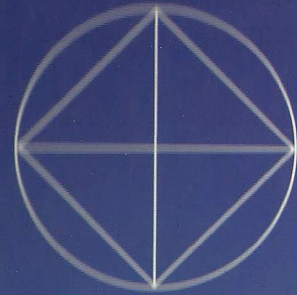


In this booklet you will find a dimension of Time and a practical way of alignment with it. You will also find the fivefold key of time, the importance, characteristics and qualities of constellations, the relationship between the moon and the 27 constellations, the 12 houses, the effect of the planets on us, and how to liberate yourself through meditation.

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Time/Zeit El Tiempo

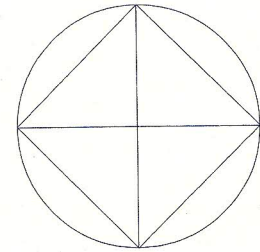


Trace Perfection

The World Teacher Trust

**Time
Zeit
El Tiempo**

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Zeit
El Tiempo**



*Trace Perfection
Strebe nach Vollkommenheit
Busca la Perfección*

The World Teacher Trust

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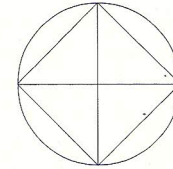
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Time Zeit El Tiempo

Let it be splendidous /
Möge sie glanzvoll sein /
Que sea esplendoroso



Let it be auspicious /
Möge sie günstig sein /
Que sea propicio

[In the form of time I keep an account of all /
In der Form von Zeit führe Ich über alles Buch /
Bajo la forma de Tiempo Yo llevo cuenta de todo]

The creation is the network of time. Time segregates and aggregates. The ways and plays of time are mysterious. All happenings are through time. No one is capable of escaping the dictates of time. Wise one can tune up. /

Die Schöpfung ist das Netzwerk der Zeit. Die Zeit führt auseinander und zusammen. Die Wege und Spiele der Zeit sind geheimnisvoll. Alles, was geschieht, geschieht durch die Zeit. Keiner kann dem Diktat der Zeit entkommen. Der Weise kann sich auf sie einstimmen. /

La Creación es la red de conexión del Tiempo. El Tiempo separa y une. Los caminos y los juegos del Tiempo son misteriosos. Todos los sucesos ocurren a través del Tiempo. Nadie puede escapar a los mandatos del Tiempo. El sabio se pone en sintonía con él.

I. Time – a Dimension

The ancients carried an understanding of time, which the moderns are tending to respect and even agree in some aspects. A study of time is interesting and engrossing. Many attempted to study time, some seem to have succeeded.

Time is considered as an unending coil of serpent with many hidden layers within the coils. Time is considered cyclical with its periodicities. Time is accepted as the ultimate to conquer. Conquer with time to conquer it, is the phrase of the wise. Time is the eternal remainder of the creation. Creation unfolds through time and fold back too through time. Time is the fast impermeable, says a Master. Time is as comprehensible as darkness says another.

The Seers of Himalayas have the count of time, its cycles and periodicities. They visualised, verified and re-verified their visualisation and have given out their detail. Today's Big Bang Theory is not far from their visualisation.

Time, according to the Seers is fourfold and each carries its own characteristics. Cyclically the characteristics of time manifest. The fourfold time is put forth as 4 Yugas: Krita, Treta, Dvapara and Kali.

Kali is the model unit of measurement which is taken at 432000 years. Dvapara is two times Kali. Treta is three times Kali and Krita is four times Kali. All the 4 put together is called Maha Yuga, which is ten times Kali ($1+2+3+4=10$).

