

Group Living for Summer Solstice

Seminar:

Bad Essen, Germany, 19th – 21st June 2009

with Master K. Parvathi Kumar

(These notes are only for personal use. They are incomplete and might contain mistakes, lp)

Visit to the WTT-Group of Bünde, North Rhine-Westphalia.

The WTT-Group of Bünde had invited me to come the meeting with the Master and Kumar-Garu in the house of Sister Julieta and Brother Reiner Kröhnert. They had worked a lot to beautifully prepare the house and the garden for the visit of the Master.

In the evening of June 18th, Master Kumar and Kumari Garu arrived with Doris and Günter, travelling from Berlin via Hamburg and Bielefeld, where they had been visiting group members before.

We had dinner together. Next morning after the meditation there was a question and answer session with the Master.



The first question was how the group should open up towards newcomers. The Master said:

“To the new people we have a different information to give, not this all (the knowledge at once). We have to inform them the yoga steps and that in man there is man centre, a God centre. There is the centre of the Christ or the Master, there is the centre of man, and there is the centre of the body. Man relates to the body to experience objectivity. To experience the divine life on earth, we have to link up to the Master centre in you, called Ishvara in Yoga. It is from that centre the man comes and from man the body comes. So the body is the vehicle of our experience. If you link up to the God centre in you and work with the body, you have no problems.

We normally relate to the man in the body and forget the order. They do not know how to work with the body in objectivity. Therefore they make a problem of their lives. If they link up to the God centre, then slowly the man will come, and a natural way of love will generate, and then slowly the right sense how to lead a life of splendour. So a life of splendour means a life of cooperation, and a life of service, of healing on all levels. All becomes possible because knowledge comes to us and all practices relating to the divine only to link up to the God centre in us. There are many names in theologies, what is important is the God in man. There is God in man and there is man, and then there is the body. He should relate to God, then relate to the body. When he does not relate to God, the body circumscribes man. The

body does not belong to man, it also belongs to the Divine. The body cooperates when we are with the Divine. The body does not cooperate, when we neglect the Master. When we neglect the Master, the body neglects us. These are the three centres the man has. The God centre is normally in the head. The man centre in the heart and the centre of the body is in the navel. So all that is below the diaphragm relates to the body, the centre of above relate to the centre of man and the centre of God.

To gain a better understanding and the working with the body, we need to relate to the God in us. God is descends when man invokes him, the omnipresent God relates to man through the man centre in us and meets man in the heart. That is why heart is the meeting place. All prayers should be done with the heart, later you can be in the brow centre. If you stay in the heart and invoke God, he will come. When man falls into the solar plexus instead of being in the heart, if you live in solar plexus, you cannot have experience of God. You have to go to the heart. Going to the heart is going to the temple in the church or to the Master. That is symbolically going to the temple, to the prayer room and getting to the meditation room. The meditation room we prepare is only to enable us to enter into the meditation room in us, that is the heart. Man not only gets into solar plexus, he even goes more down when he is emotional, to the sacral, and when he is only physical, he is in the base. When you are deep down, you have to make an effort to come up to the heart.

It is only to go to the heart we begin with the rhythm of respiration. When you continue to observe the respiration, you are around the heart centre. All practices of purity, harmlessness and alignment and study of books, and learning about God become an event when we daily practice to stay in the heart. The heart is the temple, sitting in the cave of heart which is the cave of lion. The colour of the temple is golden, that is why every religion tries to make their temple golden. One more golden temple. It is symbolic of the golden light we have in the heart. So we have to imagine or visualize consciously in the mind, entre into the temple of the heart, stay there and invoke the divine in the head. We wait to receive.

Waiting to receive is the work of the second ray. Trying to go near the centre of the head is the work of the first ray. It is more convenient to wait to receive. To wait, the golden sunrays will come to us. If we want to go to the sun, it is more difficult. Depending to the ray quality you sit in the hart or the brow centre, wherever it is you have to wait, because it comes from the other side, the bridge is built from the other side, like with old castles. All around the castle there is a deep water, you cannot go into the castle. From the castle they lay a wooden plank, it is from that side to this side, from this side to that side there is no bridge. You pray and with ardent energy, then the bridge happens from the other side.

The God in man and man are together, then the body becomes different. Because, through the body, the senses and the mind the Divine expresses. That is basically the path. The Master is in you, you are in yourself and you have the body. So these three shall have to find their unity. Then the work is over. You can work everywhere, you have no more concepts of God, it is one God and is called with different names. He is in you and you are in him. This is the basic knowledge that should be given, The 5 steps of Yama and the 5 steps of Niyama, the step of Asana, and then Pranayama. These have to be practised by man so that he enters into the heart and afterwards when he is in the heart he invokes the energy from the head, and as much as the energy descends, so much he ascends into what is called Pratyahara.

When Pratyahara happens you don't feel anything in the surroundings, only blue, no form. You don't feel your body. The divine is there and all around you is the divine, the circumference. The circumference is called the Father. The centre is called the Son. The father and the son, the son and the father develop a relation, then comes all wisdom. The relation between the centre and circumference is called Pi, it is called Veda Vyasa in the Vedic system. When the relation is happening in the centre and circumference, then all wisdom will come to you. That is why knowledge is realised. The father and son become one and then the father functions through the son and the son works through the body in the world. With Pratyahara you are there as awareness, but not with the body. No body, no identity of body, no man, no woman, no German, no Indian, no European, no Asian, only I AM is there. In that state feeling the I AM you will relate to THAT. This I AM is with all, and THAT is for all. God is for all, and I AM is existing in all. With that understanding you meditate

for long years. Then more and more love, light and will of God descends. That is the work. That is not Christian, Hindu nor Moslem. That is how we have to give this knowledge to all that man is a triple, there is the divine in him, then he himself, and then the body. He relates to the divine. So that he gets better understanding and gains the cooperation with the body. Then we move from limited life to unlimited life. This is called liberation, it gives freedom, freedom from conditioning. And he naturally follows the natural laws, we are responsible to all, that is the freedom. In that freedom there is responsibility and there is no limitation. That is what every Son of God demonstrates. Buddha, or Jesus, Pythagoras, so many. It is the work which has to be done. So we get lost, all those pictures on the altar we keep only as inspiration to us, because they have gone the way. After the inspiration we have to walk the way. It is not enough to be inspired. Inspiration is the fire to lead us to the goal. This is what we have to inform as the main theme, then there are so many details in it.

Q: "We wanted to know if we meditate ...

A: "As is convenient. You can make a big room, light an incense. People can gather there and you show people how to meditate, the golden temple and see God in a huge diamond light. Mentally the people can work with it. Slowly other things can happen. When we are breathing other things can come. When we breathe in we go to the centre. Then when you exhale you see you are the golden light. Then slowly you can give them respiration observing with the two sounds, so-ham, then slowly the soham becomes OM. That is how OM has become all that.

Like that later you can give the terminology. If you first give terminology, people get confused. People jump to the names. The people in all groups only know terminology but don't know this. If I tell you about Idli, you don't understand, but when you know Idli, whatever the name you know it.. The essence should be informed, not the names. Then you can see when you get into knowledge, you understand, the same thing is said in different places and times with different terminology. In the Vedic system they call him Brahman or THAT. Jesus calls him the Father. There is great detail in the Vedic system, and very great detail of the path. The path is from muladhara to anahata, then from heart to head, then man is complete. So give the knowledge without the names, later the names.

Question about healing meditation:

"We want to work with healing, at the beginning we decide to first heal ourselves before working with others. We were thinking of the techniques (of Master DK given in the books, do something like this, offer the patients to the Master, or what should we do?"

A: "First healing ourselves and then healing others doesn't have to be like that. In our effort to heal others we are healed. You can think of difficult situations on the globe where people are suffering, that can be our patient, where there is suffering on the globe. That is the object for healing. Then you feel that the healing energy is all around. That is the truth. There is the healing energy and then you are there, you can receive into you and transmit to the object of healing through the triangle. In this we don't use any name, so it can be given to the people also. We relate to the God energy, healing energy.

God is omnipotent, so healing is also omnipotent. You can call it healing energy or healing nature or God, whatever. That can enter into you with the view to receive. So you receive into your heart, you transmit it to the object of healing and also link it up to the healing energy. So it gets into you, the energy is transmitted to the object of healing and he is also connected to the healing energy. You can connect to the triangle. With every inhalation you receive, with every exhalation you transmit the energy, and in the gap before you breathe in again, it leads the energy . Like that you can do it 12, 18, 24 times, and later you can link it to the energy and come out.

That is how we can work with it. Then the next step is, those about whom we hear that they are sick, that they are not well. You do the same process with three respirations, that can come later. But first the triangle work. In his the further step is to see the healing energy as the centre of the triangle. And then there is a master of wisdom whom you like, from him to the Master, from the Master to you, from you to the patient, and from the patient to the Master. This triangle is connected with the centre, the centre is connected to the Master, to you and also to the patient. That way you receive better because the Master becomes the channel, Instead of you yourself giving, you receive through the channel. The channel is an

instrument, like the sun is a channel to transmit the solar energy into us. Sun is not transmitting. Sun is receiving and giving, and it receives from the central sun.

Like that the Master is the channel, In the Vedic system they take the sun as Master and the energy is beyond the sun. The energy beyond the sun goes through the sun, reaches us and goes to the patient. In this it can be done by us and also given to the newcomers, so that they become good instruments for healing. It is a good impetus, a motivating force. That's it. There is an article I gave on this in Paracelsus under the caption Occult Healing.

Healing is always much better, when we heal, the groups are preparing to heal, they get healed. You receive and you transmit. When there is improvement, the people can do it. Where there is suffering you can give the energy. You know the story of Ramayana, where a squirrel tries to help building the bridge, like that is our work. The squirrel cannot claim it has built the bridge, it is the grace of God. Like that we get healed in that regular process of healing those who are suffering.

You can meditate, give meditation to others, heal others.

Q: "I work with very sick patients. Is there a mantram, is it right to use the house and all the patients in the house making a double pyramid around the house including all the patients?"

A: "Is it from the Rudra book? Yes. It is another good way of healing."

Q: "As a teacher she has never been able to come in January, she wants to come to December Call. What can she do after December Call."

A: "You may kindly visit Kumbhakonam and the Nilagiris. When do you arrive? 27th December evening. There are some members coming to December Call and not to Guru Puja, If both are not possible they can do it.

We are planning to go to December Call. When you go to Bangalore only the nearby places and visited. It will be the same like last year.

For every meeting I have a memory of the first meeting with the persons. So we get ready for breakfast."

After breakfast the Master and Kumari Garu conducted the fire ritual on the terrace of the house, where about 25 group members participated. Afterwards the fire was brought around the house as a blessing. Later the Master went to a walk through the quarter and afterwards gave consultations. After lunch some brothers and sisters from Spain arrived, and a bit later we departed to Bad Essen.





Bad Essen, 19th June, evening



The group living started with a beautiful candle ceremony, where every member placed a light at the feet of the Master.



Hearty fraternal greetings and good wishes to all the brothers and sisters.

