

*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 us to put them into practical life.*

## NUMBER SEVEN

### *Numbers - Potencies of Nature*

Before creation developed, there was a sleep-like state, which is described as darkness or as seeming nothingness. Out of this self-existent eternity an impulse emerged and manifested as spirit-matter, as the "Light of the World" or the "Mother of the Worlds". The original unity thus divides into the triangle of awareness, matter and time. The one light comes out as the three rays or the three Logoi of the spiritual triad: Red, golden yellow and blue - cosmic will, cosmic knowledge and cosmic activity. The spiritual triad is being reflected on the ether, the veil of the Mother, the four. It refracts the light and makes the 7 planes of creation appear like 7 colours of the rainbow.

Thus the one existence manifesting into creation through the trinity becomes fourfold and sevenfold. When the 3 manifests in the fourfold aspect (3 times 4) we get the 12 qualities of creation, which are the basis of the 12 signs of the zodiac. From number 1 comes out number 3, number 4 and number 7. There is a deep wisdom hidden in the numbers. They are not man-made symbols, but potencies of nature expressing through forms. Number 1 is a point or a circle, number 2 a semi-circle, number 3 a triangle, number 4 a square. The circle aims at the return of the energies to their origin. The square intends the manifestation of the energy onto the grosser planes of existence. The triangle is the link between circle and square, it represents the eternal, immortal, the square the transient.

Number 7 is symbolised by a triangle on top of a square. The triangle stands for the head, the square for

the lower part from neck to feet. The triangle has to be above the square, the head above the neck for the principle of number 7 to come into play. Then we have the form of a temple, the temple of creation. That's why temples and churches were built according to this symbol. A pointed roof enables the inpouring of certain energies into the gross matter. The more it is pointed, the easier the energies get attracted. Today square blocks are built without a sloping roof. Spiritual energy cannot flow sufficiently into such a form. People who only follow their routine are also called "square-heads". Here the triangle is stuck in the square, the individual is living cut off from his higher creative faculties.

### *Seven Planes of Existence*

The scriptures say that the Sun is drawn by a chariot with 7 horses. The horse is a symbol of vital force. The energy is transmitted by the 7 rays coming from the centre of the sun and permeating the 7 planes of creation. Our planet, too, has 7 planes or densities, which it passes through in the course of its evolution, and it only becomes visible on the earth's plane, the densest stage. The 7 planes exist in us as the sevenfold nature of our existence. The wisdom teachings call it: pure existence, existence as awareness, as bliss, as enlightened thoughts, as other thoughts, as emotion and the physical existence.

The vital force and the awareness stream through the 7 rays and the 7 planets to the earth. They create in us the awareness that we exist. The 7 centres in us are

connected with the 7 planes of awareness. These are, physical awareness (base centre), sensual or emotional awareness (sacral centre), mental awareness (solar plexus), buddhic awareness (heart centre), etheric awareness (throat centre), awareness as "I Am" (ajna centre) and awareness as "That I Am" (head centre). The 7 centres are related with 7 endocrine glands, which control our vital functions via the hormones. These are the pineal gland, pituitary, thyroid, thymus, adrenal, pancreas and gonads. With an ordinary man some of the glands aren't active. They only show their full functioning with a highly developed individual. The pineal gland (related to the head centre) develops last. It becomes active, when the bridge to the soul is built and thus the soul descends into the body.

The matter of our body also consists of 7 layers of different densities, from the akashic state to the dense physical. The matter of the eye for example is much subtler than the skin or bones. When we look at our eyes in a mirror or see the eyes of others, we can understand the state of the etheric body, how it is permeated by consciousness.

Consciousness permeates all 7 planes, and each plane has another fabric of matter. According to Ayurveda, the three etheric tissues of the body - Vaata, Pitta and Kapha - give rise to the 7 physical tissues of the body with their graduations and mirror the 7 planes of existence. These are plasma, blood, flesh, cortex, bone, marrow and semen.

The 7<sup>th</sup> and highest tissue in us is called Sukra (Venus) in the wisdom teachings. It contains the secrets of immortality and gives strength to the vital body and mind. Cow *ghee* (purified butter) corresponds to the 7<sup>th</sup> tissue and strengthens the 7 etheric centres. It is said ghee lubricates the brain, so that there are no blockages and energies can better pour in from the highest planes.

## Sound

The 7 tissues of the body are very effectively transformed by the 7 sounds of music. OM is the sound which links up all 7 planes in us and even beyond. The one sound can link up all planes of existence provided we utter it with the related intent, attitude and import. The *Veda* says, "If you utter OM, the angels of all the 7 planes are awakened, and the undesirable in your body is expelled."

The intonation of OM has a stimulating effect on the 7 centres of the body and even on the surrounding. The holy word should be uttered in units of 7, that is 7, 14, 21, 28 times etc. When we utter OM consciously, this creates an alignment between body, mind, higher

mind, soul, universal soul, and spirit. OM divides into 7 sounds and multiplies, and each sound has its specific purpose.

Man is described as an instrument with 7 strings, three higher, three lower, and a string in the middle. In India Saraswathi, the goddess of wisdom, is depicted sitting on a white swan and playing a 7-stringed veena, which represents the sevenfold creation - a symbol for meditation. Krishna is portrayed with a flute having 7 holes, which symbolise the 7 centres of our body. When we listen to this music, we are uplifted and merge with it.

## Cycles of Seven

The scales of 7 of sound and of light exist by virtue of the sevenfold pulsation of the vital principle. Through the sun the 7 rays emerge, which are represented on earth by the 7 masters presiding the 7 ashrams of spiritual hierarchy. The 7 planetary principles work through the 7 main planets. Basically 7 planetary principles are in contact with us. The other planets work through these 7 planets; thus Neptune is working via Moon and Venus, Uranus via Mercury and Saturn, and Pluto via Saturn. The 7 days of the week are connected with the planets, and the 7 great time periods of the planetary rounds are called the 7 days of creation. The Secret Doctrine says that man develops through 7 rounds in the great cycles of the 7 races with their 7 sub-races. These stages reflect in the 7 months, in which the development of the body of an embryo gets completed.

7 days form the cycle of a week, 7 years a cycle of our life. Every 7 years Uranus changes to another sign of the zodiac. A new phase of life begins, giving us the chance for a new beginning. Especially the 7<sup>th</sup> cycle of 7 years, from 42 to 49 years, offers us the opportunity to grow in consciousness, to neutralise the karma of the past and to learn detachment, so that we can increasingly align to the soul. After 12 times 7, that is 84 years, Uranus has run through all 12 sun signs and Jupiter completed 7 cycles of revolution. During this time man has experienced 1008 full moons, which represent the petals of the *Sahasrara* centre. The age of 84 is called the year of fulfilment. We should have fulfilled the plan of our life and prepared our conscious passing-over to the higher planes.

*K.P. Kumar: Mithila / notes from seminars / E. Krishnamacharya: Spiritual Psychology. The World Teacher Trust - Dhanishta, Visakhapatnam, India (www.worldteachertrust.org)*



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*Circle of Good Will*