

The World Teacher Trust

Inner Normalisation with the Help of Sound, Colour, Symbol and Number With Master Kumar and Kumari Garu

Centro Quiron, Buenos Aires, Argentina

August 26, 2015

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

Wednesday morning, the group visited Sudama, a centre dedicated to a variety of social service activities. At the centre the Master gave a talk on the importance of selfless service to society and expressed his deep admiration for the work done at Sudama. Afterwards the group members presented self-made healthy food items to our group from the West.

I had a very cordial talk with several members of Sudama. They told me about the great spectrum of their service activities, and they do it in silence: They are giving support to people in need in different fields of the society - in prisons, psychiatries, in areas of great need on the countryside, where people live in great poverty, to children (support to schools), in the area of health (a number of doctors is collaborating) and especially in the field of healthy nutrition / cooking, where they instruct people how to follow a healthy vegetarian diet. The group is also publishing a magazine about healthy living.

Sudama is working as a group since 30 years; the Master gave the name to the group and visited it every time he came to Argentina. I was deeply impressed by their dedication, high standard and perseverance of the service work done.

Wednesday, 26 August 2015, evening

In the evening the group went to the Teatro Quiron in Buenos Aires. It is a centre directed by Oscar di Noia, a psychologist related to the WTT since the very beginning of the work in Argentina. The centre is devoted to the arts, working with youngster and various groups of artists as well as wisdom teachings.

Hearty fraternal greetings and good wishes to all the brothers and the sisters that are gathered here. If I am here this evening it is because of Brother Oscar di Noia. Oscar di Noia is profoundly associated to me right from the beginning of my time in Argentina. He has been a very ardent student to find the truth within. He has made extensive external journeys and also extensive inner journeys. He desires to seek the wisdom within. He is a very hearty person and decided to walk the path of Light. I deeply like him. He asked me during the last time to come to spend some time with the group to whom he relates. I had to necessarily come.

I know that all of you who are gathered here would like to find some peace to experience consciousness, to unfold the consciousness from within. The path to truth is accomplished with the help of certain instruments and the instruments are also within. The path to light is within. The instruments to walk the path of light are also within. Once this is known man stops seeking outside. The entire search has to be within and not outside. Even the implements given are inside. The one who has found the path carries the clues within and he gives these implements to those who are intensely seeking the path of light. That is how the tradition of teachers has come to be.

There is the hierarchy at work and the hierarchy functions through the nature. You seek the truth within and outside. The inner implements can be gained with the help of a teacher. The teacher says, the one who is the king shall have to be normal all the time. Normally people who are trying to speak tend to be not normal. To be normal is the foundation for any spiritual growth. If there is no normal temperament there cannot be a growth to light. Normal temperament is not normal, like we say common sense is uncommon. Likewise normal and natural temperament is generally not available. We carry certain abnormalities within us. People have different abnormalities. The work is to become natural and then become super-natural.

The teacher tells the student what is not normal within themselves. Some people have some inhibitions. There are some very communicative, they ignore to go within themselves. They are an obstruction for their own unfoldment. Some others have fear for nothing. At every moment there is fear. If you ask them why they don't know. It is not normal to have fears all the time. Likewise we find people who get easily worried and there are persons within whom there is a dislike for order. If we suggest them to be orderly they become rejecting. There are people for nothing they are pride. Like this we find within ourselves certain abnormalities. These abnormalities are the fundamental inhibitions for normal growth. There the teachers say, first get to normal temperament.

To build a super-structure you have to level the land. We have to clear all the bushes and weeds in the area, to level the land, to make it solid. Then you build up. Likewise the wisdom of the teacher says, be normal and be natural, it enables a ground for further growth. Then the teacher says, observe within, what are the discomforts, disorders one has. This is the time to meet one's own psyche. Others have abnormalities but we don't see our abnormalities. We are too quick to give an opinion about others. We should be quick to find the abnormalities within oneself. Recognition of these abnormalities within oneself is one aspect. The science of psychology enables us to recognise the abnormalities in the psyche but they have not enough tools to eliminate the abnormalities. Therefore the psychology requires a spiritual dimension. That is why spiritual psychology has come to be.

I know that I have anger, very easily it comes. If I know that I am very angry frequently where others are not, if I know that I have anger - that knowledge itself does not help. Likewise there are ladies who for nothing have worries, for nothing. Worrying, worrying, worrying: Perque? (why?) Also suspicion is emerging from time to time. It is easy to know if you have suspicion or not. When you speak to a person and the other person listens with the eyes dropped it means that he is not accepting what you say. He is accepting with a "piece of salt", meaning, he is not accepting. He has suspicions. There are varieties of abnormalities in humans. Every human is one way or other mentally handicapped. Better bodily handicapped than mentally handicapped. We have pride, prejudice, jealousy, hatred, anger, and so on. Can we say that we are normal? We can manage for the sake of civility, for the sake of social order. I can smile but inside it is a phantom house. This is what is called the sickness that has taken to the higher level of the mental plane. Physical sickness is not so dangerous. Mental sickness is much more dangerous for the people.