To follow the rhythm given by the Lord of Time enables us to attune with the energies presented through time so that the man along with his personality and body find alignment and experience the very splendour of life. Life is meant to be splendourous. The creation is for splendourous experience through the beings and the human body enables the optimum experience. Blessed are those who relate to the time dimension and try to live in tune with the energies presented by time. To find harmony within and outside one needs to comprehend the Lord of time through cycles of time and the drama that is happening in the solar system. This atunement is an aspect of knowledge, of which the scriptures speak of, but the religions do not speak of.

Scriptures are those that have come through realized men. They realised in them the cycles of time. They realised in them how the circular path of time is also spiralic and it can lead one to synthesis. Every year is seen as a cycle of time. Every month, every lunar month, is seen as a cycle of time, every day is seen as a cycle of time. There are cycles within the cycles, from the smallest to the most wide cycle. Knowledge is to know the presentation of energies through time, and through the planetary movements around us.

One such cycle is seen as the solar year. The solar year is visualized as the beginning of Aries. When the Lord of time conducts the year, he enters into us through Aries. Aries is the electrical light that enters into us, and it is electrical fire, the third fire. The sign of Aries relates to the head from eyebrows above. It is through this cupola there is entry of the energies, which gradually in Taurus descend up to neck and thereafter bifurcate through Gemini as two principles, the content and the container, the be-ness and the activity, existence and awareness, male and female. The male is the beness that supports the female of activity. And in Cancer the energy further descends into the heart. Thereafter the male-female principle plays a drama, a theatrical performance for the year.

The scriptures say that the solar God of fire comes to the lunar mansion of the Goddess in Cancer. Cancer is the cardinal sign relating to the Mother, and then there is reception of the Father into the Mother's house. The solar God travels through 90 days, from Aries via Taurus and Gemini and reaches the house of the Lady. Thereafter the work is carried out together with the solar energy as the basis. The lunar energy conducts the activity through the next nine months. Then again the solar god gets into higher circles. To get into higher circles is seen as the festival of Passover. So there is the descent of solar energy through Aries and there is further descend into Cancer, thereafter the activity happens up to Capricorn, then slowly the solar God, slowly and gradually departs via Pisces into Aries and gets into higher circles. Before he gets into higher circles he hands over a kind of Olympic fire to the next cycle of time.

Each time it is the solar God coming with a different energy. Every year is therefore different from every other year, though in the calendar you find the same dates. When we all gathered the years before on 21st June, many times it comes, many times the energy descends from higher circles, enters into the causal, subtle and physical, gross matter, and once again exits right from Capricorn via Aquarius and Pisces into higher circles from Aries. The descent has an ascent.

The beings are also essentially solar in nature, but in them there is a blockage. They are stuck in the activity of nature. When we are stuck there is no experiencing. When we are imprisoned, there is no experiencing. Experience is when the life moves like a flow of river. We are stuck with many things, we are stuck with the gross matter, with the subtle matter relating to the mind, with the causal matter, because all that we do has a because. Actions are not causeless. When the actions are not causeless, effects are bound to be. Causeless actions release from bondage.

Why does the solar god every year descend and pass through the 12 sun signs? Personally there is not cause for him. It is only for the beings to follow it and reach the Most High. The solar deity comes down only to lift up those who are stuck in three places. A mental stuck-up, an emotional and a physical stuck-up. He comes to teach as to how to act in a causeless manner. When you act in a causeless manner, joy comes to you causelessly. It is a causeless joy. As long as there is cause, there is no joy, it is unlimited joy.

You see a healthy child, it keeps on playing. If you ask him, why you play all the time, he has no answer. He looks at you and stays. The message that he gives to you through the eyes is, what a stupid questions. To be playful is natural to the beings, to be serious is sickness.

Therefore the books say, be cheerful. You cannot be cheerful unless you are causeless. You can't make a face of smile all the time, unless it is natural with you. The cheer comes when you have the taste of causeless action. Just like the solar God. Why should the rays of sun come to us? Why should rays come to us? Why should air transmit life to us? Why should water help germination, fertilization? Why should matter support us? They have no personal cause, they are working for others. The planets are relentlessly working for the beings on the planet. The 5 elements, the planet, the Rudras, the Adityas, Vasus work causeless, they are always in fulfilment. As long as man doesn't see it and learn it from nature, the number of

books you read you will not gain the key. The key is in action to reorient the action. Action for the benefit of others.

What does the tree gain that he gives so many fruits every season? That is what nature teaches. So there is no because with the tree, it is natural. The fruits are eaten by the beings, by the birds, the squirrels, by animals like monkeys, by the humans. It has no objections. You cannot go and ask the tree, why are you giving the fruits to monkeys, to squirrels and birds? We are more important, you should give us. There is no preference in trees. In nature you can see where it has no preference, it keeps giving.

A flower unfolds and spreads fragrance, it will not judge that this man is a lazy man, this man is a disciple. To all it is the same fragrance, isn't it? Man reads books, but never gets the key. The key is the nature. So causeless action day-in and day-out demonstrates. Why should pulsation function in us, inhalation and exhalation, the principle of prana or life work in us? We have not earned it. Likewise the 5 senses. If you are born deaf, nothing can be done. The intelligence of listening, seeing, of touch and taste and smell, they are all given, are with us, they are not ours. This understanding is important more than the concepts of wisdom. The wisdom is only for those who strive for the benefit of others.

That is what great beings demonstrate from time to time. All initiates demonstrated it. Be it Jesus or Buddha or Pythagoras or Apollonius. There are so many initiates, they came, demonstrated how to live and left, they lived only for others' benefit. That is the way. All beings around us show that there are two ways of living, to live for our benefit; if we help others we expect help from others. What help a monkey can offer to a fruit tree? It is offering without discrimination, without judgement. That is how the initiates function. Sai Baba, Ramakrishna Paramahansa, Jesus.... there are so many. They only come to show the way, the way is to work for the benefit of others without expectation, without anticipation, recompensation. Great ones came, gave very much and received criticism. They do good acts and people crucify them, they come again. When you ask, why you come again? He smiles at you like the child and says, what a stupid question. That is how it is. All this knowledge slowly is given to us through time. Time and nature work together. Things happen according to time. The flowering, the fruition of trees, in all we have to first recognize that we do whatever little action for other's benefit without any expectation, without seeking any compensation. When you start doing, you get a sense of offering yourself. As much as a sense of offering you show, so much you forget your personal comfort. When the sense of offering grows, personal comforts are secondary, what you can offer becomes primary. Slowly you reach a state of self-forgetfulness in your offering to others. That is how the release is, how we are released from our blockages.

As long as your actions are based on thoughts, we are bound by ourselves. That is what we call actions of consequence. When we create consequences, you have to respond to the consequences again. So there is a statement in the scriptures, be sequential, but not consequential. Let not your actions create consequences that will bind you. As long as your actions create consequences, you are bound by your own actions called Karma.

Karma in Sanskrit means action, Karma is the key, but when we do not know how, where, what to do, what not to do and where not to do, we create consequences. The consequence is called binding Karma. Most times we speak of karma, we speak of binding karma. But the karma which is spoken of is sequential action which would let you flow along with time and keep on moving into a spirallical path of time, not a cyclical way. Cyclical path is material resources. Many things we want to do we cannot do because of material limitations, they can be overcome through the key to action. Likewise other conditionings can be overcome. Emotional conditioning can be overcome through the right key to action.

It is important that we learn that basic key from the nature. Since we don't learn from nature, great beings come and demonstrate to us: Look here, you can do, if you like it. Then we can be free as you want. There are people who came, did their job and consciously departed. That was the wisdom of the ancients. Having done the job they declare they live and leave the body. But today the humanity is so much stuck, even if the awareness is going out, the life is stuck. They are stuck as unconscious beings in the hospitals.

That is where knowledge is needed, for all knowledge reading books does not help. Whatever is in the books, if you translate into action will help. When you read books it is like

doing other things. When we read books, we want to gain wisdom. Wisdom is not for people who think... the angel of wisdom is not obliged to come to those who want to become great through wisdom. It comes to those who offer themselves without preferences, whatever they have. Let us remember the key as the basic key to all wisdom teachings. Otherwise any number of books or teachings will not result in self-transformation. We carry the same prejudices, likes and dislikes. And we live in conflicts.

The key is, what can I offer to the others? What is it that I can offer to them? Then as much as you demonstrate this so much the angel of wisdom is obliged to you.

I welcome you all to this solstice group life. You have to just trick your way of thinking, just orient it more to offering than receive. As much as you learn to offer on a daily basis, the sun receives so much from the central sun, not for him, but for the beings. It doesn't retain anything for him. As much as he transmits, so much he becomes transparent. The most illumined body we see in the sky is the sun. It is not so with the other planets, because its transmittance is complete. Likewise a person who gives what is received, transforms to be transparent and more and more light comes to him. The solar god transmits it to the lunar mansion, because Cancer is ruled by the Lord of Moon and sun is the Lord of Aries. The brilliant Lord becomes golden and shines forth in Leo as golden light. In Aries he is diamond light. You cannot see the midday sun, you can see the rising sun, because it is proximate to the matter. In the heart the visit of the solar god is experienced as the golden light. We should prepare to receive it, not to become golden, but to transmit it to others. In that process you are also transformed. That is how it is, the solstice is therefore very important, particularly this solstice. We continue tomorrow. Thank you.



Saturday, 20th June 2009, morning

Hearty fraternal greetings and good wishes to all the brothers and sisters.

As was taught yesterday wisdom is for those who offer themselves and not for those who seek for wisdom. Seeking wisdom without the inclination to offer oneself to the surrounding life, without an attitude to serve remains an activity of glamour. If we wish to serve and if we are sincere in that wish, wisdom approaches us. If we wish to just know and do nothing in terms of service, such an effort feeds one's pride and makes him an impractical worker. To such ones wisdom is more a burden than a strength. The basic attitude to serve is the necessary ingredient for gaining wisdom. Wisdom approaches the server only to enable the server to serve better. As much wisdom approaches, so much one has to serve more.

Please understand, wisdom is a responsibility and additional responsibility. Each time we seek wisdom, we should know that we are willing for additional responsibility, not for

exclusivity and not for the pride of being wise, not to move around speaking the great names of the Masters. Such ones tend to be more impractical in life. Wisdom makes you more practical, more effective. It is a refinement of the human instrument, it cannot remain a unit of confusion when wisdom is around. That is why yesterday I had to say so much in elaboration about the very purpose of wisdom.

There are many who know many concepts of wisdom, but their daily speech and action does not reflect that wisdom. To them wisdom activity is like attending to social clubs. Let it not be so at any point of time and let us caution ourselves about this. Each time you walk into a greater measure of light, there is a greater responsibility. With that as background let us get into some aspects of wisdom during this sacred hours of the summer solstice.

What is the magic that happens around summer solstice? The magic is true to some, as true and tangible as our eating breakfast. To some it would be an illusion. These are the dreamers who dream that they have had breakfast. Every question carries its answer in it. Some put themselves into an imagination and feel the related relief, and then they feel much about themselves, but the one who has eaten knows those others who have eaten, because they are all around. When the dreamer says, I have eaten breakfast, those who all had breakfast know that he hasn't eaten breakfast, but is dreaming. Imagination can lead to illusion, when there is no activity of service.

