

*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 128: MANTRAM

The Magic of Sound

Even in the earliest ages, people had a knowledge of the effects of sound. Through long years of meditation, adepts penetrated the world of sound. They recognised the sound associated with God as well as the sounds associated with His variety of powers. They saw that sounds are the basis of creation and that the basis of all sounds is OM, the continuity of existence. They used *mantrams* to invoke and experience the Divine Presence. The sounds allowed them to approach the 'Unspeakable God' who is omnipresent but unknowable and has no form or name.

The initiates discovered that *mantrams* protect, guide and enlighten when practised correctly. Mantric seed sounds can create, transform and destroy. During the fourth wave of humanity, the time of Atlantis, the magic of sound was used for things unimaginable today. The sound key was increasingly misused for selfish and destructive purposes. The misuse of power and mantric formulas led to the sinking of Atlantis. As a result, the knowledge of the sounds fell into obscurity for most of humanity. In the Himalayan region, the *mantrams* remained in their original form.

Today, the Masters of Wisdom consider it appropriate to make the work with sound available again for constructive purposes. *Mantrams* can help us dissolve certain personality problems and bring about transformations in us that we cannot achieve on our own. *Mantrams* can be chanted by groups of goodwill to heal the sick or suggest relief. *Mantrams* can also be used to cleanse a place, to bring clarity at the mental level to the main participants during important conferences or peace talks, or to mitigate the damage to life and property during natural disasters. Thus,

mantrams are important tools for performing white magic through clear mental application by groups of goodwill.

Working with Mantrams

The most powerful *mantrams* are seed thoughts, which are generally not given to all, but by an adept (Master) to an advanced disciple. There are a total of 35 seed sounds that a disciple can work with to bring about the necessary fiery transformation within himself. In the book "*Mantrams - Their Significance and Practice*", *mantrams* have been given by Master Kumar as gentler versions of the seed sounds, which do not need to be imparted through a process of personal initiation. For working with *mantrams* it is very important to intonate the sounds correctly. MP3 files are available on the World Teacher Trust website with the *mantrams* explained in the book.

Mantrams seem to be simple but practising them is often difficult. That is why it is said that *mantrams* are secrets, although they are open to all. We need to know how to work with the *mantrams*. Often the mind tries to escape the *mantram* and wanders in thought. If we chant *mantrams* while being mentally absent, they have no effect. Nor do *mantrams* work if we doubt them. Trust is very important. Another challenge is that we do not constantly use what we have learned. We work with a *mantram* for a while, then drop it and forget it again. Our mind constantly tricks us because it always wants something new and forgets the old. So the effect of the *mantram* will continue to be a secret to us. A *mantram* also does not work for people who indulge in gossip, tell untruths, speak critically and judgmentally about others, or hurt others with their sharp tongues.

If we utter mantric sounds with reverence correctly and persistently and follow the appropriate discipline, they develop their effectiveness. They contain no danger, but slowly develop inner joy and bliss. It is said that after 12 years of regular work with a *mantram* according to the prescribed discipline (*tantra*) and with the appropriate symbol (*yantra*), we come to enjoy the grace of the sound and realise its energies. Only occasional utterance of the sound will not bring such results. All *mantrams* have a good effect, and according to the inclination of our soul we can choose one *mantram* and work with it. We should then devote ourselves to the one *mantram* and not take up ten *mantrams* or change the *mantrams*.

Silent and Loud Utterance

It is essential that we listen carefully to each syllable and its intonation and memorise the syllables before we begin to recite a *mantram*. We should not be in a hurry. A precise and clear utterance of the syllables with the right intonation awakens the potential in us and helps us.

Subjective utterance leads us to the inner side. Through inner recitation of the *mantram* and careful listening, the mind acquires the habit of being with the sound and rhythm of the *mantram*, and the mind thus turns inward. When *mantrams* are chanted within, the tongue should rest on the upper jaw and not touch the teeth. In this way, the upper and lower teeth do not join up at the front teeth and the mouth has a relaxed posture. The *mantram* is also not chanted by the tongue, but by the consciousness or mind.

