

FULL MOON MEDITATIONS

by

Master E. K.

(Abridged)

About the author

Kulapathi Ekkirala Krishnamacharya, who is popularly known as Master E.K. was born in a traditional Indian family. He got trained in Vedas and ancient scriptures by his father. The main work of his life is the spiritual fusion of East and West. For this purpose he made several tours in western countries. He trained many of his disciples in human service through New Era Healing. He wrote several books in English and his mother tongue Telugu to impart the ageless wisdom for the coming centuries.

(The Great Invocation should be uttered in the morning mediation. See it in the books by A. Bailey)

The Invocation of Master E.K.

(should be uttered in the evening meditation.)

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 realization 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.

LŌKA ŚŚAMASTAH SUKHINO BHAVANTU
(This should be uttered thrice)

ॐ स॒न्ति॒ स॒न्ति॒ स॒न्ति॒
OM SĀNTIS SĀNTIS SĀNTIH

GOLDEN STAIRS

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, and 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.

H. P. Blavatsky

SIGNIFICANCE OF THE FULL MOON

Lecture given at Liege, Belgium on 16 July, 1974

FULL MOON

The Full moon and New moon are the two important nodal points in human consciousness. In fact, all the mental activity of the biological beings on this earth is instrumented by the actions of the moon and the magnetic attraction of biological and nonbiological Kingdom of this earth is also instrumented by the activity of the moon and the earth and the faculties which we call germination and reproduction are also caused by the activity of the Moon.

If the whole constitution has no resistance at all to offer to you, then you exist and all the constitution ceases to exist to you. That is the state of meditation which will be helped by the increasing moon. During increasing period of moon you will experience this to your advantage because the lines of forces travelling from your mind to your body and from your body to your mind are harmoniously arranged and the condition of perfect health and ease to all the lower vehicles offers no resistance to you inside and then inside you live and that is meditation. One secret about meditation is that it is not achieving a state of meditation but only removing an other state which is not meditation. Because what we call meditation is the natural state and what we call reaction activity is unnatural state. So it is only a removal of non-meditation and not at all an attainment of meditation. Goodness is not achieving something good but removing which is not good, that is not doing bad deeds makes you good man.

Now the decreasing moon beings to cause great objective disturbance. You begin to observe your activity in your house and in your office. Mark the moon and mark the conditions in your house. Mark the moon and mark the conditions in your house. During the hours when the full moon is being over, big changes occur during the routine of your house. You have to start some things or finish some things or begin somethings new. Big disturbance or a discussion with somebody or with your wife, because you want to do something in some manner and she wants to do the same thing in some other manner. Until you are able to regulate this reaction from outside, you follow the course of moon and try to get the advantage of the moon by following the course of the moon.

The new moon and the full moon are the best days to conduct meditation within yourself and they are the days of great opportunity to contact the higher forces in you and the higher forces outside. The higher forces whom we call Devas and the higher forces whom we call Masters can be contacted either on the full moon day or the new moon day. I think many of you have gone through the book with great veneration, the book named "DISCIPLESHIP IN THE NEW AGE". How to contact the Master is to meditate upon the day of full moon. First of all know the date of the full moon at least three days earlier so that you get yourself, prepared to keep yourself engaged to yoga activity, i.e., the meditation activity and the activity of contacting the higher forces. Then every month you will be able to do this with ease but if you remember that tomorrow is full moon, today you cannot help because you have already fixed up appointments with friends tomorrow and for an occidentalist, an appointment is more than a death. He is not having the art of arranging things according to

importance. The result is that you have to spend the full moon day in following the formalities with your friends and the whole day is spent away in hello, Bonjour and mercy and finally do Buzva to the full moon. Better luck next month. For one month again you have no opportunity. This is the fate of an average occidentalist who is a slave of formalities. Excuse me, but this is true. Then what about the orientalist or Indians, you may ask? I can close my eyes even though my friend is coming because the friend understands this very easily and either he sits along with me in meditation or if he has any work he calmly goes away but never remembers that I have not told him Bonjour. We are free for Yoga in India. You also can be free; nothing is coming in the way provided you know the art of arranging your programme.

Remember to notice the full moon day at least five days in advance because if the full moon day happens to be a Dimanche once again it is gone. So it is cancelled. Let a holiday go away but let not the full moon day go. Catch hold of the full moon day and leave off Sunday and Dimanche because Sunday comes after Seven days and full moon comes only after one month. It is a great opportunity. In the Vedas it is described that the moon is the doorway between yourself and the outer world. It is because the moon governs your mind and the mind is the doorway between yourself and others. On full moon day, the I am in you is reflected upon the mind and reflected also upon others as a beautiful expression of harmony. Then if you turn your mind inside, the harmony is focussed upon yourself, the mind is placed before you directly. The mind is a mirror. If you place the mirror directly before you, you will see only yourself and if you place in a wrong angle, you will see somebody's face in the mirror.