So there are those who experience it really, there are those who experience it through their own imagination and those who carry it as information into their head. They only speak of it to others. Let us experience the visit of the solar Lord in the heart. By tomorrow this time the solstice is around a quarter to 8 tomorrow European time. This preparation should lead us to re-orient firstly to service, to help the suffering humanity even in a very small way.

We have a good example from Spain. They have been serving calling it as the hour of God. The WTT group and the service found its own expansion and has been so effective that the mayor of the City of Barcelona honoured the president of the WTT, who is also president of the Circle of Good Will in Spain. Even if the mayor does not honour, the service is honoured elsewhere. Such should be the service.

We reorient to deeper acts of service and then we also resolve that we may be helped with the divine wings. There is an age-old statement, a 33 years old statement, which is a popular statement in the world since 33 years, where it is said. "No one can fly too high with his own wings." You find it in a small book called Jonathan Livingston Seagull: "No one can fly with his own wings too high", we need the divine help to do effective acts of good will. For that we have to pray, for that reason we have to align with the divine.

Prayers and meditations are responded only to those who have a deep intent to serve. This key is given first by the Lord Most High to the creator. And the creator wanted to know who am I, nothing happened. We also want to know who am I, what am I births ago, wherefrom have I come, all this is curious to know. The creator also did such meditations in the beginning, when he was awakened, nothing happened. Then whoever am I, wherever am I, at least let me know what to do. He meditated what am I to do, then came the response, and then the Lord said: "Since you think of doing something which is meaningful and good, I come to you to show the way as to what to do. He did not respond when the creator meditated about where am I.

Meditation and prayer are only to know what to do to the surrounding life. In the process of your serving the surrounding life, gradually you would also know who am I. Keep serving, keep meditating or pray. Prayer culminates into meditation, prayer should lead to self-absorption. Meditations also result in self-absorption, the purpose of the two is the same. Don't feel the glamour of meditation, either in meditation or in prayer. The most important is, ardent waiting, waiting with an open-heart to receive. Meditation is a process of a reception of the divine in you, prayer is also a request of descent of the Lord into you. So we have the two results, to serve the surrounding life and to seek the presence of the Lord to be better able to serve, not to see, did I go through the second, third, fourth initiation? The initiation can be measured by the service you are doing. Please note this. The initiations are measured by the depth and extent of service done, not by the long years of reading books.

There are people who come to me: 12 years we have read Bailey, but we see nothing. Personality is stronger than before. Very strong, it is more worse to teachers to whom a well-

read student comes. When a well-read student comes, teacher has more difficulties. If a virgin student comes it is easier, because it has a lot to be eliminated to give back what has to be given.

Therefore please keep the two objectives clear. We are born to serve. That is the bitter truths. That is why when we see doctors like Cecilia... your life is noble, meaning you work more. They have to work more to the surrounding life, they cannot work by appointments. A doctor around the clock he is available to serve life. He cannot switch off the cell-phone, those are not doctors. They have only the title of a doctor. A doctor is one 24 hours to serve life. A server is also like that. He is available 24 hours to service. That kind of attitude for service is important. Such service can be strengthened through prayers and meditation. When the two keep happening, more and more the Lord descends into us. This is the prelude to get into the chemistry of solstice.

As I said the solar god descends through Aries. In Aries the Lord is all-consuming fire; that is how it is said in the Old Testament, our Lord is all-consuming fire. That is why we say Aries is first ray, fire. It is also said, electric fire, it is electrical. To receive such a Lord is very difficult, isn't it?: We burn out when he appears. He is mellowed down in Taurus. All the fire is hidden inside and a form of beauty appears in the outer. Therefore in Taurus he becomes like homoeopathy pill. Very sweet outside, but very powerful inside. He becomes the expansive blue. It is beautiful. The power and the beauty. Then in Gemini he becomes two. Power as male, beauty as female principle, positive and negative principle. Male-female principle, distributive and containing principle. Mitra and Varuna. Like that one becomes two in Gemini. In Cancer he descends into the hearts of the beings like a golden light.

The pulsating space becomes individual space. Each one of us pulsates due to the functioning of the intelligence of Cancer. When it gets into matter, it becomes also birth of matter and death of soul. And the rebirth happens again in Capricorn, the opposite sign.

For the moment we speak of Cancer, because the solstice relates to summer solstice and the descend of the Lord as golden light. In Gemini he was green and blue, aquamarine. In Taurus he was blue. In Aries he is the pure electrical brilliant white. When there is a lightening, if it happens very near, the eyes cannot see. This is how the solar year through all the 12 sun signs the Lord moves. Through the cycle of time the Lord moves, he descends and ascends. Beings can also associate with him and go back with him, if they can. He descends, he stays there, he works up to the physical, up to Scorpio. Then he moves in the ascending circle. When we are with him, we can follow. And then leads us through Capricorn, Aquarius and Pisces and would even lead us out of the orbit of earth once again when he passes through Aries. The way of the Lord is not like a circle. He comes from a higher arc, enters into the system and goes through the system and then moves out with the ascending arc. This can be experienced as ida and pingala. He descends through pingala, touches down through the base and then returns and takes to the ascending arc again in Aries, which is called. pass-over. Pass-over means, passing over into higher circles. this he does every year. Those who want to accompany him can do so, if they can. If they cannot, better chance next time.

Every year it happens, isn't it beautiful. Can there be a greater compassion than this? He is the compassionate one who comes down, enters into us, who is willing to solve all our problems up to the physical and lead us, if we wish to follow him. Once all problems are cleared, we don't need him. We want God or Master only for our problems, not to walk with him through the ultimate gate. He is willing to lead those who want to walk with him. He lead others who are willing to walk with him, If they drop of, he knows he will join another time. If he drops off again, he knows that he will accompany in the next round, and the next round... There is no end. T

hat is how I made note before coming to the class. The descent of the Lord in Aries is electric fire. He descends as beauty, which is love in its pure form in Taurus. He descends as a friend in Gemini. Gemini, the true principle off Gemini is friendliness. Friendliness is another dimension of love. You can't say between friendliness and love which is greater. One becoming two is to have a co-traveller for joy. Man and the lady are formed from one source, sop that they can co-travel, not to fight. People are friends until they marry, after they marry they have one single program of fighting. Some inversions happen, friendliness disappears

and fighting appears, but the Lord in Gemini is friendly, he is the friend of the universe. The Sanskrit name for friendliness is Maitreya. He presides over Gemini. when he was born as Maitreya beyond 5000 years, he was born on the full moon of Gemini. He is the best friend on the planet, he is an embody of friendliness.

So electrical fire to beauty, beauty to male-female, the main objective is friendliness, no one is greater than the other, neither male nor female. It is two parts of one, two equal parts of one. Which is greater, which is smaller? When we carry beastly understanding, we think of superiority and inferiority, but they are equal. The Lord in Gemini is a friend. The Lord in Cancer is a teacher, the Master. The Lord himself comes down to help the beings in the form of a Master, because that way for the beings it is easier to interact. That is how he comes into our heart. That is the reason we have to make efforts to be in the heart., not be in the head. Be in the heart. the teacher is like the catalyst. Catalyst is like the yeast in the milk that transforms the milk into yoghurt. It is a chemical process, the catalyst remains the same. Catalyst is used for all chemical processes. The raw material is transformed in the process. Catalyst is recovered and reused. I hope some of you know chemistry, I don't know. Catalyst doesn't resolve, but its presence causes chemistry, It doesn't involve, it gives presence to enable the beings to transforms. That is why the presence of the teacher is considered most important for quicker transformation. That is how he works.

Then in Leo the Lord who comes as teacher transforms into golden-yellow light in the golden-yellow form, it is the solar light, or fire contrary to the cosmic, electrical fire. The Lord in Leo is golden light. Lord in Virgo is purity. When we work with purity, the virgin aspect is more and more experienced. The Lord in Libra is beauty in form. The beauty earlier said is beauty without form. Now the beauty is beauty in form. Worshipping the beauty in form leads us to beauty without form.

When we see a beautiful rose, we are attracted. The rose will lose its form in a few days, it will also lose its fragrance in a few days. The beauty and fragrance of that beauty remains with us. Whenever someone speaks of a rose, just speaking of a rose, you have its presence. your awareness recollects its beauty and its fragrance. Beauty in form leads to beauty beyond form. The Lord in Libra is beauty in form. Then the Lord in Scorpio, that is what is given in Bible, the serpent climbed down the tree and touches the ground. The Lord is hidden. That is why Scorpio is completely a sign of secrecy, a sign of darkness. But the Lord isn't it. He is the light in darkness. All secret cave temples belong to Scorpio. all criminal tendencies also belong to Scorpio. What is man in every sun sign also can be said. The Lord in Scorpio is the light in darkness, he is at the tip of muladhara, contrary to the expansive electrical light of Aries. The tail of the serpent is in Scorpio. The head of the serpent is in Aries. He is the hidden light, means he is even in the grossest particle of matter. The Lord in Sagittarius is the eagle that raises, the beginning of the ascent. The Lord in Capricorn is the take-off of the eagle. This is the flight, before the take-off and after take-off. Capricorn, some people see ascent in Capricorn, some people already see the ascent already in Sagittarius. Those who have occult vision see where there is touchdown, there it also start. There the flight takes off, it is the same ground. That is why Scorpio is said to be 4 hours before dawn, meaning 2 o'clock in the morning, very early comprehension. In Capricorn it is the dawn, the visible flight is seen. There the Lord is said to be the saviour. The passengers are inside the flight and the bird takes off. The left-over passengers wait for the next flight. In Aquarius he reaches, the Lord is the omnipresent and omnipotent divine available at all levels. In Pisces, beyond all visibility, as the basis of all activity. Lord as World-Mother, as Aditi, as Gayatri etc. And in Aries pass-over. This is how the solar year can be seen.

In that way from the summer solstice we enter into the cyclical movement of the Lord of time, where he enters into Cancer, and Cancer represents the heart region, the chest, the life aspect, the circulation as blood. The circulation of blood relates to Cancer, blood to Aries. Blood circulation is presided by Cancer. Pulsation is presided by Cancer. The Lord enters into Cancer, and therefore it is the moment for contemplation, because it is the second cardinal sign of the zodiac. The first cardinal sign is Aries. That is the first descent. This is already the second descent. He enters into us and pulsates and circulates through blood. When he first descends he is very powerful. When he makes the second descent with the 2nd

cardinal sign, he carries the potential of Aries, Taurus, Gemini and gives a proximate measure.

In the Vedic understanding Cancer therefore is seen as the month of the teacher. Cancer full moon is celebrated as the most sublime day to experience the presence of the teacher, they call it Guru Purnima. it is a great festival to those for whom the teacher means everything, because in him there is the father, the beauty of the Mother, the friendliness of Gemini, and he is willing to teach in friendliness. this is a four-fold aspect of the Lord, the will, the love, the intelligent activity put together, comes up to us, stays with us in the heart and conducts the alchemy. As much as the teacher is in the heart, so much is the yeast of the catalyst in the heart, and then the chemical process is but natural, it naturally happens, not much of an effort. It is a process of magnetization. In the presence of the magnet not much effort is needed for the iron pieces to transform as magnets. If they are in the proximity, they get transformed. The proximity is to invoke the Lord as teacher in the heart and sit nearby. That is how the meditation is in Cancer.

