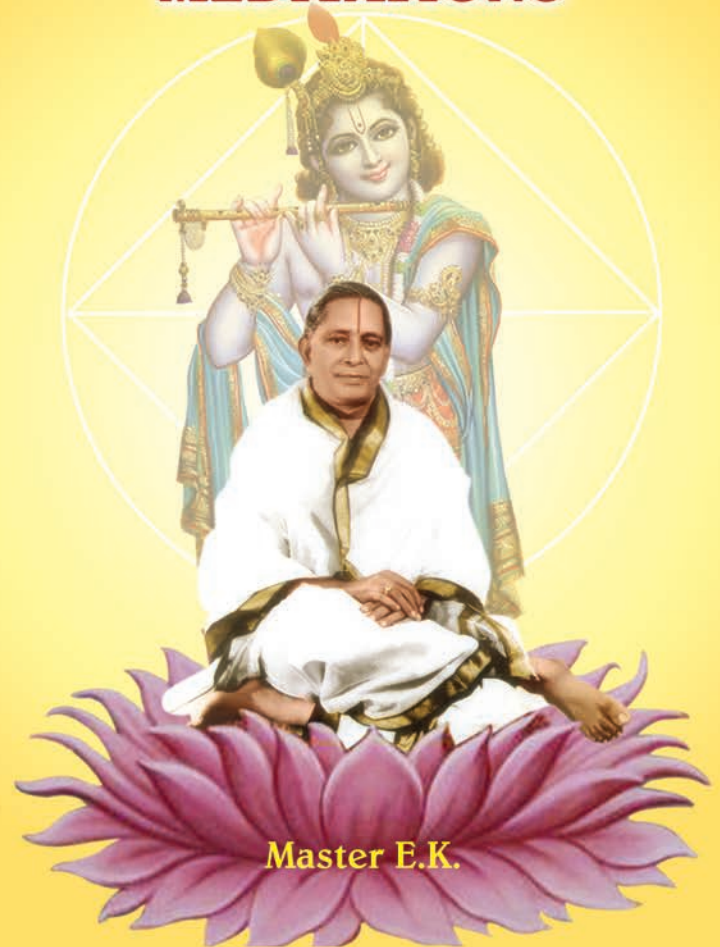


PRAYERS, PRECEPTS AND MEDITATIONS

PRAYERS, PRECEPTS AND MEDITATIONS - MASTER E.K.



Master E.K.

Thou art time; keep time. You will be that.

Meditate upon the meditator !

Think of the thinker !

Listen to your own voice and know who the speaker is in you.

He doesn't speak in sound, sound speaks for him.

CHOOSE ONE !

Whichever you think best will be yours

if you follow the Path of Faith.

Whichever is good to you will be yours

if you follow the Path of Virtue.

"His Will" is your will if you are pleased with "The One Path".

- Master E.K.

FIRST
End Paper

PRAYERS, PRECEPTS AND MEDITATIONS

MASTER E.K.



1st Edition:

**MAY, 2011 - SHASHTIPURTHI
CELEBRATIONS OF
Sri E. ANANTA KRISHNA**

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PREFACE

Master E.K. has given many prayers and meditations for the aspirants to practice in their daily lives. By practicing in the prescribed manner one can improve his insight into the spiritual pursuit and experience the Divine Presence. In the book SPIRITUAL PSYCHOLOGY he has given a set of meditations for the whole year. In addition to this he has given NEW ERA MEDITATIONS. To facilitate everybody we brought all these prayers and meditations together in the form of a pocket book. We got the blessings of the elders in this effort. Another unique feature is that the book is being released through the holy hands of THE MOTHER on the eve of SHASHTIPURTHI (ceremony of completion of sixty years) of our elder brother Sri ANANTA KRISHNA on the 8th of May, 2011.

Dr. E.V.M. ACHARYA

PREFACE TO THE SECOND EDITION

With the interest and enthusiasm shown by the brotherhood and also many aspirants from other groups, we got the incentive to bring out this second edition with many more compilations from the teachings and writings of Master E.K. He has given many prayers, precepts and meditations for the aspirants to be practiced by them in daily life. Some of them were compiled in the first edition under the direction from our brother Dr. E.V.M. Acharya. Now more prayers, meditations and precepts are being taken from the writings and teachings of Master E.K. Now the members of our team made more compilations which are added in this second edition. In this second edition we have made transliterations for the Sanskrit stanzas in the common prayer and zodiac meditations. Translation for the stanzas from Rigveda made by Master E.K. were also included in this edition. All this is made possible by the blessings of Master and the hard work of our team members. I hope this second edition will reach many more people and they will experience real happiness in life by putting them into practice. May the Master bless us all.

11.11.2019

Dr. E. ANANTA KRISHNA

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COMMON PRAYER

Om! (3 times)

Gururbrahmā gururviṣṇuḥ gururdēvō mahēśvaraḥ |
Gurussākṣāt parambrahma tasmai śrī guravē namaḥ ||

Namaskarams Master

Namaskarams Master E.K.

Namaskarams Master M.N.

Namaskarams Master C.V.V.

Namaskarams Master C.V.V.

Namaskarams Master C.V.V. to your lotus feet.

(5 minutes Silence)

Gayatri Mantram

Om bhūr bhuvassuvaḥ |
Om tatsaviturvarēṇyaṃ |
Bhargō dēvasya dhīmahi
Dhiyō yōnaḥ praçōdayāt || (10 times)

The import of the Gayatri Mantram is as follows:

*We embrace that light of the Creator
who delivered us into existence.*

*We embrace that light which stimulates
our will into action.*

Hariḥ Om

Śaṁnō mitraśśaṁ varuṇaḥ |

Śaṁnō bhavatvaryamā |

Śaṁna indrō bṛhaspatiḥ |

Śaṁnō viṣṇururukramaḥ |

Namō brahmaṇē |

Namastē vāyō |

Tvamēva pratyakṣaṁ brahmāsi |

Tvāmēva pratyakṣaṁ brahma vadiṣyāmi |

Ṛtaṁ vadiṣyāmi |

Satyam vadiṣyāmi |

Tanmāmavatu |

Tadvaktāramavatu |

Avatu mām |

Avatu vaktāram |

Om śāntiḥ śāntiḥ śāntiḥ ||

IMPORT OF SANTI PATHA

May the Lord of measures contribute to our poise.

May the Lord of outlines and layers contribute to our poise.

May the Lord of senses and the Lord of utterances contribute to our poise.

May the Lord of pervasion who fills us through steps contribute to our poise.

I submit to the ever expanding Lord of consciousness.

O Lord of Air, the Lord of our pulsations!

I submit to you.

You are my direct Lord of self-expansion.

I utter the truth which I know not.

I utter the truth, the law of existence.

May "That" (All) save me.

May That save the one who utters (my teacher).

May That save me.

May That save the teacher.

Om Peace, Poise and Tranquility.

Morning Prayer - Invocation

(Given by Master D.K)

From the point of Light within the Mind of God,
Let Light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God,
Let love stream forth into the hearts of men.
May Christ return to Earth.

From the centre, where the Will of God is known,
Let purpose guide the little wills of men.
The purpose which the Masters know and serve.

From the centre, which we call the race of men,
Let the Plan of Love and Light work out.
And may it seal the door where evil dwells.

From the Avatar of Synthesis, who is to come,
Let his energy pour down in all Kingdoms.
May he lift up the Earth to the kings of beauty.

Let Light and Love and Power restore
the Plan on Earth.

Evening Prayer - Invocation

(Given by Master E.K)

May the light in Me be the light before Me,
May I learn to see it in all.

May the sound I utter reveal the light in Me,
May I listen to it while others speak.

May the silence in and around Me present itself,
The silence which we break every moment,

May it fill the darkness of noise we do and
convert it into the Light of our background.

Let virtue be the strength of my intelligence,
Let realization be my attainment,
Let my purpose shape into the purpose of our earth,
Let my plan be an epitome of the Divine Plan.

May we speak the silence without breaking it.
May we live in the awareness of the background.
May we transact light in terms of joy.
May we be worthy, to find place
in the Eternal Kingdom OM.

Lōkāssamastāḥ sukhinō bhavantu | (3 Times)
Om śāntiḥ śāntiḥ śāntiḥ ||

Hymn to Master E.K

Ekkirāla kulāmbhōdhi vidhumānanda rūpiṇaṃ |
Anantārya tanūjātaṃ kṛṣṇaṃ vandē jagadguruṃ ||

Śrīkṛṣṇamācārya manantaputraṃ
Satsādhumitraṃ karuṇārdra nētraṃ |
Guruṃ gurūṇāṃ pitaraṃ pitṛiṇāṃ
Ananya śēṣaśśaraṇaṃ prapadyē ||

* * *

Yōgaprabhā samārādhyā janatāpriya janārdanaṃ |
Vandēhaṃ rāmakōṭīśa dēśikaṃ prēma rūpiṇaṃ ||

Vandēhaṃ rāmakōṭīśaṃ rōgiṇāṃārtināśakaṃ |
Prabhākara samaṃ dhīraṃ paramaprēma sundaraṃ ||

Prabhākara kṛpāpūrṇa jīvanaṃ prēma bhāvanaṃ |
Praṇatārtiharaṃ kṛṣṇarāmakōṭīśvaraṃ bhajē ||

* * *

Ārādhnumō yatīndraśrī padābjē sattvasiddhayē |
Yadrajōlēśa vikṣiptaṃ samstaṃṇa rajastamaḥ ||

Sītārāmayatīndraśrī bhāvavāñmaya bōdhakaṃ |
Sahasramukha saṃdīptaṃ śrī lakṣmaṇa yatim bhajē ||

* * *

Appamāmba namastubhyaṃ gurudēva samanvitē |
Kalyāṇa guṇa sampannē karuṇāpāṇa vīkṣaṇē ||

Kṛṣṇamācārya śiṣyēbhyō nityārādhita rūpiṇē |
Lōkāvana vratē dēvi nityaṃ tvāṃ praṇamāmyahaṃ ||

Māstvam sarvajīvanām kṛṣṇamācārya gēhinī |
Lōkārādhana kāryēṣu mama buddhiṃ praçōdaya ||

Śrī kṛṣṇārya tanūjātaṃ
Dhanvantari samaprabhaṃ |
Varāhamihirācāryaṃ sarvarōgaharaṃ bhajē ||

Divine Light,
Divine Love,
Divine Life.
Master C.V.V. Namaskarams.

Hymn to Lord Maitreya

Jagadgurō namastubhyaṃ himālaya nivāsinē |
Namastē divyadēhāya maitrēyāya namōnamaḥ ||

Namastē prēmarūpāya māyāmōha vidārinē |
Nirmalāya praśāntāya maitrēyāya namōnamaḥ ||

Namastē bōdhisattvāya namastē puṇyamūrtayē |
Pūrṇānanda svarūpāya maitrēyāya namōnamaḥ ||

Siddhi buddhi prayuktāya siddhi buddhi pradāyinē |
Bhavabhīti vināśāya maitrēyāya namōnamaḥ ||

Namastē karmaniṣṭhāya yōginām patayē namaḥ |
Brahmajñāna svarūpāya maitrēyāya namōnamaḥ ||

Namastē gurudēvāya namastē dharmasētavē |
Nārāyaṇa niyuktāya maitrēyāya namōnamaḥ ||

Namastē karuṇāsindhō prēmapīyūṣa varṣiṇē |
Jagadbandhō namastubhyaṃ maitrēyāya
namōnamaḥ ||

ప్రార్థన

ఓంకారమును 3 మార్లు ఉచ్చరింపుము.

గురుర్బ్రహ్మ గురుర్విష్ణుః గురుర్దేవో మహేశ్వరః ।

గురుస్సాక్షాత్పరంబ్రహ్మ తస్మై శ్రీ గురవే నమః ॥

నమస్కారమ్ మాస్టర్

నమస్కారమ్ మాస్టర్ ఇ.కె.

నమస్కారమ్ మాస్టర్ ఎమ్.ఎన్.

నమస్కారమ్ మాస్టర్ సి.వి.వి.

నమస్కారమ్ మాస్టర్ సి.వి.వి.

నమస్కారమ్ మాస్టర్ సి.వి.వి. టు యువర్ లోటస్ ఫీట్.

(ఐదు నిమిషములు మౌనము)

ఓం భూర్భువస్సువః ఓం తత్సవితుర్వరేణ్యం ।

భర్గో దేవస్య భీమహి, భయో యోనః ప్రచోదయాత్ ॥

(పదిమార్లు ఉచ్చరింపుము)

శంసో మిత్రశ్శం వరుణః । శంసో భవత్పర్యమా ।

శంస ఇంద్రో బృహస్పతిః । శంసో విష్ణురురుక్రమః ।

నమో బ్రహ్మణే । నమస్తే వాయో ।

త్వమేవ ప్రత్యక్షం బ్రహ్మాసి । త్వామేవ ప్రత్యక్షం బ్రహ్మ వదిష్క్వామి ।

ఋతం వదిష్క్వామి । సత్యం వదిష్క్వామి ।

తన్నామవతు । తద్వక్తారమవతు ।

అవతు మామ్ । అవతు వక్తారమ్ ।

ఓం శాంతి శాంతి శాంతి ॥

(మాస్టర్ జ్యూలీకూల్ ప్రసాదించిన ఆశంసనము ఉదయం చదువవలెను)

ప్రమ్ ది పాయింట్ ఆఫ్ లైట్ విథిన్ ది మైండ్ ఆఫ్ గాడ్,
లెట్ లైట్ స్ట్రీమ్ ఫోర్ట్ ఇన్టు ది మైండ్ ఆఫ్ మెన్.
లెట్ లైట్ డీసెండ్ ఆన్ ఎర్త్.

ప్రమ్ ది పాయింట్ ఆఫ్ లవ్ విథిన్ ది హార్ట్ ఆఫ్ గాడ్,
లెట్ లవ్ స్ట్రీమ్ ఫోర్ట్ ఇన్టు ది హార్ట్ ఆఫ్ మెన్.
మే క్రైస్ట్ రిటర్న్ టు ఎర్త్.

ప్రమ్ ది సెంటర్, వేర్ ది విల్ ఆఫ్ గాడ్ ఈజ్ నోన్,
లెట్ పర్వన్ గైడ్ ది లిటిల్ విల్స్ ఆఫ్ మెన్.
ది పర్వన్ విచ్ ది మాస్టర్స్ నో అండ్ సర్వ్.

ప్రమ్ ది సెంటర్, విచ్ వుయ్ కాల్ ది రేస్ ఆఫ్ మెన్,
లెట్ ది ప్లాన్ ఆఫ్ లవ్ అండ్ లైట్ వర్క్ అవుట్.
అండ్ మే ఇట్ సీల్ ది డోర్ వేర్ ఈవిల్ డెస్ట్.

ప్రమ్ ది అవతార్ ఆఫ్ సింథెసిస్ హు ఈజ్ టు కమ్,
లెట్ హిజ్ ఎనర్జీ పోర్ డౌన్ ఇన్ ఆల్ కింగ్డమ్స్.
మే హి రిప్ట్ ఆప్ ది ఎర్త్ టు ది కింగ్ ఆఫ్ బ్యూటీ.
లెట్ లైట్ అండ్ లవ్ అండ్ పవర్, రెస్టోర్ ది ప్లాన్ ఆన్ ఎర్త్.

* * *

ప్రభాత ఆనందము

(అనువాదము)

పరమ పురుషుని మనసునందు మెరయునట్టి వెలుగు,
మానవుల మనస్సుల యందు పొడగట్టుగాక!
అట్టి వెలుగు భూమియందవతరించును గాక!

