

*To whose temple the Arch is starlit,  
In whose temple the Sun is the image of God,  
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 80: DISCRIMINATION

### **Desires and Needs**

Discrimination is one of the important skills we need on the spiritual path. In everything we do, we need the tool of discernment. Through discrimination, we can recognize what is right and what is wrong, and if we want, we can live by what is right. Discrimination is not a moral regulation; it is a recognition of the laws of nature. If we use discernment correctly, we are in accordance with the natural laws. The laws of society are by-products of the laws of nature, and often they even contradict the natural laws.

5000 years ago, Krishna taught: "Distinguish between what you have to do and what you want to do. What you have to do should be according to the Law." Usually we confuse what we want with what we need. It is important to distinguish between desires and needs. Desires are mental and are a problem of the concrete mind. Needs are physical and take care of the body. We should satisfy the needs of the body appropriately, but we should master the senses. If, however, we are constantly concerned with matters of the body that go beyond the basic needs such as nutrition, it leads us astray.

We should exercise moderation - neither eating too much nor too little, neither sleeping too much nor too little. If we have nothing to do, we should not eat out of boredom. However, what is the use of the knowledge that we should only eat what the body needs, but forget everything about this when we are at the dining table? A lack of discrimination in eating leads to many diseases. Especially with touch and sexuality we should not act indiscriminately, otherwise we can harm the body.

Even if we want to help others, we need discrimination. Their needs are different from what we ourselves think others need. Often, we impose our preferences and de-

sires on them and think that we have done a great service. It is good to distribute things, but to whom do we give, when and where is important. Suppose we give to a wrong person; he will abuse it. The right discrimination - to realize what is right and what is wrong - is a quality of the light of the soul, the light of the Sun, what we call the Mercury in us. It develops when we connect with awareness. The more we connect with awareness, the more we are led to what is right for us.

### **Hyperactivity**

We often regard our desires as our needs. We have a feeling that we need all that we see. If we look at shops, immediately desire grows in us. We buy things we did not plan without a real need. In this way we fill our houses.

Originally, business was meant to serve society and provide it with the goods it needed. But in today's economy, needs are created for what can be delivered. Desire is extremely stimulated by excessive advertising and marketing. An average mind reacts; it burns wildly and fast. One result of our hyperactivity is excessive desire that can never be satisfied. It acts like an addiction that goes too far without us noticing.

Money is crystallized, solidified power. We should not think that nothing happens when we waste money. In this way we create the habit of stimulated actions and this contributes to our solidification. Hyperstimulation can also cause diseases such as cancer. Hyperactivity is like a dark curtain. It brings us out of discernment; it overshadows and captures the soul. We will not be able to receive inspiration from the higher circles. Even if good advice is given, we do not listen to it. This darkness is more feared by the sages than the darkness of the new

moon, for it is a darkness within. The total elimination of discrimination is called "*Mahabhama*".

The solution is self-analysis and connection with a teacher. We need to see if we are overactive or underactive. Both lead to excess. When our mind is oriented towards the light of the discriminating will, then right action becomes visible. A teacher can help us by keeping our consciousness on the pure *Buddhic* plane and saving it from being blurred away from its focus, its discernment. The teacher receives the right choice from the subtle planes, and as he focuses his consciousness on the *Buddhic* plane, he holds the disciple in his consciousness and keeps him aligned with the desired point, so that the disciple's effort becomes less strenuous.

## Buddhi

The discrimination comes from the higher mind and *Buddhi*. *Buddhi* makes decisions to perform actions. With its help we can distinguish what is first, what we should continue and what we should stop. *Buddhi* is also called the light of the soul. *Buddhi* is a special gift that only man has. The animal has instinct; it has no mind or a mind of very low quality. The animal uses the mind only to the extent it is trained and developed. Even humans with a low-quality mind do not follow their *Buddhi* in all aspects. If a person wants to, he can distinguish between what is right for work in the society and what is wrong, and he can act according to the moral law. An animal is not able to do this. As soon as it comes into a new situation, it has no additional thinking to act accordingly.

We should deal with our thinking, speaking and acting economically and with common sense. Master Djwhal Khul speaks of acting according to the law of economy. Since we have discrimination, we have the ability to know how to use our power properly. If we do not discriminate properly, the power will be wasted. It is good to check from time to time how strong our will and discernment are. Discrimination does not appear at the push of a button, but awakens in us when we invoke the soul. When the soul is invoked, its light is automatically there as well. The invocation of the Master's presence enables the descent of the light of wisdom, which gives us discernment. As soon as we remember the presence of the Master, the light of the soul will be present. The light cannot be separated from the soul. This light is reflected on the mind and comes forth as the mind. In this light we can better see what needs to be done and how, when and where it needs to be done. If this light is not present, mind lacks clarity. We should therefore practice the recollection that we are light and feel, "I am

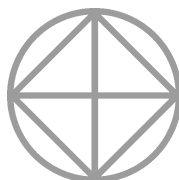
light and function through the thoughts, the actions, and the body".

If we forget the discrimination at the moment of action, then it is just like a piece of luggage that we carry around with us without ever using it. What is the use of knowledge if it is missing at the right moment? Instead of suggesting to ourselves, "I should be discriminative", we better live in the presence of the One Consciousness, and already discrimination will be available to us. The initiate lives in the presence of the spirit. This ability comes to us when we constantly remember the One Consciousness that runs through everything and that is called the presence of the Master. It is an immeasurable help on our journey to truth.

## Seeking Advice

In every aspect of life, we must apply discrimination. If we are to make a decision, we can try to work with the inner voice, the inner conscience. But if it does not give explicit instructions and we do not feel safe, we should seek advice differently. Sometimes we get guidance from the scriptures. But there are also people who know more than we do; so, it is good to ask someone in whom we have trust and in whose wisdom we have faith. Even great people sought advice as they stood at a crossroads; even people of wisdom sought advice from their seniors when it was needed to. Nowadays this is easier because distance is no longer distance thanks to electronic media. If we want advice from someone we trust, we can get it within minutes. Together with the inner voice we then get the conviction, yes, that is the way it has to be. Normally we tend to be *rajasic*, i.e. hyperactive. Everything that comes to us makes us think of immediate reactions, and we keep ourselves busy with things that do not fit into the program of our life. With discrimination we can see what we have to do in a given situation. We should only do as much as we have to do and not do too much and not too little. Events mature according to a certain timetable; through our previous actions we have created a program, and this program comes to us through time. An initiate waits for the things to come to him, and he responds correctly. The ability to wait is important in yoga. Whatever is appropriate, wherever it is, it will come to us. Our response will gently lead us to fulfil the purpose and goal of our lives.

Sources used: K.P. Kumar: *Mercury - The Alchemist. Notes from seminars.* / E. Krishnamacharya: *Spiritual Psychology. The World Teacher Trust - Dhanishta, Visakhapatnam, India (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*