	432 000	<i>Kali Yuga</i>
	864 000	<i>Dvapara Yuga</i>
	1296 000	<i>Treta Yuga</i>
	1728 000	<i>Krita Yuga</i>
<hr/>		
10	4320 000	<i>Maha Yuga</i>

432 is the mysterious number and the zeros indicate periods within periods. The number 432 is product of:

$$\begin{array}{l} 144 \times 3 \quad \text{or} \quad 108 \times 4 \\ 12 \times 12 \times 3 \quad \text{or} \quad 27 \times 4 \times 4 \end{array}$$

12 is the number for solar energy. 27 is the number for lunar energy. Sun moves in the 12 sun signs and moon moves in the 27 constellations in the solar and lunar cycles respectively. The number 432 holds the soli-lunar key to the time cycles. A further analysis leads to:

$$\begin{array}{l} 12 \times 12 \times 3 \quad \text{or} \quad 27 \times 4 \times 4 \\ 3 \times 4 \times 3 \times 4 \times 3 \quad \text{or} \quad 3 \times 9 \times 4 \times 4 \\ 3 \times 2 \times 2 \times 3 \times 2 \times 2 \times 3 \quad \text{or} \quad 3 \times 3 \times 3 \times 4 \times 4 \\ 3^3 \times 2^4 \quad \text{or} \quad 3^3 \times 4^2 \end{array}$$

Time functions through the power of triangles and squares or through the potential of the numbers 3 and 4. The 3 and 4, the 3 in 4, the tetraktys, the dodekaedron are the basic concepts of Pythagorean Wisdom too.

The Himalayan Seers perceived further cycles i. e., beyond the Maha Yuga which are bigger cycles. They are:

72	Maha Yugas as Manvantaras
14	Manvantaras as Kalpa or a day of Brahma
360	Days of Brahma as a year of Brahma
100	Years of Brahma as the cycle of one creation

There are series of creations happening upon the canvass of space!

They describe that:

- The present Brahma (Creator) is in the 2nd half of his life having just completed the first half. His age is 50 years and one day
- The present Brahma is the 7th one, 6 preceding him. His name is Padmabhū
- The present Manvantara too is the 7th one, presided by Vaivasvata Manu.

II. Time – Alignment

Alignment of body, mind and soul is important to experience the fullness of human life and its related splendour. Holistic life is the keynote of the human. Socio-economic life with spirituality as the basis is the Seer's understanding of life.

Alignment is effortless at certain times while it needs effort at other times. The dawn and the dusk hours, the Full Moon and the New Moon days, the Equinoxes and the Solstices are time's gifts to man to align. Alignment causes the fusion of the divine and the human in the body. This in turn enables the divine to express through the body. The other name for alignment is Yoga.

The 'I am' consciousness in us is the replica of the Sun. The mind (reflective principle) in us is the replica of the Moon. The body we hold is replica of the planet Earth. In the sky, when these are related by sextile, trine, opposition or conjunction aspects, the human also relate them within.

Likewise, the intelligence in us corresponds to the planet Mercury, the wisdom to Jupiter, the force to Mars, the experience to Venus and the limitation to Saturn. Advanced human units develop in them the related correspondence and even to Uranus, Neptune and Pluto.

Time offers opportunity to recognise, realise and thus experience the systemic existence within the human being (the Micro Solar System). Such is the importance of time and alignment.

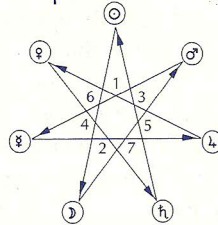
III. The Fivefold Key of Time

To tune up to time, a daily practice is recommended which is five fold. A student of time may pick them up gradually.

1. Observe the moon phase every day. Carry in you the awareness of the day's moon phase. There are ascending moon phases culminating in Full Moon and descending moon phases culminating in New Moon. In due course you will realise which of the moon phases are favourable to you. This enables planning certain important actions during these moon phases.
2. Observe the predominant planet of the day. That planetary vibrations generally presides on that day. You carry certain planets in your birth chart that are stronger than others. That day which is presided by your strong planet is generally favourable to you. If you birth Venus is strong, Friday is favourable to you.

