

Mt. Shasta, USA Group Living with Master Kumar and Kumari Garu

September 15 – 16, 2014, Mt. Shasta, USA

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

Tuesday, September 16, 2014, Morning

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

Guided by the higher will we have all gathered and have made a pilgrimage to a sacred mount, Mt. Shasta, and the sacred river that emerges from the mount. There are great expectations about the mount and the related violet ray. Around great mounts there are all seven rays present, and the seven qualities that govern us, namely the will, the knowledge, the intelligent activity, harmony, scientific understanding, devotion, ceremonial or ritualistic way of life. The universe itself is conducted in a ceremonial order. The cosmic, solar and planetary systems are functioning according to a ritualistic order. We know that the solar system functions consisting of the sun and the seven planets according to a rhythm. We know how the earth moves around itself and around the sun, without any delays and without any speedy movement. Likewise, every planet such as Jupiter, Venus, Mercury, Mars, Saturn, they have their periodicities. Nothing changes in relation to their periodicities. They precisely transmit the needed energies conducting themselves according to a rhythm and a ritual. The moon conducts itself around the earth in such a rhythm that we clearly know when the full moon happens and when the new moon happens. On the planet also there is a great rhythm with respect to the minerals, the plants, the animals, and the five elements.

Among the species in creation, only the humans have been given free will but with a condition that they too follow the rhythm by which they can live free. Those who follow a rhythm would gain the magnetic vibrations of the nature's rhythm and would also gain the related electrical functioning through the brain. To be orderly is a condition given to the human. Just like there is a definite time by which we know when the sunrise happens, the sunset happens, when the noon happens, when full moon happens, when new moon happens, likewise in the human behavior also there has to be that kind of rhythm and reliability. When mind is subjected to such rhythm, man can experience the splendor of the creation and the splendors that are there on the planet earth. The earthly plane is the seventh plane and being on earth you can experience all the seven planes of existence. The *Devas* cannot experience the physical plane. They cannot even touch down. The *Devas* cannot touch down upon earth. The animals cannot ascend to higher circles. Man is the only being who is given the potential to ascend into higher circles, to be on earth and experience the earth, and also experience the subterranean existences. He can permeate all planes of existence by relating to the rhythm.

Rhythmic life is therefore considered a life through which one's consciousness expands to greater comprehensions. The horizons tend to be more and more wider resulting in an unlimited expansion. Each one of us has a horizon of understanding. That horizon has to expand. For a Master of Wisdom, it expands to the entire solar system. To an ordinary man, it expands only up to his family, his vocation, the place he is living, only that is the horizon he carries. A student of occult knowledge tends to expand the horizon of his understanding gradually from being limited to unlimited. When it is unlimited horizon, it is called in Sanskrit *Anemichakra* – limitless understanding. Humans have demonstrated such limitless understanding of the universe, whom we call the seers, or the Masters of Wisdom, the *Rishis*. Sitting in a place, the events of the whole planet are perceived. And sitting in the same place, the events in the solar system are also perceived by the seers. And they were all humans that have caused such expansion of consciousness. Men, the ordinary men, limit their horizon only to their daily routine and do not cause the needed expansion of consciousness. Growth of a human is measured by growth in knowledge and growth

in manifestation of acts of goodwill. Otherwise, one remains like a frog in a well, thinking that the circumference of the well is the only sky that it has, and that there is no other sky. That's all to him. For a frog in the well until it comes out of the well, as it looks up towards the sky, only limited sky is visible. That's how we have a very limited understanding of life, trying to procure food, procure clothing, procure some facilities, some properties, building family, feeding them. This is all a routine activity that every human does. The need for growth shall have to be an urge from within. Each person is very proud of what he or she is doing, because in his own world like the frog, he thinks "I am doing fine, I am great, and I have my sky, my well, and my waters." But if he comes out of the well, the grandeur of the sky is seen, the grandeur of the earth is seen, the grandeur of a great lake is seen. That's how from limitedness to un-limitedness there is the evolution or the growth. That growth can happen only when we adapt to the rhythms of nature.