పరమ పురుషుని హృదయోద్భవమగు పరమ ప్రేమ,
మానవులహృదయములయందు వెలయుగాక!
ప్రేమమూర్తి పుడమికి పునరాగమనమందు గాక!

పరమగురువుల యొక్క ప్రణాళికగా పొడగట్టుచున్న
ఆకాశపురుషుని సంకల్పమే మానవుల బుద్ధులను
ప్రచోదన మొనరించును గాక!

పరమ పురుషుని ప్రేమ కిరణములుగా దిగివచ్చు మానవ
జాతుల యందు ప్రేమాదరములు పెంపొందును గాక!
అది దృఢపడి ఆసులీగుణములకు తావీయకుండుగాక!

పరమ పురుషుని సమన్వయావతార శక్తి పుడమి జాతులను
పునరుజ్జీవనము గావించునుగాక! ఈ భూమి ఆనందానుభూతిలో
ఓలలాడునుగాక!

పరమ పురుషుని ప్రేమ, వెలుగు, శక్తులే మానవ పరిణామ
ప్రణాళికగా వ్యక్తమగును గాక!

- ఎక్కిరాల అనంతాచార్య

(మాస్టర్ ఇ.కె. ప్రసాదించిన ఆశంసనము సాయంకాలము చదువవలెను)

మే ది లైట్ ఇన్ మి, బి ది లైట్ బిఫోర్ మి,
మే ఐ లెర్న్ టు సీ ఇట్ ఇన్ ఆల్.

మే ది సౌండ్ ఐ అట్టర్, రివీల్ ది లైట్ ఇన్ మి,
మే ఐ రిజన్ టు ఇట్ వైల్ అదర్స్ స్ట్రీక్.

మే ది సైలెన్స్ ఇన్ అండ్ ఎరౌండ్ మి ప్రెజెంట్ ఇట్సెల్ఫ్,
ది సైలెన్స్ విచ్ ఫుయ్ బ్రేక్ ఎవిరి మూమెంట్,

మే ఇట్ ఫిల్ ది డార్క్నెస్ ఆఫ్ నాయిన్ ఫుయ్ డు
అండ్ కన్స్టర్ట్ ఇట్ ఇన్ టు ది లైట్ ఆఫ్ అవర్ బ్యాక్ గ్రౌండ్.

లెట్ వర్క్యుబి ది స్ట్రెంట్ ఆఫ్ మై ఇంటిలిజెన్స్.

లెట్ రియలైజేషన్ బి మై ఎట్రైన్మెంట్.

లెట్ మై పర్వస్ షేప్ ఇన్ టు ది పర్వస్ ఆఫ్ అవర్ ఎర్త్.

లెట్ మై ప్లాన్ బి ఏన్ ఎపిటోమ్ ఆఫ్ ది డివైన్ ప్లాన్.

మే ఫుయ్ స్ట్రీక్ ది సైలెన్స్ వితౌట్ బ్రేకింగ్ ఇట్.

మే ఫుయ్ లిప్ ఇన్ ది ఎవేర్నెస్ ఆఫ్ ది బ్యాక్ గ్రౌండ్.

మే ఫుయ్ ట్రాన్స్లాక్ట్ లైట్ ఇన్ టరమ్స్ ఆఫ్ జాయ్.

మే ఫుయ్ బి వర్లీ, టు ఫైండ్ ప్లేస్ ఇన్ ది ఎటర్నల్ కింగ్డమ్ ఓమ్.

* * *

ఆశంసనము

నాలోన గల వెల్లు నా పరిసరముల
వారి రూపమున గన్వట్టుగాక!
నా యుచ్చరించెడి నాద మా
వెల్లుగా వినిపించి కనిపించి వెలయుగాక!
నాలోన వెలుపల నేలు నిశ్శబ్దంబు
ప్రేమగా సాక్షాత్కరించు గాక!
మా కంఠ శబ్దాల చీకట్లు వెల్లుగా
కఱగించి యది మమ్ము కలుపుగాక!
తెలివికిని సద్గుణమ్ముల బలము గూర్చి
నా ప్రణాళిక విశ్వ ప్రణాళికగను
వ్యాప్తమై విశ్వమూర్తి రూపంబునందు
నిలుచు గావుత శాశ్వత నిలయ మగుచు!

- కులపతి ఎక్కిరాల కృష్ణమాచార్య

* * *

లోకాస్తమస్తా స్ఫుభీనో భవంతు

(3 సార్లు ఉచ్చరింపవలెను)

ఓం శాంతి శాంతి శాంతిః ॥

ఎక్కిరాల కులాంభోభి విధుమానంద రూపిణమ్ ।
అనంతార్థ తనూజాతం కృష్ణం వందే జగద్గురుమ్ ॥

శ్రీకృష్ణమాచార్య మనంతపుత్రం సత్సాధుమిత్రం కరుణార్థ నేత్రమ్ ।
గురుం గురూణాం పితరం పితృణాం అనన్య శేషశ్శరణం ప్రపద్యే ॥

* * *

యోగప్రభా సమారాధ్య జనతాప్రియ జనార్దనమ్ ।
వందే2 హం రామకోటీశ దేశికం ప్రేమరూపిణమ్ ॥

వందే2 హం రామకోటీశం రోగిణామర్తినాశకమ్ ।
ప్రభాకరసమం భీరం పరమప్రేమ సుందరమ్ ॥

ప్రభాకర కృపాపూర్ణ జీవనం ప్రేమభావనమ్ ।
ప్రణతార్తిహరం కృష్ణరామకోటీశ్వరం భజే ॥

* * *

ఆరాధ్నమో యతీంద్రశ్రీ పదాబ్జే సత్త్వసిద్ధయే ।
యద్రణోలేశ విక్టిప్తం సమస్తం చ రజస్తమః ॥

సీతారామయతీంద్రశ్రీ భావవాఙ్మయ బోధకమ్ ।
సహస్రముఖ సందిప్తం శ్రీ లక్ష్మణయతిం భజే ॥

* * *

అష్టమాంబ నమస్తుభ్యం గురుదేవ సమన్వితే ।
కళ్యాణగుణ సంపన్నే కరుణాపాంగ వీక్షణే ॥

కృష్ణమాచార్య శిష్యేభ్యో నిత్యారాధిత రూపిణే ।
లోకావన ప్రతేదేవి నిత్యం త్వాం ప్రణమామ్యహమ్ ॥

మాతస్త్వం సర్వజీవానాం కృష్ణమాచార్య గేహినీ ।
లోకారాధన కార్యేషు మమ బుద్ధిం ప్రచోదయ ॥

* * *

శ్రీకృష్ణార్క తనూజాతం ధన్వంతరి సమః ప్రభమ్ ।
వరాహమిహిరాచార్యం సర్వరోగహరం భజే ॥

డివైన్ లైట్,
డివైన్ లవ్,
డివైన్ లైఫ్.
మాస్టర్ సి.వి.వి. నమస్కారమ్స్.

* * *

మైత్రేయ స్తోత్రము

జగద్గురో నమస్తుభ్యం హిమాలయ నివాసినే ।
నమస్తే దివ్య దేహీయ మైత్రేయాయ నమోనమః ॥

నమస్తే ప్రేమరూపాయ మాయామోహ విదాలిణే ।
నిర్మలాయ ప్రశాంతాయ మైత్రేయాయ నమోనమః ॥

నమస్తే బోధిసత్వాయ నమస్తే పుణ్యమూర్తయే ।
పూర్ణానంద స్వరూపాయ మైత్రేయాయ నమోనమః ॥

సిద్ధి బుద్ధి ప్రయుక్తాయ సిద్ధి బుద్ధి ప్రదాయినే ।
భవభీతి వినాశాయ మైత్రేయాయ నమోనమః ॥

నమస్తే కర్మనిష్ఠాయ యోగినాం పతయే నమః ।
బ్రహ్మజ్ఞాన స్వరూపాయ మైత్రేయాయ నమోనమః ॥

నమస్తే గురుదేవాయ నమస్తే ధర్మసేతవే ।
నారాయణ నియుక్తాయ మైత్రేయాయ నమోనమః ॥

నమస్తే కరుణాసింధో ప్రేమపీయూష వర్షిణే ।
జగద్దంధో నమస్తుభ్యం మైత్రేయాయ నమోనమః ॥

SPIRITUAL PSYCHOLOGY MEDITATIONS

In this first series, every meditation is to be read out vocally once a day at the prescribed time. Then the student should sit at ease with closed eyes. He should then observe the mind for fifteen minutes and note down, any of the thoughts or pictures he receives, in his spiritual diary together with the dates. He should meditate each item on the date noted on the top line of it. The time of meditation is 6.15 a.m. to 6.30 a.m. daily. The course runs for one year, and in order to derive the full benefit the student is advised to start on one of the dates given under Meditation 1. He is also advised not to look into the meditations of subsequent dates. Self imposed discipline without any compulsion is a keynote for successful expansion of consciousness.

Meditation 1 :

(March 21, Sept. 22, Sept. 23)

Remember the Giver. He gave this frame.
You are the Book. I AM the one copy in existence.
I AM copied from the parent manuscript.

Meditation 2 :

(March 22, Sept. 21, Sept. 24)

Bliss is in giving and not taking. Sun gives life. He is Man. Moon receives. She is Woman. Moon has phases of waxing and waning.

Meditation 3 :

(March 23, Sept. 20, Sept. 25)

Be a giver. Be a Sun, be a Man. Live in Spirit, yet live in Soul. Live in Mind, yet live in Person. Live in body, but be a Man. Live in the outer world, but be an inner consciousness.

Meditation 4 :

(March 24, Sept. 19, Sept. 26)

Lead me through knowledge to bliss. Lead me through strength to service. Lead me through sympathy to realisation. Lead me through love to oneness.

Meditation 5 :

(March 25, Sept. 18, Sept. 27)

Night is my mother. Day is my father. Twilight is my Guru. Life is my friend. Death is my bedroom.

Meditation 6 :

(March 26, Sept. 17, Sept. 28)

Virtue, not intelligence, is my goal. Ability, not fame, is my motto. Expression, not impression, is my work. Depth, not height, is my position.

Meditation 7 :

(March 27, Sept. 16, Sept. 29)

The deeper the lake is, the further skies peep into it through reflection with solar and lunar eyes. The higher the cliff is, the less the fellow beings are visible and more vehement the fall is of the tide. I live in depth and not height.

Meditation 8 :

(March 28, Sept. 15, Sept. 30, March 20)

Do not listen to what the world says. Listen to what it needs. Listen to its heart, not its tongue. Its tongue confuses you. Its heart shows you the way and trumpets the gospel.

Meditation 9 :

(March 29, Sept. 14, Oct. 1, March 19)

You remain an eternal secret. You are not showy. You shine forth forever. You cannot contain your own joy.

Meditation 10 :

(March 30, Sept. 13, Oct. 2, March 18)

Your joy is unconditioned. Your bliss is my guiding star. I am painted and shaped by your own ray.

Meditation 11 :

(March 31, Sept. 12, Oct. 3, March 17)

I AM the lake and you are the Sun. The drops of water you take from my tiny frame take their seat on the evershining throne of your bosom. They are showered again into the sacred bosom of the Great Ocean.

Meditation 12 :

(April 1, Sept. 11, Oct. 4, March 16)

These are from Higher Circles. These are from whom I follow to those who follow me.

Meditation 13 :

(April 2, Sept. 10, Oct. 5, March 15)

Life is a pin-point of the Eternal Truth. Generalise the particular fragments in life. Get the equation between the general and the particular.

Meditation 14 :

(April 3, Sept. 9, Oct. 6, March 14)

Thought is gold, I AM the temple. I AM the image. I build the temple. Clay is darkness and brick is light. The temple is melted into night and built in the day.

Meditation 15 :

(April 4, Sept. 8, Oct. 7, March 13)

I AM gold. I build the temple, steam of gold is my life. Fume of gold is my light. Life is gold. I AM healed. Sun is gold, Sun is life.

Meditation 16 :

(April 5, Sept. 7, Oct. 8, March 12)

Moon is sliver, I AM the lake. Lake is moonlight, I AM healed. I AM sliver. In me the moonbeam awakes. I AM moonlight, in me the Sun is sealed.

Meditation 17 :

(April 6, Sept. 6, Oct. 9, March 11)

Mighty crown and spear I AM. Crown is my head, I AM the head, spear is my back, I AM the tail. Crowned king I AM. I AM the shepherd. Spear-tip I AM, I AM the red sting. By me fear is killed, by me the serpent is filled.

Meditation 18 :

(April 7, Sept. 5, Oct. 10, March 10)

I AM the thinker, I AM thought. I AM the knower, I AM known. I AM the seer, I AM seen. I AM he who lives, I AM life. I AM the grower, I AM grown.

Meditation 19 :

(April 8, Sept. 4, Oct. 11, March 9)

The Saviour is coming. He comes through degrees. He is the star of the virgin, who is in charge of Nandi. Nandi is the Kailas of Moon. There she is the star of the virgin. She is the mother, she is the grace. He is on the bull, she is on the lion. Moon is on his head, she is on the crown of fish. Moon is on his head, he is the lord of she.

Meditation 20 :

(April 9, Sept. 3, Oct. 12, March 8)

To whose temple the Arch is starlit,
In whose temple the Sun is the image of gold,
To whose temple the Moon goes every month
And brings the message out every full moon,
And whose message the moon sings as a
word of sixteen letters,
His religion I belong to;
His temple I visit;
His name I utter;
His glory I live in.
To Him I offer the lotus of my day.
To Him I offer the lotus of my night.

Meditation 21 :

(April 10, Sept. 2, Oct. 13, March 7)

From sleep to darkness, from darkness to no colour, from no colour to brilliant blue, from brilliant blue to brilliance pure, from brilliance pure to one colour, from one colour to three, from three to four, from three and four to seven, from three times four to twelve, from twelve to twenty four, to forty eight, forty nine, to ninety eight, to one hundred, to one thousand and a series of zeros, to lead again into the one great Zero. The world goes to sleep.

Meditation 22 :

(April 11, Sept. 1, Oct. 14, March 6)

Gods are born at Sunrise, man is born at noon. Gods set in the west, man sets at midnight. Gods are born in Capricorn, man is born in Aries. Gods set in Cancer, man sets in Libra.

Meditation 23 :

(April 12, Aug. 31, Oct. 15, March 5)

Creation was planned before you came. You can plan for yourself like the plan of the creation. Creation is for all, you are one among the many. The plan of all is work, the plan of one is fate. Fate for work is ritual, work for fate is heresy.

Meditation 24 :

(April 13, Aug. 30, Oct. 16, March 4)

Have your friend in yourself,
be a friend to others,

Depend upon yourself,
be dependable to others.

Do not expect but demand
what is due to Him from them.

Be a guard and a guardian to the temple
not for you, but for Him.

Be a guard and a gardener for your body
and mind, not for you but for Him.

Meditation 25 :

(April 14, Aug. 29, Oct. 17, March 3)

In His name we live,
In His temple we live;

In Him verily we live until
He opens His eye in us.

In His name He lives,
In His temple He lives;

In Him verily He lives,
as He opens His eye in us.

In the meanwhile, let us wait,
let us look to Him and not to each other.

Let us call Him in all
to find all in Him,

When the life is a Car Festival
and not a war festival.

Meditation 26 :

(April 15, Aug. 28, Oct. 18, March 2)

Cure earth by food, cure water by drink,
Cure fire by heat, cure air by breath,
Cure sound by thought, cure mind by truth,
Cure is complete.

Meditation 27 :

(April 16, Aug. 27, Oct. 19, March 1)

Up the ladder creeps the serpent. Self-opposing
coils harmonised. Ascending the vertical bore of
the eternal centre.

