

Preparing for the New Civilization with Rhythm, the Seventh Ray and the Violet Flame

with Master Kumar and Kumari garu

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Saturday, September 6, 2014, Morning

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

The rhythm, the flame and the Master. It is indeed a beautiful theme. It's a theme that can be deliberated even for a week to get a ware understanding. The rhythm is the basis for the entire universal functioning. The cosmos is rhythmic. All that is within cosmos is rhythmic. The solar system is rhythmic. Our planet is at rhythm. The mineral, the plant, and the animal are also in rhythm. The planets are in rhythm. The angles are also rhythmic. The time plan moves in a rhythmic order. All is rhythmic in nature. In so far as man attunes to the rhythm, he stands in harmony in creation. When he falls out of rhythm, he starts creating his own fate. Into a very rhythmic system man is introduced. And out of utmost love for man, he is given free will. It is gift of God to the humans. But the free will shall have to be exercised in tune with the rhythm that is already in place. Since God made man in his own image and likeness, man is given free will. But even before man appeared in creation, meaning even before the advent of man in creation, there is already the law of rhythm. So though man has free will, he has to exercise this will in tune with the rhythmic laws. It's like there is the football ground, and there is a football player. The football player can play the game with all his creativity and ingenuity, but subject himself to the rules of the football game. The football game and the rules relating to the game existed even before the football player has come to be. The football game existed much before all these football players we know now. I don't have to mention the football players to you. Each nation has its own heroes. However big the player is, he is not bigger than the rules of the game. So is man in creation. Man is creative, man has free will, man is the image of God and is therefore eternal. Man is immortal. Essentially, he is immortal. But when he started playing the game in creation, he transgressed, or overlooked the laws of rhythm as have been there ever since the beginning of creation. So, by such transgression, he has reduced himself to be a mortal. He has limited himself to be mortal while he is essentially immortal. He has become a prisoner of the planet, while he came here to be a pilgrim on the planet. We all came to the planet as pilgrims, and we have reduced ourselves to be the prisoners. Only due to our lack of understanding of the laws of creation and our inability to attune to these laws. Therefore, adopting to rhythm is the key to release ourselves from a prisoner to a pilgrim.

Through ignorance, we have conditioned ourselves. By gaining the knowledge, and working with the laws of nature, we try to overcome the self-conditioning, find liberty. Liberty is a sure prophecy when the laws of nature are honored, respected, and implicitly followed. Liberty cannot come to us if we make slogans about liberty. Freedom does not come to us unless we follow the related laws. Even if we build a very huge statue of liberty, which is the motto of the great American land. The key to liberty is adopting to the laws of nature, not by overcoming them, not by abandoning them. It is therefore said that from conditioning to freedom, the key is the rhythm. A ceremonial order in life which does the related magic to overcome one's own conditioning. Each one of us essentially has the potential to be free and liberated. We developed patterns contrary to the patterns of the nature. So the patterns that are individual, when they are contrary to the patterns of nature, slowly the conditioning happens. Once again to overcome the conditioning, we have to readopt to the original, natural patterns.

The 7th ray of rhythm gives the knowledge relating to attunement to the nature. For that one needs to understand what rhythms exist in nature, and how our nature is either in tune or out of tune with those rhythms. A lot can be said about rhythm. The most simple example is the rhythm related to food. We don't

follow the rhythm related to food, relating to exercise, relating to work, relating to rest. Your body gains certain rhythm, unnatural energies in it, or loses its naturality, and starts troubling the owners of the body.

Most of us today are occupied in setting the body right. There are so many health schemes, healthy foods, bio-foods, organic foods. We are choosy about organic and bio, isn't it? It was so before. In the meanwhile we invented other foods, chemical foods, pesticides, insecticides. And we know the cost of it to us. The cost of some inventions of the man resulted in a costly exercise now that we have to switch back to natural, organic, bio food. Likewise, the pollution on the planet. It's only the humans that polluted the planet. No other species contributes to pollution. The rest of the species on the planet, there is such bio-resonance between that one supports the other. The plant supports the man and the animal. The animal supports plant and man. The minerals support all. The elements support the life. Its only man who caused disturbance, the disturbance has come back to him. Before the 20th century, there was not so much hue and cry about pollution. Today the thought of pollution predominantly occupies our mind. So, these are examples to say how we have been irrhythmic with nature.