Man is tending to be more and more away from nature, and therefore is unable to meet the cold, meet the heat, meet the rain, meet the wind. A little wind - there is disturbance in the personality. A little rain - we run to shelter. A little heat - we need air conditioning. A little cold - we need heating systems. That's how we have secluded ourselves from nature. And we have also distanced from natural food, natural clothing, and even natural thinking. The thinking also becomes upside down. Therefore, to fall into rhythm is important to grow from constriction to expansion.

You see the symbol of a conch, the head of the conch is very wide, the tip of the conch is very narrow. There are cycles around the conch from the tip to the head. Like that you also have the symbol of a mace. From the handle of the mace to the head of the mace there is the gradual expansion of horizons. The conch in Sanskrit is called *Samkha*. *Samkha* means, from Sam to Kha. Sam relates to Saturn. Sam is the seed sound of Saturn which is an anchoring into the earth. Kham is the sound of sky. From earth to sky, man can grow, is the message of a conch. That's why it is called in Sanskrit, *Samkha*. Similar is the symbol of a mace. Similar is the symbol of a wide opened hood of a serpent with its tail being tip, with its hood being very wide. We need to have wide heads, meaning wide understanding – not a physical head, but a head that carries knowledge. It has to be as wide as possible. That's why, a small head and huge body is indicative of the contrary. Not in terms of physical measurement but in terms of knowledge.

From earth to sky, or from earth to sun, one can grow through one's own spinal column. In the spinal column, we have the earthly connection at the *Muladhara*. At the top of the head, which we call *Sahasrara*, we have connection not only to the Sun but to the light that is transmitted through the sun to us which we call Central Sun or *Savitru* or *Savitri* or Cosmic Sun whom we call *Aditya*. "*Aditya Savitah Surayah*" that's how it is said. Cosmic sun, central sun, planetary sun. Such is the expansion of consciousness while being in the physical form. You are said to be a symbol of a conch when we are earthly and also cosmic. Such is the program.

How do we get into? We can get into it only through adopting ourselves to a rhythm. A rhythm of sleep, action, rest, and food. In everything there has to be a rhythm. That's where these disciplines are to be adopted by human to cause the needed consciousness, otherwise constrictions happens. This rhythm comes to us from the seventh ray of the sun. The seventh ray means, the white ray details into seven rays through a prism. Through a prism a white ray deflects into seven rays, of which the seventh ray has the color of violet. And the name it carries in Sanskrit is *Swaraj*. *Swaraj* means self-rule, self-governance. Do you know why we have governments and governances? Do you know why we had kings? Because we were unruly, we were not self-ruling. We are to be told many things. And we are to be controlled, we are to be regulated, not be a nuisance to the others. This situation has come because we have lost the self-rule. A self-ruling person does not require rule by others. A teacher of wisdom, on account of wisdom he practices, is not ruled by others, not even ruled by kings or the governments. He develops a rhythmic life by which he is untouched by the governances of governments or kings. Because by his own rule. We need to rule those who cannot rule themselves. We rule the animals and guide them because they cannot rule themselves. But man is a self-conscious person. If he develops enough consciousness in him and the related conscience, he can rule himself. He need not be told what he has to do. A self-ruling person

develops into such refined quality; as much as he rules himself, he lets others rule themselves. He has no instinct to rule others.

A true teacher is one who rules himself, and sets an example, and rules not others. There is no ruling of others. Even if a dog is with him, the dog learns self-rule from him. He does not rule the dog. There are teachers with who dogs were there, cows were there, birds were there, even serpents were there. They all rule themselves there. He does not rule them. That's the beauty of living in friendliness and in love. It can come only through one ray, that is seventh ray. It is called *Swaraj*. All the seven rays of the sun are given names. They are all given in the very first book I gave, "Mithila". The very first ray of divine will is called *Sushumna*. If you have the will to move and you have rhythm with you, sky is the limit. When we say in English, sky is the limit, the understanding is, sky is unlimited, so you too tend to be unlimited. This first ray and seventh ray - in fact the first ray reflects as the seventh ray. If you know the science of numerology, one and seven are interchangeable. One is seven and seven is one.

