

*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 4: THE SACRAL CENTRE

The Double Triangle

Through meditation a union of the soul and the personality is established. This is described as the union of two triangles into a double triangle. The higher and the lower triangle have to enter into contact and establish a dialogue. The higher triangle consists of the *ajna*, heart and throat centres, the lower of the base, sacral and solar plexus centres. The centres below the diaphragm are reflections of the upper centres. The head or *ajna* centre communicates with the base centre, the heart with the solar plexus, and the throat with the sacral centre.

Since time immemorial there are two ways to work out these relations. One is to work from above downwards. In this we keep on invoking more and more light so that it can penetrate deep into us. The other possibility is to clean and refine all that is below the navel. In this process the “lower floors of our house” are cleaned so that the energies of the higher planes can reflect in the lower.

This information is helpful when we meditate. For when we use well the throat centre by speaking rightfully and by regularly uttering sacred sounds for a certain time, this purifies the sacral centre and also strengthens the throat. The bridge is built between heart and solar plexus if we realign our thoughts from what we want for us to what others need, and work for it. Then the path for the upward movement opens up by which the *Kundalini* moves from the base to the head automatically and like a flash.

As soon as the higher three centres become active this also arranges the three lower centres at the same time. It is very dangerous to directly work

with the three lower centres, because it can disturb us and create big problems. If the base centre gets activated without the *ajna* centre innumerable body troubles and pains can develop up to immobility. People whose sacral centre has been activated without the throat centre can lose themselves in illusions; they can get the feeling of receiving visions of angels, masters and cosmic planes, but their daily life does not correspond to it. If the solar plexus is stimulated without the heart it keeps the mental awareness locked in astral currents.

Many spiritual people want to work directly with the higher triangle. They speak of love, wisdom and I AM, but they don't experience it because the lower triangle is still full of dust and dirt. Even though they have holy concepts in their mind they continue to stay in the impure surrounding of their own “dirt”. It needs a systematic work to keep the lower triangle pure so that the higher can reflect in it. When the six centres are well linked, they provide six dimensions of consciousness, which are known as *Shad Darshans*. The one in whom the six dimensions are developed is said to be a “perfect cube” with six sides.

The 6-syllabled mantram SARAVANABHAVA has been given particularly for the purification of the sacral or emotional centre. Its symbol is the three-dimensional cross with 6 arms. People who work with it are perceived as well organised and very effective in the objective as well as in the subjective life. The mantram has been given to us by the great Master whom we know as *Agastya*. Everything that has to do with the lower triangle belongs to *Agastya* who has been active since the beginning of the universe. He can work very effectively in the shadow, in a deep and silent manner. Thus, certain

specific tasks were entrusted to his *ashram*. From the viewpoint of this *ashram* there is only a faint difference between light and darkness. Everything is being included, including black magic. When the evil, which is very effective, gets transformed through a touch, it gains the same high effectiveness with the good. *Agastya* is responsible for all work in the three lower centres, so that the beings can ascend to meet the Hierarchy. The purpose of his work is to push us from below upwards so that the Hierarchy can then lift us up from above.

Purifying the Sacral Centre

The seed sound in the centre of the sacral centre is RAM, and six sounds work as six petals. These seven sounds are responsible for the water system in the body. This water in the body is related to *Varuna*, and thus in the science of chakras the sacral centre receives the sound VAM. To keep the sacral centre in order we should drink much pure water, for this purifies our body system. But when the drinking water isn't clean enough the centre gets into disorder. The water therapies of naturopathy are suitable for healing diseases of the sacral centre - steam baths, baths in a tub, loosening-up exercises in water. Regular fasting days with water also help to purify emotions.

In homoeopathy potentiated silver (*Argentum Nitricum*) is effective against many kinds of emotional disturbances, fears or excitability. Patients weakened by fears can be healed through application of silver-grey on the sacral centre. Whereas grey is the involutory colour of this centre, its evolutionary colour is silver-grey - between blue and white - and also rose. Rose has a direct impact on the nervous system, it calms emotions and stimulates a positive attitude. The effect of roses, as well as of essence of roses is widely known to counteract depressions. If we regularly mentally send roses to patients with a negative attitude, they feel better after a few days.

Disturbances of the sacral centre can cause jealousy, hatred or even pleasure in killing. These disturbances can be caused by an excessive sex life and all kinds of diseases resulting from intercourse. The suppression of sexuality, however, also disturbs the sacral centre, and is one of the main causes of cancer. A disturbed sacral centre likewise deranges the digestion. Many people of the so-called civilised society suffer much from constipation. Diabetes or a

bad functioning of the liver are also disturbances of the sacral centre. Furthermore, you find the causes of disturbances of the thyroid in disturbances of the sacral centre.

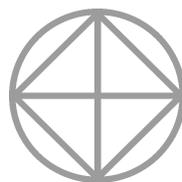
The widely-spread manipulations for personal benefits are another cause for disturbances of the sacral centre; they produce disturbances of the brain and of the inner organs. Our health is very much related to the work of the sacral centre. This centre must not be misused if we want to have good health and a long life.

Inlet of Prana

The sacral centre is the most important centre through which the *prana* or vital force enters into the body. *Prana* is the subjective element of air and is transmitted from the sun via the air. It also enters into us through a centre between the shoulder blades. The entrance takes place not only through respiration, but also through the sun rays. Particularly during the sunrise hours much pranic energy can be taken in through these centres, and thus the vital body can be energised and kept resistant. *Yoga asanas* help us to a better assimilation of energy from the surroundings by keeping the spine flexible and supple. *Ghee* also strengthens the sacral centre and gives vitality because it contains *ojas* (vital energy, light, radiance). To maintain a strong and healthy body it is equally recommended to meditate on Mars in the sacral centre, for the Mars or power principle exists in us in the lotus petals of this centre.

But often it is not easy for us to follow what we would like to do, because we have tendencies in us originating from actions of our past. Our will is too small to meet our tendencies; therefore, it is necessary to invoke the divine will. By this we strengthen ourselves and meet the challenges of our tendencies. The prayer helps like an emergency call, and the divine will then works through the centre of the lower manifestation of will, Mars in the sacral centre. It strengthens our determination to rise and to return to the source of our original being.

Sources: K.P. Kumar: On Healing / Mithila / notes from seminars. The World Teacher Trust - Dhanishta, Visakha-patnam, India (www.worldteachertrust.org)



Good Will is contagious !

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