

*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 experiencing 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 putting them into practical life.

AWARENESS AND THOUGHT

The Adamantine Consciousness

The very moment we awake in the morning is a special moment. We resurface from sleep into awareness. We become conscious of ourselves, then thoughts come in, and eventually daily activity begins. Yet even during sleep, breathing, heartbeat, and the circulation of the blood are continually active - without us being aware of it. We do exist, but we are not conscious of it. The awakening happens upon the background of the existence. We did not wake up because we wanted to (even if we set the alarm clock); something else woke us. Before the awakening there were no thoughts and no awareness. During sleep we don't even know that we exist. Upon awakening, thoughts and impulses come to us. They just come, even if we did not invite them. Thoughts do not ask our permission. Not we are the ones who think; the source of life is the origin of thoughts. On one hand, the flow executes the life activity in us, on the other, the activity of consciousness. The consciousness splits into impulses of ideas which clothes themselves in thoughts and lead further to speech and action. This is the fourth or the objective state of existence. It is preceded by the three subtle states of pure existence, awareness, and thought.

The moment at which we are awake, but no thought is there yet, is the state of pure awareness. It is also called the adamantine consciousness or the diamond of the consciousness. Diamond means radiating, strong, and continually existent. During this state, which we also pass falling asleep but mostly fail to recognize, we belong to both worlds simultaneously. Upon awakening from the state of being asleep, we should neither jump directly into the activities of the mental level nor jump out of the bed hastily. We should keep still for a moment and remind us

from where we have awoken just yet. We should ask ourselves the questions that we experience in the depth: *Who am I and from where did I awake? What woke me up? Where am I?* Where am I does not mean that we find ourselves in a bed, but that we move from the depths of our hearts into the Ajna - or brow centre. During sleep, we move into the heart lotus which is called the point of pure existence within us—the seat of rhythmical pulsation. When we wake up, we experience thus the existence through the heart lotus and the awareness through the ajna centre; the latter is the “east” in us. Ajna means command, order; it means that awareness takes the order to rule the entire system. It is from this point that we command the body to get up and to go to the bathroom - and the whole game begins.

Maintaining the Connection

Thus, before we move into the thoughts, we must consciously remind ourselves and reinforce our primal consciousness: *I am consciousness and function as consciousness through the thoughts.* In doing so, we orient our thinking toward which we are: the truth of existence that projects itself into awareness and localizes as I AM. If we adjust ourselves with the adamantine consciousness each morning, we will have thoughts that arise out of this state and we can receive information from the Plan. When we then work in everyday life, we are in connection with the source. Then, things flow in harmony, our work finds to an order and receives something of lasting value. To build this connection is the true purpose of meditation and prayer. If we do not maintain the connection, we accumulate a lot of worldly matter around us. Thoughts and actions are distorted and the radiation power of the dia-

mond stays hidden. Out of pure awareness, we enter into the three-fold activity of the thoughts. Each thought consists of an idea, the know-how in regard to the idea, and the action that emerges from the idea. It is the Will that proposes an idea. We call it the First Logos, which relates to the will. When we have an idea, we should also have the know-how in order to work with it. This is called the Second Logos. And lastly, we must work with the idea in an intelligent way, which is called intelligent activity, the Third Logos. The Will exists within us in form of the third eye. The wisdom that correlates with it exists in the nerve centres of the right eye. And the activity related to the Will exists in the nerve centres of the left eye. Thus, we have the trinity of our forehead.

A profound wisdom is: with the last thoughts we have when we fall asleep, we will wake up the next morning. And the final thoughts we have once we leave the body will mark the quality of the very thought with which we will be reborn. Thus, it is recommended to think of the Lord before falling asleep, so that we awake in thoughts of the Lord again. There are many people who think of anything but the Lord at the point of their death.

The Impulse to Take Action

A further basic question that arises every morning is: *What shall I do?* To answer this questions seems to be so easy: drink a coffee. But that's not the point. An action starts with a thought. The thought is action on the subtle level. It is only a matter of time that the thought will manifest on the physical plane. For everything we do we have motifs - good ones and others. The motif leads us to take action. If the motif is pure, it generates pureness in speech and action. Even if the actions come out to be different eventually, it does not have consequences.

The motivation for action should not be a selfish motif, but one of good will, one for the common well-being of life. However, even when we do a good job we can be limited by our thoughts about it, because as long as thinking pervades the motivation for further action persists as well. When we are overly active, we have constantly the feeling that we must do something. Ceaselessly, thoughts are produced which force us into unnecessary actions. So, we are constantly occupied with our own ideas and cannot see the suggestions that come from the soul. We keep spinning in circles without being able to do something against it and without reaching the centre ever. The only thought is: *What is next?* Only when we stop the generat-

ing of our proposals, we are able to recognize the proposal that comes from within and which we call the Will of the Father. Actually, there is only one Will and that one is divine. It operates through us too. When we keep still and observe how thoughts arise and give birth to speech and action, we have already moved out of our own creation of thoughts.

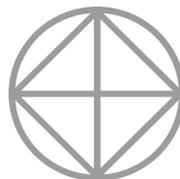
If we know that we are pure consciousness, we can watch the film in regard to our own thoughts. This separating from the thoughts and the merging with the thought of awareness causes a disconnection with the causal body. In the causal body all of our motifs are stored. All cause and effect only exists when we are in the state of thought. In the state of awareness, there is neither cause nor effect; they dissolved. When we thus understand that we are pure consciousness, we will be able to overcome the causal body. Then we know: *I am only a light which is projected by THE light. All that happens is a great drama which is enacted by the forces of creation.*

All Belongs to The ONE

The feeling to possess something and hold on to it is part of the mind and also belongs to some levels of Buddhi. The initiate has no thoughts about owner rights, he finds himself in experience and thinks nothing to be his possession. All belongs to the One, he too. For him, all forms that surround him are different forms of the Light. He communicates with the light, lives and works in it. When we have become experience, there is no localization of the spark of consciousness and no limitations anymore. All bounds will fall. Master C.V.V. calls it, "Centre everywhere, circumference nowhere." Nothing in this world can impose limits on this consciousness.

To engage oneself in such higher wisdom liberates us from limited thinking and leads to thoughts for a better life. Each good spiritual gathering is a shower for purer thought forms. Each group living is meant to lift us above the personal thoughts into the group consciousness. Through the group energy, a flow arises among each other: *we are not alone, but see into the others and they see in us.* Also, we cannot hide thoughts anymore that we should not have. All is open. Through purer thoughts, we become transparent and the light can shine through.

Sources used: K. P. Kumar: Hercules. The Man and the Symbol / seminar notes / The World Teacher Trust - Dhanishta, Visakhapatnam, India (www.worldteachertrust.org)



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Circle of Good Will