Mt. Shasta emits the rays of first to seventh – all the rays. But for us, to attune to the mount, attune to its energies and experience its splendor, the basic need is to fall into the rhythm in life. Even if we are to experience the mount, we need to take to the rhythm of the place. Every place has its energies and the rhythm. You can get into them if we can be mentally silent. Not only vocally but mentally silent. If you are mentally silent and move in the range of the mountain, amidst its pine trees. It is so full of pine trees. Pine brings the energies down. The beauty of the pine, the beauty of *Deodar* or *Devadaru*, all coniferous trees, they have the ability to bring down the energies. That's why in all sacred places, even without our cultivating the pines grow, the *Deodars* grow, *Banyans* grow, *Ficus Religiosa* or *Raavi* grows. These are all sacred trees that bring down the energies. When you move, having a look at the peak and assimilating the color and vibrations of the peak, if you move around under the shades of the pine trees silently, and if you meditate over there, or live silently there with closed eyes, you get tuned to it. What we do, coming and going for a day, is just a visit to get the touch of the energies. To stay for three nights and three days, or five nights and five days, or seven nights and seven days would cause the needed silence in us. And then we will be able to experience the mount much better. The predominant light that we encounter is violet here.

That violet enables us to fall into the rhythms of nature. The rhythms of nature are such that you orient to the sunrise and sunset. You shall be no more unmindful of sunrise and sunset. That's the basic rhythm of the day, because there is such magic happening at the time of sunrise and at the time of sunset. Blessed are those who can witness sunrise and sunset from their residences. Blessed are those who have an attitude to relate to them. We built huge cities, towns, and villages unmindful of the importance of the sunrise and the sunset. We are very proud of what little we build as houses. But the house which has no facility for a sunrise or a sunset is a house which is disconnected to rhythm. You don't have sunset rays, or sunrise rays into your house. And that is one house – the house we build. The house that the body is should also be oriented or exposed to the sunset rays and sunrise rays. For that reason you are expected to rise before sunrise and get ready. And close your activity before sunset and get oriented. This is the basic rhythm. Without rhythm, you cannot relate because you are not relating to the Master of the solar system namely the Sun.

Then there are rhythms relating to the moon. If you look to the moon every night, you know of which phase it is. We don't need calendars to see, almanacs to see. For example, if you see the moon in the sky, it is half-moon. You may have seen because normally we look to the sky for the stars. The half-moon is indicative of the 8th moon phase. We reached here during the 7th moon phase and we are now into the 8th moon phase. 8th moon phase offers change of energies. The energies tend to change; if you orient, they change for the better. Otherwise, we do not tune to the change. From night to day, the sunrise is a changing time. If you attune to it, you are tuned to the day. Likewise, the sunset is again a time of attunement. Midday is a state of attunement. Likewise, the moon. If you are careful, you can observe such rhythms relating to other planets also, because the seven rays are impacted on every species on the planet through the seven planets. That's how it is.

The first ray is conducted by the Sun. The second ray of synthesis is conducted by the Jupiter. The third ray of intelligent activity is conducted by Mercury. The fourth ray of harmony comes through Venus. The fifth ray of intellect comes through Moon. The sixth ray of devotion comes through Mars. The seventh ray of rhythm comes through Saturn. By observing the other planets and their rhythms by their placements in different sun signs enables you to gain the rhythm. There are many people who study astrology and they feel very satisfied with what they learn about astrology. But very few, perhaps rarely a handful, would adopt to the rhythms of the planets. The very purpose of astrology is to observe the rhythms that the solar system offers through the sun and planets, and fall into those rhythms so that the student of astrology gets attuned to the solar system. I don't think any school on earth teaches such astrology. They only teach to feed more intellect into you. And each person gets into the pride of being an astrologer.