And the daily life also lost its rhythm. If you see the day, it consists of day and night. According to nature's plan, day is meant for certain activity and night is meant for certain activity. If we try to extend the day's activity into night, and the night activity into the day, we are out of rhythm. So, the rhythm starts right from day as you wake up. When there is awakening in the surrounding through the light of the dawn, even the birds, they leave the nest and go on activity. The animals are also awake by the dawn. The flowers bloom even by the dawn. The animals seed milk by dawn. It's natural. If the man does not awake by the dawn hours, he is tending to be unnatural. A man who sleeps even after sunrise is falling out of the nature's rhythm. That's why knowing the science of nature, the seers of all times, at all places, recommended that men should arise even before the dawn happens, and receive the energies of the dawn which have the capacity to stimulate the brain on a daily basis so that the comprehensions tend to be very high. The perceptions would be in tune with the life.

But the modern life today chose that many do not rise to meet the dawn. They do not rise to meet the morning rays of the sun. Please note that dawn is even before the rays of the sun emerge. It is that light that man was recommended to meditate upon, to contemplate upon. As darkness turns into light in the pre-sunrise hours, the darkness in us gives way to the light in us. When a greater life around you is experiencing the light, you are also supposed to join that activity and enlighten yourself. There cannot be a special enlightenment for you later. Because it is Sunday, since you have no compulsions of your vocation, you tend to sleep more on Sunday morning. So, the Sun cannot wait for you. Even if you chant Gayatri later, you don't have the true impact of chanting Gayatri. If you go late to the airport, the flight doesn't wait for you. If you go late to the railway station, the train doesn't wait for you. Even in your normal life it is so. How can Sun wait for you? You have to wait for the Sun. That's the law. The lower should fall in order with the higher. The higher cannot wait for the lower. If there is a program for the president of the nation in Miami, the authorities in Miami cannot say, no, no, we don't accept. The activity of the local authorities has to be in tune with that of the higher authority.

As sun rises, we should be ready to receive the uprising energies. We consider ourselves as students of light. We consider ourselves as aspirants. So, when in the region there is emergence of light, and when we are students of light, we should join that emergence of light so that the light emerges in us. If you sleep during those hours, you are not in tune with the rhythm of the nature. As the Sun rises further, the energies in you also rise. And they keep on rising, and enable you to function with the tide until after the noon. Thereafter, as the sun tends to move towards the western horizon, the activity should also get slowed down. By the time Sun sets the activity should be set. You can once again commence next day. This is the basic rhythm. If you tend to work more in the evenings, in the late nights, during the dark hours, the diabolic energy is much more active than the divine energy. The diabolical energy works for material conditioning. The divine energy enables transcending the material energy. So, when you tend to work more and more in the night hours, you are with diabolical energy.

Today, the working hours extend into the night hours, even up to the midnight. Generally speaking, the humans are much more active during the evening hours than in the dawn hours. During the dawn hours, the faces are very sleepy. In the evening hours they bloom. That's not natural. You see the flower, during the dawn hours it is blooming, and by evening hours, it no more unfolds further, it refolds itself. Is it not? But the humans that we are, we are tending to be much more active during the evening and late hours. And we are very dull, sleepy, morose, dejected, and uninterested during the morning hours. That means, the proof is very clear that we are not very rhythmic. As much as we smile in the evening do we smile in the morning? So, where does the rhythm go? It has gone into astray.

According to wisdom, the three hours before dawn are the most sublime hours. Every initiate is generally awake three hours before the dawn. It's because he drinks the nectar of the day during those hours through his invocations. He experiences the Absolute during those hours, whom we call Brahman. The Absolute God can be easily experienced during those hours before dawn. That's why it is called the time of Brahman, called Brahma Muhurtam – 3 hours before dawn. Those are the best suited hours for contemplation. For the mortal humans, they are best suited time for sleep. Isn't it? That was the time we are very sleepy. The measure of ignorance, or the predominance of matter over spirit in a human is measured by his ability to be active during pre-dawn hours. In those pre-dawn hours, if one is sleepy, if one is very lazy, it is understood from the wisdom, that such person is sick.