Meditation 28 :

(April 17, Aug. 26, Oct. 20, Feb. 28, Feb. 29)

Loosening the spirals of Karma, the serpent
shines winged and escapes through the bore of the
Sun's body from above the eyebrows. Henceforth
the serpent is the winged messenger of the Gods.
He is Mercury.

Meditation 29 :

(April 18, Aug. 25, Oct. 21, Feb. 27)

The tongues of the serpent are raised from the stings of the scorpion. The tongues of the serpent are the wings of the eagle. Moon bears serpents. Sun enters eagle.

Meditation 30 :

(April 19, Aug. 24, Oct. 22, Feb. 26)

The path of I AM is in eternal darkness. Darkness is the variegated serpent of the nether worlds. The music of the nether worlds blinds the lyre with music of the seven stringed lyre of Apollo. I bore the darkness into the spectrum of variegated light.

Meditation 31 :

(April 20, Aug. 23, Oct. 23, Feb. 25)

Vena, the Gandharva, is wiping off the pictures of the subconscious mind on the walls of my nature with the hieroglyphs of sounds from his seven stringed lyre.

Meditation 32 :

(April 21, Aug. 22, Oct. 24, Feb. 24)

Serpent 'K' loosens its skin. The pictures of past Karma on the walls of its skin are peeled off. Karma neutralised.

Meditation 33 :

(April 22, Aug. 21, Oct. 25, Feb. 23)

Karma is neither postponed nor purged but neutralised.

Meditation 34 :

(April 23, Aug. 20, Oct. 26, Feb. 22)

Wash Karma in space. On the deep blue slate paint ever-elevating colours, ever at the feet of the Master in the Vaisakh valley.

Meditation 35 :

(April 24, Aug. 19, Oct. 27, Feb. 21)

The imprints of subterranean caves of your consciousness are illuminated by the heartfelt colours of Kundalini at the feet of the Master. Elevate yourself in the presence of the Master with the colours of the seven-fold wings of the serpent. Nothing is impossible to you. Sinning is impossible to you. Sin is your shadow, lead it into the beam of the light of the Guru. Namaskarams. Verily, verily we are in you.

Meditation 36 :

(April 25, Aug. 18, Oct. 28, Feb. 20)

A serpent sits in lotus. Lotus dances on ripples of the waters of life. Nara is water, Nari is serpent, Narayana is the Master.

Meditation 37 :

(April 26, Aug. 17, Oct. 29, Feb. 19)

Lake-beetle adjustments. Lake and beetle are in the lotus. Lotus is in the lake, beetle is in the Lotus. Beetle sings, man melts, God crystallises.

Meditation 38 :

(April 27, Aug. 16, Oct. 30, Feb. 18)

All-round development, all round development. Ardent development. Art development. Advent of Master.

Meditation 39 :

(April 28, Aug. 15, Oct. 31, Feb. 17)

Ant-Man-Brahma. Ant around man. Man around ant. Man Ant Eagle. Mantle. Ant to Brahma. Abraham.

Meditation 40 :

(April 29, Aug. 14, Nov. 1, Feb. 16)

Leo, jungle with the cub. Jacob. The sign is royal. Israel.

Meditation 41 :

(April 30, Aug. 13, Nov. 2, Feb. 15)

Man is Isiah, Messiah. Man is the Cross. Macrocosmos. Moses. Mount.

Meditation 42 :

(May 1, Aug. 12, Nov. 3, Feb. 14)

All names together utter the name of God. A prophecy thinks from darkness to light. Prophecy is fulfilled. Abraham, Moses, Jacob put together form Jesus.

Meditation 43 :

(May 2, Aug. 11, Nov. 4, Feb. 13)

Trace bridge from the eye of the bull to the tongue of the serpent. It is the rod of the messenger of God. From Taurus to Aquarius the head of the rod points the path. From Scorpio to Leo the tail ascends. The Z form of Kundalini through eons. Z is the half swastika. Z to A, Zero to Aries.

Meditation 44 :

(May 3, Aug. 10, Nov. 5, Feb. 12)

A to Z read scripture written. It is written in the cave temples of your body. Z to A you read in the picture writing of the future. The wheel is reversed.

Meditation 45 :

(May 4, Aug. 9, Nov. 6, Feb. 11)

In Aries the serpent is Kumara. In Scorpio the serpent is Saturn. In Cancer the serpent is Python. Python is typhoon.

Meditation 46 :

(May 5, Aug. 8, Nov. 7, Feb. 10)

Eagle and serpent. Matter and serpent. Master and servant. Master and savant. physical serpent. Astral servant. Divine savant. Celestial saint.

Meditation 47 :

(May 6, Aug. 7, Nov. 8, Feb. 9)

Not to learn but to realise. Not to acquire but to expand. Not to possess but to permeate. Not to secure but to sacrifice.

Meditation 48 :

(May 7, Aug. 6, Nov. 9, Feb. 8)

Matter, Mind, Master. Matter is the South Pole. Master is the North Pole. Mind is the equator.

Meditation 49 :

(May 8, Aug. 5, Nov. 10, Feb. 7)

Matter-Mind-Master is the rod of rotation. The earth rotates. The rod spins time. Rotation is time.

Meditation 50 :

(May 9, Aug. 4, Nov. 11, Feb. 6)

Rotation is time. Revolution is period. Time is in rotation. Matter is in periodicity. Time hatches matter.

Meditation 51 :

(May 10, Aug. 3, Nov. 12, Feb. 5)

Matter turns atom, atom turns matter. Matter time adjustment. Matter turned man. Man becomes Master. Matter becomes mind. Mind becomes Master.

Meditation 52 :

(May 11, Aug. 2, Nov. 13, Feb. 4)

Solar pole, polar soul. The higher pole is the soul. Soul is the centre. Pole is the pivot.

Meditation 53 :

(May 12, Aug. 1, Nov. 14, Feb. 3)

Soul is Lunar. Pole is Solar. Soul reflects pole, it is full moon. Soul merges in pole and it is new moon. Pole is light, soul is life. The serpent unwinds the coils. Key and hook. Man is key, mind is hook. Pole is light, life is hook. Rotation of the clock opens the lock.

Meditation 54 :

(May 13, July 31, Nov. 15, Feb. 2)

Lock and key adjustments. Space expands. Horizontals meet verticals. Mind crosses matter. Time unfolds time. Life creates life. Father creates son.

Meditation 55 :

(May 14, July 30, Nov. 16, Feb. 1)

Space is globe. Time is spiral. From globe spiral springs. With spiral the globe fills. Space and time are the knower and the known.

Meditation 56 :

(May 15, July 29, Nov. 17, Jan. 31)

Space is globe. Universe is lotus. Globe unfolds into lotus. Space unfolds into universe. Globe is potential lotus.

Meditation 57 :

(May 16, July 28, Nov. 18, Jan. 30)

Man is in globe. Lotus is in man. The heart of space is man. The heart of man is space. The heart of space is the centre. The heart of man reflects the circumference.

Meditation 58 :

(May 17, July 27, Nov. 19, Jan. 29)

Serpent unwinds into spiral. Globe of space unfolds into lotus. Serpent of time unwinds into spiral. Serpent is in lotus. Lotus is in globe. Globe is in mind.

Meditation 59 :

(May 18, July 26, Nov. 20, Jan. 28)

Man is bound in Chakra. Chakra breathes out lotus. Lotus delivers serpent. Serpent is Kundalini. Lotus is Padma. Chakra is the wheel. The wheel rotates.

Meditation 60 :

(May 19, July 25, Nov. 21, Jan. 27)

Ten times ten. The wheel rotates. Three wheels from one wheel. A total of four wheels. Three above and four below. Seven wheels rotate in three directions. 7 and 3 is ten.

Meditation 61 :

(May 20, July 24, Nov. 22, Jan. 26)

Seven wheels in three Lokas. Twenty-one wheels. The twenty second is I AM. I AM is more than nought, less than one. Twenty-one plus I AM divided by seven is the value of Pi.

Meditation 62 :

(May 21, July 23, Nov. 23, Jan. 25)

Man is centre, space is circumference. The ring of the horizon rotates. Lifespan is diameter. From the center to the circumference through the diameter is Pi.

Meditation 63 :

(May 22, July 22, Nov. 24, Jan. 24)

Pi is wisdom. Wisdom is objectivity. The power of Pi is the power of thought. Thought leads man to himself.

Meditation 64 :

(May 23, July 21, Nov. 25, Jan. 23)

Man is bound in six chakras and the seventh. Man is liberated in six lotuses and the seventh. Man liberated into Kundalini. Kundalini is serpent. Serpent is spiral. Spiral is time. Time is mind.

Meditation 65 :

(May 24, July 20, Nov. 26, Jan. 22)

Wheel of time rotates. Serpent of time unwinds. Wheel is cut in the East. Wheel cut is serpent. Wheel cut has head and tail. Serpent has head and tail. Time lived as head and tail. Time before life is wheel. The wheel rotates. The serpent creeps on.

Meditation 66 :

(May 25, July 19, Nov. 27, Jan. 21)

Wheel is Zero. Wheel cut is one. One and Zero is number ten. Brahma in the egg is one in Zero. When the wheel is cut, He becomes Virat, number ten.

Meditation 67 :

(May 26, July 18, Nov. 28, Jan. 20)

Virat shines through ten digits. Virat has ten fingers. Man has ten fingers. Man is frame of Virat.

Meditation 68 :

(May 27, July 17, Nov. 29, Jan. 19)

Serpent ascends as eagle. Eagle descends as serpent. Nari ascends as Nara. Nara descends as Nari. Nara and Nari ascend and descend. It is Narayana.

Meditation 69 :

(May 28, July 16, Nov. 30, Jan. 18)

Man ascends from woman. Woman descends from man. The ascent and descent of man is Ardha Nari.

Meditation 70 :

(May 29, July 15, Dec. 1, Jan. 17)

The ascent of man is through the eagle. The descent of man is through the serpent. The serpent is the coiled coil of time. The tongues of the serpent are the wings of the eagle.

Meditation 71 :

(May 30, July 14, Dec. 2, Jan. 16)

Seven chakras link up seven stars. Seven stars bear the Polar bear. The bear is in the cave. The dog is at the entrance. The dog star guards the infernal gate. The three-headed hound. The hound's tail is the serpent. The heads bark. The tail stings.

Meditation 72 :

(May 31, July 13, Dec. 3, Jan. 15)

The hound is Cerberus. Cerberus is Sarama. Sarama is Sirius.

Meditation 73 :

(June 1, July 12, Dec. 4, Jan. 14)

The dog is bound to the pole. The bear goes round the pole. The pole is the pole star. The dog is Sirius star. The bear is of seven stars.

Meditation 74 :

(June 2, July 11, Dec. 5, Jan. 13)

Three times seven miles from the goal. The goal is the pole. Pole on the head. Bear on the brow. Dog behind the back. The hunter walks.

Meditation 75 :

(June 3, July 10, Dec. 6, Jan. 12)

Yonder is the lion behind bars. Ponder over the lion, it roars. The hunter tames the lion.

Meditation 76 :

(June 4, July 9, Dec. 7, Jan. 11)

The maiden on the back of the lion. Six maidens shower spiritual rains. The hunter levels the ground. The lion walks all around.

Meditation 77 :

(June 5, July 8, Dec. 8, Jan. 10)

The eye of the bull twinkles in darkness. The lion grips light from darkness. The maiden gathers lotuses. The maiden makes a garland. The jewel of the serpent graced the garland. Hunter garlanded.

Meditation 78 :

(June 6, July 7, Dec. 9, Jan. 9)

The solar pole advances. Day increases. Night decreases. The Gods dance. The Virgin sings. Horses gallop. Waters spring.

Meditation 79 :

(June 7, July 6, Dec. 10, Jan. 8)

Hunter on horseback vanquishes the serpent. The serpent coiled around the rod. The rod is winged. Hunter holds rod. Law is held in hand.

Meditation 80 :

(June 8, July 5, Dec. 11, Jan. 7)

Hunter sits on throne. Hunter wears the crown. Crown of Magus gained. Kingdom regained.

Meditation 81 :

(June 9, July 4, Dec. 12, Jan. 6)

Number one, the rod. Zero to one, the serpent unwinds. Number nine, the throne; number ten, the crown. Kingdom gained. Hunter becomes saint. Hunter bears pot. Light of life carried. Mind and wisdom married. Saint blesses the couple with holy water from pot.

Meditation 82 :

(June 10, July 3, Dec. 13, Jan. 5)

Couple married. Inherit Heaven and Earth. Sky married Earth. Time married Space.

Meditation 83 :

(June 11, July 2, Dec. 14, Jan. 4)

Light of life measured in degrees. Pages of wisdom counted in numbers. Span of time filled in pot. Volume of space moulded in cube. Degrees expand.

Meditation 84 :

(June 12, July 1, Dec. 15, Jan. 3)

Verticals rotate horizontals. Horizontals meet verticals. Degrees expand angles. Angles awake angels. The wheel rotates.

Meditation 85 :

(June 13, June 30, Dec. 16, Jan. 2)

The wheel of seven colours rotates into the wisdom white. Gold melted. Green vegetated. Red is blood. Blue is sky. Kingdom colourful.

Meditation 86 :

(June 14, June 29, Dec. 17, Jan. 1)

Tables turn. Time tables framed. Planetary adjustments. Levels set in squares. Set-squares erected. Right angles established. Wrong angles adjusted. Accounts squared up.

Meditation 87 :

(June 15, June 28, Dec. 18, Dec. 31)

Gates open wide. Boat launched ocean. Star guides boat. Star reflects fish in ocean. Fisherman sails. Fishing of man.

Meditation 88 :

(June 16, June 27, Dec. 19, Dec. 30)

Five fishes, two loaves gained. St.Mark speaks. Feed the hosts of wisdom. No more hunger, suffering, death. The boat sails. The wind blows. The waves dance. The fish jump.

Meditation 89 :

(June 17, June 26, Dec. 20, Dec. 29)

Markandeya. Mark-and-A! Mark in the ark leads pairs through water to life. Noah's ark sails.

Meditation 90 :

(June 18, June 25, Dec. 21, Dec. 28)

Mark the ark in moon. Sixteen chapters of Mark in sixteen days of sailing in ark. Sixteen moons shine. Maiden wears crown of moons.

Meditation 91 :

(June 19, June 24, Dec. 22, Dec. 27)

Ocean roars thunder. Waves meet clouds. Ark leaps on bounds. Whole space sounds. Foam of ocean abounds. OM resounds.

Meditation 92 :

(June 20, June 23, Dec. 23, Dec. 26)

Three days before initiation. Ninety two days in ninety degrees. Ninety third day of judgement. The rod of justice rules. Ark reaches shore. Bird chirps future. Past doubled future. Past meets future in man.

Meditation 93 :

(June 21, June 22, Dec. 24, Dec. 25)

Man reaches shore. Sailor transformed hunter. The Lion, the Bull, the Serpent, the Maid, the Lotus, safely landed. Fish goes to sea. Eagle flies into the sky. Man comes to land to rule. Rod of justice established. Thunder wonder trumpet. The wheel reverses.

PRECEPTS

1

1. Don't try to prove truth. It is already proved. Try to follow it by proper understanding.
2. Propagating truth is following it. Speaking truth is quite different from speaking of truth.
3. Speaking truth leads us to virtue. Speaking of truth leads us to the vice of sinning against truth.
4. Practising virtue leads us to peace. Speaking of virtue leads us to the vice of warring for peace.
5. Power-lust of a higher order makes man fight for peace.
6. Practising peace is but living in peace and this is where man possesses the wealth of no want.
7. If you expect anything from others, be prepared to be called a beggar.