Rhythms are the basic need to enter into the mysteries of nature. Just rhythm without the aspiration to know leads you to monotony. There are many who are very rhythmic and ritualistic but they don't have the urge to know on a daily basis. On a daily basis there has to be an addition to your knowledge. Just like on a daily basis, you think of adding to your earthly wealth. Most of the Indians have come to the United States to gain a few more dollars. A little more dollar, one more dollar a day is satisfying but an iota of knowledge every day is satisfying to a student of wisdom. From yesterday to today, did you learn something more has to be the attitude. Then you are tending to be more towards the spirit. The monastic monotony is observed by many. You see, there are so many monasteries where they are into a routine but they haven't grown to be of global importance benefitting the humanity. Let not the rhythms be reduced into a monastic monotony. They tend to be monotonous when you do the same things at the same time, even the rituals. Same time, same ritual, but you are doing over years. But do you experience the needed growth within you in terms of light, in terms of awareness? It does not happen because the urge for expansion is not there. No doubt there are some who are very rhythmic and ritualistic, but they don't have the urge to grow. And there are also many persons who have the urge to grow but they cannot grow because they don't have the rhythm. Therefore, this knowledge to be rhythmic is important.

Mt. Shasta basically offers the related energy. And many rituals are carried out here in the subtle plane. For example, in the last night there was such grand ritual by a counsel of knowers that happened around the mount. And we were on those places also. If you remember well, we were shown a place where we were not supposed to walk through. It is said that with great difficulty they are growing some plants over there, and you should not step over. So, we made a round-about tour to reach the source of the river. But that is only the blind, saying that they are growing some herbs over there. It is not herbs. They are growing there a huge temple. And a temple exists. And you are not supposed to walk there irrhythmically. If you are to walk there, there is a rhythm of walking within the temple. You need to walk through right angles, and you need to walk with regular steps, you need to be silent. Otherwise, you disturb the place. If you disturb the place, the place also disturbs you. That's why when you go to sacred places, the least contribution that we can make is to be silent. Not to be talkative. And to be mindful of the surroundings. When you attune to the place, you experience more and more violet. We are able to see violet through cameras, but violet is visible even without cameras. Why? Because it descends in such great order over there. And that violet, if we take it with us, we gradually fall into the required rhythm with an aspiration to grown in awareness from *Muladhara* to *Sahasrara*. That is the purpose of this mount. It offers the second ray wisdom and synthesis. It carries the will of the first ray. The ashy sands that you find on the mount are the result of the work of the first ray of fire. There is a great fire that the mount carries within. When the fire is on, it causes the needed purification. When the matter in us is purified, it ultimately leads to that state called *Vibhuti* or the sacred ash. That's why the sacred ash is applied on the forehead, on the hands, on the stomach, everywhere as a tradition, not knowing why: that I am willing to put myself to the needed fire to gain the needed purity, and that purity would enable me to experience the divinity. Without being pure in the mental, emotional and the physical plane, one cannot be experiencing the light. Purity is the basis for experiencing the divinity.

The mount shows so much of ashy sand over there. Also there is the tinge of red over there. And tinge of violet over there. It is called Shasta because Shasta means a combination of first and second ray. Shasta,

the very word, there is a Lord who we call Shasta. He descended during the Lemurian times. That descent is what is the most eventful thing on earth. During Lemurian times, there were men of *Yoga*, men of great fiery will, men of wisdom, they have all descended to help humanity. The Lemurian land is today submerged in the Pacific Ocean. That was the land at that time. This western coast of North and South America was part of that Lemurian land, therefore continues to be a magic. The descent of great energies from most high circles has happened during the Lemurian times. Among them there is the king of the *Yogis* that descended, whom we call the Lord of the planet. We know him as Sanat Kumara whose abode we say is in *Shambala*. *Shambala* is his abode. Shasta is another abode relating to him. Shasta is one of the names of Sanat Kumara. Therefore, for those in the western hemisphere to relate to Sanat Kumara, it is enough if they come to the mount here and relate to the energies. Fortunately, the name is not distorted through the modern civilizations.

