

*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. The time of the full Moon is especially conducive for higher alignment if we are poised enough. The alignment of the Sun, Moon and Earth in the sky helps us to 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 the teachings into practical life.

VISTAS OF WISDOM 125: BLESSING

Speech and Silence

Speech is a great blessing and a gift from God to humanity. Only human beings are gifted with speech. Animals, plants, minerals, *devas*, solar and cosmic *devas* cannot speak. The *devas*, the subtle intelligences, exist on a thought plane at which there is an exchange of information where it seems as if the *devas* are speaking. In this way they offer us thoughts that we can translate into actions of goodwill. In this interaction, we become co-workers of the *devas* and receive their blessings.

Animals communicate with each other. There are many stories where holy people spoke with animals, with eagles, swans or cows. This is possible, although this communication is not in a regular language. Their "language" were sounds that transmitted messages from the intuitive plane. The development of human language began in the fourth life-wave of humanity, when the mouth and throat were formed. Before that, language consisted only of vowel sounds, as it is now with animals.

To be born with a human form is considered the greatest blessing. There is a saying that of all manifested beings, the human being, not the *devas*, is the most exalted manifestation. God gave humans speech and the freedom to speak. The use of the gift of speech can become a blessing, but also a curse. We can misuse language, manipulate, and hurt others with words, and thus we fall in our development. Through language, however, we can also spread positive thoughts that are beneficial and uplifting. In anything we say, we can address the positive dimension without mentioning the negative aspects, although we may be aware of the negative dimension. When we speak pleasantly and truthfully, with pure motives and without

being manipulative, critical, or judgmental, our words have an uplifting effect. They can offer inspiration and encouragement; they can be magnetic, healing and a blessing, especially when they radiate humour and joy.

The right use of language is a science and an art. We are using language rightly when we do not indulge in meaningless conversations, but speak from an inner silence. If we repeatedly connect with the inner source, our words become a great blessing, not only for ourselves but also for those around us. Many people cannot reach their inner being because their consciousness moves around restlessly and aimlessly in the outer world. To reach our inner being, we must first be ready to go within. We try to be still and not pray or sing. In the quiet and depth of silence, inner listening becomes possible. Through prolonged observation of inhalation and exhalation, a state of stillness can occur where we can experience how a blessing pervades us.

Even an illness can be a blessing in that it makes us pause, examine our lives, and move in a new direction. There are people who have found even imprisonment a blessing. When Sri Aurobindo was in prison, he changed totally and reached the Light. When we face limitations on the outside world, the most beneficial thing is to go within.

Blessing Postures

A look or a gesture can have a blessing effect. The hands can transmit different types of energies. We can transmit healing energies or distribute energy that uplifts others. There are different blessing postures, too - for example the outstretched hand called *Abhaya Mudra*, the symbol of fearlessness. In a blessing posture of the highest order, one palm of the blessing person is held upwards and the

other hand downwards towards the blessed person. In many images and statues of divine beings, one hand is raised in blessing. When we see a statue or image of the Divine, for example of Krishna, we can imagine that the all-pervading principle is blessing us through this form.

The Divine is not limited to one form or symbol. There are so many symbols in creation. Some cannot accept this and understand only certain forms as expressions of the Divine; some do not consider anything as divine. But there are also people who understand everything they experience as a blessing from God, including all difficulties. Blessed are those who detach themselves from all concepts when it comes to the Divine. Infinite is infinite. When we define the Infinite, we miss all opportunities to experience it. As we evolve, we realise that all concepts serve us as a great ladder and that we too are a concept. Depending on how we define ourselves, that is who we are. Blessed are those who do not define themselves.

The right to bless is not simply given to anyone; not all can bless. Blessing can only be given by those who have served enough and then consciously know from within that they are qualified to bless. Elders blessing the younger is one thing; the knowers blessing the non-knowers is another thing. Even among the *gurus*, one sees very few with a blessing hand posture. Buddha blessed with his right palm, Sathya Sai Baba blessed with both hands. We can begin to use our hands to help, to heal and to give blessings and protection to others.

We can also visualise the Master looking into our eyes with a smile and a gesture of blessing. His blessing through the word and the look draws us like a magnet to the level of "at-one-ment" with the highest God, even without our knowledge of the various levels of working. It is said that when disciples worship a Master, the Master mediates with God so that the disciples may be blessed. When the disciples worship God, then God directs them to the Master.

The Blessing of the Teacher

Finding a teacher is a blessing from the Divine, who in this way helps those who sincerely and earnestly seek. A perfect teacher or *Sadguru* is the greatest blessing that can be bestowed upon us. Such a genuine teacher tries in many ways to help the disciple who is aligned with him. Unless the disciple explicitly separates from the teacher, the teacher continually bestows blessings through looks and thoughts to enable the disciple to complete his yoga practice while going about his daily duties. It is said that a person on whom the teacher directs his blessed and auspicious look can complete *Yoga* in twelve incarnations. Not only the teacher, but many helpers of the higher plane will work with us. This also increases our confidence.

The wisdom teachings of the Hierarchy are themselves a great blessing. Many of the great teachers are willing to express themselves through the platform of the WTT (World Teacher Trust) to enable the expression of consciousness through us. As we fulfil their goals, we too are simultaneously fulfilled by the energy of the World Teacher. To the extent that we offer ourselves in fulfilling the noble goals of a hierarchical organisation and devote our time, money, and energy to this work, in the same measure we are fulfilled. The devotion we express enables us for the immediate blessing. The initiates bless us when we perform acts of goodwill. This brings joy, and as a blessing, more opportunities for acts of goodwill come to us. When we are balanced, we do the work without talking much about it and become a medium for the Master Consciousness. We can observe how the Master works through us and how well the activities are performed.

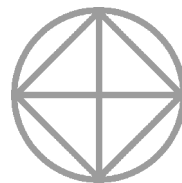
Forms of Blessing

Blessing can take many forms; the important thing is that we are aware of and feel the blessing. Here are some more forms of blessing.

In times past, saints sometimes went around visiting homes to rest for the night. They were well looked after by the family of the house. It is a great blessing to offer food to such saints. By receiving something there, they take away debt (*karma*) from that house and thereby free the givers from their debts. When we visit a house, we should ask the Lord's blessings on the house and its occupants even before we enter it. Also, by having compassion for the needy and destitute and trying to meet their basic needs, we can distribute beneficial energy to the surrounding area.

If we learn that there are sages in our surroundings, it is good to go to them, pay our respects with fruits and flowers, ask for their blessings and stay in their aura for a few minutes, that is all it takes. Places where initiates have lived or where much healing and enlightenment has happened still contain these energies and we should align ourselves with their presence. It is good to visit these places, tune into the energy and spend a few minutes there quietly. This has a subtle effect on us, even if our conscious mind will not immediately recognise it. It is also considered a sacred act to protect the place of an initiate. So we could rent a room in Switzerland near Einsiedeln at the place where Paracelsus was born. Visiting this room every now and then gives us energy and blessings.

Sources used: K.P. Kumar: *Teachings of Lord Maitreya, vol. 2: div. seminar notes.* Dhanishta Publications, Visakhapatnam, India (www.aquariusbookhouse.com).



Good Will is contagious!

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Circle of Good Will