

*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 WORK OF THE MOON 2: FULL MOON

The Energies of the Full Moon

The mind is subject to moods; sometimes we are like in heaven, but more often we also go through a hell. We experience times of high and low tides. Astrologically the mind corresponds to the moon and its changing phases; the sun stands for the I AM. During full moon the earth receives the sun rays directly because the moon is precisely on the other side, in opposition to the sun. The moon or the mind is being completely illuminated by the light of I AM. For this reason the full moon is a very favourable day for meditation. However, the energies we receive are so strong that it is better to meditate in a group on this day for a group can receive the energies more easily without getting inundated or confused by them.

To the majority of people the full moon and the new moon create a great disturbance of the mind. On the full moon day the etheric currents are in an upsurge, and therefore etheric experiences are possible. At the same time, personal karma tries to come to the fore: the events can drive us away from focussing on the energies of the full moon. We should overcome resistances and difficulties in an intelligent way and keep ourselves aligned to the full moon without rejecting anybody. A soft dealing with our fellow human beings is important.

At the conclusion of the full moon changes occur in the course of everyday life, and it is a good occasion to complete and rearrange things or to start something new. Generally, however, it is better not to travel on the day of full moon or new moon or to

begin any important affair of a long-standing nature. These are nodal points in consciousness where we can receive a new program and understand its fitness and if we are really prepared for it.

We cannot begin aligning to the full moon just on the day of full moon, but should start at least one day before and live in the energy one day after. It is better to have three days of awareness before and after.

Every full moon offers us a particular gift and a special splendour. It enables a manifestation of light unto the physical level, whereby we can illumine our bodies more easily. Thus the full moon is meant to channelize the higher energies down to our planet. It offers us its own joy and enthusiasm. For emotional people the full moon is something crazy. For normal people it can give the experience of happiness in their minds and in the senses. For disciples the full moon is joy, for high initiates it gives a touch of bliss.

Emotional and Mental Waves

If our minds are not calm but excited there can be emotional outbursts. Maybe some excitement or a discussion with the spouse or with another person arises, especially when we want to do something in some manner and the other in another way. It says that full moon also gives way for an excitement of lovers, but as well an excellent opportunity for divine love. For according to the orientation of the soul the energy of attention can go to a worldly romance or to a divine love relationship.

If we go emotionally into the full moon, we cannot experience its magic. If we are in hyper-activity, we miss the full moon. If we are in inertia, we sleep it away; it simply does not exist for us. Only when we are balanced and our minds are still, there is the inner transparency which would enable the reflection of the solar light as lunar light upon the seven tissues of the body.

Being aligned to the full moon does not mean that we indulge in some glamour about its importance or that we are in a curious expectance. We also should not put aside our normal work and try to do special exercises on this day. On the contrary, we should be totally normal as far as possible. Anything extra is no longer normal. This happens to most of the well-meaning disciples when they attune strongly to the full moon or to some astrological field. We should simply hold the awareness in us that it is full moon but not attune to it excessively. The intellect should be normal so that we can experience the presence with the coolness of intuition.

We can consciously cool down emotional and mental waves in us with a visualisation so that our minds are like a calm surface of a lake or a silver plate on which the moonlight reflects itself. We can visualise the full moon as a silver disk on the forehead and ourselves as a lake filled with moonlight, like a clear mountain lake. We drink the radiant light into ourselves and are all filled with it. In "Occult Meditation" Nr. 16 it says: "Moon is silver. I AM the lake. Lake is moonlight, I AM healed. I AM silver. In me the moonbeam awakes. I AM moonlight. In me the Sun is sealed." Silver stands for the moon and helps us to calm down a mental excited by fear; for this we can drink water which was kept overnight in a silver cup or use silver, argentum nitricum, homeopathically. The stillness of nature also helps us to calm down the mental.

Etheric Experiences

The higher purpose of the meditation for full moon is to attain radiant etheric bodies. The full moon gives us the etheric currents which develop the etheric body in us when we align ourselves correctly. For this we should also prepare our physical bodies on that day by eating less solid and more liquid food. If we work for years in tune with the time we can realize the full moon point in us and feel the changes in the body without looking at the calendar.

The full moon itself is then the culmination of the experience. On the full moon day the obstacles between our ether and the ether of the surrounding space are mostly removed and the doors opened. The outer etheric plane is in direct contact with the inner etheric plane. Thus, we are in contact with the etheric bodies of others because in reality the etheric body is not in us, but we are floating in the ether of space and something of the ether is also in ourselves. We experience that our etheric body is not our property but is *the* etheric body. So in full moon meditation we can float from our own etheric body into the ocean of ether that surrounds our earth, and thus miracles can happen.

Sublime Contacts

Since the Masters of Wisdom live with the etheric body more than with the other lower bodies the possibility to make a contact with these high beings is much more on a full moon day than on another day. We can connect to them with meditation and prayers. We can think of Sanat Kumara, Buddha, Maitreya and all the other Masters of Wisdom of which we have heard. We only need to close our eyes and think of them and we are already on the Buddhic plane. This way we can attain a state within two or three days for which normally ten years of practice is needed.

In this we use the creative power of imagination and we achieve an unconscious connection with them. We can imagine that we come into the ashram of a master, knock at the door and see that the door is opened. Then we say hello to the other side. There is no structured imagination or a strict discipline. We can work with an inspiration, but there should not be a rule for a group derived from it. What is important is to connect ourselves with the awareness every day, and more so at the times of full moon. And we should observe the events in our surroundings and on the planet and consciously work on it with our thoughts to neutralise conflicts. This is an important healing work.

Sources: K.P. Kumar: *Occult Meditations / notes from seminars*. E. Krishnamacharya: *Wisdom of the Heavens*. The World Teacher Trust - Dhanishta, Visakhapatnam, India (www.worldteachertrust.org)



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