Many names get distorted, but some names remained without such distortions due to prevalence of higher will. It is only due to the prevalence of higher will certain things remain undisturbed, certain things get disturbed. When so much has gone into waters of Lemurian land, the coast on the western side of America is saved. Why? Because in the future, after Atlantis, and the Aryans come, it would be useful to them. That's how in the grand Plan, what is needed to be saved is saved. What is not needed to be saved is not saved. The life of a great being is saved by nature. The lives of Masters of Wisdom are saved. The other lives are not saved. What is valuable for the posterity is always saved. Thus Mount Shasta is saved. That's what I say, when Atlantis was submerged, the Caribbean islands and Miami, these places were saved. Saved for some reason which is not yet known. Like children of kindergarten, we go and make noise there not knowing the importance of the place.

As I say frequently, Miami is seen as a place for enjoyment, but it is Miama. The original name is Miama meaning the Mother of Maya, mother of magic. How many are interested in magic in Miami? Those few who are interested in magic of Miami, they are not very expressive. They do their work silently. Through Pacific Ocean happening, Lemuria was submerged. Through Atlantis, the great Atlantis land which was also a land of magic submerged. But certain things are saved for the benefit of humanity. Likewise, the peninsula of India is saved for all times. That's where it is considered a holy land though the inhabitants of the land have absolutely no knowledge of it. Everyone says India is a very sacred land. But if you get to India today, the holiness of the land, the light of the land, the wisdom of the land is covered by a thick layer of ignorance and disorder. But it is saved through every deluge, through every shift of continents, that peninsula which we call India is saved. Why it is saved will be know when you get into the depths of wisdom.

Coming back to Mt. Shasta, it has been saved from a great submersion that happened when Lemuria went into waters. That's why the west coast of America, North or South, is the most sacred land, most ancient land. The land here is full of magic. The magic happens during the sunrise hours, sunset hours, full moon hours, and half-moon hours. Half-moon is a magic. Half-moon is half spirit, half matter; half invisibility, half visibility. Half-moon is said to be the beauty of the Mother. One of the names of the Divine Mother is *Ashtami*. "*Ashtami chandra vibhaja dalikasthala shobita*". People recite but they have no in-depth understanding. Ascending half-moon, descending half-moon, they are not the same. It shows one part of the face, another part of the face another time. The Divine Mother shows different parts of its face in different 8th phases of the moon. So to relate to that is important. It is by fortune that we are here on the 7th moon phase which relates to the 7th ray. And we are also here in the night where there is the 8th moon phase, which is a *Yogic* moon phase.

It is said that Mother as *Durga* manifested on the 8th ascending moon phase. Lord Krishna is said to be taken to form in the descending 8th moon phase. One is ascending, the other is descending. The descending moon phase enables you to realize the invisible more than the visible. The ascending moon phase would enable you to realize the light relating to the visible. All that we see is in its background, it is light. Being here on the 8th moon phase is a blessing. And being here on the 16th. Today is 16th day, isn't it? It is also number 7, is it not, it is also a blessing. And we are in the month of September. What month it is in

the solar year? It is not 9th month. It is *Sapta*, September means 7th month. September is *Sapta*. October is *Octa* meaning 8. November is ninth month, *Nava*, meaning 9. December is not 12th month, it is 10th month. It is a month of fulfilment. 9th month is the month of the soul. 10th month is the month of fulfilment. *Dasa* [Sanskrit], *Diez* [Spanish] is December. All these months' names are also disturbed. The 11th month should have been *Once* [Spanish] or *Ekadasa* [Sanskrit]. But it is changed by a Roman god whose name is Janus. Like that, the month before September that is August, it should have been *Shasta* or number 6, but the Roman emperor Augustus, he named it after him. When you are great, you place a name according to the political leader or the king of the place. Then its original import is no more available for the masses. Likewise, Julius Caesar, the month in which he is born, he called that month as July. It is all human atrocity over the nature's play. The true calendar year starts from the spring equinox which is around 21st March. If you count months from there, which we do through our almanac, then you have all the months with their related number. So, if you count from Aries to Libra, we are into the 7th month. It is September. There would be coincidences when we make to certain pilgrimages, which shows that not because we have planned we are here but because there is a higher will that prevails. Many times to reach a sacred place or to receive a blessing, there is a higher plan by which you are made to move during the appropriate times. That's how we are here.

