus, Ketu (Antinode), Mars, and Sun express themselves through the constellation Ashwini. Ashwini represents the top of the head. Mars in Ashwini is indicative of headaches, head injuries, and troubles relating to the head. The numerical potency of Ashwini is 1, the gender is male, the animal symbol is horse, and the bird is eagle.



Agni

An Introduction to the Work
of Cosmic Fire, 87



5. The Electric Fire Facets of the First Logos 1

The first Logos is said to be wearing as His jewels or ornaments king cobras, meaning that He is the time or the holder of the time key. And the cycles function under His presidency, i.e. the timetable of the groups of solar systems and the groups of planetary bodies, called a solar system, and the planetary beings at all levels. He holds the timetable relating to it. And He is the onlooker or the seeing-eye that keeps observing the functioning of fire by friction and also the solar fire. And He is the Lord of Lords, meaning all those, whom we know as Gods, they emerge from Him. Of all the total universal systems, we have understood about the second and third Logos, that they are emanations from Him, and He is the Immutable One.

There is the descend and ascend as far as the second Logos is concerned, and there is the movement of the fire by friction through matter, but in functioning of the two fires, solar fire and fire by friction, is He the Immutable One; He is the centre. And hence, He is called the Cosmic Fire, which can burn up everything. Fire is considered to be the purest of the pure, because if you keep anything in a vessel or in a cloth, the cloth smells that item. If you keep bread in a cloth, afterwards the cloth smells bread. If you put some perfume in a cloth, the cloth smells perfume later. Or if you carry some fruits in a cloth, then the cloth smells fruit thereafter. But if you keep some fire in a cloth, there will be no cloth to give us the smell of fire, meaning, the fire is said to be the consumer of everything. That is why the scripture says: "Our Lord is the consuming fire." He can consume all.

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



Master EK

Vishnu Purana
Chapter XXIV

Kusha Island

Then there is the Kusha island (the island of the sacred grass), which has double the area of the previous island. It is also surrounded by the divine waters. The seven sons of Jyotishman live there and their names are as follows:

1. Udbhida (the sprouting one);
2. Venuman (the one with a bamboo);
3. Sviradha (the one with liberty);
4. Lambana (the hanging one);
5. Dhruti (the one who sustains);
6. Prabhakara (the one who makes the rays);
7. Kapila (the dark brown one).

These are the names of the different types of hair that grow on the body. This is the reason why the island is called the island of the sacred grass, meaning Prana, which distributes the sprouting of hair through the pores. In this kingdom the human beings live along with demons and giants. (This means that the human beings at the level of the pores of the skin live with the human nature mixed with the limitations of the undesirable mental traits.) They also live mixed up with Devas, Gandharvas, Yakshas and Kimpurushas, etc. (It means that the human beings have desirable traits mixed up with undesirable ones.)

There also you find the four classes of people absorbed in their own work as worship.

- The Brahmins are those who live self-controlled.

- The Kshatriyas are those who are brilliant with valour.
- The Vaisiyas are those who gather.
- The Sudras are those who are monotonous in their work. They do their work according to their Scripture and their position is consumed by their work (on physical plane work consumes energy).

On that island they worship the Lord in the form of Brahma, the Creator. They perform the rituals and spend their position in the form of the result of their work.

There are seven hills on this island also and their names are as follows:

1. Vidruma (the coral mountain);
2. Hemasaila (the mount of gold);
3. Dyutiman (the mount of brilliance);
4. Pushpavan (the mount full of flowers);
5. Kusesaya (the one that lies on the sacred grass);
6. Hari (the green one);
7. Mandhara (the mountain of churning).

Seven are the rivers that flow down the seven hills and here are their names in order:

1. Dhuta Papa (the washer of sins);
2. Siva (the auspicious one);
3. Pavithra (the pure one, or the river of purity);
4. Sumathi (good mind);
5. Vidyut (the sparkling river);
6. Ambha (always full of water);
7. Mahi (the widest river).

All these rivers wash off sins. Apart from these, there are thousands of little mountains and small rivers. The Kusha Dvipa is so named after the sacred grass that grows there.