There is sickness. What is the sickness? It is the sickness of matter dominating the spirit. Matter is inert. When there is predominance of matter in oneself, one tends to sleep. Generally the tendency to sleep more, which is called the quality of inertia, is with those persons in whom the matter dominates spirit. Where spirit dominates matter, sleep happens in tune with the nature's rhythm and does not interface into the rhythm of a healthy person. The time of Brahma, which is measured from say 3-6 am in the tropics, assuming that the sun rises at 6 am. Those three hours are most sublime to attune to the spirit in you, the divine in you, of which you are product. The degree of resistance we carry in us to these hours for active meditation decides the degree of dominance of matter over spirit. Likewise, if one is less active during morning hours, and very very active after 9 pm or even into midnight, it means the diabolic energy is tending to be dominant in oneself. Many today, they cannot sleep in time, they cannot wake up in time.

According to wisdom, the preliminary students are recommended to get to bed and even sleep by half past 10, and to wake up by half past four. That's recommended time by seers for the infants of spirituality. A healthy child normally gets up during the dawn hours. But since the parents do not, they again put the child to sleep saying it's too early. The spoiled one is already spoiling another who is intending naturally to be in tune with rhythms. A child of 3-5 years naturally gets up during the dawn hours, that is pre-sun rise hours. It is very natural, because nothing has got spoiled. But parents do not, so they put them to sleep. You are anyway not in tune with the nature, why do you not let others to be in tune with nature?

We have lost the knowledge to attune to dawn, and the knowledge to attune to the dusk. We don't know how to relate to the sunrise hours and sunset hours. And we look for profound wisdom. While we continuously work to contrary to gaining wisdom, we keep on aspiring for wisdom. That's why even working for decades after relating to the wisdom, we do not the needed transformation. Every teacher invariably demonstrates early wakeup, and timely going to bed. Most of you know this, but do you practice is the question. Do we conclude our activity by the dusk hours? As the sun sets, do we conclude our activity? No! What is that activity that we do? Mostly it is useless activity. If one plans one's work, one should be able to conclude even one hour before the sunset. And the work is always there. If you can close your work one hour before the sunset, fall in tune with the sunset hour, and restart tomorrow, then you are exercise your spiritual will correctly. One hour before the sunset, if you close your activity, you can fall into rhythm by relating to the sunset hour.

Sunset hour is exceedingly important. The knowers know that the sunset is much more important than the sunrise hour. Because from the sunset hour onwards, there is the gradual uprise of the diabolic energy,

and one has to insulate himself against the diabolic energy by relating to the sunset hour, aligning with the spirit within him with greater resolve. That's how the scriptures speak of rhythm.

I saw many websites on the 7th ray, violet flame, they only glorify the violet light and the Master, but the basic rhythms nowhere on those websites I found having been given. If you google, you find many websites about violet light and 7th ray. If you find what I said now on those websites you can refer to me. Unless you set the cardinal principle right, just information would not help you.

If one intends to be a student of 7th ray, one has to set himself the rhythm of sunrise and sunset. That is the key. That is the king of laws of rhythms. Do you know why Master CVV suggested that we should do 6 am and 6 pm prayers? Only to make sure that we fall into this rhythm. Once you fall into the rhythm, we are strengthened 1000 times better than any other way. Attune to the sunset and sunrise. Relate to them and they relate the spirit in you. Then the divine and the diabolics fall into order. It is important that the diabolics and divine are in order. The diabolics take care of matter in you. Matter means all that relates to the 5 elements. And then the divine in you, meaning the intelligences that function in you, the intelligences in your being, and the matter in your being, where is ardent attunement to the sunrise and sunset hours. The dangers of not attuning to the sunset hours are much more than the dangers of not attuning to the sunrise hours. This is because, when you do not attune to the divine energies and reorganize your energies, the diabolic energies tend to be predominant. And when the diabolic energy is predominant, you are thrown out of gear relating to your plan of life.