The objective activity is neutralised by doing meditation on full moon day. You will enter into yourself and live in yourself and automatically you will be taken by yourself into another plane. The planes called etheric plane and buddhic plane are easy to be attained on full moon day and new moon day. If you meditate upon the etheric plane your astral body does good to you but if you want to meditate upon astral body and want to live in astral plane it is like jumping into an ocean where you will be lifted upon the waves of the ocean without your feet keeping to the earth. A person who is in astral plane cannot control his events. He will be a play-doll of emotions. He weeps easily, he laughs easily, he begins to talk too much and while talking emotionally he goes into spirit-mediumship. While giving lecture he will be taken away by a spirit and for about 15 or 20 minutes another fellow who is recently dead enters him and begins to lecture and he thinks that it is inspiration. That is the fate of people who follow spirit mediumship and those who meditate the astral plane. The fourth holy plane that leads us upwards is the etheric plane and buddhic plane. Meditate upon the buddhic plane. Many people do not have the confidence that they are meditating upon the buddhic plane. So you select a person who is living in buddhic plane and you meditate upon him, you are already on the buddhic plane without your knowledge. So a Master is always on the buddhic plane working on the plane of the higher will. Any holy person who has got a perfect control over his senses and mind, will be working through his buddhic plane and if you develop friendship with him, it helps you to establish a contact in meditation with him. Behave with him in such a way that you are being appreciated by him, thereby he establishes a contact with you on the Buddhic plane. This is one of the practical secrets of yoga practice. A person who wants the good results of Yoga practice, should go and approach sacred persons like the Sadhus, the Mahatmas, the people who live without violence and who do not hurt others and who are pleased with what they get. You yourself go and approach them and sit near them for some time, at least one visit to such person is very valuable. Sit for 15 minutes near him, he will establish a buddhic contact with you, because they are always pleased to help others. They have no reason and without any reason they will be helping people. If you sit with him, you will be receiving the help of establishing a contact with him. That buddhic contact is called the telepathic rapport.

Then you close your eyes on the full moon day, just think of him, you will be already in the buddhic plane. A state which is attained by a practice of ten years is possible for you to attain within two or three days through this process. Remember some such persons on the full moon and also on the new moon day and prepare the physical body also for that day by taking less of solid food and more of liquid food. Liquid does not mean alcohol but natural

liquids. Of course, alcohol also gives some spirit but it is not spiritualism. That is spirituousness. Both are poles apart. In spirituous state we lose ourselves, in spiritual state we gain ourselves, that is the difference. So take liquid food of good value and avoid any dinners or banquets. Do not promise that you would attend dinner that day. Really a great danger to the occidental man. To refuse a dinner is only to change the order of importance. He is a real friend who does not misunderstand you when you are not able to attend his call for dinner. How can he be a real friend who misunderstands you? So consider only real friends and consider sympathetically other friends. But do not allow yourself to attend any heavy dinner and always let the choice of your food be in your hand and you regulate your food, eat a little less (than what you eat) on the full moon day and one day before and one day after. Also on the new moon day, one day before and one day after. One friend asked me, if we eat like this six days in a month, only a few days are left behind. But yoga practice is not for those who have the cheap hobby of eating. Eating should be for you and you should not be for eating. In the ancient days they used to arrange holy fasting. In all the religions you have the fasting. In Roman catholic religion and Hindu religion also you have some days on which you do not eat but that is very bad. Fasting and starving are against Yoga practice because Lord Krishna describes Yoga as balance and equilibrium. In Bhagavadgita it is described: Let the food and enjoyment of the senses and the mind be regulated.

That means there is no Yoga for those who eat too much and there is no Yoga for those who eat too little. Eat not according to the host or according to the taste. The indicator is inside and not outside. You consult your indicator and eat. This regulation is as important on full moon days as on new moon days. Then the body does not come in your way and your meditation will be air travel and not train travel. Train travel is with many noises, as it is attached to the earth plane. Some people in India take ten or twelve baggages in the aeroplane. In the airport all the articles are taken out and sent back. So the friend who comes to give send off, will take back all the articles home. So the meditation should be a journey of the airlines. Raise up immediately into yourself. No body, no mind and no memory of existence; you will live in yourself because you do not remember yourself. You will exist and then you are living in the plane which is the plane called buddhic. Then the etheric plane is working in an uniform way. Every part of your body, you will find, very light but full of sensation and the spinal column will show some peculiar activity which is not at all painful but pleasant. That is the activity of Kundalini and chakras.