Paracelsus

Health and Healing

Basic Health Triangle

Work, Food and Rest form the basic triangle that man has to establish in a rhythm. Lack of rhythm in respect of these 3 will disturb the inner health, which eventually manifests in the outer. In modern times people have lost rhythm in relation to this fundamental function. For every malady a pill is seen as a solution. A pill for headache, a pill for stomach disorder, a pill to postpone menstruation, a pill for digestion, a pill for defecation, a pill to prevent conception and worst of all, a pill for sleep. Sleeping pills have become so common that people gulp them down as casually as peppermints or chocolate.

Sleep is nature's best gift to human beings. We cannot afford to disturb it in any way. Sleep restores normalcy. Sleep nourishes the system since the irregular mental machine is absorbed into its source. For those who cannot sleep their mind is a menace. When mind is a menace it does not allow sleep. It disturbs the stomach, it creates disturbance to every organ below the diaphragm. A disturbed stomach, liver and other associated organs disturb the organs above the diaphragm also. For example, gas in the stomach can disturb the respiratory system. The excessive acids secreted in the stomach also disturb the oesophagus. The lower system, when disturbed, disturbs the system above the diaphragm, causing sleeplessness.

When the respiratory system is disturbed, fear and anxiety occur and further disturb sleep. Prolonged sleeplessness for a week or two can result in depression, meaning the sickness is going deeper to disturb the mind, which was initially disturbing the system. Anger, irritation, violence, incoherent talk are the results of depression. It then becomes difficult to restore

the person to normalcy.

It is common sense that man ensures his regular sleep. A sleep of 6 to 8 hours is generally recommended for daily restoration of normalcy in terms of health. If one feels that his sleep is disturbed, he should immediately ensure proper sleep through natural means i.e., by adjusting the rhythm of work and food. He should also take care that there is proper digestion and defecation. He should further ensure that there are no accumulated toxins/carbons in the stomach. Observing the stomach, the digestive and the defecating system on a daily basis is of paramount importance. Man has to ensure the above.

If he does not ensure that these fundamental principles are carried out, sleeplessness will ensue in many cases. It is not advisable to treat this sleeplessness with sleeping pills. In extreme cases of depression, sleeping pills are seen as first aid. But in other cases, such as the ones stated above, use of sleeping pills would lead to dullness of the brain and nervous system, which further leads to weakness of hands and legs, to subnormal circulation of blood, to loss of appetite, to palpitation of the heart and anxiety without cause.

Man needs to know that he cannot afford to disturb his sleep by irregular activity.

Sleeplessness due to depression is an entirely different situation. Even for that, sleeping pills are not the solution. This should be dealt with separately.

To ensure regular healthy sleep the following are recommended for inclusion in daily life:

- Suitable daily exercise.
- Drinking of water (3 litres) and fruit juices.
- Eating fibrous food and sprouts (in relation to pulses).
- Ensuring daily defecation.
- Exposure to morning or evening sunlight. (Exercise in sunlight is recommended).
- Ensuring elimination of gases and toxins through appropriate digestive food.
- A lot of vegetables and minimum pulses and cereals (sprouts are exempt from this).
- Avoiding daytime sleep. (Siesta for 20 to 30 minutes in a relaxing chair

is permitted).

- Regular intervals for eating. Not to have prolonged intervals between breakfast & lunch and lunch & dinner.
- Late night dinner with heavy and rich calorie food has to be avoided. Sleep should be at least one hour after dinner. Cup of hot or cold milk would help.

Dr. K. Parvathi Kumar

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

Website: www.paracelsus-magazin.ch/en

Dimensions of Ancient Wisdom

Dr. K. Parvathi Kumar
Group Life Teaching, Part 2
June 2018, Billerbeck, Germany

Today with the revelations coming from science we know, how much activity happens even in the atom where there is also a pulsating principle, working out as complementary with electron, neutron and proton. Therefore, there is this activity of centripetal and centrifugal forces in us. It is very relevant for us to get to this dimension relating to us. We only know how to use the mind, the senses and the body to relate to the outer world. We have not yet learnt the method of applying the mind upon respiration and taking a dip into our own being, whereby we enter into a column of light where you can meet the inner man in you who leads you to his original.