You all need to know this earth's history of 30 million years. On earth, the history of man is 18 million years. Should we not know our own history? Is it enough if we know the birthday relating to this incarnation? Is it not preposterous to say, until the advent of Jesus Christ the humanity was in darkness? It is the most ignorant statement that has ever come in human history to say, before 2,000 years the whole humanity was in great darkness. And that it is being saved only through the advent of Jesus Christ is to express how ignorant one is about the whole planet and the work that the humanity did and experienced on the planet.

We have been initially White Islanders – *Sweta Dwipa*. We were living in a land which is in the Arctic. In that arc we were living initially as White Islanders. Then later that land has gradually expanded and there is a habitation of humans, not in this form. Originally we were round-some, spherical. If we are to move from one place to other, we were rolling. Today, you see some Kung Fu panda doing such things, isn't it? But we were rolling from one place to another. Mostly we were in relation to the Sun and not in relation to earth. Then slowly, there is the expansion of that land into Hyperborean land which is called in *Puranas* as *Sweta Varaha Kalpa*, meaning the White Boar. Then we were in a dreamy state. We were dreaming. Earlier we were in a sleepy state, and then we were in a sleepy state, developing certain forms from the spherical form. If you wish to know how the present form has come to us, from our original form of being a sphere, you need to go through the formations that happen in the womb of the mother when fertilization happens. From that point it starts as a bubble which is a sphere and slowly condenses itself into a semi-solid, semi-liquid thing, and then condenses further and then around that globe, slowly in the 3rd month there is projection of a future vertebra. And thereafter month by month, there would be formations around the sphere and the vertebra that is what we call cerebrospinal system. Around that everything is formed and the kind of man we see is formed during Atlantean times. Before that in Lemurian times, we had a very flexible form -- different forms, changeable forms, malleable forms, semi-solid semi-liquid forms, like the clay which you can mold. And we had different forms; once we had a form with two heads and four hands. All these are there in *Puranas*. One need to have the key of etymology, the key of astrology, and the key of cycles of time, and the key related to meters – *Chandas*. All these keys are needed to unfold the *Puranas*.

Likewise, coming back to the main theme, from White Islanders we have become Hyperboreans. Later came the Lemurian civilization. We were there in all these civilizations, but we don't know because we forgot our past. As Lemurians we were shining with golden bodies. And the land was the entire Pacific Ocean today, part of the American continent, and Asia, and the entire Indian Ocean was also part of a huge land. Do you know that the Indian Ocean was connecting Asia to South America? That's how it was. During that Lemurian time, there is the descent of great Yogis from higher circles. The king of who is called Shasta. That's the importance of this. This mountain is dedicated to him and it carries his energies. It is like an extended branch of *Shamballa*. *Shamballa* is in Mongolia in the Gobi Desert. Only when you have the ability to gain the golden body and the related vision, only then you can visualize *Shamballa*. The *Puranas*

speak of *Shamballa*, and *Shamballa* means *Shyama Bala*. *Shyama Bala* has become *Shamballa*. *Shyama Bala* means the blue boy, the bluish one. *Sanat Kumara* is the blue one. His most recent incarnation amidst humanity was 5,000 years ago. He has come down as *Pradyumna* during Mahabharata times, as son of Lord Krishna who is a higher counter part of him. After he played his role as *Pradyumna*, he once again returned to his abode in *Shamballa* as *Sanat Kumara*. This detail is in Mahabharata. To many people Mahabharata is just the story of *Pandavas*. But it is just a little part in the whole thing. Therefore, that *Sanat Kumara* is the king of this planet, he is the Lord of this planet. He is the one who saves all of us. He is the true savior on this planet according to the scriptures. This *Sanat Kumara* has his extended branch at Mt. Shasta.