The all-consuming fire in Aries is symbolically said to be the sun rays. Sun is the brilliance, Mars is the power. That is why in Aries you have Mars as ruler and sun is exalted. In Cancer moon is the ruler. Between sunlight and moonlight there is a great difference. Sunlight can scorch us, there can be sunburn, there cannot be moon burn. Moon heals. Moon has the magnetic currents to heal. All divine experiences of all initiates at all times is during the night where moon is the ruler, not in the daylight. The day is ruled by sun, he is the king of the day, moon is the queen of the night. Moonlight gives to start with a pleasant touch. Moonlight enables magic. It is not there with the sun, with the sun it is in the morning and the evening. With the moon right from its rise in the night till it disappears, it is magic. That is why those who work for wisdom, for light love, will, for divine presence they work more actively during the night than during the day.

To a yogi night is the day. He quickly withdraws from the world, because he has to relate to the other world of magic. So sun in Aries, moon in Cancer. Sun is the father, moon is the mother. During the solstice it has to rain, it is the law. So sun and moon together is the teacher, it is not only the father, it is not only the mother, the friend, he is also the teacher. That is how the Lord plays a fourfold play in Cancer. A teacher can be fatherly, motherly, friendly and he is teacher too, not just a mother, father and friend. He teaches us. How beautiful it is. The fourfold aspect of the Lord in Cancer. You don't find this in any book, I can challenge. Books do not give all that is. Such is the Lord in Cancer. He is the teacher. This is recognized. Moon is moon, the sound of Moon is MA. The sound of sun is RA. In any theology from east to west in the ancient times sun is known as RA. It is there in Egypt, Mexico, North and south American Indians. Sun is Ra, moon is Ma, that is why we have the sound Rama. From Ra to MA it is one arc or one fourth of a solar year, which is highly spiritual. In the clockwise direction its counterpart is from Cancer to Aries, via Aquarius, Pisces and Aries. And so the correspondence to that, The fourth and the first arc are one and the same. Therefore the sound Rama is considered to be the sound relating to father-mother, and the sound was popular as the basic mantra. The avatar of Rama is much, much later. the avatar of Rama, the Lord as Rama happened in Arian race, and the sound Rama is with us ever since we have learned to listen to sounds. And sound is the first, it is there from the first root race. Sound comes from first root race, touch is with us from the 2nd root race, fire is with us from the 3rd root race. taste is with us from the 4th root race, Atlantean root race, and from the 5th root race we have a lot of smell. Let us not deviate into races. but what I want to tell you that the sound Rama is much more ancient than the avatar of Rama. If we say is name is Juan. We have in our groups Jesus and Josephs, but Jesus was even before. Juan Maria, we have, can we say it exists since our century? The sounds are much older than the persons as such. Therefore the sound Rama is considered to be the basic mantra and will continue to be effective with the humans until the disappearance of this globe. We accept or we don't accept it is our problem, but it is there. So the teacher, the teacher when he teaches, he is Jupiter. His mother is moon, when he is a friend he is mercury, when he is a father he is Mars. So he approaches us as moon. Cancer ruler is moon. the first interaction with the teacher is very pure, very pleasant, so they come. Later they see many other dimensions. Sometimes he may emit fire like a (dragon). he can be friendly that you take care of your

body. All these aspects you shall see and understand that the teacher approaches you in the night, not in the day. that is why Krishna is entering the houses during the midnight hours. all his mischief in his childhood was in the midnight hours. All great initiates experienced in the night, not in the day. Therefore moon is light in darkness. He is the light in darkness, when sun is not, the moon is different. The teacher is also said to carry cat-eyes, because he sees better in the night. He sees his students better in the night, not in the day. That is why it is said in the scriptures that he approaches like a cat. But don't try to bring cats into the house for that reason. If you have a teacher with you, there is also a cat at home. And we keep so many cats at home. Almost every house is filled with pictures of Great ones, these are the cats, We don't need cats in our beds, we need cats who overview us and protect. He enters into the house which house? Your heart. the teacher enters into the heart very silently. That is why the stories of Krishna say that he steals so many things from within the house, but no noise is heard. Without disturbing the souls he conducts the work of mechanics during the sleep hours. The teacher during the sleep hours does a lot of repair work before you wake up. And he does it in darkness, meaning without you consciously knowing. You do not know when he came and what repair he did. The vehicle is ready for you to work. Every night the teacher is ready to work. That is why every yogi is active in the night. There is a small story in Mahabharata:

Lord Krishna takes responsibility of the charioteer of Arjuna, to be the driver of Arjuna. Arjuna is son of man. the Lord enables Arjuna to fight with a fit chariot. Sitting in the chariot throughout the day conducts fight just like being in the body every day we conduct our fight from morning to evening. Life is a fight now. By the evening Arjuna is tired, just like we are all tired. Arjuna by sunset dismounts the chariot, goes into his tent to take rest. Krishna goes to the chariot, throughout the whole night he repairs the chariot and supervises, gives the horses' food, rest and a cool rest and makes them ready in the morning. When Arjuna is ready, Krishna comes. Arjuna wonders, when does the Lord sleep. Day and night the Lord worked, only during the day the man works. that is how during the night hours, if we offer ourselves to the master and sleep, Master please rectify and develop our system..., it is a request. Master please let us receive the influx of plenty of prana into our system so that we may resist disease, decay and death, realise the highest truth, the pure love and the bliss of existence according to the divine plan. It is for service. He enables us to realize the highest truth, the pure love and the bliss of existence. when you offer yourself in the night and sleep, even if you are unconsciousness it doesn't matter. It is more convenient for the teacher when you are in deep sleep. When the baby sleeps it is more easy for the Mother to change pampers. It is easier for a doctor to make repairs in the patient when the patient is under anaesthesia. otherwise the patient would not allow the doctor with a knife if he is fully awake. So he puts you to sleep with anaesthesia. When nature gives you sleep, and you offer yourself for the repair through the master, the master does all requires psychological adjustments. that is the required work. He will not come in the morning and say, I have repaired so much in your body. It all happens when we are seemingly unconscious. Much later the students realizes that it is the teacher who did all the cleaning job in you. Cleaning the impurities in the psyche. all impurities are put to washing machine, brought back pure as given. Such is the work of teacher. He enters as he enters, we feel golden light in us., in the heart. that is why repeatedly we say, be in the heart and visualize the golden light. If the master enters, it becomes golden. Visualizing golden light is requesting the master to come. When you ardently pray to the Lord, the Lord sends a teacher to you, because he sends the teacher and says, prepare until when I come. he is seeking me very heartily, but he is not ready, you prepare him. The teacher comes as the representative of the Lord to do a cleansing job. He cleanses all those who have offered themselves either to the teacher or the Lord. He doesn't go to houses unrequested, Where he receives a telephone call, there he goes. As he transforms, the golden colour grows in us in the heart. That is what today we elaborately speak of as forming the golden etheric body. Speeches are laborious, but when the teacher comes the effort is not more ours, it is his effort. His being there is enough, the chemistry happens. Then what happens? Cancer also represents our behaviour, our astral-mental aspects. Our moon is met by Jupiter, meaning, the golden light of Jupiter comes to the proximity of the psyche of every soul. The psyche of every soul is symbolically called the

deep green. Cancer is said to have deep green colour. The Lord of deep green is Saturn. Saturn conditions those who do not follow the discipline of Nature. Saturn is not a punitive energy, his job is to condition those who do not follow the rhythm, the law of nature. By that he makes us compulsive for us to follow the law. If we misbehave with food, he gives a horrible stomach ache. Then you will compulsively learn that you won't eat like that again. Saturn teaches through compulsion. He necessitates following the law. Jupiter prepares the law, Saturn makes you do it. the teacher works as Saturn on the student, makes certain things compulsive, not with an punitive attitude, but to enable you to get into the law of nature and come out of your individual nature. The golden light is one side in the heart, and in the heart you also have your inferior psyche, behaviour, representing your mental attitude and your astral emanations. they are compared to deep green, an aspect of Cancer. The ruler of Cancer is Saturn, by reflection it is ruling in Capricorn. Moon in Cancer is a concrete mind, they suffer from tremendous concretizations of concepts, difficult to come out. Capricorn represents mountainous life, very strong. Cancer is waters. Water has no form, it has flexibility. You put it in a glass, it takes to the vertical glass form, if you let it out, it flows. See the moon in Cancer and the moon in Capricorn. the effect of moon in Cancer on Capricorn causes mental concepts, and these are wiped out by Jupiter via Saturn. Saturn in Cancer, not in Capricorn. When adopted to enables an aspirant to build antakarana and become an accepted disciple, In Cancer where moon is the ruler, Saturn is said to cause transformations for discipleship in Cancer and Jupiter is the master. The deep green of Cancer becomes golden-yellow in Cancer. Golden-yellow represents karma neutralized situations. Deep green represents individual karma. It is also called the fate. Man makes his own fate through the freedom he is given. God made man in his own image and likeness and he gave as much freedom to man as he ahs, and he is to work in nature adopting the laws of nature. If you don't show adaptation of the laws of nature, first you are shown a green card the an yellow car, then a read card. We receive many cards and we are out of the natural game. To come back into the game, you have to adopt to thee laws. Fate is represented to the depth of the green one carries with him. Colour of Saturn is also green. There is light green and dark green. The tender green is Mercury. The dark green is Saturn. The tender leaf is not a crystallized leaf. Therefore this dark green relating to earth with the help of golden yellow light slowly causes transformations. When the transformations are competed, you shine forth with golden light. the golden light is doe to the presence of the teacher with you. The teachers light is not just golden, he take sot the golden colour when he comes to you, but he himself is all colours. He can be the beautiful blue, he and be read, gold-yellow, violet, rose. Many are his colours. He puts us form golden yellow to liquid honey, it is transparency of golden colour. That is the higher buddhic plane. Entering into buddhic plane itself is a great step called 3rd initiation. Then you go proximate to the horse. The honey when exposed to sunlight you can see how transparent is golden yellow. these transformations when happening you become very satvic, exposed to poise. By nature you are satvic, you start experiencing beness. It is a static energy which can become dynamic when required. It is not tamas. tamas means an unconnected machine. A connected machine but not at work, it can be put into work by pushing button. When the button is pushed, it is dynamic. When the button is switched off, it is static, but capable of dynamism. It is always in connection. the teacher is in such connection. He enables the student to gain that state of being a static energy capable of being dynamic according to place and time. Those who do not have the state are like unconnected machines. The karma individually gets neutralised. The qualities find their balance in satva. Dynamism and inertia find their equation in sattva and they experience beness. Beness is the general quality and activity happens according to higher plan and he cooperates with it. He tends to be more and more impersonal, does not do the activity. He becomes an observer off the activity. He sees the beauty of it and the glory of the Lord at work. The student is allowed to rise into those states. In Cancer the student associates with pulsations, and as he ascends in Gemini he finds himself permeating. In Gemini he gets into the air. There is a permeation and later he gets into blue. it is not the step for us. The work of the teacher in Cancer is he leads you to the threshold where you have to wait. You would experience blue, aquamarine, honey colour golden yellow colour, and the work is complete, you would come back like a rose into the heart. Like a rose in the

heart. Heart is the fourth centre from above and from below. Sahasrara, ajna, visuddhi and anahata. From below: Muladhara, swadiahara, manipuraka and anahata. He comes back like a rose to the heart. Such one is called a Rosicrucian. His work is to experience and to come back as a heavenly rose upon earth and conduct the work in the fourfold nature. That is the mineral, plant, animal and human. That is how there is a story relating to Cancer then from divine karma contrary to individual karma. For the moment we conclude this class and in the afternoon we will continue. Thank you.