2

1. Don't remember what you have done. Remember what you have to do.
2. Exhaust your ideals into practicality so that you may not have any ideal to boast of.
3. The body is your shadow. Don't play with it because you will be confused of its mimicry.
4. The more you try to possess, the more you feel your separateness. Then you are kept away by your own feeling of separation.
5. Don't try to kill your wishes. Don't desire to kill your desires. Let your mind forget of wish and desire and disappear in yourself.
6. Criticising others is a convenient way of shirking your duty towards yourself. Others are but your own impression of others. They are in you and they are you.
7. Service is realisation of your want in others.

3

1. Love good, don't hate evil. Embrace your higher nature, don't fight your lower nature.
2. If you hate others, you hate God's children and you prove yourself worthless to be one among them.
3. Don't listen to what the world says, listen to what it wants. Listen to its heart and not its tongue. Its tongue confuses you. Its heart shows you the way and trumpets the Gospel.
4. One who knows what is great is a scholar. One who does what is great is a great man.
5. The test of a good act is its goodness when acted. It is not the opinion of countries and centuries.

4

1. Knowledge is other people's thoughts. Wisdom is the lamp to illumine them.
2. Talking is minimised by thinking. Thinking is minimised by action. Action balances thinking and talking.
3. When one stops to do something valuable he will have time to think himself valuable.
4. Don't try to be greater than others. Try to do great things for others.
5. Don't give anything if you feel that you are giving.

5

1. Through the temple not in the temple you see God.
2. Serve until you forget that you are serving.
3. Your light is yourself. Don't colour it with your limitation.
4. Others are your own impressions of others. Don't hate others.
5. Life is for virtue and virtue is not for life.

6

Speak truth. Follow the Law. Don't deviate from what you have practised (learnt). After paying your preceptor (after finishing your education), don't break the string of progeny. Don't deviate from Truth. Don't deviate from propriety. Don't deviate from well-being. Don't deviate from practising and teaching. (from what you have practised)

– From Taittireeyopanishad

7

1. Live life, do not live away life.
2. Mind in heart and thought in love give the solution required.
3. Knowing that others are taking advantage of yourself is intelligence. Allowing others to enjoy the privilege is love.
4. Excluding others is religion and including others is spiritual.
5. You cannot purchase happiness with anything. Happiness can purchase everything.
6. Offering to others that which you expect from others is the Law of God.

8

1. Punishment is no discipline. Fault finding is no rectification. Lawlessness is no independence. Financial laxity is no plenty.
2. Devils are angels wrongly rubbed. Enemies are humans wrongly touched. Danger is environment wrongly approached. Laziness is habit wrongly applied. Vices are good things wrongly practised.
3. Freshness is the wonder of creation. Happiness is the taste of spirit. Awareness is the light of consciousness. Continuity is the experience of living.
4. Do not build new temples. Help existing temples work better. Make them communicative by linking them. Keep idols plastic of goodwill. Let your idols speak and act radiating light.
5. Let smile be the meeting place of hearts. Let adjustment be the training. Let contribution be the spirit. Let distribution be the work. Let deeds be words meaning devotion. Let activity be according to need. Let need be distilled and purified of want and desire.

9

1. Every conscious question is a sub-conscious answer. The answer lies in you before the question comes to your mind. You have a question but you are the answer.
2. On the surface you have a mind. In the core you are the mind.
3. Awareness of our identity floats on the surface of our identification with the objectivity. See how the ice block floats on the surface of water. Fusion makes identification possible.
4. Faith in fitness gives the perception to realise synthesis. Synthesis gives the power to synthesise form into concept. It enlightens you about the arrangement of thoughts and things. The science of arrangement produces the art of neutralising fault and fault finding.
5. Your lower nature is a record of your higher nature. Your higher nature rectifies your lower nature by keeping an awareness of both.

10

1. One who wishes to dwell upon the defects of others is not a brother of man. Transaction of goodwill is not yet true to him. Happiness cannot approach him though it awaits.
2. Leisure tests you of your true sense of economy. It questions you if you know your work. It measures the degree of laziness and diligence.
3. Causes of fear are the spots of which you do not wish to know. They are the shadows of your thoughts passing over thoughts of the known.
4. Postponement is the desire to live in the present. Desire is an impediment to live in the present.
5. Laziness is a lack of co-ordination of mind and thought.
6. Translate time into work. As long as you do this time does not exist to you.

11

Matter is frame in space through form; Form is mind, a layer of space. Space is the content of matter and the concept of mind which finds fulfilment on the material plane and contentment on the mental plane. When fulfilment takes place it is no matter. When contentment takes place never mind. It is place to the individual. It is time as the individual. The individual is indivisible who divides himself into time and space. He divides space as mind, form and frame. It is all the play that is “I AM”.

12

1. Remember always that what you have is not what you are.
2. Whatever comes to you or goes from you follows what you do and not what you wish.
3. Everything is valuable only for the purpose it serves.
4. Purpose is not the result of what you expect but its usefulness in need.
5. Need includes others along with you.

6. Non-attachment is mental and never physical. Be careful not to abandon, avoid, evade, hurt or underestimate anyone in the name of non-attachment. Remember that the attitude of inclusion through love and sympathy is the only key that opens the gates of liberation.

13

1. Desire to possess should be replaced by the skill to use.
2. Let not the usefulness of anything be personal.
3. Remove all desire to know your future. You are your future.
4. Remove desire to know what others think about you.
5. Devotion without concentration leads you to contemplation, meditation and attainment.
6. Learn to sympathise with those whom you do not like.
7. To dislike something is to try to avoid it. It leaves a blind spot on your awareness.

14

1. To worry over something is to repeat and multiply suffering.
2. To possess something or someone is to create to oneself the fear of losing.
3. Greatness is the weight that crushes the personality to the ground without escape.
4. Goodness makes the soul light of the burden of greatness.
5. Goodness waits in you to develop whereas greatness comes from others by way of verification through recognition.
6. Goodness is your asset. Greatness is your liability.
7. The world is good or bad to you not in itself.

15

1. Every unit human body is constantly sending out its lines of force which we call the presence of that person.
2. Every human unit is three-fold in its existence; matter, force and mind. Matter forms the physical body; force forms the vital body;

mind forms the mental body, which imbeds the higher intelligences under its own layers.

3. Man is not having a soul but man is soul having a body.
4. The individual experiences the results of his past Karma during the course of his growth and meeting the incidents around.

16

1. Breath is the one force which gathers and distributes alternatively. While producing the inhalation it is creative. While producing the exhalation it is synthetic.
2. Force is there in everyone. In fact everyone is moving in the pool of human force.
3. Live in alertness with the present and you live forever.
4. Whatever is good and impersonal will develop and expand. You need not have any doubts about the work of anyone in the spiritual field.
5. My contact is that of the heart which remembers hearts and not the minds.

17

1. The years of trial and tribulation purify the minds so that the minds merge in their hearts to unite with the true heart of humanity.
2. If you begin to live happily and with ease it is called spiritualism.
3. After all the mind is a product of the various forces working either in equilibrium or otherwise.
4. The fruit of the Duty should not be the aim while you do any good deed.
5. You are expected to see the Presence of Love in all.
6. Many times a retreat includes more complications and implications than a step forward. Hence go ahead.

PRAYERS

1

Where the knowledge is replaced by wisdom,
Where words are replaced by experience,
Where becoming is culminated in being,
Where music, not meaning is the import of
language,
Where eternity replaced monotony,
Where change is replaced by freshness,
Where tradition is a glacier dancing in the Ebb and
Tide of the ocean of intuition,
Where the Solar arch of 'My' existence is around,
not above and below,
To that pole of this Physical earth
To that one Vertex of the column
To that Mount Meru lead us O! Indra!

2

Where virtue is the priest,
Where wisdom is the feast,
Where mind is the wick,
and brain is the candlestick,
For the Pure flame of Intuition,
That illuminates the fruition,
which was already there,
Unnoticed as the wax everywhere,
To that Solar Pole,
The seat of Polar Soul,
Lead me O! Puusha!

3

Where labour is eased through knowledge
only to find time to serve,
Where science is a servant
Not a master of man,
Where man is not savageous to feel
The supremacy over animal and plant,
Where the human creature is
A little angel and a sun-beam
Focussed into the body,
where man is not above but within
the whole kingdom of Life,
Where He rules not the heads
But the Heart of all beings,
Where He is not conscious of knowledge
But is sweet ripe with wisdom
Lead me to that promised land
O! Brahmanaspathi!

4

Where wisdom is not a possession
But an unfolding,
Where Joy is not conditioned to a cause
But permeated as space and time,
Where art is not a recollection of shapes
But a creation of formulae into ideation,
Where Poetry is not re-arrangement of known
strips
But a temple of the glittering bricks of novelty,
To that pattern-to that celestial clime,
To that Heaven of Perfection,
Lead us O! Savitha!

5

The Chariot

In his name we live
In his Temple we live
In his fame we live
In him verily we live
Until He opens His eye in us!
In his name he lives
In his temple he lives
In his fame he lives
In him verily he lives
As He opens his eye in us!
In the meanwhile let us wait
Let us look to Him and not each other
Let us call Him in all
To find all in Him
When every life is a car festival
and not at all a war festival.

6

To whose temple the arch is starlit
In whose temple the Suns are idols of gold
To whose temple the Moons go every round
And conceive the message as the Deliverer
And whose message seven voices sing
As the sacred word of sixteen syllables
His religion I belong to
His temple I go round a visit
His name I utter
His glory I live in
To Him I offer the lotus of my day
To Him I offer the lotus of my night!

7

Where THY LIGHT is My presence
Where MY SHADOW Is My earth
On which I tread MY Path
To lead me to you and know MY TIME
To keep me searching for MY NAME,
Where my address is THY abode,
Where my story is THY drama,
Of Thyself coming and becoming,
To forget and recollect Myself,
Where time breathes seasons, years, centuries,
Where space pulsates the Suns, Planets, Souls,
To that land lead me, My Lord!

8

We offer ourselves to the One Light of three eyes
(flames)

And the One who multiplies through fulfilment
of his fervour,

May He liberate us from the plane of death (change)
To that of immortality just as the fruit of a
Tree when ripe is liberated from the stalk.

9

May be your concept Pure as gold,

Let it be purified in the flame of offering,

May be your belief transparent as crystal,

Let it be dissolved in the holy water of
submission,

May be your love sweet as honey,

Let it be sanctified by the spirit of sharing,

May be everything good and noble with you,

Let it be with Him always and never with you.

10

Let our logic not condition our existence
That we think in you our thoughts.
Let our likes not condition our living
That we like everything in you.
You think for us through us,
That you live in us through us,
You choose for us what is for us.
You make us know what is good to us.
You shower on us the choicest of your blessings,
Keep us off from choosing for us,
Keep us off from liking for us.
You be our liking and choice and thought.
Oh! Lord lead us unto your own existence.

11

Let our awakening be towards awareness,
ever-expanding,

Let our worship be devotion which is the realisation
of the Plan in our work,

Let our inspiration find its true place in the spirit
of contribution,

Let our individuality be an offering at the Altar of
ever-expanding Oneness,

Let the force of our aspiration be channelised
towards inspiration,

Let man find his fitness in the framework of God
as Universe,

May the Lord bless us all with presence of His
Oneness.

12

A time to lead - A time to follow,
A time to command - A time to obey,
A time to wait - A time to start,
A tide to launch - A wind to sail,
A place to harbour - And embark your cargo,
A sleep to come out of robe,
An awakening to wear a new one!
All in your service let us learn,
All in your guidance let us earn!
O lord! Resolve repulsion between poles
My lord! Restore resonance between souls.

13

May we remember You as “I AM” in us!

May we remember You in ignorance,

That ignorance is filled with Presence.

May we see You in weakness,

That weakness is filled with You.

May we recollect you in wickedness,

That wickedness is filled with You.

May we know You in sorrow,

That sorrow is filled with You.

May we think of You in want,

That our want is filled by You.

May we learn to see You as life within and around,

The sum total of which is the “I AM” of You.

14

May we produce music while the planets play
Upon the Veena of our soul with our tendencies
as strings!

May the strings be arranged in concord
Not be disturbed by our deeds into discord!

May we not bring panic out of music.

May we follow the order of the planetary Magic
Of the Grand Musician, Magician, Apollo!

May He be allowed to sing His song of our life.

May we be syllables of His sweet words

Uttered forth as centuries and ages

Written concealed in time as space pages!

15

From the clouds that shower
From the Sun and Stars that tower
From the breeze that blows
From the water of the rivers that flows
From the ocean's waves that roar
From the minerals that form our core
From the plants that feed
From the nature's powers that heed
May we learn to shower what we have
May we blow the message of how to behave
May we learn to gather for others
May we learn to feel them as our brothers
May we learn to live in good work
May we see in us living God spark!

16

May I be a child amidst Nature's wonders,
May I see them every moment as His splendours,
May I learn to cater my want to others,
May I discover others as my brothers,
May I feel at home anywhere under the canopy of
heaven,
May I purchase pleasure by something to others
given,
May the thoughts that escape the egg of my mind,
Chirp and dive in the garden of creation behind,
May this earth be my eternal playground,
With everyone and everything conveying meaning
profound.

17

About others may I eliminate all impressions,
With everyone may I culminate into His expression,
His presence in others may I gather,
May we live in Him together,
Let my living with others unfold as an art,
So that the means of communication be my heart,
Let my journey of peaceful co-existence start
Until for a higher purpose my body depart.
O Lord! The All in one and The One in all!
Let your universe be a hall for all.

18

Knowing is a range,
Knowledge is a change,
Wisdom is the background,
The Indweller himself is the ground.

The events of the day form a round,
The events of a month arrange around,
The splendours of the year occur round and round,
As the earth travels around the Sun.
Let the product stand as his son
To worship the Lord Indweller.

19

Nature causes lightning and thunder
These are always to man, objects of wonder.

Man knows not what to do
When the elements of nature undo
When, in poise nature makes him live
Man, caught by intelligence refuses to believe
Man creates his own world of suppositions
Facing with the other man many oppositions
Struggling amidst the webs of self-made fate
And tasting life in a miserable state.

When the gale frowns, the earth quakes
And the ocean with its tides shakes
The very earth under the feet
Man remembers God's feet.
But he knows when it is too late
And gets drowned amidst the waves of his fate.

Oh, Lord of all lords of nature
Keep our heads always above our own nature.

20

One can know one as another,
As himself one can not see another.

One sees himself as time separate,
As past, present and future operate.

One works out things to his state,
And calls the succession as his fate.

He allows fate lead the way,
And leads himself from him away.

In course of age he is caught,
Within the pattern of his own thought.

And here is the prisoner of himself,
Bound by likes and dislikes as self.

Liberation from this is Light,
Lord keep us in Light delight.

21

Let people own lands of their own,
May the hosts remember that the earth is one,
By owning men become many,
By possessing they are scattered as so many,
So many of the tiny creatures whose existence is
nothing,
Knowing they are one in Him, The 'I AM' they
are everything,
They are THE ONE through their offering,
By owning they are many, living through suffering,
By offering they are transported to the promised
land,
By grabbing they are dismissed into suffering,
To live only amidst the tongues of Babel,
May they, themselves offer to read The Bible,
In the Language of Stars of the Dome,
Across the Arch of Heavens at Home.

Men may come and men may go,
 Much may be the water of life to flow,
 From the birth of the river to the yonder ocean,
 Enjoying sweetness turning salt in many an
 occasion.

