

*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.*

*These seed thoughts from the Spiritual Psychology meditations of Dr. Ekkirala Krishnamacharya give the note for the Lunar Messenger of the Circle of Good Will. The moon is the reflective principle and symbol of the mind. When pure and calm, it reflects impressions from higher circles. Especially the time of the full moon is conducive for higher alignment, if we are poised enough. The alignment of the sun, moon and earth in the sky helps experience the magic of the light of the soul and its manifestation down to the physical.*

*The Lunar Messenger is published every month in time for the full moon. It contains thoughts from the teachings of eternal wisdom. Its purpose is to inspire us to put them into practical life.*

## VISTAS OF WISDOM 28: LORD NARAYANA

### **The Path of the Waters**

The Vedic seers visualized innumerable creations happening concurrently in space. The space is seen as pervaded by wave-like energies from out of which bubbles come forth. These bubbles have a duration of existence and tend to be a future universe. Within its duration innumerable smaller bubbles happen, the various beings. Their content is the same as the content of the big bubble. The bubbles have a tendency for the cyclical movement of birth, growth, apparent existence and retreat. In the Eastern Scriptures this is called *Narayana*.

The sound of this name gives the meaning of the movement of formation and dissolution. 'AYANA' means 'the path of the waters' and means this movement of the energy currents of involution and evolution. The individual beings which are formed during a creation are called *Naras*. 'NARA' means indestructible. The beings are indestructible since they are made up of the same essence as *Narayana*. 'NA' is the sound of dissolution, of negation and absorption. It stands for evolution, the upward movement and return to the origin. 'RA' relates to the downward movement of involution, whereby the spirit descends into matter. 'RA' is also the seed sound of cosmic fire which creates, builds and destroys.

Alternatingly, the cyclical energy of *Narayana* unfolds and dissolves into itself. The waters of space remain for all times even when the forms emerge and disappear. Thus, the essence of the beings also remains during the times of the dissolution of creation to come forth again with a new creation. We can see this alternating activity in every activity and in every plane: a day has these alternating currents as day and night, a month as the ascending and descending moon phases, a year as the northern and southern course of the Sun.

The human life also has growth up to a certain phase and thereafter receding. Both heartbeat and respiration pulsate alternatingly, like ebb and flow. The pause between the two movements stands for the indestructible, potential energy where *Narayana* can be experienced. It is therefore recommended to observe the inhalation and exhalation in meditation. Thus, we can understand that the *Narayana* consciousness in us breathes in and out. The moment we are aware of Him, we are connected to Him. Awareness is the process of linking up with this centre. When we are able to remain in that centre, through that point, we are connected with everyone as 'I Am in everyone'.

### **The 8-Petalled Lotus**

The *Narayana* centre in us is in the higher heart centre. This 8-petalled lotus is higher in the sense that it is subtler. It is also located a little higher, between the 12-petalled heart centre and the throat centre. The two heart centres differ much from each other; unfortunately, this is not noticed by many students of the spiritual path. As a result, a main key to the mantras is lost. Sankaracharya and Ramanujacharya explained these things thoroughly.

The lord presiding over the 12-petalled heart centre is *Vasudeva*. He sacrificed himself into the 12 sun signs to dwell within creation. *Vasudeva* is the indwelling lord who lives in all living beings and directs the mind and the senses. His sound is the 12-syllabled mantra OM NAMO BHAGAVATE VASUDEVAYA. The heart centre is related to Cancer, which is ruled by the Moon, whereas the higher heart centre belongs to the opposite sign Capricorn. The connection between Sun and Moon created by the moon rays at full moon time forms the path between *Vasudeva* and *Narayana*.

*Narayana* is the energy called THAT, the Lord of the Wheel of Creation. He is understood as the highest God presiding over the humans and the universe. He is seen as the Cosmic Person or the universal soul and *Nara* as the individual soul. The *Narayana* centre relates to the 8<sup>th</sup> plane which is beyond the seven planes of creation. What Master CVV calls 'THE MASTER' relates to this plane. He also called it the *Hitu* Centre, and he stays in this centre and moulds us when we invoke him. The related state is associated with the state of *Samadhi*, the 8<sup>th</sup> step of Yoga. From the 8-petalled centre, *Narayana* penetrates as the background consciousness, as the *One* beyond the 7 planes, who is called *Krishna* in the Scriptures. Lord *Krishna* is an embodiment of Lord *Narayana*, the energy of Synthesis.

The artistic presentation of the 8-petalled centre of *Narayana* is a lotus, but the etheric forms are of a circular form and uniting. The 8-petalled lotus should be visualised in milk-white colour; *Narayana*, of indigo colour, is sitting in it. We can also imagine it as a central point in the heart lotus. This electric blue point represents the central spiritual Sun or the Cosmic Sun. The electric blue spreads the blue colour all around us. That is how we should meditate daily upon the sun centre as we wake up.