Saturday, 20 June 2009, afternoon

Hearty fraternal greetings and good wishes to all the brothers and the sisters.

Let us try to continue our understanding of the work of the Lord as teacher in Cancer. The exalted Jupiter in Cancer enables the presence of the teacher and the teacher transforms the ascent on mental currents. He transforms the student in such a manner that the student gains control over the moods. Another fluidic expression which otherwise would have an ebb and flow. The ebb and flow of the sea is the work of the cosmic devas called pitris who work through moon. They are also called therefore the lunar devas. Pitris are part of the cosmic devas who function through the moon and through the man who is mind-related. Man's mind is related to the moon. The ebb and flow also happen with the mental and astral matters. That is why there are different moods in different times, different humours in different times. There is waning and waxing of the poise, of the stability. All this is the work of moon in Cancer. Cancer represents the sea waters, moon is its ruler. Through Moon the devas called pitris function. Through the mind in man they function. And the devas are responsible for the fertilization and germination and of the growth of the body. These devas are offered ablutions. The pitris are pleased when waters are offered. There are ablutions offered to the pitris to gain their favour. The offerings are made to the pitris in the new moon time every month, especially pure drinkable waters during the descending arc of moon in Cancer and during the ascending arc of moon in Virgo and also during the ascending moon in Scorpio. The functioning of pitris is a doctrine for itself. That apart for the moment we understand that the moods in us are the mental and astral secretions, fluidic matters. They are all controlled by pitris. The presence of Jupiter, the teacher enables a full moon situation, a stable situation. The astral and mental matters are cleaned, stability is brought, thereby the secretions happen without any deficits. The secretions are internal and external; there are

glandular secretions and other secretions. They all happen well with the presence of Jupiter with the moon or teacher with the student. It is a very important aspect in Cancer. For germination and fertilisation to happen latent heat is needed in the body, which is called latent fire in the book Treatise on Cosmic Fire. Latent fire is the heat in the body. Active fire is the life in the body. These two fires when they unite there is the birth of kundalini fire. It is not born by itself. When a yoga happens between the active fire and latent fire, kundalini fire manifests, just like the fire in the stick which enables to enflame by uniting with a fire from outside. In the stick there is fire, but it doesn't enflame by itself. There is an external support for the internal heat resulting in the flame. If the stick is very wet, the external fire cannot enflame. You try to light a stick which is soaked in water, it doesn't work. It has to be dried. Only later it can be enflamed. The wetness in the stick is comparable with the astral disturbed matters in man. Persons who are frequently disturbed emotionally they have illusions about rise of kundalini. These are the ones who say they have contact with Sirius, Great Bear, Shamballa. You have to understand that their astral currents are disturbed. If they had such contacts, they would not be as they are in life. They would be emitting light and would be very magnetic. The very presence stands false. And many times such beings do not work, they are away in the mountain valleys and inspire the disciples to work. The presence of Jupiter also helps in this aspect. The presence of Jupiter, of the teacher in the heart through meditation. How to meditate, we will know with respect to Cancer. The active heat and the latent heat. Both find a higher degree of activity resulting in enflaming. The latent heat is in the cells of the body, the active heat is supplied through respiration. Respiratory activity can bring in more effective circulation of blood and more effective pulsative function. When the solar Lord descends into Cancer you can see how it happens in nature. The planet which experiences summer before the rainy season, with the first drops of rain heat generates within the earth, which is called the latent heat of the earth, which comes up during the first rains that happen. It is with the help of that heat cultivation becomes possible, fertilisation and germination become possible. The external heat coming from the solar range internal heat which is in there they meet and then there is the possibility of inflammation. So it is with man. The first rain that happens, tremendous heat comes out in tropics, the cultivator is very happy when the rain comes after a strong summer, it prepares the earth, and when the summer season is followed by the rainy season, the heat comes out with great joy, the latent heat, and then the land is now potential for varied cultivation. You all know how tropics there are varieties of fruits, of grains, of pulses, of spices, what can be grown in tropics is a splendourous variety. Likewise to the student simultaneous sprouting of intelligences from within the body become possible. Body is the land which is to be cultivated, everything is hidden in it. The hidden potential in the body is cultivated, that cultivation is called yoga, discipleship. In us that cultivation happens in the presence of the teacher in the heart. That is the raja yoga path, when the teacher is present in the heart, the golden light becomes active, the blood circulation becomes more effective, the respiration, which is also an activity of Cancer becomes active. The airy respiration is the latent heat in the aspirant. It is a very fiery aspiration, it is not some kind of part-time practices. A cultivator is always alert. So is an aspirant who is always alert with the fire of aspiration. The fiery aspiration is the latent heat and the pranic heat, which is the active heat, they are united with the presence of the teacher in the heart. Consequently kundalini is called forth. The union of the two fires happen in muladhara and then the kundalini rises. That is how in raja yoga path the teacher raises the kundalini of the student, seating himself in the heart of the student, provided the student is accommodative for the teacher. The student has to invite and show a paramount place for the teacher in the heart. Then the teacher sits and conducts the whole activity sitting in the heart, Kundalini is enflamed and called forth in the heart. It is some kind of the Master Call. When the master called the kundalini raises. In hatha yoga path you have to work out the physical, astral and mental discipline and enable the union of the different fires, frictional fire is in two parts, the latent and the active heart. The heat in the cells of the body and the heat generated by pranic functioning. The student has to work out himself in hatha yoga path. In raja yoga the teacher works out. It is already a great facility. The teacher also doesn't really work out anything, he lends his presence. The presence itself stimulates the activity and the related transformation. The teacher is the catalyst. He does not meddle with

the system. He can give adequate presence that is enough. The presence of catalyst causes so many transformations to the crude material to become a refined material. From the body the golden body is prepared, like from the milk the butter is prepared. It is hidden in the milk before. When it is gathered from the milk, you make a ball of the butter and leave it in the milk; it does not mix up with it again. Earlier it is intricately mixed up. Now it does not mix up, it stays within, but is not affected with the milk anymore, it floats in it. Likewise the student who forms the golden body lives free in the body like the butter ball floats in the milk, the golden body floats in the body of flesh and blood. It can be taken out, the butter, from the milk, milk is intact, butter is intact. Like that with the golden body one can move out and walk in. That is standing free while surrounded. Here and there in the books great hints are dropped in a wild forest of volumes of pages. This is how we are released. We are delinked from the body. All this activity, this inauguration is from the beginning of summer solstice. It is an aspect I wanted to place it before you. I would also give the story of Hanuman in this particular context, not the entire story. He is considered to be the ancient most teacher on the planet, the world teacher. It is said in the puranas that in the future creation he shall take the responsibility of the creator, the 3rd logos. When he was born he was born with a golden body. Later he developed the body of flesh and blood. He was born during the 3rd root race the Lemurian root race, and he had a golden body. Gold is the colour of Jupiter. By birth he was a great being. He is on earth to help beings. He worshiped the sun. When he saw the sun as a child, he was so deeply attracted to the beauty of the sun that he flew with his golden body after the sun and even swallowed the sun into his mouth like an apple. The sun is gulped, this created a great crisis on earth. If you read Secret Doctrine, the Lemurians even had the power to destroy the sun. Hanuman felt that the sun is an orange fruit in the morning hours. He tried to gulp it. Then there is a cosmic king called Idandra. Another name for him is Indra. His duty is to protect all that is created. So he sees him with the light in him and he sees the child falling, because he swallowed the sun ball, he got an monkey mouth, he was not born like that. The ball of the sun was not affected, it is always like that. When he faints, the father of the boy was not so happy. He was born to the Lord of air, of prana. Air is the messenger of prana. The element of air which transmits prana. So the air was affected and hence there was not much transmission of prana. The sun came down, felt compassionate about the boy, because he knew why the boy wanted to gulp him, because of a childish act and so he came down and gave him life again and said, I am pleased with the boy and accept him as my student, and then the boy came back to life and the boy started learning from him. I speak of Lemurian times. The sun said, to teach you I cannot stop my work, you have to move around, you have to be on earth and be proximate to me and learn. So the boy said, OK. He expanded his golden body with one foot in the east and one foot in the west, stood like a great Lord Pyramandaris, with his two legs in the east and west. And as the sun apparently travels from east and west, he follows him and learns all wisdom. The teacher-student relationship is that the student learns all the teacher is. He also gained a brilliant diamond body, which is the colour of the blazing sun. He had a body of flesh and blood, a golden body and a diamond body. All initiates beyond 5th initiation have a diamond body, and those beyond 3rd initiation have a golden body. His story is given in Ramayana, where he was to save a lady who was ardently seeking her man. The soul is the lady, the super-soul is the man. Soul seeks the super-soul, but the lady is circumscribed, hidden in an island, and she is under the control of two demons, hyperactivity and hypo-activity, which is our situation. We either have hyperactivity and then hypo-activity. Many people from time to time overact and after some time they feel it is enough. Those who say it is enough have overacted before. If someone says it is enough, I don't want, have overacted. If you have overeaten at lunch, in the evening we say, we don't want. You can ease out your consumption. If you haven't overeaten at lunch, you stand a good chance to have a good dinner. Saturn gives his presence in the next morning when overeaten in the night. Hyperactive people say from time to time; I don't want to be with the groups, with the work. Who wanted to do so much work? In the whole work you only pick up through your enthusiasm, when you pick up too much, we get tired and then we say, instead of gradually reducing just throw out. The men are either too or too little active.

The lady was living happily with her man, but she fell into an illusion, she saw a golden deer, which changes his colour every moment. It keeps jumping from here and there, with each jump it has different colour, and the body seems to be studded with resplendent gems, blue, red, yellow gems. When we see such thing we can feel the beauty of it but never try to own it. When we see a rainbow, we can feel pleasant of it. When we don't feel pleasant with a rainbow, we feel sick. Shall we have it? Can you pick up that bow? It is an illusion. If you go near, it is not there. The golden deer was one such illusion like the rainbow. The lady wanted. When we want things that are not needed for us, we are taken away by the demon called hyperactivity. She was taken away by a demon called Ravana, he is a hyper-active man, he wants everything good on the planet. He learned that this lady Sita is by far the most beautiful lady on earth, He wanted to have it. We want to collect all beautiful things on earth. When she wanted the deer she was kidnapped by the demon and brought to an island. The island is the human body, and more so the human attitude. Island represents a disconnection from main land. It is circumscribed by waters. So she is separated from the mainland. When we become individuals, we are separated from unity. Only through practice of yoga we lose our individuality into group consciousness. Individual consciousness shall find its unity into group consciousness. In this the attitude to be separative is dissolved. But for a teacher there is no thing as separation. He is in all. He can enter into every student who seeks the Lord.

That is how Hanuman reaches the island, reaching the island means reaching the student. And meeting the soul, listening to the soul, care for it, what exactly he want. When the aspiration is full of fire he works with it. There were many great monkeys in Ramayana with great power. But people with powers are different from yogis. Yogis are seemingly quiet, silent, but their ability is the ability of the Lord himself, because a yogi is eternally connected with the super soul. Others develop individual abilities, that is why a yogi is always better placed than the powerful ones, which these one cannot do.