Some people complain that they are experiencing great trouble with their chakras and Kundalini. It is not activity of chakras or Kundalini but it is activity of arthrose or neurosis. In Lyon I had a peculiar experience. One gentleman came and reported to me that Madam so and so was suffering from great pain in the Muladhara and he requested me to go and see her and give advice. I questioned him, how long since? He said, since eight years. Then you bring her to my residence, I will see her, I said. Then he said that she is not in a condition to move, she is in bed since three years. Why, I asked. Then he said, that since the violent actions of chakras have started, the Kundalini is troubling her. So the great trouble is with Kundalini. That is not at all the case with anyone. When Kundalini or chakras are in activity, all the previous pains will disappear. There will be an arrest of all diseases. You will feel the greatest help. The activity in the spinal column is a very pleasant sensation when the chakras are at work. On the full moon day and one day before, you will very easily experience it even before you could get a hold over meditation. Even in the premature stages of yoga practice, even on the full moon day and one day before, there will be great experiences if you are prepared. First something is felt going and coming in the spinal column and then you feel something is opened like this and afterwards not something but some sensation. Afterwards not sensation but sense, afterwards not sense, but presence. It is only presence in degrees. What is the difference between the hand of a paralytic person and a normal person? It is the degree of presence of yourself in the hand.

On the full moon day your presence is given to all parts of the body. That is the greatest secret. Since your heart and your spinal column contain the essence of your presence, you will feel the activity as yourself. You will actually feel that you are coming and going in those areas. You can very easily go up and down the spinal column. Imagine that you have

become water, then now when you are going up and down, you can imagine the comfort. It is all happiness, all pleasure, all joy, all experience and all presence. This experience will be touched on the full moon day. If at all you have not made yourself leisurely on the full moon day and you have not removed all other programmes to experience this. The etheric plane outside is directly in contact with the etheric plane inside on that day. You will be in contact with the etheric bodies of others because the truth is that the etheric body is not in us but we are in the etheric body. We are floating in the ether of space and therefore some of that ether is within ourselves. And that some other ether that has entered from outside, we call it our etheric body as if it is our grandfather's property. It is not our etheric body but it is The Etheric Body. So, on the full moon day in meditation, from your etheric body you will begin to float in the etheric body which is the ocean of ether that is around this earth. On the solid surface of the ether globe there is the liquid layer called the ocean and above the ocean level there is the gaseous level which we call atmosphere and from above the level of atmosphere into the atmosphere and into the earth globe, the ether penetrates. And on the background of the ether, the earth is floating. Because of the work of the ether, the earth is rotating around itself and going round the sun. And the Sun and the planets and the earth are all floating in a big ocean of ether. This is the state of the etheric body and on the day of full moon the obstacles between our ether and The Ether will be removed, doors are opened, and you will live in the ether, just as a tumbler placed in a big tank, pond or pool, contains water in itself and water contains the vessel. The vessel is in the water and the water is in the vessel. But the water is not imprisoned in the vessel just as we imprison in a flask. Just like a tumbler placed in a pond or pool, you float around your ether within the ether like a tumbler. You lose the presence of your body to your mind because you lose the mind in yourself, and while going in the street, you will find many miracles on the full moon day. Before you, if a person is walking, you silently feel that while walking he stands. Then immediately he stands. If you think that it is thought control, the second time he does not stand. If you go and sit in a chair and before you there is another chair, and if somebody is sitting in that chair, and if you want to have full view of the person who is lecturing, in your mind you feel that he should feel like going and sitting in some other chair. Immediately he feels like sitting in some other chair. He gets up and sits in some other chair. But if you think it to be thought control, that is the beginning of black magic. Upto that it is white magic. From that point it is black magic because it is not thought control but it is one ether working into the other ether because two bodies are floating in one flood or ocean or ether. Remember the universal rate of ether. It lives in him and in you also: you make a request here, it will be done there, make a demand here, it gives a blow upon you. So a request is a white magic and a demand is black magic. You have no right to demand on the spiritual plane. Of course, on the political and other planes, you have a right to fight and to suffer the consequences. But on the spiritual plane, it is a plane of compromise of all truths, we have no right to demand. We have no right to say to a person, to get up and sit in another chair. But we have every opportunity to make a request. So what we call rules of civic life are the only rules that are governing etheric life also. There are no new rules in the invisible planes but all old rules, strictly followed, already known rules, but more strictly followed than in the physical plane. You will experience all these wonders on the full moon day. You can experience the one existence in all.