On the following days, the following planets preside:

- | | | |
|--------------|---------|---|
| 1. Sunday | Sun | ☉ |
| 2. Monday | Moon | ☾ |
| 3. Tuesday | Mars | ♂ |
| 4. Wednesday | Mercury | ☿ |
| 5. Thursday | Jupiter | ♃ |
| 6. Friday | Venus | ♀ |
| 7. Saturday | Saturn | ♄ |



3. Observe the moon constellation of the day. Moon's placement in one of the 27 constellations has its message to the student of time. This is because, each constellation has its characteristics.
4. Observation of the energies presented by the moon through the constellation leads to some more understanding of time. The characteristics of the 27 constellations will be given later.

In further study of time observation of the daily planetary position during the sunrise hours and understanding the message of that day's planetary combination is suggested. A day's planetary chart reveals the nature's plan for the day. The basic understanding of planets, Sun signs and their aspects is needed for this observation.

5. Planning one's own action on the basis of aforesaid 4-fold study is the ultimate step to experience the opportunities of time.

IV. Importance of Constellations and their Study

However, independent man may think of himself his life moves him in time and according to time. The wise ones observe the moving life and adjust their plans and projections accordingly, tuning up to time. Time brings changes. The one who accepts change as brought about by time, is the one who avoids conflict in life. The adamant ones fall into conflict. The man, other beings on the planet as also the planet are influenced by the intelligences surrounding the system and the solar system as well are guided by the supreme intelligence functioning around the system in the space globe. The Great Bear, the Pleiades, the Sirius are among many others that regulate and guide beings. The whole globe around was chiefly divided into 27 parts which are recognised as the 27 lunar mansions in which the Moon moves at the rate of a mansion a day. Moon, the satellite transmits the vibrations of every mansion as he moves around the planet Earth. In a lunar month the vibrations of the surrounding intelligences are brought by Moon to Earth and earthy beings including the mineral, the plant and the animal. The form and qualities of the planetary beings as also their behavioural pattern have their clue in the 27 mansions of space, which are called the 27 divisions or the 27 constellations.

Each constellation has its own characteristics which are reflected on the Earth when Moon visits that constellation in its circular movement. The beings born while the Moon in a particular constellation necessarily carry the characteristics of the constellation.

Every person can make a broad understanding of his personality as also that of others if he knows the placement of his Moon in his horoscope and also the placement of Moon in their horoscopes.

The space globe around is of 360° . Twenty-seven (27) divisions when made of the globe each division is of $13^\circ 20'$ (60 minutes are one degree). When we count the divisions from Aries, we cover 9 divisions by the end of Cancer, and 9 divisions by the end of Scorpio and yet other 9 divisions by the end of Pisces. Thus every group of 9 divisions begins with a fiery sign and ends with a watery sign. Each group begins successively in Aries, Leo and Sagittarius and ends with Cancer, Scorpio and Pisces.

To locate the constellations, in which one's birth Moon is, take up your birth chart, observe the placement of Moon. Deduct $23^\circ 20'$ to arrive at the Moon's placement according to the lunar calendar. This adjusted placement of the moon in your chart gives you the constellation to which you belong.

Please note that if your birth chart is drawn as per lunar calendar, you do not have to make this adjustment.

For example, if your Moon is in 4° of Sagittarius at the time of birth deduct $23^\circ 20'$ there from. Your Moon according to lunar calendar gets into $10^\circ 40'$ Scorpio. It falls into the 17th mansion.

The characteristics of the 27 mansions are given below. When you look at the 17th mansion, you generally gain an understanding of your personality from the astrological stand point.

