

*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 experiencing 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 putting them into practical life.

THE POWER OF OM

Transforming Dense Matter

If our mind is occupied with mundane things all the time, the brain cells become more and more dense. We slowly lose our mental and emotional agility, and our attitudes crystallise. Let us look at a person who is focused on gaining money and property, who loves to eat always well, and who is much concerned with clothing and outer appearance: a lot of very dense matter accumulates in his brain cells, his outlooks become rigid, and, in his body, blockages arise with time, preventing the free flow of energy.

If however we turn to subtle things, for example ponder intensely upon colours, light or sounds, the brain matter becomes brighter and lighter and our lives remain in motion. The secret of health lies in a limber body which doesn't block the energy flow. For this, body exercises like yoga-asanas are very helpful. Colour is more subtle than the physical, sound is even subtler, and the life principle is still finer. In the East exist many spiritual exercises which open the subtle world to man and finally lead to the enlightenment of the brain.

People in the West have nearly no idea of the forces that are hidden in sound and the vibrations which can be built up by those who know how to pronounce certain words. Sounds can change the chemical structure of the brain cells. The sound OM can loosen the coarse matter and can all that is rigidly barred on the physical, emotional and mental planes set in motion again. It is said that the holy word OM works with fire, and fire even makes steel elastic. Since OM is the foundation of all, it can transform all. It is impor-

tant to utter it daily and with a firm intention. Then the coarser matter is expelled from the tissues of our body and replaced by particles of finer matter, so that the soul can make better use of the body. Thoughts of a lower vibration are rejected and those of a finer nature are attracted. The lower bodies are aligned to the higher ones and the subtle energies invited, which bring us inspiration. In Sanskrit, it is said: "To invite the Devas and expel the devils, invoke OM." The Devas are the divine intelligences; the devils are the forces in us which keep us bound to matter.

Working with OM

If we utter OM consistently and regularly, we send forth signals into the surroundings. We thus demonstrate our intention to serve the plan and our dependability. This attracts the attention of the Higher Ones. The Devas, guiding the activity of the planet, know that a worker is available and can be utilised. Not many things are demanded to get into that kind of work, but to prepare oneself correctly with a spiritual tool. This should act as an incentive to make our outer life coincide with the spiritual impulse.

The Hierarchy uses the holy sound OM to create thought forms. These are sent into areas of crises in order to neutralise tensions. During the last decades humanity went through dangerous times. There were many provocations, which could have led to a serious disaster. We only know the disasters which have happened. The disasters which have been avoided or averted are not known to an average mind. The per-

sons who play key roles on the planet or are in influential positions had a lot of restraint, so that they precipitated only few actions in spite of all provocations. To utter OM regularly in groups has a better effect on the subtle planes for world peace than peace demonstrations.

When planetary crises can be neutralised with the help of OM, it is obvious that also individual crises can well be neutralised. OM removes personality problems and frees us from mental programming. It is also good to consciously connect with OM while falling asleep.

Groups can utter OM in order to purify a house, a settlement or a town from unwanted thought forms or to prepare activities for the social welfare. It can be sung in hospitals and healing centres in order to propose alleviation and even to heal the ill. The best and lasting help you can give to a dying person is to gather a group surrounding him and to softly utter OM. This helps with a good departure and a good arrival as well. In the Vedas, it says: "When you utter OM, the angels of all seven planes are awakened and the undesirable is expelled." When we collectively utter OM, we build a cone into space which extends and enables the descent of energy into us.

Intoning OM

OM can be uttered at all times, preferably in the dawn and dusk hours. We should invoke it in the heart centre or in the brow centre and utter it in a slow, soft, deep and uniform way. It produces a resonance in the whole body that we should observe. If the vibration becomes silent again, we sing the OM anew. By doing so, we experience.

The holy word can be uttered three times, five times or in units of seven, i.e. 7, 14, 21, 28 times etc. In this, we can consciously travel with each OM from centre to centre, from above downwards, then from below upwards and back again. We should feel its vibration in the entire body, from the base centre to the head centre and even beyond. In this way, OM helps us to consciously set the energies in motion, and afterwards we feel an alignment of the lower centres to the higher ones.

OM should not be uttered mechanically. If so we are like a cassette recorder that doesn't know what it is playing. We would use the throat to utter the sound vocally, but not get the benefit of what we are doing. Also, animals cannot intone the sound, only man can utter and listen. We also have to be careful and responsible with OM: If we don't use fire correctly and

burn our fingers in it, it lies not with the fire, but with us.

OM is a monosyllabic, a bisyllabic and a trisyllabic sound. As the trisyllabic sound AUM, it represents the trinity: "A" stands for the Father, "U" for the Son and "M" for the Mother. When we contact the pulsating principle of expansion and contraction, we arrive at the bisyllabic sound of OM. Continuously listening to how this sound happens in us finally leads to hearing the monosyllabic, humming sound.

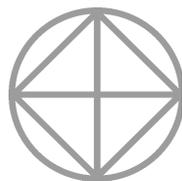
There are several ways for uttering OM. If the emphasis is on A, we are working more with the spirit or with the first ray. If the emphasis is on U, we are working more with the second ray or the soul, representing the balance between spirit and matter. The emphasis on M is good for the manifestation of a work. If we want to manifest acts of good will, we can use OM and thereby emphasise more the M. If we aim at spiritualising something, we can emphasise the A and the U, giving rise to OM.

The Voice of Silence

When we sing OM, we should not only concentrate on the singing, but pause afterwards in order to listen to the sound. The utterance is the preliminary state, after each utterance we should hear THAT which exists as OM, the silent OM. When it is done collectively, the effect is even greater. We call the nameless One with OM and He responds to us with the silent OM. This is the voice of silence, the soundless sound which is heard in the heart centre. The music of the pulsation of the heart beat is the resonance of this unuttered sound. The heart centre is also called the Anahata chakra. Anahata means "the sound without the contact of two objects". The Anahata sound is a manifestation without an uttering. Listening leads to the OM and merges into OM. The OM remains. The message of this sound is the Plan. There are people who listen to the Plan, and there are others who see it, but both of them don't speak of it. They do their work and silently go away.

He who works with the OM realises that the OM uttered is only a duplicate of the OM that is happening inside of us. He finally realises himself as the original OM and also that he utters forth himself as OM. OM cannot be comprehended by the mind nor can it be taught. It can be realised only through contemplation upon it. Upon this we should contemplate.

Sources used: K. P. Kumar: *Mantrams. Their Significance and Practice / seminar notes / E. Krishnamacharya: Wisdom of the Heavens. The World Teacher Trust - Dhanishta, Visakhapatnam, India (www.worldteachertrust.org)*



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Circle of Good Will