Then is it difficult to have a contact with one of the Masters? If it is not difficult to contact your fellow beings who are not yogis, it is not at all difficult to contact one of the Masters on the full moon day because it is only a request and not a demand. As long as you remember this, if two or three of you think sympathetically about me and this poor fellow should better understand, that idea is enough. The fusion of many societies can be worked out easily in this manner. If at all it should be done, it can be done on full moon days unless we do not want it. If at all we want it, it will be done on full moon day. If there are many Yoga Associations in a place, that shows the absence of Yoga because Yoga is oneness and Synthesis. Suppose in a city there are hundred trade unions, another hundred worker's unions, maximum number of unions, that shows there is no union. Union means coming into one head. The more number of unions means, there is no union. So more number of Yoga Societies means, no Yoga but only Societies. Better to have Yoga without a society than to

have a number of societies without Yoga. This holy work can be done on full moon days. The Kundalini becomes more conscious by the work or fusion of societies.

If we go on concentrating upon Kundalini, it goes down more and more because thinking of our own Kundalini is in no way better than thinking of my own pocket and that is selfishness. Awakening of Kundalini is not possible for a selfish fellow. It is group work that gives spiritual awakening and never an individual one. There was a time when individuals had to practice in their rooms nights and days without eating and taking water; or standing on one foot doing terrible penances, horrible tortures, self-torture. These are not there in the Aquarian Age, where progress is possible only through group work, and failure is sure in any individual work. Let it be in Yoga, let it be in business you will find after 20 years, there will be no individual businesses because of industrial groups, government industries, and no individual businessman will survive after twenty years. That is the influence of Uranus which cannot be denied. The individual either should co-operate or he should die. That will be the condition of a citizen after 20 years. Politically that will be the condition, economically that will be the condition, commercially that will be the condition, agriculturally that will be the condition and in Yoga that will be the condition because Uranus is the Master of oneness in all the sciences. He has no two lessons — one lesson in business and another lesson in Yoga. So the Tibetan Masters' work cannot be imagined. He is trying to bring fusion of various branches before it is too late because in the Aquarian age if we live in an individual society for a very long time, it will be too late for our society to live at all and even to link up with other societies. When it is too late, it becomes an incurable case.

So the group work should be encouraged and it can be encouraged only on soul level and Buddhic plane through a full moon meditation and not through logic and argument. You cannot convince the other person that he too should do the fusion work but you can do it on the soul level by meditating about the fusion with him, yourself doing the work supplementary to his work and the other person doing the work supplementary to your work. If you begin to meditate about him like this, he begins to do it in his own house, though he does not want to come to your house for some time. All the prestiges and vanities will break off and the soul will work through soul level. The same work is done through continents and countries, cities and towns. Only when you begin to live on soul level through a group work, an awakening of individual Kundalini is possible and the stimulation of chakras is possible. There is no single example till today who can boast that his chakras are awakened and his fine Kundalini is dancing with the hood upwards. Nobody can prove on individual basis that every body can prove through his sweet artistic work on cosmic basis. Let there be a beautiful amalgamation, let everyone be a part of the whole work. This one idea is enough for all full moons.

To give perfection is possible first to the group and then only to the individual. The second part by itself is not possible in Aquarian age. First to me and then to the group is not possible. We cannot grow into Yogis. So first to the group work and therefore to us. If we are attached to the big magnet, we live as magnets but if we try to develop our own magnetism, and then go to a bigger magnet, it is not possible. So let there be a full moon daily to all of us. I wish to do the group work through thousands of miles along with all of you. So until once again we meet, better be doing this group work. Let us meet on the soul level. Nobody should experiment how we are meeting on the soul level. Do your work on the soul level, you will be automatically living with others.