Only the mouthful taster in between that counts,
 Only the water that quenched the thirst from founts,
 When the river is channelised before the culmination,
 It is possible to irrigate the lands of a nation,
 May the flow of life be distributed always,
 Into the fields cultivated through right ways,
 Also, may it be in time and season,
 When the cloud of ideal begins to rain into reason,
 Dedication to work is the thought to culture,
 For the meaningful life, the Lord's agriculture.

23

The Ocean of Love throws wave after wave,
As the Creation on the surface too behave,
Each wave picks up sands in the bottom,
And carries to shape the shore from the stratum,
Many are the shores that form in the time and
tide,
Millions are the crystals of the sand that abide,
Each finds its existence with others unmixed,
And gets defeated by the winds since unfixed,
Carried by motives the sands live,
A life of separation and cleave,
May the tide of love trace them back,
Once again to the moisture which they lack.

24

May thought come as a showering cloud
With the thunder of its message aloud
May the thunder foretell gentle shower
Which quenches the unquenchable thirst for
power
May the cloud descend on the wings,
Of the breeze which, the peace song sings
May the sons of earth feel the proximity
Of the cooling cloud with its beauty
May the dust of earth stand upon its feet
To breathe the cloud as life so sweet
And find itself one as the union
With life's message with Him as communion.

25

The Wand of the Shepherd is moulded
Into the Flute of the Cowherd,
As the Panic of the creatures is moulded
Into the music of the background unheard;
As you learn to place your oddities at His feet,
And unburden responsibilities in His light;
As you place your success and defeat
In His Presence, the source of your delight;
If you forget in what way you are different
From your fellow beings that are present;
And wipe off from you what is apparent,
And find out what is common with others at present
Then the strokes of the Shepherd's Wand cease
Then the Music of the Space is heard.
Until then your hardships will not cease.
Henceforth the melodies of music will please.

26

You are shaped as what you do,
You are your nature of something to do,
Your nature is your temple-tower,
In your temple you are blocked by your power,
Key is “I AM”, your God’s Name,
Turn the key, seven times in His name.
Power is released, you are relieved,
Power is not yours as was believed.
Power is His, Work is His,
In your name everything is His.
In His name offer everything yours,
Wait for the work in appointed hours.
The pendulum of time continues to probe,
The hour-hand and the minute-hand probe,
Into your time while the clock strikes,
As the time passes in your dykes.

What is right and what is wrong
 From the musical notes of the song
 The song that is filled in through the mouth
 Of the flute which shows you the path
 Your mouth is the anterior hole of the flute
 Which may allow the message of the Truth
 Through the trend of his outbreathing
 For which your lips should wait with words clothing
 In the meanwhile let the seven holes
 On the lower side work as a whole
 Let your fingers be trained to work out
 The harmony which you practise within and
 without
 So that they may not strike a note of discord
 To the wholesome music of the cowherd Lord.

28

Hark! the magic spells of time
Which change the seasonal syllables of clime
Behold the magic wand above
Which unfolds into a rainbow
Follow the utterance of the virgo sign,
The mother who nourishes us with wine.
The dew drops of the early winter
Crystallise into shapes and makes the life spark as
splinter
The trees shedding their old leaves
As January enters the old year leaves
To give place to the springing March
And to decorate garden with flowery arch
Then enters the King of year grim
The Lord of summer which is tropical whim.
It is a cyclic song which the earth breathes out
With days as syllables sprout.
May the Lord's glory be sung
As the import on the wall of time hung.

29

Do you feel the presence of anyone as your support ?

Many an implication with complication you will court

Do you feel everytime and again unsupported,

When every one, “of yours” makes you departed ?

Then you are not with you all the time

In vain finding support in tidings of time.

Do not forget to find THE ONE IN ALL

And also the same ONE in you above all.

Find your support in Him through you

And play with love in His forms around you.

Company is but a sum-total of your attitudes

Others praising you are your own platitudes

Others finding fault with and hating you

Are only your own shadows showing faults of you.

THE ONE IN ALL and the ONE in you

Is the only One who is always with you.

He neither praises nor points out

But stands as your mirror to rectify yourself from without.

30

The one always wants to speak out
His own thoughts from him sprout
Thoughts travel in search of expression
To pour through them his own impression
As the butter from milk words float
About himself to make a note
Words are arranged by thoughts
To frame the scripture in lots.

RIGVEDA PRAYERS

1

May we utter forth our awareness
To the fire everywhere nevertheless
Which kindles our spirit of offering
And favours as our East propelling

He is the spark of burning in us
He supervises life as ritual for us
He kindles lights of our enlightenment
As our intelligences setting us free from
entanglement.

2

The Fire of Awareness is invoked,
By all beings having their East,
Those who marked the Sun in the past;
So He is invoked by the beings modern,
As their own awareness invoked as life,
He, the Fire, is the One who brings,
All the gods into existence.

3

The Fire immanent and inherent makes itself known,

As you and I as the light of dawn;

Dawn after dawn He comes ever inside out,

And stands as the source for all to sprout,

I, as your wealth, You as my wealth,

All that as our wealth, this is His wealth,

Fire subjective, grants wealth objective,

When radiates as his brilliance, perspective.

He is out as His own world-figure,

Which is replenished by Himself as vigour.

4

O Fire! the immanent and the inherent presence
of mind,
From me you shine forth as my objectivity line,
You are my circumference every where,
You are the spirit of offering found any where,
You are my spirit of offering without killing,
You are my presence which reaches the Devas and
their planes,
You are everything to me that which remains.

5

As the Lord of combustion we see the Fire,
He performs comprehensive poetic deeds we
admire,
The poet creates truth as the many forms,
In colour and sound through which He transforms,
He is the Light, who makes other lights manifest,
He reaches them as their manifestations and delights.

6

You do the combustion that forms,
The chain actions that weave all forms,
Your Homa burns while enlightens,
Poetic are your creations in silence,
Your spells breathe out truth,
In many a form and sound that is smooth,
You have an ear which catches music,
Out of the diverse activities seen as panic.
You create the lights from the Light
And lights from lights in plight.
As a result you come out invited
By the Rays of Light that are cycled.
We bow down Agni to your never-ending
splendour.

Look here O ! Fire ! Omnipresent !
Our protection is your brilliance present,
You will bestow, but yourself as Light,
For the sacrifice of the dwellers' delight.
Your import as "This" is
Our expression as "That"
The in-filling one of both, is existence,
Which, to the pervading Truth, becomes an
instance.

8

We see everything illumined in your light
We see you as our daily dawn in delight
After the day of our span every time
You bring night to replenish us in your presence
sublime
No fear of darkness that comes on
Since our night is followed by your dawn
Bless us, O Agni to stand on our feet firm
Only to greet you, make your presence confirm
May our duty be only to greet you
By the day and by the night for us to review.

9

You are The Path and the layer of The Path,
You are the destroyer of everything that is
aftermath,
Traditions stand as path for you the knowable,
Traditions are lighted up by you, the able,
The followers protect you as a path,
And thereby they are protected by you, The Truth,
As they intend respecting you, The Light,
They are honoured by you as their delight,
You are kindled and enlivened by them,
As their effort for self-restraint in them.

10

The Angel of Air, the Lord of My Breath,
Come down to Me as the Lord of my birth,
Around me you breathe, I call you the breeze,
Within me you breathe, I call you my ease,
Look around yourself, the arrangements made,
The Angel of Music stood ashore the tide,
Singing breathings as poems of life,
And they convey the import of no strife,
Please listen through Me and enjoy,
Then your protection is felt as our joy.

11

O! The Angel of Air, the Lord of my breath,
Come and see; come with all your mirth,
My breaths filled by you and merged in you,
Squeezed out into utterances of my purview,
As the cakes of the food of my thought,
Are arranged as Lunar mansions brought,
Along the day-breaks of my very existence,
And accept them, my prayers as my subsistence.

12

O! The Angel of the Air, here is my tongue,
In praise of you from whom it has sprung.
May this tongue be known as thine,
In praising you through expressions fine.
May it propagate the sparks of your Presence,
As the multi-directioned glories of your essence.

13

You, The Angel of Air, You the Angel of my mind,
Have come out from myself when I find,
I offer my prayer as the product of my mind and
breath,
Come down to me as the echo of my birth,
My expressions, as drops of the essence,
Await you as my offering as fine sense.

14

O! Angel of Air, O! Angel of the Lord of Senses;
Take notice of my Consciousness with its
essences,
Grow alert of it as my offer,
Since it is squeezed out of my desire to offer.
May your speed increase as you reach,
My offerings in the sacrifice kept for you each.

15

O! Angel of Air, O! Angel of the Lord of Senses,
Squeezed, extracted, is here, my consciousness with
its essences,

Brought near and made near to express itself
revealed,

I make my expression in your praise unveiled.

And find you as the two heroes who receive,

My expression as prayer under whose guidance
I conceive.

16

I call my Friend, the Lord of all measures,
I invoke His presence to purify with his treasures,
I invoke also the Lord of Waters,
Who, by Himself forms the surrounding layer that matters,
He is the Lord, who makes everything significant,
Both of them, the Twin Gods magnificent,
Make my will pregnant to utter,
With meaningfulness churned out as butter.

17

Touched, whirled, wrapped and surrounded
By the sound and light of LAW rounded
Into a Globe of self-effulgent existence,
Mitra and Varuna stand at every instance,
Mitra, the Friend and the Lord of Measures,
And Varuna, the Lord of surrounded treasures,
So stand they ordering the rite,
The right of standing lawful and upright.

18

As twins and pairs you see forces,
Gallop in all direction like horses,
In twins like the arms and hands you see,
The forces working for welfare to be.

The Aswins, who work as the strength of the arms,
May they work for the progress of the forms,
Accept offering of our utterance in all hearts.

19

As Twins and Pairs you do wonders,
Good work and results you shower in thunders,
Wealth flows down to us from your palms,
Auspicious things you give us in alms,
Time and again you raise mighty hands,
To install our breath as the magic wands,
I bow down and praise you Aswins,
And find you in us as Twins.

20

Lord of the senses, hail !
You bright with colours, prevail,
We hold the essences of our existence,
They are the sum of life instances,
They are made up of the smallest units,
Let them be purified all in bits,
We hold them here ready for you,
Anytime you can have them in your view.

21

Lord of the senses, hail !
You inhabited by wisdom, prevail,
Nourished by the wise,
Honoured children-wise,
You come down Indra through my utterances,
And I come up to you through our utterances.

22

Lord of the senses, hail !
Busy arranging wisdom in detail,
Ever expanding as meadows green,
To be exposed to the rays seen,
As if from the curds churned,
Our consciousness is to wisdom turned,
Untouched by the temptation of taste,
Presented, our prayers reach you in boost.

23

Lord of the Universe, hail !
Our invocations are uttered to entail,
You are to be obtained by sense,
You stand superlative in your presence,
Uttered forth, our invocations stand,
To follow your sounds produced to command.

24

Lords of the Universe, hail !
No diminishing values with you prevail,
You continue to lose your presence,
In everyone in the light of Omnipresence,
Harm, you know not, O Lords,
To carry wealth as clouds of rewards.
Come to us and be honoured,
As we praise you in our words bannered.

25

The Goddess of Expression gurgles out,
The ocean waves of sounds that sprout,
By dint of symbol as its banner,
Bestows Her awakening as our manner,
And shines as the sum-total of the wills,
Of the ocean of being that, within, stills.
To this Goddess of Expression,
I bow down to have Her as my impression.

26

You bring everything into good shapes,
As the cowherd, who squeezes milk into the
containers' shapes,
We pray you, the lord of the senses,
For the protection of life expanses;
Day after day we pray you out,
As our hope which we shout.

27

Dawn after dawn, you reveal yourself,
Let every dawn be a call of myself.
Dawn after dawn infinitely prevail,
A variety of your beauty to reveal.
Like the cowherd alert in the cattle-shed,
You are the assurance and a promise of our daily
bread.
Let us continue to call you dawn after dawn,
Until you continue to call us dawn after dawn.

28

I invoke you, O Lord of your choice,
Approach, penetrate through us, as our voice,
Let the voice of our voice be tasted,
Let the desirable be sipped without being wasted,
May I feel gifted with the pleasure,
May I have your voice as my treasure.

29

Along with the company of good minds,
My offering of you, always reminds,
It is my pleasure day after day,
The moment my offer you take away,
May I know, with those of meditation,
The one that is to be known through
meditation,
May you not, O Lord of my expression,
Allow me any time of any transgression,
May I not speak of it more,
Either less of it any more.

30

Approach with respect, the Lord of the senses,
Question about Him, Man! about the aspect.
Question the Lord, Himself, Where He dwells,
Question Him of the temperament that impels,
It makes you approach the learned,
You'll stand prominent among friends well-read,
You are desired and you are liked,
Around you gather people who are liked.

31

May the thoughts that join me as my friends,
Praise the Lord of my senses to show the trends,
May the thoughts that await as foes,
Run away while hearing Him with all the woes,
Let my desirable thoughts gather,
May they assemble to serve Him ever,
And keep the gathering bustled for ever.

32

O! Lord of the Senses, dispeller of enemies,
May your grace shower even upon the enemies,
And make them feed us with expression of
strength,
What to speak of my friends at length,
Who always wish to speak of my welfare,
May we be wealthy and realized in your care.

33

O! The Lord of the senses enjoy the speed,
Of the speedy offering which is in need,
May the splendour of the offering make the
humans,
Happy and content with the spirit of the
superhumans,
May the plan of the offering, protect every friend,
Who, of his behaviour, needs to defend.

34

O! the Lord of Hundred Good Deeds,
You taste the offering, coming down by cloudy
steeds,
You will be the slayer of those who encircle us,
You will be the killer of the demons for us,
The One who is to fight,
Prays You with all his might.
You follow him in war like thunder,
To produce the success, which the enemies
wonder.

35

May the Lord of the senses be honoured,
May the Protector of all wealth be honoured,
He is the One, who knows the outlines,
Of all our dimensions beyond our confines,
One, who squeezes expression out of himself,
Has the Lord of senses as his Higher Self.

36

O! My associates in the holy work,
Sit down around the Lord of senses and hark,
Sing your own expression as His story,
Let our voice be raised, O! associates of good
work,
May the voices carry the work as His spark.

37

May the Lord of senses hail.
He is the richest among the rich,
Let Him, my squeezed self-expression avail,
Let us pray the Lord in high pitch,
May the excellent Lord, the Lord of our senses,
Be invoked with treasure in all tenses.

38

May the Lord of our senses be with us,
In all our needs may He be our impetus,
In the form of our wealth abundant,
May He be our background resplendent,
May He come to us nearer and nearer,
With all His strength He be to us dearer.

39

To whose chariot the steeds are virile,
Enough to surpass enemies' steeds sterile,
Whose valour cannot be challenged in battle,
His name we sing together as our title,
May Indra, the Lord of our senses,
Be glorified by us in all tenses.

40

Here are the juices of expressions,
Squeezed out as the taste of our impression,
Exposed, Indra, they are,
To your enjoyment and honour.
They are made tasty for you to enjoy,
As if mixed with curds of joy.

41

We see you grow from strength to strength,
To taste the juice of our expression at length,
You have become great by your good deeds,
And you stand strong as the one who leads.

42

O Indra ! the lover of Music and Song,
May you accept our expressions all along,
May our words and sounds enter into you,
And bring bliss to the consciousness in you.

43

O Lord of hundreds of good deeds!
May our utterances be your creeds,
That multiply Thy glory and strengthen Thee,
May our prayers be chanted to enrich Thee,
The songs we sing glorify Thy Name,
So that our welfare may stand as Thy Fame.