Copious teachings are given in Bhagavata explaining how important it is to stand in alignment with the soul and the spirit during the sunset hours. The one who sincerely relates to the sunrise and sunset hours is the one who balances in oneself the spiritual and the material energies in him, and therefore shines as a soul. Neither matter dominates the spirit, and neither spirit dominates the matter. It's a mutual friendly co-existence. That is the fundamental law relating to the rhythm. It is called Kala Chakra Tantra. There are so many books upon Kala Chakra Tantra. Kala Chakra Tantra is considered to the top most Tantra among Tantras. Kala Chakra Tantra is relating to the different energies presented by time. Different energies are presented at different times of the day. Ability to relate to them allows you to be in tune with the nature. And the whole creation is run by a time plan. So, when you are attuned to time, you are right in the slot, you are in the right flight, your journey happens without hiccups. In that Kala Chakra Tantra this is the first thing, morning and evening attunement during sunrise and sunset hours. It is much easier for those in tropics. It is difficult for those who are in very high latitudes or very low latitudes. One can set rhythm on that basis so that the divine and the diabolic are appropriately attended to in oneself.

And, according to wisdom science, one division is day and night division. Another division is morning, noon, evening, and midnight. Six hours each. When the day of 24 hours is divided by 4, you have modules of 6 hours. That's how the fourfold division is. Similar division exists in relation to equinoxes and solstices. The day and night division, the twofold division is by solstices. The fourfold division is by solstices and equinoxes. The year is divided into four parts of 90 days each. 90 days from solstice you reach equinox, by another 90 days you reach another solstice, then by another 90 days you reach the second equinox. That's how the year is arranged by equinoxes and solstices. This is the fundament key which is given by H.P. Blavatsky in the initial pages of Secret Doctrine. The equinox is like mid-noon and midnight. The sunrise is the dawn which is called Capricorn solstice. The sunset is seen as the Cancer. Likewise, in the year there is a four-fold division. As the day begins, it's like the winter solstice. Then by the noon, it is like equinox. The sun is on your head. If you stand on the equator at the mid-day time the sun is right on top of your head, and the sun ray enters vertically into you and enlightens the whole being. That's the beauty of equinox, or mid-day. The highest point of illumination is at the mid-day. It need not be explained any further. It has to be noticed, that's all.

Should we miss that time of highest illumination? When the solar ray enters into you via sahasrara to muladhara straight away and causes an enlightenment and gives you the glory of the solar angel in you, should we miss that time? That's the question. When you come from lower kindergarten to upper

kindergarten, you are recommended to mediate during noon hours as well. This is second stage. The first stage is to mediate in the morning and evening. Then the second stage is, you have to relate to the meridian. Meditation at the meridian hour is much more propitious for vertical reception of light into you. That's why you need to take a break at that height of activity in the day. Just withdraw 5 minutes before 12 and 5 minutes after 12. If you can withdraw from your hectic activity, you can get realigned. In the morning you are aligned by morning prayer. By noon aligned. In the evening you are further realigned. That's how it's 3 times. You do not need do anything during the midnight hour, you are already aligned. That's how these three efforts to align during the day are given originally.

But as man tended in the recent times to be more and more dynamic, meaning hyperactive, it's all hyper-activity now, we are at the height of activity not knowing why. Even at 6:30 in the morning the Miami roads are busy with cars. If you start by 7 am, you in the jam of the morning. That clearly defines how hyperactive we are. Even half hour after dawn, you are into high activity, and you burn up throughout the day. Somewhere you have to break it. So, noon time break for a realignment is a good discipline. And it is in tune with the law. For those who observe, the energies before the mid-noon and after the mid-noon are found to be very different. The uprising energies take to the opposite dimension slowly thereafter. Therefore, to attune to that changing time in nature enables to tune up to the nature. It's like changing the shifts. When you are immigrating, sometimes the officers take to shifts, the shift happens, you wait till the next man comes.

Shifting times is an interlude where you should learn to align. Likewise, when the energies in relation to the earth, when you see the sun slowly moving towards the west, there is a significant chemical change happening. So, in all hours of change, it is good to stay silent and stay tuned. It is not difficult to practice. Just five minutes before noon, if you set alarm in your mobile it rings. You can excuse yourself just for a while and come back. Set three alarms – one for morning, one for noon, and one for evening - so that you disassociate with activity and take to the state of poise. Each time you give a pause, you restart in order. You restart in order when you give a pause to the activity.