Among the great monkeys at the time who were all kama rupa, who can change their forms at will, they can become huge and small, can fly in the air and swim in the water, can go to the bottom of the sea and the height of the sky, but there is only one among them who is a yogi. They asked him to fetch the soul, which is imprisoned in the island called the body. Body is constituted of three qualities and five elements, that is number 8, the conditioning number, the number of Saturn. She is conditioned there by her own nature. Now she is looking for release from a conditioned state, which is her prayer to the Lord. She repents a lot and prays to get united again with the Lord. and she demonstrated a fiery aspiration to reunite with the super soul. It is a craving. In that she forgets all bodily comforts and only thinks of the Lord in the heart.

Therefore the Lord who was Rama, it is a story, Ramayana is a story that happened during Aryan times. The participants are from Lemurian, Atlantian and Aryan times. Indians mostly don't know it, they are not exposed to root races, and those who know don't know about Ramayana. The story happened in Aryan times, there Lemurian and Atlantian beings were there. The demon who imprisoned the lady was an Atlantian, Hanuman was a Lemurian, Rama was an Aryan. The planets in his horoscope were so well placed, Sun in Aries, Moon and Jupiter in Cancer Saturn in Libra, Venus in Pisces. he was considered to be the eighth incarnation of the Lord among the 10. The 8th incarnation of the Lord. the ninth is another incarnation, who was another brother of Krishna, Balarama, the 10th is Kalki.

He was the Lord walking on earth, Rama, He gave his ring to Hanuman because he knew that he can do it. Eventually Hanuman used it when he meets the lady to prove the identity that he is with Rama. There are many more details relating to the story, but the Cancer aspect is important. Hanuman is the only one to enter into Lanka, the island, the separated constitution. Only the teacher can enter. He enters into the body, he has to open certain doors. He opens the related doors and enters. To enter he chooses the night. That is how the story is. By the dusk hours he lands in the island and he utilises the night to make a search. He minimizes his body to a size of thumb and keeps moving in Lanka and searching the lady in Lanka with cat eyes, the ability to see in darkness. He gives the present and also gives personal confirmation to the student that he is with the divine and that the divine is with him by showing the ring.

To a student when the teacher comes, he gives confirmation that he is from the Lord himself, He came because the Lord sent him, because the lady is looking for the Lord. He is the arbitrator between the Lord and the disciple. He remains in Lanka for a while, destroys many demons in Lanka, meaning, the teacher gradually neutralises the various negative attitudes we have. That is why I said in the morning, it is a challenging job. To do that he does not descend from the heart. At best he comes up to the diaphragm. Presiding over the diaphragm he looks at the demons in the solar plexus and sacral region and the muladhara, which is a pit that is over-covered by matter. As much in the mundane thoughts we engage with, so much the muladhara is filled with filthy material. He cleared the pit the emotions, the mental concepts. Desirable things are retained, undesirable things are destroyed. Then he returns.

This chapter in Ramayana is studied in India from hundred thousands of years to gain the presence of the teacher. The life is fulfilled until the teacher appears in life. Until then it is a search in wilderness, like in a forest of Amazonas. There are so many dangerous animals. The search ceases to be and transformations start happening. This story is studied regularly until the teacher appears and starts guiding. It is the 5th canto, the canto of splendour, of beauty. The beauty a teacher meeting the student, that is the beauty to the humans in the series of birth and death, and the story is studied in the month of Cancer, from the first phase of Cancer to the 15th phase, of the full moon, so that the student gains the presence of the teacher at Cancer full moon, the full moon of the teacher, because the Lord in Cancer is the teacher. That is how sublime secrets are given hundreds and hundreds are given in ancient scriptures.

Since the story of Hanuman is relevant in Cancer and solstice I wanted to inform about it. The appearance of Hanuman is in the 4th canto. The first canto is infancy, which is muladhara, the 2nd canto is called splendour, or sacral, it is called the events of emotional fulfilment. The 3rd is distancing from a mundane splendorous life, the 4th is meeting the teacher, the 5th is the work of the teacher, the 6th is culminating of the soul with the super soul, that is the 6th centre. It has 24000 verses; it is a grand representation of the creation in the scriptures. Gayatri is 24; the hours of the day is 24. 8 Cantos, the teacher appears in the 4th canto, the heart centre, the appearance of the teacher is in the heart centre. When you walk into the sanctum sanctorum, if you wait there, the Lord appears as the teacher to him then it is esoteric teaching, until then it is all exoteric activity. He teachers from within and the teaching give the related transformation. In the 4th canto when Hanuman appears to Rama, it was a great event. Rama the Lord is in search of Sita, the kidnapped soul, and Hanuman appears, he does not appear to Rama as a monkey. He is a monkey among monkeys, and a great scholar among the scholars, the most valorous one to the valorous men. To Rama he appears as a very chaste man. The 4 Vedas were emitting light from him. When Rama sees him he said, he appears like a Brahmin, but he knows all, He has come to fulfil the man. That is in the fourth chapter. In the 5th chapter he works for the Lord to find the soul he helps the Lord to find the soul. That is the story of Ramayana, it is related to Cancer, so I place it before you. There are many more details concerning Rama which are not relevant for the moment.

Another aspect of Cancer. Every sun sign moon transits in 2.5 days. It takes 28 days to cover the cycle around the earth, in 28 until 29 days. The 2.5 days of time he covers two constellations and a part of another constellation. There are 27 constellations in which moon moves. There are 27 mansions of moon. Every constellation has four divisions. That is how we have the sacred number 108. 72 into 4 is 108. Over 100. All 108 constellations of the zodiac. That is where the moon based astrology is considered deeper as the sun based astrology. When we divide with sun we divide the zodiac with 12. When we work with the moon, we divide in 27 and in a more advanced way with 108 mansions. 108: 365 degrees divided with 108 is less than 4 degrees and more than 3: 3.82 degree. Time is circular, it goes with circular numbers, 3, 6 and 9 are the circular numbers. If you wish to make a greater understanding, you have to work with circular numbers. 30 days make one month, 60 days make one season in tropics, 6 seasons make one year in tropics. 90 days, from solstice to equinox. It is 3, 6 9 and their multiplications, it reveals the wisdom of time much more than the circular division of 12. That is one understanding.

In Cancer 13°20' there is a constellation called the minor serpent. Then there is a constellation in 26°30', and then you have 3°30 minutes. In the beginning of constellation which provides for the descent of the Lord. He is descending again and again each time the planet moves around the sun, it is called his re-descent. He has come to re-reside. It is a revisiting to stay. If you want he stays, if you don't want he doesn't stay. This re-descent to re-decide that activity is called as Punarvasu, meaning again, Puna, vasu means residing. Again residing. He resides again only during the first 4 days as sun enters into Cancer. At that moment you should be much more alert. He passes by, looks at your door, if you are alert to receive him he comes in, otherwise he passes. That secret is revealed through the name Punarvasu.

I gave you the names of the constellations. Punarvasu is the intent of the Lord to enter into your house. You have to ardently await, receive him into your heart. If you are not alert and if you don't invite, he won't come. Therefore the first 3 days become very important. Once he comes in, the next constellation is from 13 days and a fraction of a day. You have the light of the Lord, the gem on the hood of the serpent. You feel the light, you walk in that light and you transform. When these two things do happen. then the next constellation, it is 16°40', it is from the first ascending degrees in Cancer. 16 days is very important in the month of Cancer. If you don't see the teacher and the related light, then you are with the serpent of time. Serpent of time will take you in the circular path. The tail of the serpent leads you to a pit. You know the pit. People who want to trap you, they make a pit and cover it with some creeper, you walk on it and fall. That tail goes up to Scorpio, first half of Scorpio. This is astrology.

That is summer solstice, it give a great offer to receive the teacher and the related life and transform, because so much of aspiration, but at the right moment, when we are not alert, we miss. That is how it is. Therefore every year we are doing solstice group life in Europe. It has become a habit since 21 years. The idea is to enter the souls, the aspiring souls to the teacher. That is how we need to understand the sun sign of Cancer. The first constellation, the second is called Pushyami, the 3rd Aslesha, When we are not with the first 2 and fall with the 3rd, the body generates, germinates certain things in this month, in Cancer, germination, fertilization happen. Certain weeds grow. If the weeds grow in Cancer, the body tends to be losing health. If the soil is neglected, lot of weeds grow. The comprehension is diminished. As much as the body develops undesirable tendencies, proportionately the comprehension also comes down. Ability to comprehend is not there, mistakes and confusion happen. We will continue tomorrow with a story of a solar king who neglected to take to the solstice of Cancer and cover one or two more aspects of Cancer All that will happen in one hour, in the second there will be some questions and answers to the group. So we conclude with a question-answer session thereafter. Thank you.

Tonight we have a music program, When music is available we have it, with Andreas. We will have 40 minutes coming from his saxophone. Namaskarams.

In the evening Andreas Kaling gave a beautiful jazz concert with his saxophone.



Sunday, 21 June 2009, morning



After fire ritual there was the introduction of a child into writing by teaching him the sacred letters OM Namah Sivaya and the sounds Namaskarams Master CVV.

Then there was the blessing of Alois Dörr, who celebrated his 60th birthday. Master Kumar spoke about the importance of the 60th birthday as stepping into a phase of more and more contemplation, after having finished one's responsibilities in the world. "... Alois and his wife's daughter now has a son, his name is Mark. And we are very near to the birthday of Mark. Mark is the name that he makes a mark in life, his consciousness expands to end the mark and to move into unlimited realms. All those who are here may kindly bless the mother and the child. And those above 60 years may bless the elder couple. Thank you."

After breakfast the lecture continued:

Hearty fraternal greetings and good wishes on the occasion of the solstice.

For this summer solstice there is a bookmark.

Learn to smile; smile lifts you up to the light. Work in that light. We need to carry a pleasant disposition and pleasant disposition give us a smile on the face, and that pleasant disposition enables us to receive better from the surroundings and from the subtle. Therefore remember to begin the day with a smile and conduct the day like a song: Let it be so.

Coming to a few more aspects relating to solstice and the subsequent transit of sun through Cancer. I make note of 8 more points, which I try to deliver as early as possible and then have a question-answer session.

The first 3 and odd days from today, the presence is quite immanent, though from this afternoon continue to live in that presence, assimilate as much as possible, so as to enable continuity of life in presence, to see the light within and also the light before us is the practice by that the presence continues to be. The first 3 ½ days the solar deity presents itself completely in us and in the entire nature, therefore living in silence during these days becomes very important. A part of our being may be dedicated to listen to the silence, while the external part of us may carry out the routine activities of the day. Thereafter for another 14 and odd days we can seek continuity to be in the presence, which relates to the second constellation in Cancer, Pushyami. By that we cover 17 days and we would also cover the full moon of Cancer, which falls on 7th of July.