The silent practice of *mantrams* helps in meditation work. It need not be known to others that we are practising a *mantram*. Chanting *mantrams* quietly also purifies the inner planes within us. Chanting a *mantram* out loud helps to purify the atmosphere around us. In groups, *mantrams* can be recited aloud.

In India, it was traditional to chant the *Gayatri* inside, in secret. Master E.K. said, "Sing it aloud, because that was the old tradition. And chant it in groups." Master EK also put aside the tradition that did not allow women to chant the *Gayatri mantram*; he knew that this tradition was a distortion of the truth.

The Gayatri

In the Vedic system there are thousands of *mantrams*. OM or AUM is the greatest, followed by SOHAM (THAT AM I), the *mantram* of pulsation of breath. *Gayatri* is the greatest of the longer *mantrams*. It is considered the queen of *mantrams*; it has 24 syllables, with 3 lines of 8 syllables each. *Gayatri* is an invocation of our own higher self and the background light. Through *Gayatri* we relate to the Sun, the Central Sun and the Cosmic Sun. If we listen carefully to our utterance of the *Gayatri* in the morning and evening, it fills us with waves of light. We can imagine the light in our

head, and this light transmits from the *Ajna* centre to every part of our body and radiates beyond. Thus, the process of enlightenment is very effective.

Mantram of the Aquarian Energy

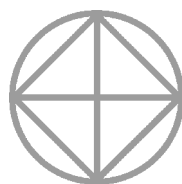
In the early 20th century, when the Aquarian energy descended from *Brahman* itself to help humanity evolve, Master CVV received the energy of the Supreme. Through the touch, a transformation happened and the one formerly known as Venkaswamy became the Master. Master CVV received the *mantram* 'Master Namaskaram' through which the energy can be transmitted. 'Master' means the omnipresent Divine, the universal energy. This is referred to by Master CVV as 'the Master'. When we say 'the Master', we are only referring to the omnipresent Divinity that pervades the Earth, the solar system and the whole universe. With 'Namaskaram' we offer our respect to the omnipresent Divine.

When we utter the *mantram* 'Master Namaskaram', the energies enter and fill us. After the utterance, we should observe the movements in the body. This is how the process begins. It is a direct process and has nothing to do with the practices and the *mantrams* of the past. This was confusing for some and they wondered how this can be. It can happen when it is decided by the Most High. The Master came out of all the traditions and gave everything new. He gave new *mantrams* in English instead of Sanskrit. When asked why, he replied, "Why not?" There are no rules for the meditation posture. What is important is that we align ourselves with the energy and adopt a comfortable posture. If we want, we can also lie down and connect with the energy that way.

Master CVV only gave the rule to sit down for prayer for at least 15 minutes in the morning and evening, and he promised to take care of the rest. He would harmonise the lives of those who invoke the *mantram* daily at 6am and 6pm. If we think we have more important work than prayer, we can simply connect to the *mantram* 'Master Namaskaram' at that time and do the prayer later. He instructed to utter the sound key once and then observe. Master EK advised to utter the *mantram* three times loudly and consciously so that it gets greater efficacy.

One year before Master CVV left the body, the Master Energy instructed him to add the *mantram* 'Master CVV Namaskaram' as he was the first medium on this planet. Thus the initials of his name in that incarnation, Canchupati Venkatarao Venkaswamy Rao, became the *mantram*. Even a disciple who had attained mastery in 5 years was told by the Master to use his name as a *mantram*: "Master MN Namaskaram". The Master principle is ONE, while the Masters are mediums of that principle.

Sources used: K.P. Kumar: *Mantrams - Their Significance and Practice*; div. seminar notes. Dhanishta Publications, Visakhapatnam, India (www.aquariusbookhouse.com).



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