

*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 39: WORKING WITH COLOURS: GOLDEN YELLOW

Manifestations of the Light of the World

From time immemorial the Indian sages have compared the matrix of the universe to the female uterus. When the highest, self-existing God-principle descends as a creation, it emits the Mother principle which until then was sleeping in it. She comes down and receives in her womb the Father as her child. The womb of the Mother, the matrix of the universe, is described as waves of space, from out of which globes of creation form themselves as big golden eggs. The Vedic seers initially wondered how many original eggs there probably were, and the answer was, as many as you can visualise. The self-luminous golden egg of a creation, called *Hiranyagarbha*, brings forth the Creator. This golden egg is responsible for the appearance of the whole universe.

The interaction of the divine will with the radiant light of existence gives birth to the intelligent activity of creation. The basic trinity emerges in its colour activity as blue, red and yellow. These three colours are related to the three Logoi. The synthesis of existence expresses through blue, the power of will through red, and the activity in the creation through the brilliant golden yellow colour. Yellow is the colour of the Third Logos, *Brahma*, blue is the colour of the Second Logos, *Vishnu*, and red is the colour of the First Logos, *Shiva*. In the inner Scriptures, the colour of *Shiva* is described as white. The deep white colour appears as the dark blue of the background and subdivides into red, blue and yellow.

The Light of the World, which emerges from the background, is called *Gayatri*. It emerges as the Father-Mother God, as the soli-lunar light. Based on this dual power, the first colour triangle of red, blue and yellow comes out. For the contemplation on the key of the *Gayatri* the ancient seers gave the image of a figure with five visible and one invisible face. Of the five visible faces the solar face is on the far right and the lunar face is on the far left. The far right face of diamond light (*Dhavalā*)

represents the spiritual side and the far left face of pearl light colour (*Mukta*) represents the material side. In between, there are the three faces of red (*Vidruma*), golden yellow (*Hema*), and blue (*Nila*). In the background, there is the invisible face of the absolute light of darkness (*Chaya*). The meditation on this symbol leads to the realization of the Light of the World in its threefold manifestation and the state of one's own etheric existence. The *Gayatri* is a complete symbol in which everything exists.

The three primary colours come together to form the fabric of creation with their qualities of dynamism, poise and inertia, or *Rajas*, *Sattva* and *Tamas*. Our I AM is described as a thread on which the three qualities are strung as three beads of red, blue and golden yellow colours. We are the thread but not the beads strung onto it.

Golden Yellow and Honey Colour

Depending on the density of matter the vibrations vary and cause the variations of the other colours. The denser the matter, the darker are the colours. Thus, the radiant golden yellow of the subtler planes varies on the denser planes towards yellow to green and in the densest layers to dark green. On the subtler planes we find finer and brighter hues.

Our soul expresses the intelligent activity of creation through the colour of golden yellow. Golden yellow belongs to the lower half of the *Buddhic* plane, whereas honey yellow is the colour of the higher *Buddhic* plane. The honey colour has the ability to receive the blue light of the *Ajna* centre. It belongs to the highest stages of meditation. However, we can meditate on this colour at any stage of our practice. We see the transparent honey colour when we hold honey into the sunlight. Honey yellow and cream are the colours of Jupiter; his stone is the golden topaz.

The transformations on the path of ascension happen in the heart - from the golden yellow light to honey colour,

later to iridescent transparent blue colour and finally to colourless transparency. Blue is the colour of spiritual fire which imperceptibly permeates the space. Golden yellow is its perceptible manifestation as solar fire, and orange is the fire in matter, the fire by friction.

For the ascent we have to make our lives pure and transparent, to regulate our external activity and to develop the habit of sitting inside for prolonged periods. We withdraw ourselves from objectivity, the senses and the mind, align ourselves to the centre of the heart, and then visualize the vertical ascent through the *Sushumna*.