All those who know the game of cricket, you know the batsman, he moves out of crease for a while and again comes back to play the next ball. He tries to prepare to bat, some kind of pause. You see Rafael Nadal, the tennis player; he enjoys his own pause in between each ball game. It's a matter of taking pause before you jump into next activity. If you have to perform at very high level, you frequently need to pause. It cannot be one continuous expenditure of energy. Give a pause and restart. Each time you take pause, you can commence in order, you can continue in harmony, close it peace. This is statement relating to the 7th ray wisdom.

"Commenced in order, conducted in harmony, closed in peace, to be resumed again in poise." That's how the statement is. There is order, there is harmony, there is poise, and there is pause – 4 aspects. That's how it is. Do we know this? If you have these four principles assimilated in you, you can turn out tremendous activity. It would be amazing for people to see how this man does so much work. Varied work can be done. Extensive work can be done. And you do not look tired. And you are not worn out. You are least depreciated. That's the beauty of rhythm.

Set out to divide the day into 4 parts, morning, noon, evening. Align with the surrounding energies during those times. Take to a comfortable posture, close your eyes, breathe slowly three times. The system is temporarily shut down. The 3 breathings consciously made, you can shut down your system. You can restart. In that shutdown time, in that pause, in that interval, you are refilled with energy. You have advertisements when you go to movies, in the interval there is an advertisement coming. Refill yourself. What do we do? We refill with Coca-Cola, and popcorn, and nachos. To refill, we don't have to spend money. Just close your eyes and breathe consciously. Then you can shut down. Again 3 times you breathe in. Again 3 times – 9 times. Slowly, softly, deeply and in uniformity. Then the system is renewed. And you can start once again in order. That is how the rhythm helps to gain much more energy. Don't think energy comes only from food. Energy comes through your skillful functioning with your breathing. If you know the

art of breathing, you continue to be energetic, and you never tend to be tired. I will come to the rhythm of breathing much later. The rhythm of breathing is not with us because we are into disorderly activity.

Master DK, who gave much wisdom to the west through Madam Bailey, he says, for the occidental student 5 times alignment is necessary. For the oriental student, 3 times alignment is necessary. Why it is like that? It is generally believed that the occidental mind is much more active, in the sense it is more in hyper-activity than the oriental mind. Let us not consider occidental and oriental by placement. We will be considered by hyper and over hyper-activity. If you observe yourself to be hyperactive man, 5 times alignment is needed. If you are not hyper-active, 3 times alignment is enough. This is how in the daily routine, there is law of rhythm to be attuned to.

If it is 5 times, how do you do it? If it is 3 times, it is morning, noon and evening. If it is 5 times, the first one can be the morning, the second one before you jump into work. The 3rd is at the noon time. The 4th is in evening, and the 5th is between 9 pm and 10 pm before going to bed. Otherwise you cannot sleep. Hyper-active persons have a problem of sleep. They cannot sleep. But a simple meditation by attunement to the respiration, say one can stay for 5-7 minutes, the system closes down. When the system closes down, it is easy to sleep. That's how 5 times is recommended for occidental mind. Those he says occidental, I feel it is unfair in the sense Orientals are equally active or hyperactive these days. The Indians in America are much more active perhaps than the earlier immigrants to America, because they have to earn money, more property, bigger cars, if possible an airplane. All this ambition leads to hyperactivity. So let us take to theme that there is a rhythm in the day.

When you can align 3 times, you can align 5 times, but there is somewhere which is not in books, but which is practiced in Ashrams. In an Ashramic understanding, where the Master and his accepted disciples are at work, the day is divided into 8 parts. 8 divisions of 3 hours each. That is the ultimate division. 8 fold division of the day. 2 fold division, 3 fold division, 4 fold division, 5 fold division, 6 fold division, and 8 fold division. 8 fold division is a division when you relate, you vibrate optimum, harmonious energies. This 8 fold attunement is a complete rhythm in a day. And this 8 fold attunement forms the foundation stone for all magical work.