An outer life with the help of the mind, senses and the body, the same mind can be turned inward by application of that mind upon respiration. A fairly developed subjective mind has the same faculties as the objective mind. It requires to be developed. We all developed the objective mind starting from being kids. Initially with great effort, we have learnt to use the eyes, the ears, the tongue, the smell and the touch. We have learnt to use the legs, we have learnt to use the hands. The objective mind is well handled by the one who is within us, who is called the inner man.

We need to meet the inner man who is expressing out every morning. Every morning it is the inner being, who is expressing out. When it expresses out, we feel we are existing. But even when it is not expressing, it is there within us as our own being. We do exist in sleep hours, but only after there is the consciousness we know that we are existing. Before that what happens to us in the sleep? What did we do in the sleep? How are we in the sleep? What happened when we went into the sleep until we have come back from sleep? This is of great inquiry of all seers to find what is within which emerges by the day and merges by the night.

That is what we need to know, that something from within wakes us up, and we feel we are awakened, and then we get into our busy activity in

the outer life not knowing the very purpose of our awakening, not knowing why are we to be here. We take it for granted, as we wake up that we have to go, have our breakfast etc. But there is something which is awakening us every morning, and that something is within us as ourselves which is called the inner man. This inner man himself according to the seers and according to the scriptures is an image of another being who is within us and around us. The inner being is but a mirror image of a being who is within us and around us. That being is whom we call “the Master”.

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

Stories for Young People

On Service

The Server needs to know
when to serve,
where to serve and
whom to serve.
'Need' decides the three factors.

1. The Choice

England at the turn of the 13th century: King John personally investigates a case. A young man sues his younger brother for the handing over of his inheritance. Contrary to applicable law, the younger brother took over the parental farm after the death of his father. The younger brother claims that the father had taken the heritage from the firstborn on his deathbed and transferred it to him. The father had thus expressed his doubts that the first-born was his biological son. The result of the investigation: The elder one is really the illegitimate son of King Richard the Lionheart, a deceased brother of King John. Faced with the choice between material possessions (the inheritance of his "father") and being considered an offspring of the royal family, the elder brother decides to be recognized as a king's son and renounces the inheritance. He is recognized as King John's nephew and gets the name of his biological father: Richard Plantagenet.

Richard is eager to prove himself a king's son, to align his life to the law and to enforce it. The opportunity presents itself when France declares war on England. It claims the city of Angers for itself. The city belongs to England, but it refused entry to the English King John. It doubts his legitimacy. At the same time it refuses to admit the French king. It insists that the kings first clarify the legitimation by fighting; then it wants to recognize and admit the victor as its ruler. A dangerous situation: How can the kings fight in front of the walls of a city that can change sides as friend or enemy at any time? The kings are at a loss.

The city of Angers behaves opportunistically and does not want to take any risks. By betting on the winner, it determines its ruler itself. Richard

the ambitious king's son is outraged. He understands the rebellion in the behavior of the city. He advises the kings first to punish the city together and then to settle their quarrel in battle. When the kings begin to follow this advice, the citizens of Angers recognize the danger. They propose to the kings a permanent alliance by marriage between the royal houses, with which the city passes as a gift of England to France. A win-win situation. Everyone is happy. But Richard is deeply disappointed. He remarks that the kings do orientate their actions on material gain and personal advantage, by breaking promises and ignoring law. He foresees that with this example of the kings, the community will be harmed. The subjects will follow this behavior by concentrating on their own benefit.

Richard's considerations are prophetic. A ruler who does not embody and enforce law is superfluous: King John did not only lose his lands to France and the Pope, but also his royal rights to his subjects (Magna Carta Libertatum 1215). In the future he would be called "Johannes sine terra" (John without land). About 500 years later the French will abolish the reign of the kings.

Re-narrated after W. Shakespeare, "The Life and Death of King John".
Drama written around 1594. Inspired by Master Morya

Compiled and quoted by B.K.