## The Mantra

The mantra OM NAMO NARAYANAYA is associated with the colour deep blue. It helps to rearrange the energies and enables to achieve the intended changes, because the number 8 stands for change. The mantra should be chanted in multiples of 8; it helps to overcome the 7 planes of existence, which are associated with the other 7 centres. The syllables of the mantras can be invoked in the centres, from *Sahasrara* to *Muladhara* and vice versa, beginning with the OM encircling all the body from head to feet, and then the individual syllables in the various centres.

OM NAMO NARAYANAYA is very good for accompanying the dying and to prepare the soul for the transition, together with the blue colour. It is good to give the sound into the left ear, to transmit the colour through the *Ajna* centre to the heart and to visualise blue in the room. Uttering the sound mentally is also supportive.

There is a *Narayana* mantra in the form of the *Gayatri* meter called *Narayana Gayatri* or *Vishnu Gayatri* and which comprises these dimensions: '*Narayanaya Vidmahe / Vasudevaya Dhimahi / Tanno Vishnuh Prachodayat*': "We meditate (*dhi-mahi*) upon *Vasudeva* (the Indwelling Lord of the Universe) to realise (*vidmahe*) *Narayana* (*God Absolute*) and to be alerted of *Vishnu* (God as Form)."

Particularly favourable for working with the *Narayana* mantras are the 11<sup>th</sup> moon phases, where Sun and Moon form a trine, Thursdays and the month of Sagittarius, since Jupiter is ruling over the highest state of awareness. These times are full of healing energy. It is best to sing the mantras two hours

before dawn. The 11<sup>th</sup> ascending moon phase of Sagittarius is called the Day of *Narayana*, the Day of Synthesis.

## Layers of Existence

In the artistic depiction of the origin of creation *Narayana* is slumbering on the milky ocean on a bed formed by the great Serpent of Time. This serpent holds 1000 hoods over him, meaning that the *One* (1) permeates the three planes (000).

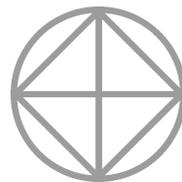
A lotus, the future creation, emerges out of the navel of *Narayana*, and in the Lotus sits *Brahma*, the four-headed creator, as an expression of *Narayana*. This has a profound symbolism and refers to the four planes of existence, as pure existence, existence as awareness, as ideation, and as action. These four planes are represented as the fourfold cross in the symbol of *Narayana*, the symbol of perfection and fulfilment, where the cross is surrounded by a square and a circle. The "Secret Doctrine" also describes these planes as the four stages of the A-globe, B-globe, C-globe, and D-globe, whereby we are on the 4<sup>th</sup> globe, the dense physical manifestation.

The lotus rising from out of the background of *Narayana* can also be used for a visualisation: the disciple sees himself in a lotus, surrounding by the groups of beings. He visualises a gentle movement to the right and to the left and feels the movement in himself. This would result in a movement of his *Kundalini*-awareness; he muses with it and experiences great relief, joy and poise.

The Vedic seers visualised the phenomenon of creation in layers, and the broadest of such divisions is the threefold existence of matter, force and consciousness. These planes of existence are symbolically called as '*Vishnu*', '*Vasudeva*' and '*Narayana*'. *Vishnu* is all that exists as matter and what appears in shape, colour, number etc. He permeates the objects of the senses and of the mind. With every form he is the presence of the Lord. *Vasudeva* is the Lord that lives in all. He exists as the centre or as the indweller of a unit of consciousness, from atom to man. The Indians know the names but mostly not the keys.

*Narayana* is the source of the forms as well as the power which fulfils the forms, the one background of all units of consciousness. In *Narayana* we find the ultimate liberation of our individual consciousness. He is also the one principle which exists as all three together. As the permeating God he is *Vishnu*, as the indwelling God he is *Vasudeva* and as the One beyond the creation he is *Narayana*. These are the three steps of realisation leading to *Narayana*. As Jesus stated, "We live, we move and we have our being in Him."

Sources: K.P. Kumar: *OM Namō Narayanaya / notes from seminars*. E. Krishnamacharya: *Spiritual Astrology. The World Teacher Trust - Dhanishta, Visakhapatnam, India* ([www.worldteachertrust.org](http://www.worldteachertrust.org))



**Good Will is contagious!**

The Lunar Messenger is published in English, French, German, and Spanish. On request we will include you in our mailing list: [guter-wille@good-will.ch](mailto:guter-wille@good-will.ch). Further information on [www.good-will.ch](http://www.good-will.ch). If you do not want to receive the Lunar Messenger anymore, please notify us briefly.

Circle of Good Will