In all temples of South India, when Tantra was at its great height, they were observing these 8 intervals of the day, so that they attune to the change in the chemistry of nature that happens every 3 hours. For a blind person, morning, or evening, or afternoon, they all look the same. But for a sensitive person, it's different. The energies we carry from 6-9 are different from energies from 9-12, and they are still different from 12-3, and again different it is from 3-6, and from 6-9. Every 3 hours there is a subtle change happening in nature. Attuning to these changes enables you to fall in tune with the rhythm.

Some of you from the west, and many from India would have visited the temple of Seven Hills in Tirupati Tirumala. Today, it is only one temple where this attunement to every 3 hours is very sincerely undertaken. You may have a temple in Pittsburg, but it is no equal to Tirumala. Because, structure may be the same, but it's the rhythm that develops the electromagnetic field. Every 3 hours a pause is given, a ritual of attunement is done, and then again it is opened for pilgrims. Every 3 hours. A 3 hour duration is called Jhamu in Sanskrit. Every Jhamu there is a change of chemistry. In this chemistry, you have from morning 3-6, 6-9, 9-12, 12-3, 3-6, 6-9, 9-12. The midnight mid-night 12-3 is the only time in an Ashram of a Master, there is what is called sleep. Can you imagine it? They related to all these 8 nodal points of the day.

Depending upon the advancement of the student, that's why the 7th ray work is predominantly a work of invocation and alignment. Invocations, I do not mean we conceive some kind of thoughts about it and keep on chanting it. Invocation is the blind for the word alignment. Stand in light, then the light happens. As you align, it happens. If you align your light with the system, the light happens. So, this alignment is a major work of the 7th ray. So much you have about the day.

And according to our present status, we try to take only the next step. Where we are today, if we are doing prayer once, let us pick the 2nd prayer. If you are already doing the two prayers of the day, let us pick the third one. More and more you relate to it, you are aligning getting expanded. Don't feel satisfied if you have already attained alignment with one prayer a day. Try to make it in a rhythmic order. Whatever you do, it has to be a consistent and continuous basis. This is Kala Chakra Tantra. Kala Chakra means the wheel of time, science relating to the wheel of time. Kala is time, Chakra is the wheel, Tantra is the procedure. The procedure of relating to the wheel of time is the fundamental aspect of the 7th ray wisdom and rhythm. That's how you find a daily rhythm.

And every day is different from the other day, isn't it? Monday is different from Tuesday. Every day is presided by a different planetary energy. From Sunday to Saturday there are different presiding planetary energies. Fortunately, the days are named according to the planets. Otherwise it would have been another difficulty for us. Sun presides over Sunday, Moon presides over Monday, Mars presides over Tuesday, Mercury presides over Wednesday, Jupiter presides over Thursday, Venus presides over Friday, Saturn presides over Saturday. That is today. That's why it is so tough today, it will be different tomorrow. Saturn squeezes the juice out of you. You have to exert a lot on Saturday. On Sunday it is light.

Every planet has its own speciality. So, to hold this awareness of the day is important. That's where the fundamentals of astrology become very important for a student of rhythm. I think we all know which planet is presiding over which day. I don't want to go deeper than that. In a week-day, there are seven types of energies to be attuned to. Just becoming aware of it is enough, and it starts working. That today is Saturday, that awareness in us awakens the planetary cooperation of Saturn. The beauty with intelligences is that they start relating to you the moment you recognize. It does not require any favors from us. You don't have to pay anything. We don't have to offer anything like food. That it is there is enough. That Sivaji has come to Miami, and I notice, he is already happy. But if Sivaji has come yesterday or the day before, and I did not care to talk to him, so he remains silent. When I come this way into the room, he goes the other way. Isn't it? It's a matter of just recognition. With the intelligences, you know it is far more than this. Just because you recognize its existence, it is so fully oriented to you to support you. That is the compassion of the angelic intelligences. The love and compassion of the angelic intelligences is beyond our comprehension. You see these flowers are there. If you recognize the flower, its shape, its color, it subtly relates to you. If you don't, it does not. Therefore, recognizing the daily presiding planet enables to gain the cooperation of that planetary energy. This is one dimension.

