

*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.

SIGNS OF TRANSFORMATION 1: THE HEART CENTRE

The Seven Centres

There are seven etheric centres along the spinal column. These are whirlpools of energy that conduct the seven planes of awareness. They are not yet known to Western science; Eastern science of *yoga* knows them as physical awareness in the base centre, *Muladhara*; emotional awareness in the spleen centre, *Swadhistana*; mental awareness in the solar plexus centre, *Manipuraka*; *buddhic* awareness in the heart centre, *Anahata*; etheric awareness in the throat centre, *Visuddhi*; awareness as 'I AM' in the centre at the forehead, *Ajna*; and awareness as 'THAT I AM' in the head centre, *Sahasrara*. There are many more centres in the human body than these seven, but they are the most important ones for us.

The centres are crossing points along the spinal column which is a column of light. At each crossing point another element is regulated. In the throat centre it is *Akasha*, in the heart centre air, in the solar plexus fire, in the sacral centre water and in the *Muladhara* matter. Thus, the yogis have perceived it through years of contemplation. The air in the heart centre is the power of pulsation which causes the circulation of the blood and supplies the entire body with oxygen.

The three upper centres mirror in the three lower ones. The heart is the middle-most centre; it forms the bridge between the centres and their synthesis. For the heart is the seat of love, and the Divine exists in all of us as pure love. In the ordinary man, who is selfish and worldly, the higher centres from the heart upwards are not yet awakened. Through the awakening of the soul they unfold in a natural manner. As long as we are mainly focused on our own desires we are in the solar plexus. If we are aware of others' needs and work for

them we rise from the solar plexus to the heart centre. While meditating we receive solar energies from the source of light, and the lotuses orient to the light. Through service and an outpour of love upon our fellow beings we transmit the energies and thus the lotuses blossom.

The Door to the Inner

The etheric heart centre is in the centre of the chest, not on the left-hand side, where you find the physical heart. Around the heart centre our physical heart is formed in the mother's womb. The centre precedes all physical matter and makes its first manifestation as a centre of pulsation. It appears as a centre of electromagnetic fields in space, as a nucleus of an atom and then the nucleus of a cell and then only as the heart centre of a human being.

The heart centre is the gateway between the inner and the outer existence. Outside the heart centre there are the coordinates of time and space. If you enter through the point at the heart centre into the inner, the coordinates disappear. There you have no more time consciousness and consciousness of outer events. We are in the inner space, which we call the vertebral column, where from the head to the base of the spine we have the energy whirlpools of the centres and in which we originally live. We came out of there to be active in objectivity. But since we constantly live in the outer world we have lost the key to enter again into it. Most people don't know that they are a column of consciousness and that at the point of pulsation they are at the door to inner space. This door to the inner, the *sanctum sanctorum*, is golden, since the colour of the heart centre is golden.

In Sanskrit the heart centre is called *Anahata*, meaning no-sound. Madam Blavatsky translated it as the Voice of Silence. *Anahata* is the sound produced "without the contact of two objects". In Sanskrit this is called *Pranava*, that is OM. So it says, "At the end of the path OM is heard." When we are able to hear the OM in us which keeps on happening in us as a humming sound we have arrived at the threshold of truth, and through the gateway we can deeply enter into ourself. We get absorbed into it and lose even the awareness that we exist. That is pure existence which is called in *Yoga Samadhi* and also *Paranirvana*. This cannot be observed, for there is no one to observe. The individual soul merges with the universal soul.

When the consciousness comes back and expresses itself on the plane of the soul through the heart centre, it gets attracted by the colour of the rose petals. Then we are a rose in the heart. Different schools meditate upon the colour of the rose in the heart centre; thus it becomes the true symbol of the Rosicrucians (the symbol of the Rose and the Cross). It is their work to enter into the experience and come back as a heavenly rose and to conduct the work on earth.

Entering into the Heart

In order to reach the heart centre we have to pick up the thread of respiration. With the help of slow and deep inhalation we reach the heart region. Then the exhalation throws us out again. Again we try to get in and once again the exhalation throws us out. Thoughts also keep on coming up and carrying us away, because the mind is not habituated to go inside. Only gradually the habit is formed of getting through inhalation into the region of the heart and of entering deeper and deeper into our being. Then already the first step of respiration leads the mind into the heart centre. Also, by trying to trace the source of OM in the heart we discover that it is being uttered even when we don't utter it physically, that it is a happening. The uttering of the sacred word manifests a new dose of electrical energy of spirit. Master CVV started emitting the piercing light of Uranian energy, the stimulation of the Aquarian energy. When there is the invocation of the sound CVV this light shines forth into the lotus of the heart and it unfolds quickly. That is why events happen very quickly in the personality lives of those people.

In healing we can connect with this light of the heart centre: Invoking Master CVV can help to better remove disturbances in your own body and of those whom we try to heal. In this we can visualise ourselves in the heart as a form of golden light in the size of the thumb.

In the silence of the heart we also develop a sensitivity to the plan. Some get the impression as visions; others in form of sounds, or sometimes both, as vision and sound. This impression from the subtle planes is possi-

ble only if we are able to remain alert and oriented to the silence. In this silent listening etheric clairaudience develops.

Our problem is that we are constantly active, but only when the mind comes to rest in the heart centre transformations happen. We stay there and wait. We offer ourselves and then the rest is waiting and letting happen.

Lower and Higher Heart Centre

The artistic presentation of the heart centre is a twelve-petalled lotus, but the petals are circular inter-linked formations. The heart lotus has four layers of three petals each. The outermost layer is connected to the physical plane, the next one with the emotional plane, the following one with the mental plane. The fourth layer is the plane of Light, Love and Power in the centre of which there is the aperture. The seed sound of the centre is KAM. In the evening when we get into the bed and start sleeping we can identify with our respiration and thus enter into our heart centre. We think of the gem in the heart centre, the central aperture, and through this opening we enter into the cerebrospinal system. This should be a continuous imagination. Even if we fall asleep unconsciously, we are guided to the heart centre; that's why we wake up again fresh in the morning.

During sleep hours or also during meditation we can experience much golden light and see beings of golden hue - angels, teachers and other noble beings. Microcosmically there are also all ashrams of the Hierarchy in our heart centre, and the Hierarchy is the heart centre of the planet. Macrocosmically the energy of Love comes from Sirius, and it can only be received with the heart centre. Leo governs the love nature and rules over the heart. The energy of love forms an axis with Aquarius as we distribute it to people.

Above the heart centre, between heart and throat, there is the higher heart centre, *Swastana*, the original seat of the soul. This eight-petal lotus is not revealed in the yoga books, but it is known to the initiates. Whereas the Lord within the twelve-petal lotus is called *Vasudeva*, the indweller, the Lord of the eight-petal lotus is called *Narayana*. He presides over the wheel of creation, over all involutory and evolutionary processes. Through the eight syllable mantram "*OM Namō Narayanaya*" we link up to this centre into which the soul withdraws in *Samadhi*.

Sources: K.P. Kumar: *Saraswathi - The Word / On Healing / notes from seminars.* - E. Krishnamacharya: *Spiritual Astrology. The World Teacher Trust - Dhanishta, Visakhapatnam, India (www.worldteachertrust.org)*



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