WINDOW TO WORLD SERVICE NEWS & ACTIVITIES (Inputs welcome)

Argentina

Name of the group: Sudama

Contact: Fabián Ortega **E-mail:** hogarortega@hotmail.com

Address: : Alejandro Magariños Cervantes N° 5681 Código Postal 1407
Ciudad de Buenos Aires, Argentina

Phone: +54 91161733109

Website: <http://www.lavidacomoescuela.com.ar/>

Activities (1):

- Visits to hospitals, neuropsychiatric clinics, children dining places, nursing homes

Every Saturday and Sunday in Argentina (Buenos Aires, Greater Buenos Aires, La Plata) and in Spain (Murcia and Cartagena)

- Workshops on Natural Cooking

Every 1st Saturday of a month, in Argentina and Spain (Torre Pacheco-Murcia). Right now we have opened 11 workshops. Most of them are given in the homes of the families of the group.

- Sponsorship Elementary Schools. Sending school supplies and materials to schools in poor areas in the inner of Argentina

Every week servers of the group work on putting together parcels from donations that come to us, to send to each of the 26 schools we attend.

- Workshop on Furniture Recycling

Every Tuesday at the headquarters of Sudama carpentry work is done, with furniture and wood that we receive as donation, to transform them into different furniture that are donated to places usually visited in service activities.

Meetings for Children and Youth

Conducted in the halls of our offices, guided by a group of young people,

didactic activities for children between 3 and 10 years of age.

- Medical Clinics

In La Plata (Argentina) were opened new medical clinics named INTEGRIDAD, at the seat of Sudama in this city, where health care, natural cooking workshops and activities of service to the community are provided.

Therapeutic, pedagogical and educational programs at the Santa Lucia Secondary School in Cartagena, Spain. The classes aim at learning self-control, social skills, group cooperative learning, as well as support of teachers with children from difficult social conditions.

- Editing of the Magazine LIFE AS A SCHOOL

Bi-monthly publication of a magazine, free distribution, designed and edited by the group.

Picture to the Month of Taurus

Taurus - Downpour of Divine Will



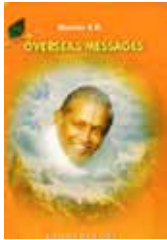
Forget not Aldebaran, the all-seeing Eye that can pull up to the state of the most sublime. It exists in you as the Eye of the Lord. It presides over you in all walks of your life. In the cosmos it presides over the whole Creation. Contemplation upon the column of light from the heart centre up to the higher third eye yields fruitful experience. The month of Taurus can thus be consecrated for such contemplation.

Remember that the full moon of Taurus is the culminating point for such contemplation. Buddha is born through such contemplation. Such contemplation, through such consecration, gives you the status of the Sacred Bull.

Dr. K. Parvathi Kumar: Vaisakh News Letter Taurus 1999

Book Review

Overseas Messages



Dr. Ekkirala Krishnamacharya (Master E.K.) toured the European countries seven times during the period 1972 to 1983. He gave lectures at various places at the request of the groups. Twenty-five such lectures are published together into this volume styled as "Overseas Messages". Master E.K.'s teachings continue to inspire even years after his departure from the physical.

This volume contains a variety of teachings displaying the numerous facets of wisdom. It is presented for the benefit of the seekers of wisdom.

Ekkirala Krishnamacharya: Overseas Messages

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

Mercury – The Alchemist of the Age



Mercury is the golden middle principle that can compromise the high and the low, the left and the right, the male and the female, the positive and the negative, the spirit and the matter, and the Divine and the diabolic. Mercury is impersonal, and the one who is governed by Mercury is impersonal as well. He is the agent of divine alchemy, to synthesise seemingly divergent energies. Mercury is the friend with whom all agree. He is the centre around which

things tend to gather. Mercury is the light of the soul that soothes, heals, magnetises and thereby enlightens the surroundings very impersonally.

