

*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.*

## THE FLOW OF ENERGIES

### *The Double Current*

The wisdom teachings describe that in space there is an eternal flow of energies stimulating and vitalising all life. It keeps on moving in a double current: One direction of the flow goes from the subtle to the dense physical, bringing about the manifestation of the material forms. The other movement leads from the gross to the subtle, causing the dematerialisation or spiritualisation of matter. The involutory current towards matter is called *Ida*, it is the power of descent. The evolutionary current is called *Pingala* and it works for the ascent. The balancing energy between the two is *Sushumna*. It is the centre holding the equilibrium between spiritualisation and materialisation and causing the balance in creation. The double movement of energies is also compared with a wheel, where there is descent and ascent at the same time. In the hub of the wheel this movement ceases. It is called the point of synthesis. Outside of synthesis there exists movement. Standing in the centre you can observe its circulation.

The upward movement of the waters of space is poetically described in the *Puranas* as the work of Agastya, who embodies the principle of Aquarius. He drank up all the waters of the ocean, so that symbolically speaking the dark forces at the bottom could surface and be killed and the beings tied-up there be liberated. The dark forces in the water are the emotional forces in the vital body. The key for uplifting of the water is working with respiration: Through deep inhalation the energy of the sun principle comes into us. With the subsequent deep exha-

lation carbon dioxide is thrown out. This ascending and descending strengthens the circulation of the vital energy.

### *The Flow of Ganga*

The downward movement of the waters is depicted as the descent from the "Source of Light" to the physical plane, the endeavour of the king of the sun ray, Bhagirath, to bring down to earth the heavenly waters as Ganga. They were so powerful that only Shiva could contain them. He invoked the energies down onto himself, and thus the flow falls down from space as Akasha Ganga onto the head centre of Shiva, Shambala. In many illustrations Shiva is depicted in a position carrying smilingly a crescent on his forehead and Ganga on his head.

All energies for the planet are received in Shambala. Symbolically speaking Shiva regulates the flow before he passes it on to the Himalayas, the planetary heart centre and seat of the Hierarchy. The Hierarchy itself could not receive the energies. It is said that Buddha serves as a mediator and that at Taurus full moon a light ray pours down from the eye of the bull in order to bring the planet and its beings to a higher order. This light ray is also called the Plan or the seed for the year fertilising the planet. It is given to Shambala in Aries, in Taurus it is passed on to Hierarchy, and at Gemini full moon it is transmitted to humanity at large.

The Ganges then flows down from the Himalayas into the plains. This means that the energies received via

the head centre are reaching the lower centres from the heart via the solar plexus. When the waters are not well channelized, they will flood the plains. This means, when the inpouring creative energies are not well regulated, they carry us away into the field of animal instincts and we don't behave wisely. The emotional energy is nothing but the vital energy working with greater force through the lower centres.

Through wrong use the energies meant for nourishing the body flow out, and the body lacks nourishment. If we want to grow spiritually, we have to build dams in our character and use the waters carefully. Just like dry fields are watered and cultivated through channels, we can direct the energies to purposes of good will by means of discrimination. Meditation and prayer also help to make the energies rise. Positive streams of thought make the energy flow into our heart and transform it into healing thoughts. A smile flowing from our hearts to the face is one of the best remedies, if it is a genuine smile.

The awareness is like the eternal flow of a stream which never stops. We can utter OM and imagine the flow from the head to the base centre, how it flows through the Sushumna, Ida and Pingala, from above downward. Thus we link up with the flow of the soul. The free flow of soul energy to all planes of the body makes healing happen and helps in constructing the etheric body.

## Obstacles

The concrete mind is an obstacle for the flow. Its intense mental activity and the over-active activities stimulated by it impede the inflow of inspiration. If we are always busy with doing one thing or the other we lose the ability to get inspired, and life becomes mechanical. Through over-activity something like a dark layer settles between the soul and the personality, excluding a higher enlightenment. An agitated or depressive mind impedes the flow of vital forces as well. The wisdom teachings therefore propose passive dynamism, they emphasise more rhythmic work than an intense use of the mind.

When we are in the flow, we get the right idea at the right time and proceed in the right way. Then the flow moves unimpeded. The impediments are in us, not outside. We see the inner impediments as outer resistances. We develop a natural flow of energies when we have a good balance of giving and

receiving, of the male and female energies in us. Distributing our energies and resources brings about a free flow of energies. Anything we block is blocking us. We may regulate the outflow with discrimination, so that the flow is well utilized.

## Free Flow of Soul Energy

Communication is the first step for a free flow of soul energy into our surroundings. As far as we are able to communicate, so far there is also a flow of energies between people. Where there is no communication, the energies are blocked. Communication enables cooperation and gives the experience of togetherness and community. When we build walls around us, the work cannot take place.

We therefore should be communicative, not particularly about personal events, but about events relating to the work. Because of the old energy of power we hold on to information and don't share it. As soon as there is an opportunity, we easily polarise towards power and not with the same ease towards love. Love and friendliness flow, power cannot flow, it blocks. Withholding information leads to separation. Therefore we should be communicative, friendly and cooperative and go out. As far as we allow our energies to flow out, so far we are also able to receive the energies which want to flow into us from above. When we don't share the energies which are with us with the surroundings, the energies from higher circles cannot flow into us.

When love flows, it is followed by sacrifice. We sacrifice so much for those whom we love, and we stop sacrificing when we stop loving. When love is forgotten sacrifice is nil, and trust gets substituted by mistrust or doubt. But when we realise that the other is no other but our brother, love flows. Impersonal love doesn't aim at anything in particular, but simply flows through us. We don't direct love, but love directs us. Thus the Plan also flows through us and doesn't get obstructed and distorted. We then do what has to be done and thus become a channel, through which Light and Love flow out into the world as a service.

Sources: K.P. Kumar: *Hercules / Jupiter / notes from seminars* / E. Krishnamacharya: *Healing, Homoeopathy and Ayurveda*. The World Teacher Trust - Dhanishta, Visakhapatnam, India ([www.worldteachertrust.org](http://www.worldteachertrust.org))



Good Will is contagious !

*The Lunar Messenger is published in English, French, German, and Spanish. On request we will include you in our mailing list: [guter-wille@good-will.ch](mailto:guter-wille@good-will.ch). Further information on [www.good-will.ch](http://www.good-will.ch). If you do not want to receive the Lunar Messenger anymore, please notify us briefly.*

*Circle of Good Will*