

*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 37: WORKING WITH COLOURS: BLUE

The Depth of Space

A seer is someone who can see the subtle activity behind all formations in humans as well as in nature. While we only perceive the physically visible, he sees the colours and the sound behind the form and then the light of the space. It is seen as a boundless blue from out of which the stars emerge. The seers view the entire universe as a calm blue sea upon which great amounts of blue lotuses unfold. For them, all solar systems are nothing but the unfoldment of light into stars and planets in a beautiful rhythmic and gradual unfolding. The evolving consciousness is regarded as the Divine Mother and the background of the sky as the Father. The Mother is the activity of unfolding; therefore, she is represented in the East with a lotus in her hand: She can give fullness and fulfilment. The unfathomable depth of space is described as a dark blue. We cannot understand the dark blue; if we focus on it, it absorbs any observing mind. In pure darkness, there are no colours; it corresponds to the state of unconsciousness. To be able to perceive colours we need to be aware. Even the sky itself has no colour. The dark night sky appears as indigo, as blue during daytime in the light and as white around the sun during noontime.

Dark blue is considered as the basis of creation, the source of all beings. This blue represents the depths of purity that cannot be affected by any impurity. It is the basic hue of *Akasha*, the fifth element, the quality of the space. This blue is the colour of Pluto or *Yama*, the Lord of the Law and of profound transformation. It is also described as the colour of the body of *Vishnu* because the space is his body. For this reason the avatars of *Vishnu* like *Rama* and *Krishna* are described to be of bluish colour. As the Secret Doctrine explains, the second root-race on our planet, which lived in the Hyperborean continent,

also was a blue race. It disappeared with the emergence of the third race which became yellow and brown.

The original name of *Shamballa* is *Shyama Bala*. *Shyama* means blue and *Bala* means a child, so the blue child. The soul is always presented as a five year old boy of a blue colour. Each of us is a blue child in his or her essence. This is our etheric form, a blue image of the cosmic archetype in the size of our own thumb. We can also imagine it in the heart as a beautiful form of the Master in bright blue light and contemplate on it.

Meditation on Blue

In the thumb-sized form, we can contemplate an even smaller form or a blue light spot, the spiritual permanent atom of the individual soul, the *Atman*. The subtlest deep blue point is expressed as an electrically blue centre, beyond which there is the apparent nothingness of absolute existence. The blue dot is the first emergence. In advanced stages of contemplation the permanent atom, the individual soul, ascends to the *Ajna* and there it steps out with its thumb-sized miniature form into the expanse of blue and thus overcomes the bodily limitations. Thereafter, it can freely enter into and exit from the body, like in a house.

Blue is called the colour of synthesis. Synthesis means the optimal mix of energies in the inner. It is good to meditate on blue and invoke it daily in the hours of twilight. It is a meditation of the Aquarian Age that no longer contains a special form of God. We can imagine how during inhalation the blue of the sky enters into us and forms a radiant blue point in the heart. With each exhalation, it expands to the size of your thumb, standing upright in the heart centre. We then can imagine how the blue moves up and down through the spine and runs through the

body. Thereafter, the whole aura of the body is filled with it. In the experience of the blue expanse without a form the point of the centre disappears into the circumference. This blue expanse is called the universal soul. The exercise can be linked with the mental utterance of OM. The sounds associated with the colour blue are SAM, SOUM, KLĪM and GAM. This exercise gradually transforms us into a healer.

The Colour for Healing

We might want to directly call upon the blue colour and heal people. The intention is good but our equipment must also be fit. First, we should learn to speak without hurting, and align our lives to serve the surrounding life, then we gain the ability to heal.

With healing, blue is the colour for all purposes. It can be used without having to know details about the person as it is the case with other colours. Blue balances, calms the nerves and the emotions and gives a clear mind. For people whose energy system is exhausted like in case of a burnout, blue is helpful to bring the psyche into balance. The colour is therefore highly recommended for health and spiritual upliftment. True healers carry much blue in their aura and keep spreading it in the surroundings. Blue also nourishes spiritually and can even cause states of bliss. It is good to let a blue bed light shine during the night; this keeps away negative energies during sleep.

The blue colour is helping us to resolve our conflicts. It is a good colour to keep families together. Blue also helps to contribute, together with prayers, to calm down and dissolve radicalisms in conflict areas like the Middle East. It is not easy to arrive with meditation directly into the blue, because our mind is often restless, irritable or tainted otherwise. By invoking the blue light we can "wash" the mind of impurities and strengthen it. In this we can also use a "colour elevator". It goes from violet to pink, orange, golden yellow, honey yellow, aquamarine, light blue, blue up to deep blue. When we regularly work with it, *buddhic* experiences with light and sound will start and elevate us to the planes of joy.

The more we engage ourselves with colours, the more our *buddhic* body, the light body, matures. At the beginning, we might see many forms of light, but slowly the contemplation on the light carries on. The blue colour stands for the second ray of love-wisdom. The experience of wisdom is given as golden yellow colour. If we adjust our outer life and develop the habit of sitting inside, the golden yellow colour leads to honey colour. This is the subtler golden yellow; it has the ability to receive the blue light of the *Ajna* centre. When the golden light disappears in the deep blue of the sky, this is a sign that we have completed the secondary bridge. That is the starting point for the stimulation of the *Ajna* centre and leads to the creation of the Third Eye. It is of iridescent, transparent blue

colour which leads to colourless transparency later. Thus, the ascent takes place, and it allows the descent of divinity. This is called the principle of the *Avatar*.

Then the higher bridge leads from the *Ajna* centre to the Eye of Shiva at the top of our forehead. But already when we have reached the throat centre and are able to feel the pulsation in the throat, we can see the "milky ocean", the bluish-white ocean in all shapes all around. The throat represents *Akasha*. There we exist only with the thought of our existence, without body consciousness - only with self-consciousness, without form, without other thoughts. We can also visualize in the heart lotus that we are surrounded by the radiant blue of a boundless sky.

Narayana

The heart lotus is located between the heart centre and the throat centre. It is the centre associated with Capricorn. It is also the centre called *Narayana* or the Central Spiritual Sun. The lotus is of milk-white colour, and *Narayana* is sitting there in the centre, in electrical deep-blue colour that permeates the entire space. The sound associated with it is NARAYANA. *Narayana* is the cosmic, indestructible essence, from out of which the *Nara*, the individual man, comes forth. *Narayana* is actually not a name but a sound potency that makes us reach the centre existing in us as I AM. We can chant the sound "OM NAMO NARAYANAYA" and fill the entire body from head to toe with the sound and the blue colour. This way not only the protective shield is built around us but also the energies are transmitted to the environment.

When a person is dying, we can greatly support their departure by invoking much blue colour and consciously making contact with their soul. It is important not to perceive the mundane relationship with the person, but to see him or her as a soul. Depending on the situation, we can chant the *mantra* "OM NAMO NARAYANAYA" quietly or vocally. We can also give the sound of the *mantra* into the left ear. We imagine that we are transmitting the blue colour into the *Ajna* centre of the person, direct the light to the heart and then propose liberation. It is only a suggestion, we should not impose anything. We can consciously form a triangle between us, the dying person and the Master whom we revere. With our visualization we should also fill the room with blue colour. We should keep a light in the room of the dying person, and we should not touch the chest nor the body. Thus, the journey after departure will be smooth. It is also helpful for the departing soul if we distribute food on their behalf.

Sources: K.P. Kumar: *OM Namō Narayanaya / Notes from seminars. The World Teacher Trust - Dhanishta, Visakhapatnam, India (www.worldteachertrust.org)*



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