You will have unexpectedly the experience of the presence of not only great people but also of your own friends. First you will begin to see them in dreams, afterwards you will begin to see them in dreams that are real. For example, if you see a friend writing a letter to you in your dream, within a few days you will receive that letter. That is the second stage of group work. This is called telepathy. By doing work, we develop telepathy, but if we begin to investigate into telepathy and try to learn it, we will miserably fail because it is an attempt to possess something. Whenever we want to possess something, our mind will form a non-conductor of Yoga current between ourselves and others working. So do not think of telepathy but think of co-operating with your friends daily. Do not think of seeing the Masters but think of co-operation in the work of Masters. Then gradually your friends begin to appear in dreams, and afterwards even when you are awakened, suddenly you will hear their conversations or suddenly you will see them, while they will be sitting in their houses and you

will be in your house. If a perfect focus is achieved even for a few minutes or even for a few seconds, without your own knowledge, these seconds you will clearly see these faces and you can directly hear what they are speaking at that time, not for the miracle of it, not for the jugglery or magic of it, but for the convenience of the sacred work of all. So we will once again meet after experiencing that work.

Thank you all!

FULL MOON MEDITATIONS

Full moon meditation for the month of Aries

This full moon occurs in the month of Aries which is symbolized by the Head of a Ram. It signifies a straight dash of the eternity into the cycles of time. The symbol signifies the two horns of the ram in the heavens. They are the two halves of the year which supplement one another. Meditate this symbol as the two eye brows meeting of your (face and dinting your) nose downwards at the point their contact. This points out to you the passage of time into yourself as your own mind. Mind is only consciousness measured into awakening. Yourself as consciousness can be known as the eternal principle which is cut by your birth as a beginning. The sun cuts the equator from south to north as he enters the sign Aries. It is said, the head of the year God is cut and the head of a ram is supplemented when the sacrifice of the year is completed into a circle. All the creation of this earth awakens into the body of the year God as it gets created into the various living beings of this earth. Invisible fire exists as sky and visible fire exists as the Sun God. The splendour of the Sun God makes its manifestation into the forms of the cycles of the season when the Sun enters the sign Aries. Meditate upon this sign when the full moon passes through this. You will experience the most brilliant light of yourself by doing so. May the Lord of the cycles be with us all as our consciousness while we meditate upon the full moon of Aries.

Full moon meditation for the month of Taurus

Taurus is the sign of the Great Bull of the Heavens. The symbol represents positivism, reliability, and serviceability. The bull is among the most serviceable creatures to man. Man has crossed the birth of the bull as he has done with the birth of the other animal symbols during the course of his evolution. The human monad has undergone the stages of various animals before it attained the stage of human birth. Even now the Human being carries with him the traits of all the animals as the past association expressed in terms of his present tendencies. Wherever you find endurance, consistency of purpose, reliability and serviceability you will find the bull trait manifesting through him.

The bull also symbolizes fertility and seed power. The germinative and fertilizing nature which we call sex is represented by the bull in astrology. The full moon in Taurus bestows physical fulness and reproductive ability which we call the power to germinate. Man has also crossed the stage of using the bull fight as a game. This symbolizes the struggle of the human consciousness to transcend the attraction of sex and translate it into the higher terms of spiritual fertilisation. In the highest sense, the sign Taurus represents the human consciousness which has crossed the barriers of sex and which is ready to use the attraction in a higher sense, the sense to attract the lower planes to the happiness of the highest plane which we call bliss. May the full moon in Taurus bestow upon us the power to transcend the lower planes of attraction and embrace the consciousness into the fold of the highest bliss which is the culmination of attraction.

Full moon meditation for the month of Gemini

This full moon marks a remarkable period in the year for many reasons. In the first place, Gemini represents the vocal chords. The Mystery of utterance has been much explained in the Vedas as one of the major initiations. The utterance of word through the vocal chords is only an external form of the utterance of oneself. A word or a sentence uttered contains the meaning and the import of what one wants to utter. This is the intention which contains the concept which is but a wave in the ocean of oneself. A proper meditation of the whole process of utterance results in self-realisation. The spirit of man expresses the soul of man as his own concept which was himself before it came out. Since the Moon represents the mind of the individual which receives the concept on its surface as a screen, the full moon in Gemini represents the mind of the individual which receives the concept on its surface as a screen, the full moon in Gemini represents the externalisation of the whole creation from the state of God which was all-subjective. A meditation upon this full moon reveals the nature of the various layers that exists between the subjectivity and Objectivity of a living being. The whole creation is an objectification of the subjectivity which we call God. These two aspects, Subjectivity and Objectivity are visualized as the first pair, Gemini. According to the ancient Indian tradition, Gemini represents a pair of supplementaries, subjectivity and objectivity. Subjectivity is called the Lord and objectivity is called the power of the Lord in relation to his Lady. Hence the pair represents the birth of the first Androgyne, Sakti and Siva. The emblem is called Ardhanari (the male who is half female). The sign Gemini is worshipped as the temple of the Lord at the entrance of which there are two pillars, Boaz and Yakhin (word and meaning). Man passing through the gate between the two pillars represents himself expressing as word and his concept.