Once Mahatma Gandhi went to a colony of leprous people. His friends told him not to go to the colony of leprosy. Mahatma Gandhi said, leprosy is visible but in the society there are much more whose leprosy is inside, they are much more dangerous. All the disorders entertained in the mental plane are a greater sickness than the disease at the physical plane. Many times when we buy a fruit we see how beautiful it is outside. We buy them, take them home and cut them – they are already rotten inside. In the modern society there are many apparently beautiful things which are rotten inside. This is what one encounters when one meets himself inside. He meets the energy which he has hidden inside all the time. That is where the challenge is to start with. That we cannot cooperate with others, meet friendly with others in a group life. Why groups are suggested with Masters – only to realise how weak you are when you meet others. We think we are beautiful but when we relate to a group we are disabled. There is so much agitation inside. We see the causes in others for our own irritation. The cause is not in others, it is within you. If you meet yourself you see it.

A Master always tells his students, turn within and observe if you have any of these abnormal psychical tendencies. We would find many. Every person finds many psychological disorders within himself which he thinks he has. Don't we get worries, become angry, are possessive, speak lies? Each one when he looks within he find many undesirable traits within himself. Unless one eliminates them spiritual practice does more harm than good. That is why a teacher is needed to show how to overcome the psychological disorders. Firstly you are made to look within yourself where you meet the mirror image. You have to meet and clear them. Unless we clear it we cannot build anything in terms of light. The seven rays knowledge

which the Tibetan gives, like the knowledge of will, can go into desire. The knowledge of wisdom has distorted the truths from intellect to concepts. The knowledge of intelligent activity has been turned to... therefore harmony has gone; and the 6th ray has tendency to strong viewpoints and fixities of mind. If your devotion of 6th ray has become distorted and disorders are seen as sacred the disorders become.. Or not to dress the hair orderly. There is no order for eating, for sleeping, for working. I eat and sleep and work whenever I want. Everything is upside down. The 7th ray of order has taken to disorder. The 6th ray devotion has gone down to emotion. The 5th ray of the mind is reduced to strong viewpoints. What I think is right, what others think is not right. Narrow viewpoints, that is what the 5th ray offers. 4th ray conflict is within oneself, there are lots of conflicts, no harmony. When everything is disordered there is no harmony. The 3rd ray is for the benefit of the larger life; it has turned to selfish activity. Each one is trying to be more intelligent to get more from others, more corrupt, more money, more propriety. Aggression on the weak, instead of helping others; I start exploiting. Therefore the wisdom tends to be conceptual but not real. We all speak like parrots some nice aspects of wisdom but they are not practiced. The first ray Will is what poisons within (?). When you get into spiritual practice this is what is to be set in order. People say if you take to spiritual practice your life gets into disorder.

There is a story in the scriptures. The divine and the diabolics desired both the drink of immortality called amrita. If you drink it you become immortal. The divine wanted the drink, they found their strength is not enough. They also wanted the support of the diabolics. The diabolics also wanted the drink of immortality. They approached the creator to give the technique to gain the drink of immortality. He said, you take a huge mountain and use it as a churner. And the creator also said, you need the largest snake to churn the mountain with the ones on one side and the others on the other side. The mountain is kept vertical in the ocean of creation. The snake is put around it and each draws on either side. That is why the churning is. The ocean was churned with the help of the mountain and the snake. The divine were holding the snake at the side of the tail, the diabolics agreed to hold the snake at the side of the head. They were churning the ocean for the drink of immortality.

The first product that came was a great poison, because first the poisons come out and later other things come out. After the poison comes out, then the divine nature. Finally the drink of immortality also comes out. The story is only to inform us. When we get into spiritual practice it causes to encounter our poisons. A part of us which is in disorder has to be set right. All practices that we adopt should enable us to normalise the abnormal situations within us. That is the intelligence that we have working within the system.

Every Master of Wisdom gives to his students a sound to work with. The Master takes the responsibility of normalising the abnormal psyche of the students. Therefore he gives the implement of sound. He would like the students to work with sound. He also gives a colour. He gives a number and a symbol. These are the four implements that come to the student from the teacher. Every student is required to work with colour, sound, symbol and number. That is why Pythagoras gave a fourfold keyboard to all the students. A symbol to start with, a colour to visualise and a sound to cause the needed vibrations and a number to raise the potential. That is how the science of numbers has come as numerology, the science of symbols, a 5pointed star, a 7pointed star, a pyramid, a cube, a sphere. These are all energy systems the teacher suggests to harmonise the psyche of the students.