Which sun sign are we in today? We are in Virgo. The energies of the sign Virgo, if you generally hold them in the background throughout this month, if you remember the purity of the virgin of Virgo, nature has its own virginity, purity. If you remember the purity of the nature within you and around you, it starts relating to you. This kind of astrology is not taught in any courses. You can make other nuts and bolts that you can fit together. But carrying in you the energies of the sun sign, the energies of the planet of the day, and then the energies of the moon phase.

Every moon phase has its own chemistry on us. Moon is our mind. "Chandrama Manaso Jatah". The moon is mind, and the mind is affected by the angle of the moon with the sun. Therefore to know which phase of moon we are into is important. Are we in the ascending moon phase or descending moon phase? We are in the 13th ascending phase, meaning our comprehensions keep growing. We are very near to full moon, meaning we are very much oriented for light. Because the sun moon angel is enabling the moon to shine much more in the two days to come. So into our rhythm, we also need to consider in what condition the moon firmament is. We have to take advantage of it. As moon shines more and more in the sky, it gives us an advantage to gain greater mental light. And in that light we can comprehend much more.

So moon phases therefore are always considered in the science of rhythm. Sun signs are considered. Daily planetary presidents are considered. It was all part of our ancient living. The Mayans of this place knew it. The Aryans who we have always known it. So, when it comes to moon phases, again there is 4 fold division. There is no moon, there is half-moon, then there is full moon, and there is half-moon again.

These are the 4 nodal points relating to mind. So when you take to these four dimensions of moon in a month, you enter into a field, the lunar field, and your mind attunes with the mind relating to the moon in our system. And you do not stand in any state of confusion. Everyone of us are keen to have clarity of mind, but more confusion prevails. The confusion prevails because we do not relate to the moon principle of our system. The moon principle of our planet is available through the moon that shines forth in the sky. How moon relates to the sun, if we notice it, we can also find similar relation between us and the mind. We are the Suns. Each one of us is a Sun. Our mind is our Moon. Our comprehension comes according to our Moon. Expansion of that comprehension is Jupiter. Experience through such comprehension is Venus. The force of the soul is Mars. The discrimination that we carry is Mercury. Our ability to conclude and consolidate is Saturn. So, we are solar systems. When we relate to the solar system around us, we are reinforced with the energies that are surrounding us. Therefore, we function as a mini-solar system. We are micro system. That which is around is the macro-system. When the micro falls in tune with the macro, your limitations are overcome. They are replaced by a higher system. You have the support of a very big system to fulfill your plan on earth, to fulfill your little plan on earth. It is a very little plan each one individually carries. We are billions on the earth. In relation to the Sun, each one is so insignificant. So when we relate to the solar system, the planets, and the energies they present, what is happening is an alignment, it happens between the macro and micro, and the limitations of the micro are dispelled. The macro functions through the micro. That life is a life of glory. When the macro functions through micro, then it is all glory.

You see how it is said by Jesus, it is the Father that is functioning through the Son. The Father wants to glorify the Son. The glory is to Jesus. No one knows who the Father is. But Jesus knows that it is not he, it is his ability to align with the higher system that has enabled him to give sight to the blind, to heal the sick, to teach the wisdom, and to carry out acts of glory. All this happens with every Master of Wisdom, not only Jesus. Through him acts of glory have happened, and they continue to happen. They are no more limited. Their limitedness is eliminated, and unlimitedness prevails. When we experience this unlimitedness, then it is said to be liberty, it is said to be freedom. When things happen to you that are generally considered not possible, the one through whom it happens he experiences slowly the absence of limitation. His mind is replaced by a higher mind. The measures of his mind are no more valid. For everything, a normal student says, how is it possible? Everything is possible. Why? Because, when you overcome the limitation it is possible.

So this fundamental relation with the time and the energies it presents through planetary regents is important. And it is not enough if we know. We have to adapt to it and work with it, so that the lower system is replaced by the higher system. That is how it is said Jesus is replaced by the Christ, and Christ functioned through the Jesus. That's how it is said, that the Master joined forces with the disciple and the Master functions through the disciple. The disciple is the apparent doer. The Master is the doer. Master means, there is only Master consciousness, universal consciousness. When through this alignment, when one attunes to the universal consciousness, that universal consciousness functions through the individual consciousness. The world sees only the individual. But one through whom the universal consciousness is happening, he knows what is happening. That is why every teacher says, it is through divine inversion. He does not claim anything to be his. But for the onlookers, he seems to be doer. This status one gains by attunement to the higher system.