Thereafter we get into that constellation which relates to the pit in Cancer, the hole. Into that hole we enter, then the soul is said to be entering into the matter, gross matter. That is how there is an entry point of the soul into the body, that is how we see birth of the soul in matter, and in the presence of the soul the body grows. It becomes a little bit more difficult to retain the presence thereafter. It is not so easy once we are into the body to stay in presence. That is why the practice is. In the story of Rama the first 3.5 days he is the presence himself. He was born in the constellation of Punarvasu, the next brother was born in Pushyami and he lived the entire life in presence. The third brother came out in Aslesha, to him he is already in the pit, in the mouth of the serpent. He therefore decided to be in the physical presence of Rama all the times. That is how in the story the second son of the king, Bharata, continued to

be in the presence the whole life, and the third brother, Lakshmana, preferred always to be in the physical presence of Rama, to live in that presence.

So it is said that the physical presence of the teacher is more helpful until one gains the subtle presence of the teacher. It is for this reason the teacher makes himself available to the groups of aspirants. These are the three aspects relating to the constellation Cancer.

Once we enter into the mouth of the serpent, the dragon, Aslesha, from the 3rd part of Cancer, we are more and more into material and the tail of that serpent ends around 14 degrees of Scorpio. Thereafter it is a path of return. Every year it is like this. As we enter into matter, relating to the solar year, we need to keep the presence firmly with us. For that reason limited eating, limited activity, limited speech is recommended for the entire season of Cancer and Leo.

Cancer and Leo constitute a season, and that is rainy season. As much as it rains, so much the fauna and flora of the earth germinate and grow. We have to make sure that we don't let any activities to grow or speech to be uttered which is non-essential. It is a discipline. Some have this discipline only for the first 15 days of Cancer. There are others observing this discipline of limited food, speech and thought with respect of mundanity and thereby remain oriented to the presence. They extend this discipline to one month. In ancient times those who had much leisure continued this discipline up to the 11th moon phase in Scorpio, this is called a four-month discipline. They only attend to the essentialities of life and do not participate in non-essentials. Even today there are persons, aspirants who do this in India until one goes through the tail of the serpent, they continue to attend to the essential things and avoid the non-essentials. That is how the discipline is.

I said yesterday that I would tell the story of a person who was not alert in this time of solstice and what happened to him. The father of Rama is a king-initiate. He is not just a king; he was a raja-yogi, the king-emperor. By performance of his various duties, one year it so happened that he did not observe the minimum discipline relating to the solstice. The rains commenced. Every rain happens, and some wild animals, which are living in forests, were entering into villages and towns and other places where humans habited. The king's duty is to restore the limits of the animals and thereby save the people. He went with a group of soldiers into the forest to restore the order.

There was one wild animal which was not yielding to the regulations and was causing troubles. For this animal the king came to put it out, because it is wild. The animal was very intelligence. It was moving by night, entering the villages and killing the villages and return before dawn. The king entered the forest in darkness; he could not see the animals. He had a special knowledge of archery, where by closing his eyes he can listen to any movement of any being in a radius of 1 kilometre. It was quite a distance; it is special knowledge of archery, called shabda vedi. He finds the objects and shoots it.

He found the sound, set the bow and was ready to shoot into the direction from where the animals moves. He closed his eyes, waiting for a sound. And in a distant place through the trees he heard a sound, he released the arrow and hit a 7 year old boy, and the boy cried out in pain. The king was stunned. It didn't happen to him in all the years. He was considered to be a master of archery and also of releasing the arrow according to sound. He did not expect a boy moving in the forest in the midnight hours. He ran up to the boy, and the boy was almost dying. The king asked who he was and what he can do, and he pleaded to be excused to the boy. The boy said, I have very old parents moving through the forest. I was with them leading them through the forest, they are blind, they cannot move by themselves. They wanted some water because they were thirsty and I was looking for some water to fetch and give it to my parents. Kindly make sure that the parents receive water and ensure a secure life for my parents. My primary object of life is that my parents live well. Then the boy departed.

The king took some water, offered it to the parents, they drank the water and enquired how far was the water source, thinking that the person was their son, but it was not their son, but the king. When the parents enquired, the king remained silent. The parents asked: Why you remain silent. Then the king narrated the mis-happening and prostrated before the parents and asked pardon for the great mistake that happened through him. The parents were aghast that the son was no more and that they now were under the care of the king. The

father was very unhappy and he said: "I lost my own son due to your ignorance. You don't know what it is to lose the son due to ignorance. You will experience the same destiny."

This was the curse. The king experienced the same destiny when Rama was sent to exile. He realised when this happened that he was not in the presence due to overlooking the importance of reorienting during the initial days of solstice. That is how the story is given in Ramayana do give us the deep importance of orienting at solstice.

In so far we are trying to live in truth in presence of the omnipresent one. This story is told on solstice days to remind orienting to the presence in solstice times. And it remained with some groups on the planet today, but most people are not aware of it. Once you fall into the pit unconsciously, when you don't follow the discipline, your body tends to develop certain tendencies and throws out these tendencies as instincts and impulses through mind and puts you into ways of ignorance. One has to realize that he is the soul and lives in the body and that the body is the dragon you have to care to very well.

That is how people who live excessively in body consciousness are the ones getting into the illusions coming from matter. All illusions are due to entering of the soul into matter. Therefore we need to live in discipline at least until the full moon, that means 17 days. Tomorrow there is new moon. Since we all depart today, make sure that you have this discipline, then you would have a much better situation as per your instincts, impulses and illusions. As you are in the body, instincts and illusions are possible. To be able to stay above these aspects of astral currents we have to orient to be in the presence and try to live in it.

In nature animals are related to Cancer. One is beetle. The beetle can transform an insect into a beetle. It has that faculty. It moves around it with the bee sound. Continuous impact of the sound from the beetle transforms the insect into a beetle. It is like magnetism through sound. A magnet transforms an iron piece into another magnet by continuous presence. Beetle is seen as giving this transformation.

In Cancer, blessed are those who can gain the presence. When the presence is gained, the student becomes the teacher. The presence transforms the student into a teacher. A transformation centre, the solstice and the related activity is that junction in solar year, where transformation is possible.

Beetle is one animal. Another is turtle. Turtle has adaptability. When the objective world is congenial and favourable, it can project itself into objectivity, when it is not congenial, it can withdraw into subjectivity. We cannot at will withdraw into subjectivity. We can at best go into a room and close the door, 3, 4 days, but the thoughts are only about the persons and the things around. Mind and feelings are more into objectivity. Withdrawal is taught by turtle, from objectivity to subjectivity, to higher state of being. Objectivity is full of change. Withdraw from it and move vertical. Moving from objectivity to subjectivity, to the point, from where you have entered into objectivity. Then you reach your essential beness. The point where horizontals and verticals meet. There you would not entertain thoughts relating to objectivity. You go into the realms of light.

This is also taught by the snakes. They can withdraw and project. Cancer has adaptability. Unless persons carry some water with them, they have adaptability in them. If you have no water, you cannot adapt, adjust. Water can do this. Water in a bowl takes a bowl form, it takes any form according to the container. If you have good energy of Cancer in you, you can adapt with any person. If you meet the other person at his level, there is no problem. To meet the other person at his level is "meet levels". The Master says, "meet levels". This does not mean that the masters are at the same level than we are. The master may call the student "my friend", but the student cannot say it. It is His ability to step down and give the comfort of adaptation. The student has to understand that he is not like any other student.

That is the beauty of Cancer. Unless you have Cancer, you stick to your own definition of yourself and try to be that everywhere, then you don't fit into all situations. It is one of the most desired qualities with a disciple. To be at comfort at any place, with any person, at any time. If you don't have it, understand that you don't have the ability for adaptation. It is one of the most desired qualities for a disciple. No likes and dislikes.

The water does not say, "I remain in the bowl, I don't want to enter into the cylinder. I only want to be in the crystal glass not into the steel glass." That is why water is needed in a horoscope. If you don't have fire, transformations are not possible. If you don't have water,

adaptability isn't possible. If you don't have air, your fire cannot enflame. These three elements are very important. People who live by a source of water, a lake, a river or an ocean are regularly helped by the element of water. If you don't have lakes, rivers around and you are in a place where also rains don't happen, you become extensively rigid, incapable of any change.

There are communities of people where rain also doesn't happen. Naturally the persons tend to be tough, stubborn. That is how it is with water. Therefore we speak in the east always about Rama and Krishna. Rama could meet levels with a tribal man, he made him so comfortable, and the tribal leader felt no distance from Rama. Rama's brother had objections to receive fruits from an old lady. Rama said, "we should accept, we cannot say no, see the heart, do not see the envelope, the form." There are many beautiful envelopes, but inside it is very odd. All that glitter isn't gold. For etiquette people try to be very nice, but if nice or not you can see in the heart. For the one living in the presence sees how it is in the heart, don't see how it is around it. Envelope doesn't matter, what is packed is more important than the packing material.

The old lady carried some cherries, and every cherry she was tasting, and then she was giving to him. This was totally unacceptable to the brother of Rama. Rama said, "I am not receiving her cherries, but only her loving attitude." I told a story in 1992 where Lord Krishna went into a house of a Lady who was a great a great devotee. The man went to the market to get the best things, but Krishna was only eating fruit, water and link. He was living on cow milk, cow butter and fruits. The man ran to the market, the lady was all excited and sat at the feet of the Lord. She felt she must feed him, she found some bananas and looked into the eyes of the Lord she was drinking the eyes of the Lord, peeling the bananas, giving the peels to the Lord and putting the bananas away. Krishna ate it. The man came back, it was the man who is today the Mahachohan. He saw his wife giving the peels and putting the bananas away. I gave the sayings of Vidura. He said, "What are you doing?" He asked Krishna, "How could you eat peels?" Krishna said, "For the first time I realised that peels packed with love are far better than the bananas. She is absorbed in me. You will all your knowledge want that state of bliss, it cannot come, only when you bring the knowledge to the heart and melt it with love."

Bliss cannot come to those who carry much in their heads. Krishna could move with the cowherd boys or with kings or initiates, males or females, This meeting levels is possible with persons who carry clean waters in them. We cannot evaporate all waters in the name of emotion; then you love devotion, that is like the sand particles on the side of the ocean. Nothing grows there. The sand particles do not unite, there is no cementing material. You need to be at a land where the particles of matter quickly unite, it is a quality of Cancer. It is the only watery cardinal sign. It is very profound, like Aries, Libra and Capricorn.

Then we get into the pit aspect. The pit is the lower mental. When the soul gets into the pit of Cancer in the end, then it is in deep contact with the mind, and the mind throws out things. The teacher comes, the students start giving work to him. The teacher came to make the student work, but the student has a lot of ideas, so the student throws his ideas on the master, the teacher. It is like this when the man enters into the lower mental. It has to work out many things.

The people make many things to the teacher, it is not the problem for the teacher, but the student loses the possibility to be with the teacher. The body decides what the soul has to do. But the soul came to work out the purpose of incarnation with the help of the body. It is like the horse deciding where to go, not the rider on the horse. Impulsive. Are we impulsive? If we are impulsive, it is the lower mental activity. If we are suffering from feelings, it is a lower mental activity. All feelings come from the lower solar plexus, all activities of solar plexus try to hold the soul and the soul can't do anything. The body makes a festival of itself in the presence of the soul.