Likewise the colour. After certain base colours brilliant colours are used. The earthy colour of brown, slowly red-brown is given as a colour, followed by rose colour, further followed by pink. Rose is more delicate while pink is vibrant with red (?). Then he gives orange, then golden yellow colour, the colour of aquamarine, the sky-blue, the deep blue. Like that what is needed for the student the related colour is given. Similarly sounds are given to cause vibrations within the student. Sounds are there to cause different impacts on the psyche. They have a desired impact on the psyche. Many of these colours and sounds are given in the book "On Healing". Healing is to heal the abnormal psyche of the person. Spiritual healing is not to heal the cold. The deeper disorder has to be cleared. Therefore the sounds and colours are given. You know the sound of Ajna, of Sahasrara, of Anahata, of the lower centres. The teacher gives the sounds; the students have to work with. And he also gives combinations of sounds. And then the

potencies of numbers. Generally every person is given the truth with a number he has to work with. The work relating to oneself is the number key to work with life. Number, sound, colour and symbol. These are the four keys to regulate the abnormalities of the psyche. They were given by Pythagoras in ancient times. We need to use these tools for the psychological preparation. When the psyche is normal we can see better, we can listen better, we can sense better. Thereafter the practice relating to light and higher levels is given. Therefore the work is to set the psyche in order before we get into the spiritual realms. When the psyche is not set in order you are only grooming in disorder.

We have in Brother Oscar di Noia a profound professor of psychology to give the keys to the students. The students submit themselves with trust to the teacher so that the teacher helps to set right the psyche. That requires respect. They submit themselves to the teacher and do whatever he says, and in due course the psyche is set into order. The student was conscious of the reparations which were done, he saw what was being done. The teachers in the orient say, I repair your psyche so that you are fit to walk the path of light and not get stuck in the confusion of the dark clouds relating to the psyche. The implement is to work with order or to submit to a teacher. For each one of us to know our number, I have already told you. Your number is 6 if you are born on the 6th or 15th of a month. 15 is also 6. Likewise if you are born on 8th of the month, or 17th of the month or 26, your number is 8. When your number is 8 you work with Saturn. When your number is 6, you work with Venus. Likewise each number has a planetary correspondence.

And each planet has a colour and a sound vibration. Every planet has a sound vibration, a colour and a number. You relate to the planets, the colour and sound of the planet. When you start working with it the consciousness unfolds. That is why this is called the path of psychology. It is not meant for knowing what happens after 5 years... It is not a science of prediction. People think symbols or astrology are sciences of prediction. The keys are found through internal working. The psychological spirituality, we shall have to be students of psychology and astrology to normalise our psyche. The more and more we normalise our psyche we are enabled to gain the light within.

Within there is not only light. When the weather outside is not very clear, it is rainy and foggy and there are cyclones and too much wind from north and south, you cannot work well outside but the inner work is still possible. Inner weather can be seen from astrology. There are 3 signs of fire, of air, of water and of matter. What is the combination of matter and water? Air and fire in us? In proper combination you have the key so that you are comfortable inside. To be comfortable inside is a great thing. Even if it is not comfortable outside the inner weather can be good. When the inner weather is balanced the outer weather does not affect you. The seers move in mountain ranges and the cold and wind does not affect them. Within them there is clear weather. That is how the work with all the truth seekers is to clear the weather inside. Then they have the light to shine forth. The light shines forth when the clouds and cyclones in you are harmonised. It is important to give the spiritual psychology and astrology. I come and speak what the group needs. Our work is to work with the spiritual astrology and psychology, not working outside but within. To work with colour, sound and its vibration, the symbol and its ability to harmonise the energy and the number that can raise our potencies.

All numbers are spiritual, all sounds are spiritual, all colours are spiritual, they emerge from the same source, and above all sounds OM is a general tonic to help. The psychological help is set when we sing OM frequently and at long times. The scriptures say when OM is uttered all diabolics disappear and the divine start working. When we consciously utter OM, as we utter OM we have to associate with it and travel up with the respiration the vertebral column, from Muladhara to Sahasrara, we should travel up with the sound OM. OM has the potency of trinity. It is a triple sound, A, U, M. A stands for the father, U stands for the son, U stands for second logos, M for the 3rd logos. The trinity is there when you utter OM, and it is also a double sound, it is male-female sound. Father and Mother together. The father is O, A is father, U is the son, A plus U become O. It is the chemistry of the sound. A plus I is E, that is the chemistry. English language starts with A (spoken E). All other languages start with A, the father. When we say AUM, it is father, mother and son. When we say the double sound O it is father and son, and M is the female. It is three in one. It can be three, two or one. That why OM is recommended in matters of wisdom to be

regularly uttered. It includes all other sounds. The Veda tries to explain about the power of sound but says that it ultimately cannot explain. It explains among all other sounds to utter OM. That is the flow, the deep. When you regularly make the invocation of the sound OM, the psyche is adjusted in a matter of 7 years. OM does correct. In many cases where OM is recommended disorders are set into order.