The other word for rhythm is ritual. Ritual is nothing but imitation of a higher system by a lower system. You imitate the higher system, so the power, the love and light relating to the higher system start functioning through you when there is alignment. That's why alignment is a major aspect of 7th ray activity. And imitation of the planets as a ritual. The planets are in various sun signs. The Moon has so many moon phases. The Sun is also in different sun sign each month. Knowing their chemistry and relating to it enables slowly obliteration of the limited boundaries we define for ourselves.

The boundaries that we have around us, we suffer around us are self-defined. As you grow, you see them as illusions. Only by growth you know that. Only by growth in consciousness you know that you were

illusion before. So, let rhythm be taken by daily life. The Aryans have rhythmized so much. They made everything into a rhythm. When you wake from the bed, should you rise from the right or the left? The Aryans have defined that. They rhythmized everything and they reached great heights. We have come out of rhythms and we have developed anarchism. To be bohemian is more acceptable than orderly and rhythmic. The Aryans when they get up they see which nostril is more active than the other. If the left nostril is more active, they try to get up on the left side and put the left foot on the floor. To that detail they worked. They have rituals for taking bath. They have rituals for defecation or urination. They have ritual for having food. Today I wonder how many really pray before they eat. The mind is so anxious to eat. As they see the food, one jumps into the plate mentally. It's a mental jump into the plate and swimming in it. But with the Aryans, it was not so. They prayed before they ate. They had rituals for putting clothing.

This land we call American continent, when I say America, it is both North and South together. This whole land of South and North continents is called America, you know why? The general understanding is along with Columbus, his assistant came to be in this land and his name is Amerigo, and he decided to settle here while Columbus returned. And therefore, this land is called America. This is not the truth. The truth is that there are two poles on this earth, one in the east and the west, right from the beginning. The eastern peak is called Meru and the Western peak is called Ameru. These are two nodal energy points through which the Hierarchy weaved the wisdom. The peak of Ameru is not in North American continent, it is in Peru, where there was a great temple of Ibez. These two peaks were conducting the light between eastern and western horizons. This island of Ameru was therefore called America. The Meru is in the Himalayas. The land Meru is said to be called Trans-Himalayan and Indian continent. Magic prevailed. These are the two major centers of magic in the east and west.

These details are given in the Secret Doctrine and also in the writings of Madam Bailey. These continents existed much before, and these peaks were active at one time. The western peak Ameru and the related temple of Ibez was closed due to abuse of knowledge in the west. The submergence of Atlantis, the great land, was due to the abuse of the knowledge relating to the laws of rhythm and the related magnetism. When that was lost the temple was closed. The Atlantean giants fought creating lot of destruction on the planet with the support of the knowledge gained through the rhythm. So the nature decided to close it. And the temple in the east continues to be and continues to transmit the knowledge. This is an event that happened when the Atlantean race submerged into waters, and the good seeds relating to the humans of Atlantean race migrated to the Himalayans. These details you have in those chapters of Secret Doctrine relating to races.

The land of America, south or north, was essentially a land of magic, a land of rhythms, a land where there were profound rituals carried out for equinoxes and solstices. For that they built enormous pyramids. All pyramids are temples of sun worship along with the aspect of time. That is why the time is as much worshipped as sun. The symbol of time is serpent. Serpent worship is worship of time. If you see the pyramids of Central American land which is profoundly spiritual - Central American land means in between north and south, in Mexico, in Honduras, in all those small islands, where you find ruins of the pyramids - that's where the knowledge was found relating to the rhythms. It has now being decided to revive that knowledge in this continent. To revive the knowledge of rhythms in this continent, a decision has been taken 339 years ago. In 1875, it is decided in higher circles to revive the western temple and for that reason in that year the Lord of the 7th ray, or the Master of the 7th ray decided to move to the American continent. That's why the awareness relating to Master St. Germain is much more in American lands, than in the eastern lands. And his work is to revive the 7th ray.

We will continue in the afternoon. We will re-gather at noon time.

Thank you.