44

O Lord of the senses and the mind!
Your power to overcome and pervade never lags
behind,
Accept the sounds of our prayers,
That expand in space as thousands of layers,
And work as vitalisers that fill,
And make our impulse to pray full.

45

O Yee The Goddess of Speech !
Thou Art the Bestower of Wisdom,
Thou Art the Bestower of Progeny,
Thou Art the Bestower of Supreme.
The Name uttered of Thine
Brings us the Bliss Divine !

46

O Yee The Goddess of Wisdom !
While Thou art floweth jumping on the ridge of
mountains
Forms of Truths are sprouting from the
swimming Swans !
The Swans that eat the fibres of Water-lily
Form Thy vehicles to carry You Joyfully !
In Thy speedy and powerful Stream
May we dwell with our Wills in Esteem !

47

O Yee the Goddess of Wisdom !
With the power of Thy speedy stream,
Destroy the ignorance that is in extreme.

Help us to ward off the Demonish influence,
Through the showering of Thy Divine affluence.

Protect our systems from deterioration,
And save our life stream from ex-termination !

48

O Yee The Goddess of Speech !
Thou art Floweth with Great Speed !
Thou art the Protector of our Will,
With the Speed of your Flow,
Kindly protect us with your Will.

49

O Yee The Goddess of Wisdom !
By praying Indra we get wealth.
He is the Lord of senses,
Who hath conquered Egoism.

Our prayer to Thee,
Is the proper utterance of Thine,
With which pleased Thou Art,
Showers upon us the Wisdom DIVINE !

50

O Yee The Goddess of Wisdom!
Thou art the manifestation of Speed,
In the Creation of Speedy Gods.
Bestow upon us the Wisdom,
In the form of Perfect Utterance.
Like Puusha, who bestows the food,
For the purpose of our sustenance.

51

O Yee the Goddess of Wisdom !
With thy form of Golden rays,
Thou art floweth in so many ways,
Like the light of the bolt of thunder,
Thou art shineth it no wonder.

There is ignorance in our minds,
Coiled as the power of Vritra.
With the powerful weapon of Thy Light
Ward off the darkness in the form of
MY LIGHT !

52

O Yee the Goddess of Wisdom !

Thou art unspendable as the waters of ocean
With the vastness beyond our comprehension !
Roaring like the waves of ocean
Rear us with Thy infinite compassion !
May we perceive Your Form Infinite,
Then you dwell our hearts, It is definite !

53

O Yee The Goddess of Wisdom !

Like the rising Sun,
Who drives away the Darkness of Night,
Sheathed in the Light of Eternal Truth,
Thou art, conquer the element of Hatred,
And destroy the sounds of untruthful speech.

54

O Yee The Goddess of Wisdom!
Thou Art the most Beloved of All.
Through the practice of Truthful Speech,
We are being loved by All.
With the seven sisters of Thine,
Thou Art expressed through seven notes of mine.
I am bestowed with the happiness Divine,
It is a musical experience for me Time and Again.

55

O Yee The Goddess of Wisdom !
The creation is but Thy expression.
It is the Creator's Eternal Impression.
Thou Art uttered in the form of particles Eternal,
That constitute the five elements.
Protect us from complaining nature,
And express through us as the utterance Divine.

56

O Yee The Goddess of Speech!

We see you always

But cannot perceive

We hear you always

But cannot conceive

But you perceive through us

And you conceive through us

Like a good wife in house

Thou art dwelleth in us.

MEDITATIONS

1

Your enemies among the people are your own ideas of enmity about others. Hence people are outside and the enemies are inside you. People and incidents outside are but wishful justifications of the enemies inside.

Persons whom you call enemies are made up of the same thing which you are made up of. They are also made up of God. Worship those idols in your meditation. They will be magnetised to love and before it is done, you are already 'Himself'.

2

Time

Thou art time; keep time.

You will be that.

Watch is a symbol of time. So also time is a glyph of yourself. You, the lower have come out of the higher. You, the lower is space from which you the matter comes. You, the higher are time from which you, the space have descended. You, the higher came out from the highest “I AM”.

Trim your activity into Time. Time is the lake and you are the ripple. Let the ripple merge into the lake. So the lake doesn't move. There is no lake. It is the sky and the sun is reflection. The reflection is true.

3

Open the eye. The Book is ever open!
The Book is closed by your limitation. The eye
is the sun-ball and the Book is sky. The Sun in
the sun-ball is the Sky in the blue, the Dawn in
the red and the Man in the body. When space is
withdrawn into time, the sunball is in the Sun; the
blue is in the sky; the red is in the Dawn; the body
is in the Man. When time is withdrawn into ME,
the Man is in the Dawn, the Dawn is in the Sky and
the Sky is in the Sun who is in ME.

Open the eye. The Book is ever open.

4

Your joy is unconditional. Your bliss is
My guiding star. I am painted and shaped by your
own ray.

5

Meditate upon the meditator!
Think of the Thinker!
Listen to your own voice and
Know who the speaker is in you.
He doesn't speak in sound,
Sound speaks for him.

6

Matter and Spirit are not two. They are the two states of one essence - two parents of the eternal child! Matter is the precipitate of spirit and the spirit is the sublimate of matter. Consciousness is above these two and is the greater spirit. He who knows matter as a separate entity than himself, will take himself as his own body and falls in the cycle of birth and death.

He who sees one self (oneself) in all, sees not himself in body (matter). He sees bodies engraved on Him as the everchanging figures of the Atrist ever striving for perfection which is always with him.

Fate is a drama and you are the actor! You can break the Drama whether you are happy or otherwise and quit the stage, but you do not. You are trained to enact the drama, be it happy or otherwise only in your role, while you remember that you are neither happy nor otherwise in your own original. You remember your unchangeable original but your role, for the time, demands your activity. Sing and dance-Weep and cry-Give and take, but within the limits of the portion written on the star-lit page. Never mind when you are made a beggar. Never be elated when you are made a king. It is a Drama. Before you are a king or a beggar you are yourself, an actor. Man is a son to his father and a father to his son, a husband to his wife and a wife to her husband. But before all this and before he is man and woman, he is himself, the actor. Even now it is enough if he is best at acting; it is enough if he co-operates in the play. It is enough if he keeps the team work well. It is bliss that gives colour to the play but not joy or sorrow. It is not the parts but the whole which make the play. Play your role well and you have played the role of a hero in your play.

The age of kali rotates along the axis which is its own and which radiates diversity. It has two poles-superstition and skepticism. Right belief is stolen away by superstition and attacked by skepticism. Higher reasoning is hushed by wrong belief and attacked by superstition. Superstition is impregnable to reason, human or divine. Reasoning faculty is eaten away by disbelief which is the outer form of innate timidity to face facts and inability to assimilate truth. Formality and the book of rules are the guiding stars of the kali age.

Every incident, historical or individual is by itself an allegory of truth written by the pen of time on the pages of space. Individuals are the letters; countries and nations are but words and phrases. The story is written in sentences simple, compound and complex. Any incident has an allegorical significance which is eternally periodical like the cycle of seasons. For an incident to occur, there should be a cause. The incident sprouts from the cause and merges into the cause. To that cause the incident is an allegory. To the seed of existence the tree of the universe is but an allegory.

He is the real person who is awakened in the beings even when they are sleeping. He is the very person who shapes the desired forms. He is the person who is the creative medium. In him all the worlds rest and none can transcend. Like the one fire who assumes forms according to the forms of different objects, so the one who is the inner self of all the beings became also their objective forms. Just as the one air, after entering the world, assumes the forms according to the shapes of different objects, so the one who is the inner self of all the beings became also their objective forms. Just as the Sun who is the eye of all the worlds is not contaminated by the objective defects of the eye, so also the one who is the inner self is not contaminated by the objective misery of the world. That one Leader who is the inner self of all and who multiplies his one form into many to those who perceived Him within the self, belongs to the eternal happiness and to none else.

– Kathopanishad.

OM

Rtaṃ ṇa satyaṃ ṇābhīddhāttapasōadhyajāyata |
Tatō rātryajāyata tatassamudrō arṇavaḥ ||

Samudrādarṇavādadhi saṃvatsarō ajāyata |
Ahōrātrāṇi vidadhadviśvasya miṣatō vaśī ||

Sūryāṇdramasau dhātā yathāpūrvamakalpayat |
Divam ṇa prthivīmṇāntarikṣamathō suvaḥ ||

Rhythm and existence came out of “Thus”.
From “Thus” came the heat that is consciousness.
From that heat came the Night. Thence
ether, emblems (of creation) ALL inclusive.
Thereupon came the year, the perfect dweller.
The All controller ranged day and night
round the measures of the Universe. The
Creator conceived the sun, the moon, the
vault of heaven, the earth and the cave of
space, all from within himself as it was before.

ఓం

ఋతం చ సత్యం చాభిధ్ధాత్తపసోఽద్యజాయత ।
తతో రాత్యజాయత తతస్సముద్రో అర్ణవః ॥

సముద్రాదర్ణవాదభి సంవత్సరో అజాయత ।
అహోరాత్రాణి విదధద్విశ్వస్య మిషతో వశీ ॥

సూర్యాచంద్రమసౌ ధాతా యథాపూర్వమకల్మయత్ ।
దివం చ పృథివీంచాంతరిక్షమథో సువః ॥

ఋతము, అస్తిత్వము “ఆవిధమైన తత్త్వము” నుండి వెలువడినవి.

“ఆవిధమైన తత్త్వము” నుండి తపస్సు లేక

చైతన్య స్వరూపమైన వేడిమి వెలువడినది. ఆ వేడిమి నుండి

రాత్రి వెలువడినది. దాని నుండి సృష్టి యొక్క ముద్రలతో

కూడిన ఆకాశ ద్రవ్యము వెలువడినది. అంతట పరిపూర్ణముగా

వసించునట్టి సంవత్సరము వెలువడినది. విశ్వము యొక్క కొలతల

చుట్టును రాత్రింబవళ్ళను సర్వనియంత యగు ప్రజ్ఞ ఏర్పరచెను.

సృష్టికర్త సూర్యాచంద్రులను, ఆకాశమున కనపడని తేజస్సు అయిన

దివమును, పృథివిని, అంతరిక్షమును, పూర్వమువలెనే

తనలో నుండి కల్పించును.

జ్యోతిర్మాలిక

జ్యోతిశ్శాస్త్రము యొక్క పరమ ప్రయోజనము మానవులు ఆయా నిర్దిష్ట సాధన చేసి, సంవత్సరపురుషుడైన సూర్యాత్ముడగు పరమ పురుషుని సాన్నిధ్యస్వరూపమగు శ్రీకైవల్యము నందుటయే. వేదర్షులు జ్యోతిష్యమును వేదములందు ఈ దృష్టితోనే నిక్షేపించిరి. మాస్టరుగారు వేదవేత్త, జ్యోతిశ్శాస్త్రవేత్త కావున వేదర్షుల మార్గమున పయనించి మనకదే మార్గమును ప్రసాదించిరి. రాశిచక్రమునందలి పన్నెండు రాశులకు అనుగుణముగా అదే వరుసలో, ఋగ్వేదమునందు మహర్షులు పన్నెండు ధ్యానమంత్రములను ప్రసాదించిరి. ఈ రాశి విభాగము మకరముతో ప్రారంభమగును. మకరము సంవత్సరాది దేవతయగు ప్రజాపతి యొక్క ఉదయమును సంకేతించుచున్నది. సంవత్సరమును దేవాలయమునకు ప్రవేశమైన మకరతోరణమిది. ఆయా రాశులందు సాధకుడు అనుదినము ఆయా రాశిమంత్రములను ధ్యానింపవలెను. రాశులెల్లయు శ్రీమన్నారాయణుని విభూతులే. కావున ఈ ధ్యానముల ద్వారా స్వామి నర్చించుట అను విధానము శాశ్వత విజ్ఞాన భాండాగారమునకు గొప్ప తాళపుచెవి. ఇట్టి అర్చనా విధానము మానవుని పరిమితత్వము అను చీకటి నుండి బంధ విమోచనమును వెలుగు వద్దకు గొనివెళ్ళును. ఈ రాశిమంత్రముల కూర్పు సూర్యనారాయణునకు అర్పితమగు జ్యోతిర్మాలికయనవచ్చును.

సూర్యుడు మన భూమి చుట్టు తిరుగుచున్నట్లు కనపడు మార్గమున డిసెంబరు 22న (మకర సంక్రమణమున) ఈ పృథ్విని దీర్ఘతమస్సు నుండి వెలుగులోనికి గొనివచ్చును. దేవతలకు

సూర్యోదయమీదినమే. సంవత్సరమును యజ్ఞమును సూర్యుడు వరాహమూర్తియై ఈనాడు ప్రారంభించును. కుంభమున నాతడు జీవజలములను దివ్యధామమును కుండలోనికి కొనితెచ్చి, మనలోని దేవతలకు సుఖమును, మనకు అమృతత్వమును అందించును.

మీనమునందు మనువులను సృష్టించి, వారివారికి వలసిన జ్ఞానకోశమును మత్స్యావతారమూర్తియై ప్రసాదించును. మేషము నందు భూమధ్యరేఖను ఖండించి దక్షిణము నుండి ఉత్తరమునకు దాటునట్టి సూర్యుడు ప్రజాపతికి మేషరాశియను శిరమును నిలుపును. వృషభరాశి యందు ఈ సూర్యుడే ప్రజాపతి యొక్క ఉచ్చరణగా, వ్యక్తమగును. మిథునమునందు సంవత్సరాది దేవతయగు ప్రజాపతిని చైతన్యము, ద్రవ్యము అను రెండు కంఠ నాళములుగా విభజించును. కర్కాటకరాశిలో సూర్యుడు దివి నుండి భువికి జలమును కొనితెచ్చి, భూమిని గర్భవతిని గావించును. సింహమాసమున సూర్యుడు భౌతిక, మానసిక, ఆధ్యాత్మిక కక్షలనావిష్కరించును. కన్యామాసమున అతడు పవిత్రతను, మాతృవాత్సల్యమును, సేవాగుణమును వర్షించును. తులారాశి యందు ఉత్తరము నుండి దక్షిణమునకు భూమధ్యరేఖను దాటుచు, సంవత్సరమునకు సమతౌల్య స్థితిని కల్పించును. వృశ్చికరాశి యందు సంవత్సర దేవతను ప్రకృతి యొక్క గర్భమున నిక్షేపించి, అతనికి మృత్యువును కల్పించును. తరువాతి సంవత్సరమున అతడు పునర్జన్మ నెత్తును. ధనుర్మాసమున సూర్యుడు శాశ్వత ధర్మమును అశ్వారూఢుడైన విలుకాడుగా రక్షించును.

ఈ అంశములను స్మరించుచు, సాధకుడు రాశిమంత్రములను ధ్యానించినచో, విశ్వమునందు దాగిన సమస్త విజ్ఞానము అతనికి అనుగ్రహింపబడును అని మాస్టరుగారు సెలవిచ్చియున్నారు. ఇట్టి ధ్యానమును మోక్ష చక్రమని వారు పేర్కొనిరి.

మాస్టరు గారికి ఇట్టి విశేషమైన విజ్ఞానము ప్రసాదించినది, వాని కనుల ఎదుట సాక్షాత్కరించిన వేద పురుషులగు వారి తండ్రిగారగు భగవాన్ ఎక్కిరాల అనంతాచార్యులవారు. “దివ్యజ్ఞానమను అహస్సును దర్శించిన సనాతన ఋషి తమ తండ్రి”గారని మాస్టరు గారు నుతించిరి. అట్టి పరమపూజ్యులగు తమ తండ్రిగారికే, మాస్టరుగారు జ్యోతిర్వేద వృక్షమునకు బీజమైన ఈ చిన్ని సంకలనమును అంకితము గావించి ధన్యులయిరి.