Once I met a doctor in Germany, he was a chain smoker. He continuously smoke. He is a doctor, he knows it is not good for him. He was a successful doctor. He asked me, I am a strong will man but I am unable to overcome this habit of smoking. Can you help me to overcome this disorder? I told him to regularly utter OM 21 times for a matter of 40 days. On the 21st day he telephoned me and told that he is no more interested in smoking. Even to me it was a surprise. He is already 22 years without smoking. Likewise I found another doctor smoking. When a strong-willed man is given a practice he does it very effectively. Many psychological disorders are put in order with OM. The man was very angry, a very angry man. He asked me, Kumar, can you recommend me any method to overcome the anger? I suggested OM. The power of OM is inexplicable. There are so many dimensions of OM.

When it comes to sound it is OM. When it comes to colour. Mme Blavatsky was instructed to meditate upon chiefly 5 colours. It is in tune with the mantra of Gayatri. There are 5 colours that we might regularly meditate so that we are harmonised. Upon the background of deep blue you may have 5 colours in circles. The central point of sunlight colour, followed by red, blue, green and golden yellow, and then the colour of the moon. There are three colours coming from one colour. I shall give to Oscar tomorrow. This is what is recommended through chanting of Gayatri also. I don't give you Gayatri because I gave you OM. When it comes to colour there are 5 colours, solar, brilliant white or diamond white; lunar is like that of the pearl, the colour of the full moon is much more soft than the colour of sun. The moon ray is compared to the colour of pearl. The solar and lunar colours, in between there are three colours. Soli-lunar means, father and mother; solar is father, lunar is mother. Cosmic father, cosmic mother. In between there are the colours of the 3 logos. First logos is red colour, second logos is blue colour, and the third logos is yellow colour. Second is blue, the knowledge, first logos is will, the third logos is golden yellow, it is intelligent activity.

You make 5 circles, all on the background of deep blue, and visualise colour after colour. When you speak of the solar colour you speak of the soul. When you speak of the lunar colour you speak of the mind. The soul and the mind, there is the trinity of 1st, 2nd and 3rd logos in between. That is how the 5 colours are chiefly given for meditation. In India they set up deities with 3 heads and a monkey with 5 heads (?), and they are made of bronze, the chief colours are solar and lunar colour, within them there is the colour of trinity, in relation to the higher states. You can think meditating on one of these colours regularly.

Generally people are suggested to meditate on golden yellow colour. Golden yellow colour enables us to organise our intelligence in accordance with nature. Blue colour enables us to gain the expanse of wisdom, and red colour the will of God, and the lunar colour to experience the joy and bliss of existence. The solar colour enables us to experience the self. You can take one colour at a time or successively on all the 5 colours. The symbol for meditation is the circle with the central point. It includes all symbols. Circle and sphere is a complete symbol. It is from the circle the cube happens, the hexagon (?), from circle to cube it is manifesting, from cube to circle it is demanifestation. Originally there is a golden egg.

When we are born in the womb we are like a bubble, the egg. The sphere becomes cube and the cube unfolds on all sides. 6 sides and 4 right angles for each side. For every phase there are 4 right angles. That is how the 24 dimensions are created. The symbol of man is cube, he is in manifestation. When he is in demanifestation his symbol is a sphere. If you arrange a cube you find the symbol of man. If there is a box I can show you. If you open the top of a cube there will be 4 unfoldments. If you open a box there will be 2 sides coming from the base and one side goes up and one side comes down. There are 3 horizontal the 3 vertical and the centre is common to all. It is a not new science. For meditation the symbol is a cube and a sphere. If you want to manifest it is a cube, if you raise yourself into the higher energies it is a sphere. First the sphere to rise into the higher circles then only you can manifest something divine. In all temples you find a sphere over a cube. You don't find a cube over the sphere, it does not stand. You find many times a

cube over which there is a globe. You may have a sphere; if you have good crystals here, you may have a sphere and a cube, you rise into the kingdom of light, and cube is for those who work from the sphere of light. They can manifest an orderly form. Without working with sphere you cannot work orderly with cube.

I spoke about sound, colour, symbol and number. The number of sphere is 10. 19 is the number of perfection and of God. Do you know, number can be written, not the why we do it. Do you know Pythagorean way of showing: First line 1 dot, in the 2nd line 2 dots, in the 3rd line 3, in the 4th 4 dots. That is the symbol of God to meditate upon. The Vedic symbol is a circle with a point. The point is 1 and the circle makes 10. Working with the 4 implements, number 10, sphere and the 5 colours and then the sound OM. It would be helpful to set the abnormalities in our psyche into order. If you have any questions you can always contact me via Oscar. Thank you!