Too many are the details. I cannot go into the entire story, but I just put you to introduce so you may read the five continents that have happened. That is White Islanders, Hyperboreans, Lemurians, Atlanteans, and Aryans. That's how it is. We are now all Aryans. What happened from Lemuria when we were so well connected in the 4th root race, when we came, we were given the will to be free to relate to the earth. You are given free will – you can relate whichever way you like to the earth. Then, some people related in an appropriate way. Some others related in an inappropriate way on account of desire. The humanity was divided into righteous and unrighteous through right use of desire and wrong use of desire. Both carried tremendous powers. That's why there were titanic wars, giant wars, and the Atlantis was full of magic and full of wars to the point of self-destruction. Then nature decided to submerge that land, that great Atlantis, which is now Atlantic Ocean, whose remnants are around the Caribbean and all those islands in Atlantic. The remnants of Lemuria exist as islands in the Pacific and in the west coast of America. When the Atlantis was submerged, even before it submerged, the knowers have shifted to Himalayas. That's how for Aryans the cradle is set in Himalayas. And then subsequently, all those who submerged also come back into incarnation in 7 grades. That's how there are 7 grades of Aryans. All this detail, if you have the patience to go through the grand work done by a great initiate, Madam HPB, you find in Secret Doctrine.

You need to be patient, you need to be silent, you should dedicate very silent hours of the day to relate to Secret Doctrine. You cannot read in your busy hours. You cannot read in the travel hours because it does not open for you. All that is in *Puranas* which is coded is decoded by Madam HPB and is given out for our understanding in English, though she was Russian. You need to have the patience to go through and gain the continuity relating to the story of the planet and the story of humanity. It is important because as we move forward we meet our past. Because we have come down from light and the future is that we are back to light. We have come down from light, that was our past. What is the future? You are returning to the light is the future. That's why when I started my first teaching in California, I said we have come back to our past to meet our future. That's why we are here to meet the past which is our future. In a cyclical movement, when you have come from the most high point to the lowest point, what remains? You have to return -- *Dwitiya Parardhe*, that's how we say. Now the Creator is in the second half of his creation, now he is returning, meaning all his clan has to return. We are in the returning path. In that returning path, what we do? We meet our past. That's how we have come here to meet our past.

This whole thing for this Aryan race is recently opened. The Aryans did not know about Mt. Shasta before 1775. It is only through the Spanish invasion of the American continent. Initially, they were dabbling around the eastern coast. Slowly they started moving towards the west coast. They found their hearts throb of the golden treasures here. So there was a great rush to the west. All the Wild West stories are about excavating and exploiting for gold. That's the exoteric aspect. The esoteric aspect is to find the gold within. To find the golden light within, you have to enter into your heart center. You are returning to your heart center. To return to heart center you have to relate to the golden land. Outside there is the vibration of the golden land, inside you find the golden land in the cave of your heart. Therefore, you come back.

This is opened for this cycle for the Aryans. Because for a very long time they did not know that a continent like America existed. Until the disciple Columbus -- he was a disciple of not only Jesus Christ but also St. Germain, and also the 1st ray Master. He was guided. He wanted to find the route to India to exploit the gold there because that was the golden land. Even today it is a golden land though clouded by so many

other things. In the grand Plan, Columbus who wanted to reach India reached America because the humans needed to move to another side of the golden light. Eventually, by about 1786 they reached here. But the Master of the 7th ray reached even earlier. As I said, in 1775 he reached, meaning 11 years before he already reached. And he has setup with his disciples lot of Ashrams, not only around Mt. Shasta, in all places relating to the western part of North and South America. He has many, many Ashrams where his disciples who are generally invisible conduct the rituals to cause the needed magnetic vibration to harmonize the energies, number one. And also to cause the needed impact on the modern humans who are now relating to the place. He came in 1775. From 1786, this mount is noticed.

But even before the Master came here, there were already groups relating to the Lemurian times. There are events where people have found men with a projected tumor-like thing at the forehead, which was earlier 3rd eye. A projected tumor-like at the forehead where the pineal gland is. When it is opened everything envisioned. Such people were existing even before Atlantis. You know the story of Cyclops. Till very recently, in the remaining parts of Atlantis, namely Canary Island which is very near to Spain, there also is a volcanic mount like this. It is called Tenerife. Around Tenerife also there are the Cyclops. There are Cyclops also in this mountain – some of them are knowledgeable, many of them are not. Though they remained from the most ancient times, some of them are very knowledgeable, very high initiates. Many of them are not. European means *Aryopa*. What you call as Europa is *Aryopa*. What you call as Iran is *Aryaan*. An extension of *Aryaan* is *Aryaaka*. *Aryaaka* has become Iraq. Today it is a fire pot, everything is burning there. It is all Aryans. Coming from Himalayas they spread all over the globe in 7 different gradations.