ఈ మంత్రములను అర్ధసహితంగా శ్రద్ధతో ధ్యానించువారలకు ఆచార్యద్వయము యొక్క దివ్యాశీస్సులు లభించి, సంవత్సర పురుషుడగు సౌరదేవుని సాక్షాత్కారము ప్రాప్తింపగలదు. ఈ మంత్రములందలి వేదార్థధ్వని వారికి దర్శనమునొసగి, సృష్టి జ్ఞానము ప్రకాశింపగలదు.

ఇట్లు

ఎక్కిరాల అనంతకృష్ణ,
మల్లాది పున్నయ్యశాస్త్రి.

The Wheel of liberation

The zodiac is the twelve-fold division of space around the equator of our earth. The Sun, Moon and other planets which form the various symbols of the lord's grace, appear to go around in this path every day and every year.

The Sun, during his symbolic journey through the path enters Makara (Capricorn) on the 22nd of December every year. He, then, raises the earth from the darkness and chillness of the longest night to the brilliance and the warmth of the splendid day. He, thus, causes the dawn of Gods or Lights and thus begins the yagna as the Great Varaha (Boar). During the month of Kumbha (Aquarius), He raises the waters (life) of the earth to the pot of heavens and brings immortality and pleasure to the gathered Gods. During the month of Meena (Pisces), He creates the Manus and distributes the measures as implements of their respective portfolios. He, thus, makes the beginnings of the renovated wisdom as the Fish God. During the month of Mesha (Aries), He fixes Aja (Ram) as the head of the year-god when He cuts the ring

of the equator and crosses from the South to the North. Then He is said to bring the fire for the ritual. During the month of Vrishabha (Taurus), He expresses Himself as the voice of the year-god with four horns (states of utterances), three feet (Intonations), two heads (sound and meaning) and seven arms (musical scales). He is bound at three places (Utterer, listener and utterance). During the month of Mithuna (Gemini), the lord differentiates the year-god into vocal chords of His utterance (spirit and matter). During the month of Karkataka (Cancer), He delights the earth with His powers of fertilisation when He brings the waters down to the earth from heaven. During the month of Simha (Leo), He bestows the three planes of consciousness (physical, mental and spiritual). During the month of Kanya (Virgo), He showers purity, material love and service. During the month of Tula (Libra), He brings the year to equilibrium by crossing the equator from the North to the South. During the month of Vrischika (Scorpio), He gives death to the year-god by burying him in the womb of nature so as to be reborn as the Son, the next year. During the month of Dhanus (Sagittarius), He protects

the dreaming embryo of Dharma (eternal law which is cyclic) as an archer upon horse back.

These phenomena of the year contain all the records of all the wisdom of the cycles of creation. They are to be carefully meditated upon, because they import the complete wisdom of man the individual and Man the universal.

Twelve sets of passages are selected from the Rig Veda and herein presented with translation. The editing is after the order of the monthly zodiac, and the months are reckoned according to the sun's passage through the twelve signs. The division begins with Makara (Capricorn) or the winter solstice, because it marks the dawn of the Prajapathi (year-god). It also forms the Makara Torana (Royal Arch to the entrance of the Solar Temple).

Each passage is to be meditated upon every day by every brother during the month indicated at the top of each of them as worship of the almighty throne. His splendours in the year is the master-key to the mysteries of eternity and it leads one from darkness of limitation to the light of liberation.



మకర రాశి ధ్యానము

(డిసెంబరు 22 నుండి జనవరి 20 వరకు)

యశ్చిదాపో మహినా పర్యపశ్యత్
దక్షం దధానా జనయంతీర్యజ్ఞమ్ ।
యోదేవేష్వధి దేవ ఏక ఆసీత్
కస్మై దేవాయ హవిషా విధేమ ॥

ఏ దేవుని మనము హవిస్సుతో అర్పించుచున్నామో అతడే తన మహిమతో వరదనీటిని పరిశీలించెను. ఈ నీరే దక్షుని (సమర్థుడైన వానిని) ధరించెను. ఈ నీరే యజ్ఞమును (విశ్వ ప్రణాళికను, సంవత్సరమును) జనింపజేసెను. ఈ దేవుడే సర్వ దేవతలకు అధిపతి. ఈతడు మొట్ట మొదట తానొక్కడే ఉండెను.

CAPRICORN Month Prayer

(From Dec. 22nd to Jan. 20th)

Yaścidāpō mahinā paryapaśyat
Dakṣaṁ dadhānā janayantīryajñam ।
Yōdēvēśvadhi dēva ēka āsīt
Kasmai dēvāya haviṣā vidhēma ॥

Which God we adore with our oblation!
It is He who in His might surveyed the waters (flood), which contained Daksha (the able one) and which produced YAJNA (the cosmic plan or the year). He is the God above all gods and He existed alone (in the beginning).



కుంభ రాశి ధ్యానము

(జనవరి 21 నుండి ఫిబ్రవరి 19 వరకు)

దేవాన్ వసిష్ఠో అమృతాన్ వవందే
యే విశ్వా భువనాభి ప్రతస్థః ।
తేనో రాసంతా మురుగాయ మద్య
యూయంపాత స్వస్తిభిస్తదానః ॥

సౌభాగ్యశాలివైన ఓ వసిష్ఠా! విశ్వముల యొక్క అన్ని కక్షల
యందును, వానికి అతీతముగను నిలిచియున్న అమృతులగు ఈ దేవతలు
వికాసమును, లయబద్ధమైన సామరస్యమును ప్రసాదించురుగాక. ఓ దేవా!
నీవు మమ్ములను సదా స్వస్తిపూర్వకములగు ఆశీస్సులతో రక్షింపుము.

AQUARIUS Month Prayer

(From Jan. 21st to Feb. 19th)

Dēvān vaśiṣṭō amṛtān vavandē
Yē viśvā bhuvanābhi pratasthuh |
Tēnō rāsantā murugāya madya
Yūyampāta svastibhissadānaḥ ||

O! Vasishta (the wealthy one)! I speak
out in praise of these gods of immortality who
exist within and above these various planes
of the worlds. Now let them grant us the
experience (Divine), expansion and rhythmic
co-ordination. You God! protect us ever with your
benedictions.



మీన రాశి ధ్యానము

(ఫిబ్రవరి 20 నుండి మార్చి 20 వరకు)

స్వామవో మనవో దేవ వీతయే
ప్రాంచంనో యజ్ఞం ప్రణయత సాధుయా ।
ఆదిత్యా రుద్రా వసవస్సుదానవ
ఇమా బ్రహ్మ శస్త్వమానాని జిన్వత ॥

దేవతలక్రీడ కొఱకు మేము మనువుల మగుదుము గాక. ఈ దేవతలు మా యజ్ఞమును (విశ్వప్రణాళికను, సంవత్సరమును) ముందుకు నడిపింతురు గాక. ఈ యజ్ఞమును సాధుత్వము, పరిపూర్ణతల దరికి వీరు తీసుకొని వెళ్ళుదురుగాక. మంచిని ప్రసాదించునట్టి ఆదిత్యులు, రుద్రులు, వసువులు ఈ వాక్కును ప్రశంసనీయముగా మలచెదరుగాక. కొలతలకు వీరు ఉత్తేరణ కలిగింతురుగాక.

PISCES Month Prayer

(From Feb. 20th to Mar. 20th)

Syāmavō manavō dēva vītayē
Pram̐cam̐nō yajñam prañayata sād̐huyā |
Ādityā rudrā vasavassudānava
Imā brahma śasyamānāni jinvata ||

May we become Manus for the God's play. May these Gods advance our YAJNA (the cosmic plan or the year) and lead it into goodness and perfection. May the Adityas, Rudras and Vasus who are good givers make this unfolding (Vak) praise-worthy and may they stimulate the measures.



మేష రాశి ధ్యానము

(మార్చి 21 నుండి ఏప్రిల్ 19 వరకు)

అజోభాగస్తపసా తం తపస్వ
తంతే శోచిస్తపతు తంతే అర్చిః ।
యాస్తే శివాస్తన్వో జాతవేద
స్తాభిర్వహేనం సుకృతాము లోకమ్ ॥

జ్ఞానమునకు మూలమైన ఓ జాతవేదా ! జననము చెందని గొట్టెపొట్టేలుగా వెలుగుబాట ఉన్నది. వీనిని ఉష్ణముతో ఉజ్వలము గావింపుము. నీయొక్క జ్వాల, నీ వైభవము ఇతనియందు తాపమును (మంటను) కలిగించుగాక. నీయొక్క శుభములైన వాహికలతో ఇతనిని మంచి పనులకు సంబంధించిన లోకమునకు తీసికొని వెళ్లుము.

ARIES Month Prayer

(From Mar. 21st to Apr. 19th)

Ajōbhāgastapasā taṁ tapasva
Tamtē śōḇistapatu tamtē arḥiḥ |
Yāstē śivāstanvō jātavēda
Stābhirvahainaṁ sukrutāmu lōkaṁ ॥

O! Jataveda (origin of wisdom) ! Thy lighted path is the unborn ram. Illumine him with heat. Let your flame, your splendour cause combustion in him. Lead him to the plane of good works with the help of those vehicles of yours which are auspicious.



వృషభ రాశి ధ్యానము

(ఏప్రిల్ 20 నుండి మే 20 వరకు)

చత్వారి శృంగా త్రయో అస్య పాదా
ద్వే శీర్షే సప్తహస్తానో అస్య ।
త్రిధా బద్ధో ఋషభో రోరవీతి
మహోదేవో మర్త్యగ్ం ఆ వివేశ ॥

ఒక ఎద్దుకు నాలుగు కొమ్ములు కలవు. దానికి మూడు పాదములు కలవు. దాని తలలు రెండు, చేతులు ఏడు. ఇట్టి ఎద్దు మూడు విధములుగా కట్టబడి అంకె వేయుచున్నది. ఈ విధముగా మహోదేవుడు అను దివ్యమైన వెలుగు మర్త్యుల లోనికి ప్రవేశించెను.

TAURUS Month Prayer (From Apr. 20th to May 20th)

Çatvāri śṛṅgā trayō asya pādā
Dvē śīrṣē saptahastāsō asya |
Tridhā baddhō ṛṣabhō rōravīti
Mahōdēvō martyāgṃ ā vivēśa ||

Four are His horns, three His feet, two His heads. He is seven-armed; bound three fold; (such a) bull roars out. (Thus) The Light Divine entered into the mortals.

II

మిథున రాశి ధ్యానము

(మే 21 నుండి జూన్ 20 వరకు)

ద్వే విరూపే చరతః స్వర్థే
అన్యాన్యా వత్సముపధాపయేతే ।
హరిరన్యన్యాం భవతి స్వధావాన్
శుక్రో అన్యన్యాం దద్యుతే సువర్ఛాః ॥

విశిష్టమైన రెండు రూపములు తమ తమ నిర్దిష్టములైన గమ్యముల వైపు పురోగమించును. వీనిలో ఒక్కొక్కటి ఒక్కొక్క వత్సమును పోషించుచున్నది. ఈ వత్సములలో ఆకుపచ్చది పుట్టుకకు కారణమగు ద్రవ్యమగుచున్నది. తెల్లనిది వర్షస్థితో అఖండముగా వెలుగునట్టి చైతన్య మగుచున్నది.

GEMINI Month Prayer

(From May 21st to Jun. 20th)

Dvē virūpē çarataḥ svarthē
Anyānyā vatsamupadhāpayētē |
Hariranyasyām bhavati svadhāvān
Śukrō anyasyām dadṛśē suvarçāḥ ||

Two distinguished shapes move towards their defined goals. Each sustains an young one of its own. Of these (young-ones), the green one becomes reproductive (Matter), while the white one becomes the All-brilliant (spirit).



కర్కాటక రాశి ధ్యానము

(జూన్ 21 నుండి జూలై 22 వరకు)

సత్యేనోత్తభితా భూమిః
సూర్యేణోత్తభితా ద్యౌః ।
ఋతేనాదిత్యాస్తిష్ఠంతి
దివి సోమో అధిశ్రితః ॥

సోమేనాదిత్యా బలినః
సోమేన పృథివీ మహీ ।
అథో నక్షత్రాణా మేషాం
ఉపస్థే సోమ ఆహితః ॥

సోమం మన్వతే పపివాన్
యత్సం పిప యన్తోషధిమ్ ।
సోమం యం బ్రహ్మణో విదుః
న తస్మాత్కౌతి కశ్చన ॥

సత్యము వలన భూమి సమత్వమునకు ఉద్ధరింపబడుచున్నది. దివ్యలోక తోరణము లోకములను ప్రసవించు సూర్యునిచే ఉద్ధరింపబడును. అవ్యక్త సత్యమగు ఋతము వలన ఆదిత్యులు తమతమ స్థానము లందు నిలిచియున్నారు. సోముడు చోటుపై ఆధిపత్యము వహించుచున్నాడు. సోముని వలన అదితియొక్క కుమారులు బలమును పొందుచున్నారు. అతని వలననే ద్రవ్యమునకు పరిమాణము ఏర్పడుచున్నది. సోముడు జ్యోతిర్వక్రము నందలి చాపములగు నక్షత్రముల యొక్క హృదయమునందు తన స్థానము వహించి యున్నాడు. 'సోమ' అను ఓషధిని పిండినప్పుడు, సోమునికి సంబంధించిన రసము త్రాగినట్లుగా మానవుడు భావించుచున్నాడు. బ్రహ్మవేత్తలు మాత్రమే సోముని ఎఱుగుదురు. అతనికి సంబంధించిన రసాస్వాదనము చేసెదరు.



CANCER Month Prayer

(From Jun. 21st to Jul. 22nd)

Satyēnōttabhitā bhūmiḥ
Suryēnōttabhitā dyauḥ |
Ṛtēnādityāstiṣṭanti
Divi sōmō adhiśritaḥ ||

Somēnādityā balinaḥ
Somēna pṛthivī mahī |
Athō nakṣatrāṇāmēṣām
Upasthē sōma āhitaḥ ||

Sōmaṃ manyatē papivān
Yatsaṃ pipa yantyōṣadhiṃ |
Sōmaṃ yaṃ brahmaṇō viduḥ
Na tasyāśnāti kaścana ||

The earth is raised to poise by the Law, Existence; the valut of heavens, by the one who is the Deliverer. By the law of Rhythm, the Adityas take their places and Soma presides over space. By Him, Aditi's sons derive their strength and by Him the volume of mass is derived. Now Soma has his place in the bosom of these Nakshatras (arcs of the circle), when one (man) squeezes the same herb, he thinks he has drunk the soma. When the initiates know as soma, no one (except the initiates) ever tastes.



సింహ రాశి ధ్యానము

(జూలై 23 నుండి ఆగస్టు 22 వరకు)

త్రయః కేశిన ఋతుథా వి చక్షతే
సంవత్సరే వపత ఏక ఏషామ్ ।
విశ్వమేకో అభిచష్టే శచీభిః
ధ్రాజిరేకస్య దద్యశేన రూపమ్ ॥

కేశములు గల మూడు సింహములు ఋతువుల క్రమము ననుసరించి పరిభ్రమించు చుండును. వానిలో ఒకటి సంవత్సరమునందే, తనను తాను మలచుకొనుచుండును. రెండవది విశ్వమును తన మెఱుపులతో మలచుచుండును. మూడవదాని భ్రమణ మార్గమే దర్శనీయముగాని, దాని ఆకృతి దృశ్యమానము గాదు.