K. Parvathi Kumar : Mercury – The Alchemist of the Age

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

PDF: http://worldteachertrust.org/_media/pdf/en/mercury.pdf

Astrological Important Days in April/May 2019

20.04.	10:55	☉ → ཨ / Sun enters Taurus	
26.04.	11:10	☾ 8 th phase of descending moon starts ♀ (End 27.04. at 13:31)	☉ 05°52' ཨ / ཌ 29°52' ཨ
27.04.	22:43	23 rd constellation <i>Dhanishta</i> starts	ཌ 17°28' ཨ
28.04.	21:00	<i>Dhanishta-Meditation</i> (<i>Dhanishta</i> -constellation ends 29.04. at 01:48)	
29.04.	18:34	11 th phase of descending moon starts ཌ <i>Day of Nârâyana</i> (End 30.04. at 20:48)	☉ 09°05' ཨ / ཌ 09°05' ཨ
04.05.	00:34	Phase of new moon starts ཨ New moon point of Taurus: Contemplation upon 'The Pledge'	☉ 13°12' ཨ / ཌ 01°12' ཨ
05.05.	00:45	● New moon of Taurus	☉ 14°11' ཨ / ཌ 14°11' ཨ
06.05.	23:48	3 rd phase of ascending moon starts ཌ <i>Contemplation upon the sound emerging from the seat of the heart (Leo) to the mouth via the throat</i> (End 07.05. at 22:47)	☉ 16°05' ཨ / ཌ 10°05' ཨ
08.05.		White Lotus Day: The day of departure of HPB from the physical	
མ	21:29	5 th phase of ascending moon starts <i>Birthday of Śaṅkarācārya, the great philosopher initiate of Advaita</i> (End 09.05. at 19:57)	☉ 17°55' ཨ / ཌ 05°55' ཨ
10.05.	18:11	7 th phase of ascending moon starts ♀ <i>Descent of Idā force for manifestation and materialisation</i>	☉ 19°43' ཨ / ཌ 01°43' ཨ
11.05.	16:14	☾ 8 th phase of ascending moon starts ཨ (End 12.05. at 14:07)	☉ 20°37' ཨ / ཌ 14°37' ཨ
12.05.		1922: Departure of Master CVV from the physical	
14.05.	09:29	11 th phase of ascending moon starts ཨ <i>Day of Nârâyana: For healing, synthesis, and for self-contemplation</i> (End 15.05. at 07:06)	☉ 23°14' ཨ / ཌ 23°14' ཨ
18.05.	00:41	Phase of full moon starts ཨ <i>Birthday of Vedavyāsa, contemplation upon the Hierarchy with The World Teacher presiding over the groups of disciples</i>	☉ 26°44' ཨ / ཌ 14°44' ཨ
	23:11	☉ Full moon of Taurus (Vaiśākḥ-Festival)	☉ 27°39' ཨ / ཌ 27°39' ཨ
21.05.	09:59	☉ → ཨ / Sun enters Gemini	
25.05.	06:45	23 rd constellation <i>Dhanishta</i> starts ཨ 21:00 <i>Dhanishta-Meditation</i> (<i>Dhanishta</i> -constellation ends 26.05. at 09:44)	ཌ 17°28' ཨ
26.05.	05:19	☾ 8 th phase of descending moon starts ☉ (End 27.05. at 07:46)	☉ 04°37' ཨ / ཌ 28°37' ཨ
29.05.		May Call Day	
མ	11:51	11 th phase of descending moon starts <i>Day of Nârâyana, to dedicate oneself to Master DK in thought and in word, to study intensely his teachings and to link up to the disciples of the world in thought.</i> (End 30.05. at 13:08)	☉ 07°46' ཨ / ཌ 07°46' ཨ

All times are in CEST (Central European Summer Time)/UTC+2 (Universal Time Coordinated plus 2 hours);
 From: »Astrological Calendar 2019/2020«; www.worldteachertrust.org;
 Publisher: The World Teacher Trust – Global, Kohlhüttenstr. 10, CH-6440 Brunnen.



The Great Invocation

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

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

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

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

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

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

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

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

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

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

Let love prevail.
Let all men love.

Angustamaatraha Purusho,
Madhya Atmani Thisthathi.
Eeshano Bhootha Bhavyasya,
Nathatho Vijugupsatey.

Meaning:

The Thump sized miniature form
is centrally placed in the person.
In the centre of the miniature form
is the Master of the universe.
Relate to the resplendent thump sized being in you
and to its centre.
It relieves you from the past and from the future.

Katha Upanishad