Having come here, the Master established. And then slowly people started coming and we are relating to it. What are we to relate to here? To relate to the violet light. Move in silence, stay there, relate to the elements of the place, relate to the water, relate to the matter, relate to the heat, and relate to the fire. You saw yesterday one person with a smiling face with no clothing on the body, just covering the private parts. He was sitting there in a squatting position and relating to the light of the sun, and to the waters, to the plants around. He is just sitting, only giving us the message – if you wish to experience the place, be like me. We had lot of warm clothing on our body, isn't it? He had no clothing and he is like us, a human. What makes him do it, and what made us put on the warm clothing? It is a matter of integrating to the place by relating to it over months. Then you can also do it. He could do it, why can't you do it? We, as I said, mostly people come as tourists. The next better state is to be a visitor. And then the next better state is to visit as a pilgrim. And the best thing is, be a habitant for a while. And the final thing is, settle here. That's how some people, they have decided to leave everything and settle here.

You find such ones in every sacred mountain range, not only here. If you talk to them, they say, "I have been a doctor but I came here", "I have been an engineer but I came here", "I have been a geologist". Everyone would say something. They were from the modern world, and they have come to their past to meet their future. They are the bold ones. It requires tremendous courage to set apart the artificial, mundane, routine-like life to get back into nature. Integrate with the nature and experience things. We were so busy; we had no time to relate to him. But he was looking at us with a smiling face although we have been making lot of noise over there. He gained the related peace. Like that, the importance is in integration. When you integrate here, you have the experience of primarily the 7th ray. Later the 1st ray, later the 2nd ray, later the Lord of the Planet, *Sanat Kumara* who is the ancient most *Yogi* relating to this planet. He is called *Sanatana*. *Sri Krishna kamalanatho vasudevah sanatana*. *Sanatana* means the eternal one. We are the *Adhunathas*, the modern ones.

So relate in silence. Regardless, what we are and what state of our mind is, I tell you one thing. There is a blessing to all those who have come because we are all sent here. Something which guides us from the background has brought all of us only to get the touch of it. And it gradually unfolds in us, in our consciousness, as we walk into the future with our little wills doing the little practices which we strive to do on a day to day basis. It is a striving! To wake up early in the morning is a great striving. It does not matter. The blessing is there. The blessing comes to be and it has come to be. And it will settle in us. Be happy

about it. Don't strain your eyes to see! Instead, close your eyes and see. Be silent to listen to the nature. There is a way to listen to nature, you get messages from nature. So listen to nature, see through closed eyes. Make a silent movement.

These are all some regulations, but ultimately move as you like. Move as you like because nature is benevolent and Master is benevolent. Move as you like, make as many pictures as you like. The nature and the Master would gently touch you with or without your permission. And you go back benefitted. That's why we are making a second visit to the mount now after the breakfast. And then to a creek. A mount and a river are a combination. The mount is the masculine aspect; the river is the feminine aspect. When there is a mount and river, you know what happens? The mount is like the proton and the river is like the electron. The energies of the mount are carried far into distant lands by the flowing river. That's the beauty of a river and a mount. A mount without river is hard to realize. A mount with river is much more easier to realize because there is the Mother's unfolding to receive the children into itself, into the nature. Therefore, please note that the river is as important as the mount. By some good reason, the Spanish have called the river also Sacramento. It is all a place of sacraments, *Samskaras*. Sacrament means *Samskara*. *Samskaras* means you get more and more refined and cultured so that we experience our original being as light.

I think that is enough for today. If we keep talking, there would be lot of information. But if you start working the simple steps without compromise, you would yourself experience a lot. That's why all this teaching is only for you to take the needed feed and then see what best you can work out for a better tomorrow. Let us say for better next moment, why do we postpone to tomorrow? So before we do that, let us move to fill the stomachs!

Thank you.