Among the many solar systems we see as stars, the two suns, Castor and Pollux represent the spirit of the pillars. The light that is being thrown out from the two stars is received by the being of this earth in the form of the faculty of discrimination. Man knows the eternal and the changeable, the infinite and the finite, the experience and understanding, the latter of each pair existing on the background of the former.

Astrological correspondences represent the vocal chords of the individual which contain the Power of the two stars to utter forth the word. These two are compared with the two mill-stones which grind the flour of sound for the bread of thought in the Vedic Symbolism. The seed which produces the flour represents the god-seed in man which bestows the divine bread to make him survive in the form of his span. Span is nothing but a succession of pairs of inhalation and exhalation. May the Lord fill us all through every breath and absorb our mind into his meditation on the day of the Full Moon of Gemini.

Full moon meditation for the month of Cancer

This full moon marks 'AT HOME' of the year God. This is the cosmic bottom which marks the bottom of consciousness for the Lord of the year. The sign Cancer indicates the so called sub-conscious nature of the children of this earth. In fact, it is the background consciousness which protects and guides all lives through instinct and behaviour. Instinct is governed by the Moon. Behaviour is governed by Neptune, the planet of divine music and devotion. Cancer forms the exaltation of Neptune. A full moon during this month gives a stimulation to both instinct and behaviour. This should be taken advantage of by true students of consciousness and truth.

The symbol of this sign is crab according to some seers. The Crab is noted for its side-wise motion. The sun crossing the summer solstice on 22nd June of every year will make a crab like sidewise motion when seen from the earth. The sense of direction (right, left, front, back, above and below) is hatched in the mind by virtue of this side-wise motion characteristic to this sign. Thus the sign governs the mind with all its powers of objectivity.

Some Seers have compared the sign cancer with a mystic singing insect called beetle. It is said to enchant a worm into a winged being by the power of its own music. Neptune is the beetle who enchants souls from the worm state of body consciousness and sense-consciousness to a state of liberation into its own (Soul) consciousness. This marks the winged stage of the soul when the insect can leave the plane of earth for a pleasant

pilgrimage into the subtler planes which are more and more musical in the ascending order. The music starts with vocal sound and culminated gradually through the steps of the rhythm of respiration, the harmony of thought, the tranquilising of emotion, the equilibrium of consciousness and finally lodges itself in the cosmic experiences which is present in the past, present and future of the lower souls. The sign cancer contains present and future of the lower souls. The sign cancer contains, in its tender folds, all the above said mysteries of every evolving being. May the meditation on this full moon day lead you through the experiences safely to the seat of liberated eternity.

Full moon meditation for the month of Leo

This Full Moon marks the heart force of the year God. It is the Divine seat of the whole process of circulation. Cosmic consciousness is circulated as solar consciousness through the golden image in the Sun god by virtue of the Leo function. The brilliance, openness and fearlessness of the sunshine are thus symbolized as the Lion force of creation. The Divine consciousness reflects through many centres as follows:

1. The Head Centre — the seat of illumination.
2. The Brow Centre — the seat of comprehension.
3. The Throat Centre — the seat of self-expression.
4. The Heart Centre — the seat of love.
5. The Navel Centre — the seat of emotions.
6. The Spleen Centre — the seat of reflexes.
7. The Base Centre — the seat of instincts.

All the centres are seated by the base centre, moved by the spleen centre, enforced by the navel centre, realized by the heart centre, expressed by the throat centre, comprehended by the brow centre, and enlightened by the head centre. The heart center is the synthesis of the constitution of a living being. It is also a gate-way between the finite and the infinite, the Man-force and the god-force. Leo with its ruler, the sun god, marks the heart centre of humanity which fuses races and nations through eons of time and through the twelve trails of the baser differences of the human mind. Man stand victorious on the Lion-seated throne by the virtues of the glorious sign Leo. A meditation upon the Full Moon during the month of Leo stimulates the love consciousness of the human being. May the Love seat in you be stimulated and be guided by the Lord of creation, on this occasion.