LEO Month Prayer

(From Jul. 23rd to Aug. 22nd)

Trayaḥ kēśina ṛtuthā vi çakṣatē
Saṁvatsarē vapata ēka ēṣām |
Viśvamēkō abhiçaṣṭē śaṇībhiḥ
Dhrājirēkasya dadṛśēna rūpaṁ ||

Three haired ones (lions) rotate in the order of the Rutus (seasons). One of them carves itself out within the year. Another one moulds the universe with his sparks. Of the third, only the path is seen and not the shape.



కన్యా రాశి ధ్యానము

(ఆగస్టు 23 నుండి సెప్టెంబరు 22 వరకు)

కన్యేవ తన్వా శాశదానా

ఏషిదేవి! దేవమియక్ష్మాణమ్ ।

సస్త్వయమానా యువతిః పురస్తాద్

అవిర్వక్షాంసి కృణషే విభాతీ ॥

ఓ దేవీ! (వెలుగుల తల్లీ) నీవు నీ దేహ సౌందర్యముతో కన్యగా వెలుగుల ఆకృతియగు పురుషుని చెంతకు చేరుచున్నావు. అతడు నీయందు ప్రణయ భావనను కల్గింప కాంక్షించు చున్నాడు. నీవు యౌవన వతివై, చిరునవ్వుతో అతనివద్దకు చేరగనే, అతని ఎదుటనే నీ వక్షోజములను ఎఱుకపరచి నిలిచెదవు.

VIRGO Month Prayer

(From Aug. 23rd to Sep. 22nd)

Kanyēva tanvā śāśadānā

Ēṣidēvi! dēvamīyakṣamāṇam |

Sasmayamāna yuvatīḥ purastād

Avirvakṣāmsi kṛṇuṣē vibhātī ||

O! Brilliant Woman! By the beauty of your body, you go like a virgin to the brilliant one who longs to make you feel romantic. As you proceed smiling and youthful, you stand before him and expose your breasts.



తులా రాశి ధ్యానము

(సెప్టెంబరు 23 నుండి అక్టోబరు 22 వరకు)

సం గచ్ఛధ్వం సం వదధ్వం
సం వో మనాంసి జానతామ్ ।
దేవా భాగం యథా పూర్వే
సంజానానా ఉపాసతే ॥

సమానో మంత్రః సమితిస్సమానీ
సమానం మనః సహచిత్తమేషామ్ ।
సమానం మంత్రమభిమంత్రయే వః
సమానేన వో హవిషా జుహోమి ॥

సమానీ వ ఆకూతిః సమానా హృదయాని వః ।
సమానమస్తు వో మనో యథావస్సుసహాసతి ॥

మీరు కలసిమెలసి నడచెదరుగాక. కలిసి భాషింతురు గాక. దేవతలుపూర్వ పద్ధతిలోనే, పరిపూర్ణ సామరస్యముతో తమతమ భాగముల కొరకు కూడినట్లు, మీ మనస్సులును పరిపూర్ణముగా ఎఱుకపడును గాక. మీరు ఒకే సూచనను పాటింతురు గాక. మీరు ఒకే వ్యవస్థగా కూడి యుందురుగాక. మీరు ఒకే మనస్సుతో, ఒకే ప్రజ్ఞతో జీవింతురుగాక. మీరు ఒకే ప్రణాళికను నిర్వహింతురు గాక. మీ ఎల్లరికై, నేను ఒకే హవిస్సును సమర్పించుకొనుచున్నాను. మీ ఉత్సాహము, సమతౌల్యముతో నెలకొనుగాక. మీ హృదయములు ఒకటియై, సమత్వముతో వెలయుగాక. మీరు కలసిమెలసి హాయిగా జీవించుటకు తగినలీతిలో, మీ మనస్సులును ఒకటియై సమత్వమును అందుకొనుగాక.



LIBRA Month Prayer

(From Sep. 23rd to Oct. 22nd)

Sam gaṇṇhadhvaṃ sam vadadhvaṃ
Sam vō manāṃsi jānatāṃ |
Dēvā bhāgam yathā pūrvē
Samjānānā upāsātē ||

Samānō mantraḥ samitissamānī
Samānaṃ manaḥ sahaçittamēṣāṃ |
Samānaṃ mantramabhimantrayē vaḥ
Samānēna vō haviṣā juhōmi ||

Samānī va ākūtiḥ samānā hrdayāni vaḥ |
Samānamastu vō manō yathāvassusahāsati ||

Walk together, speak together; let your minds be known perfectly just as the Devas assemble for their share in perfect communion in the same old fashion. May you have common counsel. May you have common assembly. May you have a common mind. May you have a common consciousness. May you work out a common plan. I oblate with the common offering for you all. May your zeal be balanced; may your hearts be balanced; may your minds be balanced that you may live together well.



వృత్తిక రాశి ధ్యానము

(అక్టోబరు 23 నుండి నవంబరు 21 వరకు)

విష్ణుర్యోసిం కల్వయతు
త్వష్టే రూపాణి పింశతు ।
ఆసించతు ప్రజాపతిః
ధాతాగర్హం దధాతుతే ॥

గర్హం ధేహి సిసీవాలి
గర్హం ధేహి సరస్వతి ।
గర్హం తే అశ్వినౌ దేవా
వాధత్తాం పుష్కరస్రజా ॥

హిరణ్మయీ అరణీ యం
నిర్మనంతో అశ్వినౌ ।
తం తే గర్హం హవామహే
దశమే మాసి సూతవే ॥

విష్ణువు గర్భాశయమును కల్పించుగాక! దేవశిల్పియగు
త్వష్ట రూపములను కల్పించుగాక! సంవత్సరాధిదేవతయగు ప్రజాపతి
వెదజల్లుగాక! ఉత్పత్తి కారకుడగు ధాత మీకై గర్భమును ప్రసాదించుగాక!
సిసీవాలి (చంద్రుని యొక్క చివరికళ కనుపించిన నాడు అమావాస్య
వచ్చినచో సిసీవాలి యందురు.) నీవు పోషణము గావించిన గర్భమునకు
స్థితిని కల్పించుగాక. అంతర్వాహిని యగు సరస్వతియు నట్లే చేయుగాక.
వెలుగులతో ప్రకాశించు కవలలగు అశ్వినులు నిన్ను, తమ పుష్టి
వర్ధనములగు పుష్పములతో పోషింతురు గాక. దశమమాసమునందు
వచ్చు ప్రసవము కొఱకై, అశ్వినులు బంగారు అరణి నుండి చిలికి తెచ్చిన
నీదగు గర్భమును ఆవాహన చేసెదముగాక!



SCORPIO Month Prayer

(From Oct. 23rd to Nov. 21st)

Viṣṇuryōniṃ kalpayatu
Tvaṣṭā rūpāṇi piṃśatu |
Āsimṇatu prajāpatiḥ
Dhātāgarbhaṃ dadhātutē ||

Garbhaṃ dhēhi sinīvālī
Garbhaṃ dhēhi Sarasvati |
Garbhaṃ tē āśvinau dēvā
Vādhattāṃ puṣkarasrajā ||

Hiraṇyayī araṇīyam
Nirmanthatō āśvinā |
Taṃtē garbhaṃ havāmahē
Daśamē māsi sūtavē ||

May Vishnu mould the womb! May
Twasta (mason) duly shape the forms! May
Prajapathi (Year-God) sprinkle and may Dhata
(progenitor) lay the germ for you! O! Sinivali
(The New Moon day with one ray before
starting New Moon) set the germ you fertilise!
O! Saraswathi (the undercurrent)! May the
brilliant twins of aswins with nourishing blossoms
fertilise you! For the delivery in the tenth month,
we invoke the germ that is yours and that which
the Aswins churned out of the golden Arani.



ధనుస్సు రాశి ధ్యానము

(నవంబరు 22 నుండి డిసెంబరు 21 వరకు)

ధన్వనా గా ధన్వనాజం జయేమ
 ధన్వనా తీవ్రాస్తమదో జయేమ ।
 ధనుశ్శత్రోరప కామం కృణోతి
 ధన్వనా సర్వాః ప్రదశో జయేమ ॥

తీవ్రాన్ ఘోషాన్ కృణ్వతే వృషపాణయో
 అశ్వా రథేభిస్తహ వాజయంతః ।
 అవక్రమంతః ప్రపద్దైరమిత్రాన్
 క్షీణంతి శత్రూరనపవ్యయంతః ॥

మనము ధనుస్సుతో వెలుగు కిరణములగు మన యింద్రియములను జయించెదము గాక. అచ్చట, మనము ధనుస్సుతో యుద్ధ విజయమును సాధించెదము. తీవ్రస్వభావము గల వారిని మదించిన వారిని మనము జయించెదముగాక. ధనుస్సు శత్రువులకు అపకృతి గావించును. ధనుస్సుతో మనము అన్ని మూలలను జయించెదము గాక. బలమును కురియుచున్న గిట్టలతోడి పాదములు గల అశ్వములు, మంచి వేగము గల రథమునకు పూన్చబడి, తీవ్రముగా హేషించుచున్నవి. ఈ అశ్వములు, శత్రువులను తమ ముందలి కాళ్ళతో ఎదుర్కొని, చిహ్నములు కూడ మిగులకుండ, వారిని నాశనము చేయును.



SAGITTARIUS Month Prayer

(From Nov. 22nd to Dec. 21st)

Dhanvanā gā dhanvanājiṃ jayēma
Dhanvanā tīvrāssamadō jayēma |
Dhanuśśatrōrapa kāmam kṛṇōti
Dhanvanā sarvāḥ pradiśō jayēma ||

Tīvrān ghōṣān kṛṇvatē vṛṣapāṇayō
Aśvā rathēbhissaha vājayantaḥ |
Avakrāmantāḥ prapadairamitrān
Kṣīṇanti śatrūranapavyayantaḥ ||

With the bow, let us conquer the rays of light (our senses). There we win the battle with the bow. With the bow, let us conquer the fierce and the impudent. The bow works harm to the enemies. Let us subdue all the corners with the bow. Horses whose hoofs rain strength are neighing aloud being yoked to chariots of good speed. These horses encounter the foes with their forefeet and destroy them, leaving no traces.

Good Luck from Your Birthday

You can find your good luck in the following lines. Meditate the following to have the courage and hope that are hidden in the caves of your innermost consciousness.

ARIES



Force - Energy - Headline
Leadership - Strength - Valour
Expansion - Activity - Path.

TAURUS



Taste - Expression - Form
Harmony - Symmetry - Design
Art - Love - Realisation.

GEMINI



Contrast - Compare - Compromise
Advice - Interpret - Adjust
Recognise - Distinguish - Realise.

CANCER



Feeling - Sensation - Sentiment
Imagine - Image - Conceive
Emotion - Inspiration - Devotion.

LEO



Aspire - Idealise - Consolidate
Possess - Own - Offer
Estimate - Glorify - Rectify.

VIRGO



Work - Gather - Repay
Recollect - Purify - Re-arrange
Sympathy - Piety - Grace.

LIBRA



Divide - Weigh - Distribute
Equality - Justice - Tranquil
Share - Supplement - Contribute.

SCORPIO



Silence - Secrecy - Completion
Mystery - Insight - Intuition
Past - Present - Future.

SAGITTARIUS



Aim - Retrace - Hit
Know - Communicate - Transcend
Travel - Radiate - Shineforth.

CAPRICORN



Manage - Manipulate - Achieve
Officiate - Constitute - Establish
Recruit - Subjugate - Include.

AQUARIUS



Herald - Inaugurate - Enact
Move - Reform - Confirm
Receive - Regulate - Absorb.

PISCES



Graph - Topograph - Photograph
Glitter - Glimmer - Incandescence
Form - Inform - Transform.

MASTER C.V.V. MYSTIC MANTRAMS

Namaskarams Master

Dip Deep

Axis Arranged Hours

Higher Bridge Beginning

Truth Levels

Nil None Naught Levels

Normal Temperament

Time Expand

Electric Hint

Ether Workout

Equator Equal

Pituitary Hint

Hidden Circumference

Side Ways

Miller Form Centre

Vertical Levels

Meet Centres

Namaskarams Master C.V.V. to your lotus feet.

HEALING PRAYER

Master! Please let us receive the influx of Thy plenty of prana into our systems that we may resist disease, decay and death; realise pure love, the highest truth, and the bliss of existence and serve humanity according to Thy plan.

Master C.V.V. Namaskarams

CHOOSE ONE !

Whichever you think best will be yours
if you follow the path of Faith.

Whichever is good to you will be yours
if you follow the Path of Virtue.

“His Will” is your will if you are
pleased with “The One Path.”

Master E.K. Namaskarams

GOLDEN STAIRS

A clean life, an open mind, a pure heart, an eager intellect, an unveiled spiritual perception, a brotherliness for one's co-disciple, a readiness to give and receive advice and instruction, a loyal sense of duty to the TEACHER, a willing obedience to the behests of truth, a courageous endurance of personal injustice, a brave declaration of principles, a valiant defence of those who are unjustly attacked, and a constant eye to the ideal of human progression and perfection which the Secret Science depicts.

These are the Golden Stairs up the steps of which the learner may climb to the TEMPLE OF DIVINE WISDOM.

– H.P.Blavatsky

సువర్ణ సోపానములు

పరిశుద్ధ జీవనము, మర్నము లేని మనస్సు, నిర్మల హృదయము, జిజ్ఞాసువగు చిత్తము, మాటుపడని అతీంద్రియ గ్రహణము, సహాధ్యాయి ఎడల సోదరభావము, సలహాలను, నియమములను, స్వీకరించుటకును, యిచ్చుటకును సంసిద్ధత, దేశికుని ఎడల విశ్వసనీయమైన ధర్మానుష్ఠాన బుద్ధి, సత్యసూత్రములను అంగీకరించి విధేయుడగుట, వ్యక్తిగతముగా తనకు జరిగిన అన్యాయమును భీరతతో సహించుట, తన సిద్ధాంతములను నిర్భీతిగానుద్ఘాటించుట, అన్యాయమునకు గురిచేయబడిన వారిని తెగువతో కాపాడుట, గుప్తవిద్య సూచించు ఆదర్శములగు మానవ పురోభివృద్ధి, పరిపూర్ణతలయెడల నిరంతరము జాగరూకత కలిగియుండుట, అనునవి దివ్యజ్ఞానమను ఆలయమునకు, సాధకుడు ఆరోహణ చేయుటకు వలసిన సువర్ణ సోపానములు.

- కులపతి ఎక్కిరాల కృష్ణమాచార్య

THE DECLARATION OF THE UNITED LODGE OF THEOSOPHISTS

The policy of this Lodge is independent devotion to the cause of Theosophy, without professing attachment to any Theosophical organisation. It is loyal to the great Founders of the Theosophical Movement, but does not concern itself with dissensions or differences of individual opinion.

The work it has on hand and the end it keeps in view are too absorbing and too lofty to leave it the time or inclination to take part in side issues. That work and that end is the dissemination of the Fundamental Principles of the philosophy of Theosophy and the exemplification in practice of those principles, through a truer realisation of the SELF; a profounder conviction of **Universal Brotherhood**.

It holds that the unassailable basis for union among Theosophists, wherever and however situated, is "Similarity of aim, purpose and teaching", and therefore has neither Constitution, Bye-Laws nor Officers, the sole bond between

its Associates being that basis. And it aims to disseminate this idea among Theosophists in the furtherance of Unity.

It regards as Theosophists all who are engaged in the true service of Humanity, without distinction of race, creed, sex, condition or organisation, and it welcomes to its association all those who are in accord with its declared purposes and who desire to fit themselves, by study and otherwise, to be the better able to help and teach others.

“The true Theosophist belongs to no cult or sect, yet belongs to each and all”.

**LAST
End Paper**