

*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.*

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## LIGHT AND COLOR

### *The Solar Disc*

The rays of the sun generate colors on the earth. The various frequencies of the colors allow us to recognize the forms of objects like houses, trees, or animals. If everything were transparent, we would not be able to distinguish. Color is created through the interplay of light and matter; matter is a prism that refracts light into the seven colors. As long as light is not stopped by particles of matter, it remains just that: light. The light we see is not the true light and the colors we see are not the true colors; they are only reflections of the originals. The sunrays inherit their colors from the rays of the invisible sun, which exists in the "empty space", in the Akasha. The science of the old seers says that the indefinite, invisible light is expressed through the sun as a globe of light and that the visible sun stands like a disc in front of the invisible sun. An ancient prayer of the Upanishads speaks of the solar disc which may withdraw its shine so that the disciple can experience the highest truth. The seers visualize THAT as the background of all existence.

The first frequency of manifestation vibrates as sound which brings about the light of which all colors come to be. The latter help organizing matter into forms. Thus, the base of color lies in sound vibration; sound precedes color. This is how the movement of light in space is caused by sound vibrations. When this movement is interrupted by matter, colors are generated. Sound and color are essentially one and the same. On the Buddhistic plane, it is possible to listen to colors and to see sounds.

### *Meditating on Colors*

The more subtle matter is, the more radiant a color appears; the more dense matter, the grosser and duller the color. We cannot see the subtle colors with the physical eye, only with the eye of the soul. We should observe the colors that surround us and meditate upon colors in general. Hence, the colors will evoke a deeper awareness and cause a re-structuring. There are two ways to meditate on colors: one is to observe the objective colors with our eyes and to connect the mind with them; the other is to imagine colors with open or closed eyes. The second method is more powerful than the first one as it leads us directly to the Buddhistic plane.

We should try to see colors through matter and try to recognize them. Meditating on colors gets us in touch with the light in forms and less with the forms themselves. A seer sees a tree differently than we do. We see its form and, then, maybe some details of its shape. The seer sees first the light behind the form, then the color and sound notes, which make up the shape. Instinctively, we feel more drawn to certain forms than to others; for example, a white lotus, a white dove, or snow-covered mountains. We feel drawn to everything white because the indwelling soul is of a radiant white color. Visualizing pure, noble colors in the area of the forehead has a purifying effect on our thoughts. To observe the sky with its ever changing colors, or to watch mountain tops, rivers, or the sea also helps to free the mind of its limitations. The ability to visualize colors depends on a person's pureness.

The more we observe colors, the more we will be able to see the aura of people. We can recognize the quality of a

person in the power of his auric radiance. The color of a person's aura speaks of the attitude of the person. Some auras are predominantly green, some are golden-yellow or maybe rose-colored, and in many we see much gray. When the etheric body contains dull colors, it is clear that the person pollutes the place. If the etheric vehicle is pure enough, a person is surrounded by a golden aura because the color of the etheric body is gold.

Also much thought should be given to the colors when a house is furnished. We can bring many energies into a house when we apply colors with the correct understanding. Light colors enable stronger light emanation. White, cream, light-blue, yellow, and orange bring liveliness into a home through their frequency. Brown, gray, and dark-green colors should be avoided as they eat up the life of the environment. Black and crimson should be avoided as well.

## Qualities of Colors

To the spiritual eye, white color appears blue in its depth and indigo in its origin, which is described as darkness. Out of the dark night sky, indigo appears during the hours of dawn, followed by one color after the other - the colors of the seven planes of existence. To meditate upon the magic of those colors at that time causes a transformation of the seven bodily tissues.

Black-blue is the background, the unity of everything and the one spring out of which the individual forms of existence emerge. The primal light divides into three basic colors: red, blue, and golden yellow. These are the basic qualities of the soul: creative will, all-encompassing love, and reproductive light. Through the golden yellow, the three basic colors manifest through reflection as green, orange, pink, and violet. Green is a variation of yellow, orange and pink are relatives of red, and violet is a reflection of blue, its higher counterpart. These seven colors correspond with the 7 power centers in the etheric body as well as the 7 rays of the sun, the 7 planes of existence, the 7 days of the week, or the 7 sounds.

In order to recognize the synthesis of all, it is recommended to meditate upon indigo. To realize love-wisdom, we should meditate upon blue. Blue is generally strengthening for the well-being and an all-purpose color in healing. We can call on it daily and visualize how it streams through our body. If we want to reach the intuitive plane in order to conduct intelligent activities, we must meditate upon golden yellow. It helps us to absorb knowledge

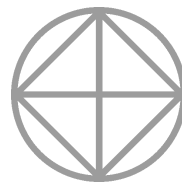
and wisdom. It later transforms into translucent honey color which enables us to true spiritual experiences. Orange is helpful in achieving a pure, clear mind; light green improves our health; light blue helps to achieve balance, harmony, and peace; red stimulates will and strength; pink calms emotional energies; violet helps to organize our daily routine; and indigo aids in experiencing the Self.

Contemplation upon radiant colors strengthens the etheric tissue and closes the door on possible, undesired influences, which can penetrate through the emotional body and cause us to fall ill. We should not confuse the etheric body with the soul though. The etheric body consists of a golden light; it is the subtle form that holds the dense-physical body together. The causal body is the carrier of the soul; it is of a diamond color, the radiant white garment of which Jesus spoke. Then again, the soul is the carrier of the spirit, a transparent light, the first covering of existence, of IT. IT itself is not a light, just like electricity is not light.

## Darkness - the greatest Light!

Electricity cannot be seen, but its presence can be felt. As long as light is manifest, it brings with it the presence of electricity. Is the power turned off, the light withdraws back to its source. Its obvious absence does not mean that it is not there; it exists in potential form. Thus, darkness is the basis for all resulting manifestations of life. Black represents this kind of darkness. It is beginning and end of creation and points toward the state preceding creation. This color should not be mediated on, because it represents the occasional intermission of consciousness. For a yogi, it stands for the greatest light which lives beyond darkness. It is also called *Krishna*. To see light in darkness, a teacher is needed who knows the entire path. In the occult meditations of Spiritual Psychology (No. 30) it is said that, "*The path of I AM is in eternal darkness. Darkness is the variegated serpent of the nether worlds. The music of the nether worlds blinds the lyre with music of the seven stringed lyre of Apollo. I bore the darkness into the spectrum of variegated light.*"

References: K.P. Kumar: *Mithila. A New Age School Syllabus / On Healing / div. seminar notes.* - E. Krishnamacharya: *Spiritual Psychology. The World Teacher Trust - Dhanishta, Visakhapatnam, India* ([www.worldteachertrust.org](http://www.worldteachertrust.org))



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*Circle of Good Will*