Full moon meditation for the month of Virgo

This full moon marks the virgin nature of the living being on this earth. The pristine quality of consciousness which is generated by the reaction of the sun's rays on the atoms and cells of the earth is the one thing to be visualized and preserved by the human being on this earth. The sun descends into the southern latitudes of the earth during this month. He is busy in fertilizing and engraves the outlines of nuclear and the material plane. This causes the annual immaculate conception by the Sun God in the capacity of the etcher or the carpenter (Joseph) in the bosom of the virgin nature of matter. This forms the sacred cross of consciousness with matter. The mind of man is living with the physical tissues and their associations as tastes and hence man is stained with the sin of his flesh and blood. This man, the sinner, is to be crucified upon the sacred cross to be resurrected and taken into the Lord consciousness. All this activity is governed by the traits of the sign, Virgo. A meditation upon the full moon in Virgo gives a stimulation of the above said process of the immaculate conception when every human being is raised to the stage of the son of the Virgin. May the meditation lead you on to the goal successfully and may the blood and flesh of Lord who is crucified in us, redeem us, wash the sins of earth and feed in all with the divine bread and wine (Purified flesh and blood).

Full moon meditation for the month of Libra

The present full moon occurs in the sign of Libra, which is the symbol of balance. This is the sign of human justice. This gives you the capacity to know the balance between what others do to you and what you do for others. It is called your sense of justice. You are expected to meditate upon your sense of justice during hours of the present full moon. The gate way between your objectivity and subjectivity is the real judge in you. Try to keep a perfect equilibrium of your sense of justice while you meditate upon the present full moon in the sign of balance. It is the same thing which keeps your body living by accepting the supply of prana from the space around you into the space within you. The centripetal and centrifugal pulsations that act in you exist in the Libra Consciousness within yourself. They govern the flow of your blood from and into your heart through the activity of your inhalation and exhalation of your breath. The air around you becomes the breath within you through the function of your Libra consciousness. Meditating upon your breath will bring your mind nearer and nearer to the consciousness which makes you breath. As they come closer and merge into one another the resultant is what we call the Libra consciousness. Such a meditation will teach you the art of feeling the poise of life and the ease of living. May the full moon in Libra confer upon you the greatest poise and experience.

Full moon meditation for the month of Scorpio

The key note of Scorpio is secrecy and devotion. The sign Scorpio is represented by the Scorpion crawling in secrecy to give its sting. The sense of secrecy and hiding is the cause of all the sin and sorrow mankind experiences on an individual scale. May the Astral plane of consciousness among our Brotherhood be purified from the wish to conceal one's own mind and suspect the mind of another, be purified and better utilized to form a common whirlpool of devotion.

Another symbol of this sign is the Serpent and the Eagle. May the Serpent nature of the personality taking shelter deep in the holes of one's own supposition about others and dark belief about oneself, be vanquished by the piercing eagle-eye called discrimination and the tip of the eagle beak called the sharpness of intellect. This causes a release of mother nature from bondage and subjugation under the step mother nature of favouritism and partisan spirit. May the Full Moon break the shell of individuality and bleach the thought net of personality. May the Full Moon fill with Neptune consciousness for which the Moon is a bird serving the function of vehicle.

In the scripture, the whole thing is presented as the following story. The Grand Eagle which transcended spaceglobe and whose body is a synthesis of time-measures, is slave to his step mother. He, the Grand Eagle, brought the Globe of Immortality on his back and gave freedom to his mother from the bondage. May the Eagle bring freedom unto you.

Full moon meditation for the month of Sagittarius

All forces in you should be directed to one purpose and that is your lifework. Everyone should aim at the consciousness of the Group. This is beyond individuals. Everyone should prepare his activity like an archer who aims at the object which is revolving in space up above their heads. To trace this target, they should look into themselves, i.e. their own thoughts and emotions filtered into spiritual aspirations and synthesized into the one aspiration of our planet, the will of our Lord. Meditate yourself as an archer practicing shooting at the target above, while looking at its reflection in a lake of water below. The water is your life, reflection is your understanding and the object above is your liberation. Five are the number of arrows available and they are the five senses working through yours.

Full moon meditation for the month of Capricorn

The Mystic being with the face of a capra (Goat) and the body of Chronos (unwinding giant Animal) is a symbol of strong determination with delicate and smiling expression. Real work and real determination requires only ability and stability but not roughness. No bluntness for any difficult task to achieve mere determination without skill leads to application of force at the blunt surface. This does not bring any success. Mere skill without determination leads to lack of purpose. This also does not contribute to any success. Skill applied to labour with determination is the only way to climb up the cliff of the mount called success. Capricorn is called the mount by the Tibetan Master. A meditation during the full moon of this month causes a fine fitness of the three factors: Skill (Goat's Face); determination (the water animal) and Physical Labour (The coiled tail of the Animal). May the symbol bring you success through a proper synthesis of the three forces to realize the symbol.