This is the basic problem at the end of Cancer, where there is the pit. At every point there is the pit. It continues to the tip of muladhara, which is the tip of the serpent. There is one point of entry into the heart. It is a serpent with 5 heads, because my hand is a pit principle, it functions with the help of 5 principles, elements, limbs of action, senses, sense organs. That

is why it is called the crocodile, makara. When you get to the makara, either you mount it or it mounts you. This situation has to be overcome.

Many people tend to be mediumistic when they are excessively engaged with their emotional feelings of the divine. When you are mediumistic, many of your activities is an unconscious activity. The mediums of Egypt fell into that pit, the true knowledge is gone, only mediumistic activity remained. That is why they were engaged in the cats. In the eye of the cat you find all the moon phases. Through the eye of the cat you can contact the moon and get into a mediumistic activity and you feel the surroundings unconsciously, you feel the ghosts around. People get into contact with the dead people, the lower mental activity. They are very comfortable in a séance house, they can speak and speak and speak and are unconscious by these speeches.

Today South America is dominated by these mediums. I met such a medium in Israel, She said she is in contact with Master DK. I saw the lady, I only had some questions. These are innocent people, due to their excessive feelings they fall into the ignorance of being a medium of Kut Humi, Morya, Maitreya. We were sharing some cup of coffee. Then a big presence was coming to her and she started speaking. It is a good exercise for the lower appearance. The group members were "wow". It took one hour and she was exhausted and she looked at me. She had a system with the energy out. She was looking to me for my appreciation, and I looked at her and asked her to drink and eat something, then she was looking at me. I told her, "I have nothing to say about what you do, but what is important is to read the teachings of Master Kuthumi more intensely." If you really are with the Master, they are so high, and thanks to M DK he has put them so high. Even master DK is so high. You should take courage in uttering their names.

She asked: "How do you think about the teachings I receive afresh?" I asked a question: "Do you know all that you have uttered forth? Can you explain it? That is one thing. You have already written and circulated. Do you know what you have written? Can you explain?" – "No, I cannot." – "If you cannot, it means what you do is an unconscious activity. With this activity you cannot move higher. You should be conscious of what is happening through you. When you receive it, it should be revealed through you, only then it is a transmission of the master. If you submit yourself to such unconscious activity, you get weak, exhausted and very soon you lose your energy." She was not very happy.

Similar things happen in Africa, full of mediums, the so-called men also go to mediums what Master Kuthumi told them. Master Kuthumi is not informing people about such things, he is doing inter-planetary work. We speak things in his name unconsciously. This happens due to the inferior aspect of Cancer. Don't get into it.

When Madam Bailey was approached by the Master, the first thing she said, "I should know what I am writing. I don't want to be reduced to a medium, that I don't accept." Slowly the work overwhelmed her, but it was so beautiful, she did her work well, but she was honest that much of it she does not know. She did it because some higher intelligence wanted it. She was transparent in it. She also wrote with the permission of the master. This teaching can be thrown out, or taken do what you want wit it. Such a clean mental is important, without that not much can happen, otherwise we are lost in a different world, contacting the ghosts. The dead people will contact you after some times. It is not a desirable state, there Cancer lower aspect is available. That is how the work is, with such people not much work can be done when you are excessively with your feelings. If you go by your own instincts, not much can be done. If you are for a clean mental, much can be done, Otherwise you get more and more confused.

Another aspect of Cancer is, Cancer represents the west, the sunset hours, because entering into the matter the sun ball seems to be slipping into the earth in the evening. In the morning the sun ball rises form the horizon of earth. You see the sun rising. It is all relative. To you it is true because you are on earth. When the sun is setting, it is setting in the west. Cancer relates to the west, Capricorn to the east. When it is west, you have the impact of Varuna, Uranus, in the east it is Mitra, who functions through Neptune. Mitra-Varuna. Varuna is a very strong energy. It can clear all the illusions that we otherwise carry. There is a book of Uranus-Varuna, that energy is in the east, that is the reason why Master CVV who received the energies of Varuna stated that the work that has come through him would be

more and more accepted in the west in the beginning and from the west it comes to the east. Varuna is the west, it is scientific strength. The strength of Mitra is a mystical strength, a magical aspect.

These two build a bridge in the coming age. He is the one who functions through moon in Cancer. Moon is no more moon, it is a medium for Venus, for Saturn, for the disciple, a medium for Uranus, for scientific revelations, for Neptune to receive mystical knowledge to be deciphered later, and for music. And Moon can bring the most high energy called Soma, the cosmic nature and cosmic person put together. For the present times moon is mostly utilised for Uranus. Please see in the book on Uranus. Uranus uses nearly all planets today. He works through the sun and moon, he works through the sun much more when the sun is in Aquarius, and moon in Cancer. Cancer moon also brings in the energies of Varuna through Uranus. Only thus we can overcome our illusions.

Feelings can be overcome through a scientific approach through you. M. CVV says it is a yoga of direct knowledge, there is nothing mystical about it. He said so, but all his notes nobody can decipher, he wrote very mystical notes. The disciples said, "Your notes are very mystical." The master said, "These notes I prepare for myself, not for you, for you, you follow the teachings given for you, not my notes." There are inquisitive students who try to get into the notes without success.

No emotions, he will introduce fire, where there is emotion. Out it to fire. The muddy waters are put to fire, the waters become vapours, they go to Gemini and can be re-gathered as pure waters through a process of vaporisations and distillation and then collect the pure waters. That is why the people with great emotions will find the discourse a bit fiery. He ignites a stove and then the waters can boil. People very proximate to me know what it is to be boiled. From a distance it is all beautiful but from proximity it is all fiery. That is what the people experience in my surrounding, it is all fire. Devotion is pure waters, emotions is muddy waters. Would anyone take muddy waters? That is another aspect of Cancer.

Then I mentioned the hierarchy of planets, Moon, Saturn, Neptune, Uranus, Soma, they all function, except Soma, under the presidency of Jupiter, teaming with the Jupiter. That is how the hierarchy in Cancer is. I close it with the meditation relating to Cancer.

Meditation relation to Cancer is for all human beings, because we all need to get into the buddhic plane which is the immediate step relating to humanity. The Lord of Gemini is Mercury, Buddha, Buddhi, lifting up with the help of Gemini one can lift up from the lower mental activity with the help of respiration. The air that gets in and the air that gets out, the dual aspect of air that is working in us relates to Gemini. It does not relate to Cancer, because it is activity of air, and Gemini is related to air. The location from where the work is happening is Cancer, where you have with the help of respiration blood circulation taking place.

Prana is given from higher circles that is mixed with the blood and mixed with the whole body. Blood is liquid. The iron is related to Aries, but blood as such relates to Cancer. Respiration, pulsation, are activities of Cancer. When you are in the pit of Cancer, and not so much in the presence of Cancer. I gave you the two steps of presence, one is presence itself, the other is living in presence. The Christians said, "We live, move and have our presence in Him." For these two this meditation is not necessary. Those who are already living the presence and have gained presence it is not the meditation, it is for those stuck with the mind the emotions and the impulses, instincts and feelings, the glamour part, illusion part. To them the meditation suggested is, link up to the air through your lower mind, consciously link up to the air and get into Cancer, go to the higher floor and then come down into Cancer and come to the heart, pulsating centre and then go back.

That is the work to do, when you regularly do it with deep inhalation, slow, soft, deep and uniform, these are the 4 qualities. When I say soft, you should not make noise with deep inhalation or exhalation. Many students make noise when inhaling and exhaling. Don't do it, because when you breathe in with noise, the sound touches at the throat when you inhale and when the air is exhaled, touches the bridge of the nose and it gets inflamed, because prana is fire. It has to be soft, it should be long and soft, that means you neighbour cannot listen. That should be the softness of inhalation and exhalation. It should be deep, because the

whole thing is put to heat, right from solar plexus. When you breathe in, feel the breath right from solar plexus and throwing out from solar plexus. That should be the practice.

When you regularly do it, you settle in the clean mental state, when you have the positive mind, it becomes the clean mind, unaffected by concepts and opinions and judgements. It is there, such a mind can reflect clear and receive clear. That is the practice suggested as meditation in Cancer.

If you wish you can associate you can associate the 2-syllabled sound, in the east it is done. When you inhale you say, raaaa, because the incoming soul, when you exhale, maaa, moon matter. Maaa is exhaled, Ra inhaled, Rama, Rama, Rama. Likewise mentally you can associate the sound giving a deeper impact to the respiration to clean up the undesirable form mind. You may listen to it again and again and be receptive according to your imagination. It is good to clear your emotions and the related illusions.

Today it is a bit longer, if you wish you can have questions and answers. If not we re-gather at noon.

Christina: "Namaskarams Master. You gave us the fullness of joy and of being here too experience ourselves and the energy in a new dimension. It is very difficult in this fullness of love to express the thanks in the right way. In this you have given us the story of the woman with the cherries and the bananas. It is like that in our heart, we would like to express our devotion but don't know how. You also taught us another story with the coconut where the students had to find a place to open the coconut only one not. May we be the students who know that the Lord is everywhere. Out of our gratefulness the group would like to make a little contribution for the work of good will. I would like to thank all the group members that we could have this experience together. Also to the technique here and outside, that this meeting was transmitted to the world, and also a special thanks to Doris and Günter, for Doris and Günter made this journey to the groups so that we could experience this love here. Even if they are not here, I would like to thank those who hosted us here, even if not everything wasn't so perfect. It was still fine. We ask for the blessing to follow you further on. Namaskarams."

Thank you Christina. Because there is the blessing of the Hierarchy, we have all been able to meet regularly during the last 22 years. Work for the blessings and the teachings coming from Hierarchy and the related presence. All this would not have been possible, the groups everywhere responded well to the teachings of the Hierarchy and to the meditational practices given. Having known the taste, the beauty, the splendour and the touch of Hierarchy, I'm sure all of us without exception would like to walk eternally with the Hierarchy, learning what is to be learned on a daily basis. We continue to be students, we are children in the garden of the Hierarchy, we gather in the garden of their presence, we show whatever veneration we have towards them by building altars and decorating flowers, offering lights, incense, and we recollect the teachings that come through them, from the Most High and we try to relate through them to the Most High to find that ultimate state of bliss which is called beness and function at all times in that awareness of the background.

This is what we carry as the inner intent, while it may not have found frequently the related expression. We continue a journey into eternity and thereby remain servers. It has been a good work all these years. Groups have gathered again and again to be in the presence in the group lives, they cooperated and shared and distributed, they have crossed the borders of nations and continents so frequently. Most of us are aware that we would not have travelled as much as we have travelled for the various group lives that have happened between India, various countries in Europe and South and North America. These travels have also brought sublimation of the mental barriers that we carried according to nations, to language etc. We found ourselves identified with humanity and have seen that the globe is our habitat, not our house, our nation, but the globe as such. These dimensions and many more dimensions can be seen in all that has happened and we meet again, and again and again, whenever it is willed.

I am very happy the way the group life has been conducted here, the altar is unique, the facilities extended are very good, and above all the 5 elements cooperated outside and

inside, inside the body and outside, to make, to give a rise to a culmination and the related fruition, and I thank you particularly and your group and generally the whole group that participated in this seminar. I also express my recognition to those who are distant but tuned to this work here, either listening through electronic means or through their own thoughts. Let us continue the work. Now we get into the invocation of 21 OM.

Thank you