The Column of Light

In contemplation, the subtle nerve tract of the *Sushumna*, which runs through the central channel of the spine, can be meditated in sky blue colour, the line of force of *Ida* in yellow and *Pingala* in honey yellow. *Pingala* gives real spiritual experience of the *Buddhic* plane, the presence of the Master or of the Divine and the highest Presence of the Mother as Light. In the Scriptures this is also poetically described as the dance with *Krishna*, the dance of the universal consciousness with us as individual consciousness.

If we turn inwards and meditate on the heart centre and work with the golden light, the pulsation and the sound SO-HAM, we come to the origin of pulsation near the heart centre. This point is called the golden door to the Sanctum Sanctorum, the King's Chamber. If we experience the golden door as closed, we have to wait until it opens. The door opens only when we have paid our dues in the outer. The golden colour is like a disc that covers the interior, and we have to wait until it reveals itself. The golden door says: "THAT I AM - stay here and listen to the pulsating sound in the inner."

By waiting and contemplating on the golden colour and the pulsating principle, we keep on knocking at the door. The pulsating door is nothing but ourselves. It is the journey to the core of our existence. Once the hour has come and the karma is neutralized enough, we find the opening in the heart centre through which we can reach the inner temple. When we enter through the opening of the heart centre, we find ourselves as a column of consciousness. We see how the column of light extends downwards and upwards. We should be able to freely move through the etheric column of the *Sushumna*. This is the centre of our awareness, the foundation of our functioning that permeates us vertically.

Master CVV said he would help us to align ourselves from the horizontal to the vertical. Just by relating to him, he would come to our aid. We should pay attention to the visions that we get in the column of light of *Sushumna*, they will help us to unfold the awareness. He would teach us all the knowledge we need from within. But as long as we do not stay in our inner column of consciousness and

move there, there is neither vision nor information. Upon entering this column the objective consciousness disappears. We feel as this vertical column of the light of the soul which is also called *Antahkarana Sarira*. Patanjali calls it *Dharana*.

One method to connect to the radiant column of light was given to us as the *Gayatri*. In India, it is already taught to children from the 7th year on. This inner ladder can lead us to the Absolute from where the light of consciousness comes forth. If we consciously move upward to the *Ajna* centre through the *Sushumna*, we can experience different vibrant hues, from golden yellow via light green and light blue to deep blue. When we reach the *Ajna* centre, we experience ourselves as a bright sun of radiant light. Regular practice of entering into the column of consciousness transforms the *chakras* to lotuses and lifts us up to a higher state of consciousness.

The Use of Golden Yellow Colour

People who are tired of life, suffering from the pain of love or self-blame, who brood over negative thoughts are recommended to meditate upon golden yellow in the heart centre. The golden yellow colour helps with heart and respiratory troubles; it is good for patients who are depressed or suffering from conflicts. Many righteous persons today find it difficult to compromise with the worldly ways of life. Meditating on golden yellow vitalises and cleanses the layers of the body through the blood. It is particularly effective to meditate on this colour during the hours when the golden sun rays reach us. This can even cure initial stages of cancer, when the tissues are not yet damaged. Homeopathically potentized gold (*Aurum Metallicum*) can work wonders in this regard.

We should also surround ourselves with bright colours and avoid darker ones; the bright colours enable a radiation of stronger light. Through their vibration yellow and golden yellow bring much liveliness into the house. Our internal bodies must also become translucent like a lighted house, so that the inner light is reflected in the outside. If our etheric body is pure enough, it shines in the golden light of the flame. The causal body, the vehicle of the soul, shines in diamond light.

The Indian seers, who saw the inner temple, have designed the exterior temple in accordance with the internal constitution of man. The Mother of Splendour (*Lakshmi*) is worshipped in golden yellow colour and golden robes. This worship maintains the psyche in balance, even at times of crisis in life. The symbols of worship are richly decorated with gold ornaments and golden turmeric powder. The Lord, however, is displayed in blue colour.

Sources: K.P. Kumar: *Healer's Handbook / Notes from seminars*. Dr. E. Krishnamacharya: *Spiritual Psychology*. The World Teacher Trust - Dhanishta, Visakhapatnam, India (www.worldteachertrust.org)



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