Full moon meditation for the month of Aquarius

The constellation of Aquarius called THE MAN IN THE HEAVENS! He is the guide of humanity through ages and centimes. The Masters of Wisdom recognized him and called him MANU (the prototype of man). The set of highly evolved Solar Systems which we call the Stars of the Constellation Aquarius shed their light upon the beings of this earth through the Sun of our Solar System in sparkling looks. This light is a light of blessing for spiritual realization and the perfection of our mankind through ages along the spirals of evolution quite in tune with Nature's Law. This Law of the human evolution is called the Law of Manu. The stages of evolution are called MANVANTARAS which are 14 in number in each round. Each Manvantara includes many Mahayugas (great periods) as the petals in a flower. Each Mahayuga includes Yugas, centuries, years, months, days, hours, minutes, seconds and so on. All these divisions await their unfoldment like the tender folds of a bud. Each tender fold is a brimming with life, consciousness and a spirit of petal unfoldment. Each in its turn produces a set of souls promoted into human bodies lifted from the animal kingdom. The Full Moons and New Moons work as the reproductive office hours for the Gods of Reproduction (Pitrus). There are 14 Moon phases between each full moon and new moon and they function as principles of the Manvantaras (14 in number) in miniature. We know that the lunations govern the reproduction by erecting the periodical calendar of 28 days (a period of fertility in the physical mechanism of woman). The man in the heavens thus guides the woman on this earth to produce the Soul of a descending man into the human physical mechanism. All this is for the evolution of the Soul. The workings of this intricate process produce some waste and filth which we know as emotions and the beastly instincts of man. It is the duty of the Manu to lead the souls through the obstacles produced by this filth and lead them on successfully through the long and laborious journey which means an exodus of the 12 tribes from the bondage which is called Egypt in the Bible. Moses is a phase of the true concept of Manu and the journey of man.

All this is written as the story of man on the pages of the Heavens in the mystic script composed by the spiral hieroglyphs of ages, centuries, seasons and days upto the split-second. Let us meditate upon the glittering body of the Heavenly Man-Manu in the sign of Aquarius and try to understand his message to the present mankind through the pictures of the constellation of Aquarius. Now we are running a minor period called "The Aquarian Age". Every year during this month of Aquarius the Heavenly Man showers down the flow of the spiritual light from his pot. You remember that the man with a pot pouring down water to sprinkle the drops of Spiritual Wisdom upon the evolving souls of this earth is the symbol of the sign AQUARIUS. Let us meditate upon THE ONE MAN who has descended into the forms of the many human beings busy through the work of their evolutionary journey. Let us read his message and try to follow it by realizing the spirit of universal life and impersonal

work through centuries, races, nations, ages and stages. May the Man in Heavens bless us all.

Full moon meditation for the month of Pisces

"FISH" is the symbol of eternal wisdom shaping into the concept of man and merging into the Ocean of his background. The shaping is called the decent of the Lord as fish, before which there is the great flood of the ocean. Clouds of concepts pour down rain in the directions of the individual will which again gathers as the one ocean of will upon the surface of which the ship floats. The ship is the vehicle or the necessary limitation of men which is led by the fish with the aid of rope of consciousness. This rope links the individual with the universal consciousness, without being lost in the ocean of unconsciousness. Periodic floods mark, the ending and beginning of the year of twelve months. Each month then marks the deluge. From Full moon to new moon there is mark upon which the 14 Manus embark. The whole scene of the flood is a periodical drama of the reproduction of the seed of the Universe.

BY THE SAME AUTHOR

1. Spiritual Astrology
2. The Yoga of Patanjali — PART I & II
3. Lessons on The Yoga of Patanjali
4. The Mandra Scripture
5. Man Sacrifice
6. Our Heritage
7. Spiritual Psychology
8. The Science of Homoeopathy
9. Ayurveda
10. Music of the Soul
11. Mystic Mantrams of Master C.V.V.

Table to show the dates on which the Sun moves in each sign

Sign	Date and Month of Every Year
ARIES	21st March to 20th April
TAURUS	21st April to 20th May
GEMINI	21st May to 20th June
CANCER	21st June to 21st July
LEO	22nd July to 21st August
VIRGO	22nd August to 21st September
LIBRA	22nd September to 21st October
SCORPIO	22nd October to 21st November
SAGITTARIUS	22nd November to 21st December
CAPRICORN	21st December to 19th January
AQUARIUS	20th January to 19th February
PISCES	20th February to 20th March