V. The Characteristics of the 27 Constellations

1. **Asvini** Horse Head 0° ♈ to 13°20' ♈ :
Enthusiastic and energetic like a horse, capable, optimistic, ahead of others and a natural leader.
2. **Bharani** Triple Path 13°20' ♈ to 26°40' ♈ :
Ability to grasp reality easily, mental courage, stability of mind, dependable, hospitable.
3. **Krittika** Scissors 26°40' ♈ to 10° ♉ :
Curt in nature, angry impulses, inclined to lead and instruct, protective and dis-applying.
4. **Rohini** Chariot 10° ♉ to 23°20' ♉ :
Skillful in action, soft and beautiful inside and less beautiful outside, mild in responses, seeks comfort in life and yet unsparring in applying himself to tasks, carry much goodwill inside and are not adequately recognised and regarded.
5. **Mrigasīra** Deer's Head 23°20' ♉ to 6°40' ♊ :
Alert in observation, quick in action, discriminative, wise, mathematical, awareness, comforting and timid in nature.
6. **Ārdra** Coral 6°40' ♊ to 20° ♊ :
Noble, strong willed, affectionate, loveable, more expressive through action than speeches, not indulging in others affairs, silent achievers.
7. **Punarvasu** Earrings 20° ♊ to 3°20' ♋ :
Contented, un-craving, forbearing, divine in nature, impulsive but repentant, clean in thought and action, contemplate the well being of own people, handsome in form.

8. **Pushyami** Food Pipe 3°20' ♋ to 16°40' ♋ :
Noble, silent, sacrificing, very learned, cool and comfort at heart, patient, praised by elders, soft in nature and beautiful in form.
9. **Āslēsha** Serpent 16°40' ♋ to 30° ♌ :
Impulsive, strong willed, action oriented, intolerant of injustice, emotional, sanctifying and contemplating.
10. **Magha** Rain Ritual 0° ♌ to 13°20' ♌ :
Capable, enthusiastic, sharply perceptive, clean in mind, forbearing tolerant, silent acceptance of injustice, large hearted, rightful means of earning.
11. **Pūrvaphalguni** Anterior Leap 13°20' ♌ to 26°40' ♌ :
Intuitive, accomplishing in actions, rich by birth, timid, laborious.
12. **Uttaraphalguni** Posterior Leap 26°40' ♌ to 10° ♍ :
Instinctive, compliance to justice, peaceful in mind, auspicious events, surround, divine support, fame, accomplishing, successful leading to jealousy in others, self confident, naturally talented.
13. **Hasta** Elephant Trunk 10° ♍ to 23°20' ♍ :
Abundance, discriminative, wise, serving, hefty body.
14. **Chitra** Rainbow 23°20' ♍ to 6°40' ♎ :
Worldly, inclined to worldly wealth and comfort, prudent, thrift oriented, strait in speaking.
15. **Svāthi** Pearl 6°40' ♎ to 20° ♏ :
Indomitable, self-confident, strong willed, extreme thoughts, aspiring for high property and high income, commercial in attitude, self-succeeding, and self defeating.

16. **Visākha** Kumara – Virgin Child 20° ♁ to 3°20' ♀:
Strong willed, fearless, receptive, mentally quite and tolerant, challenging, inclined for money and power.
17. **Anûrâdha** Spiral Ritual 3°20' ♀ to 16°40' ♀:
Handsome, self confident, forbearing, silent suffering, attacked by others jealousy, deep and incomprehensible, not understandable to the common and ordinary, ritualist, spiritually inclined, deep, lonely, seeking lonely-ness, attractive to others.
18. **Jyêsthha** Snow Ritual 16°40' ♀ to 30° ♀:
Likes people and is liked by people, flexible and adaptable, noble, willing to work hard, skilful, raise in life, naturally soft hearted.
19. **Mûla** Root Base 0° ♀ to 13°20' ♀:
Self respecting, proud, slight others, wealthy and socially well placed, accomplishing, sudden transformations, anxious though quite outwardly possessive of external comforts.
20. **Pûrvâshâdha** Anterior Rod 13°20' ♀ to 26°40' ♀:
Strong in body, compassionate, inclined to arts, perceivers of others' strategies, attractive and hardworking.
21. **Uttarâshâdha** Posterior Rod 26°40' ♀ to 10° ♀:
Theists, well placed in life, well inclined to law, believers, excessive thinkers.
22. **Sravana** Gem for the Ear 10° ♀ to 23°20' ♀:
Generous, enthusiastic, humorous, knowledgeable, receptive, slow and steady, equanimous.
23. **Dhanishtha** Wealthy Wind 23°20' ♀ to 6°40' ♀:
Independent in nature, independent in thoughts, non-traditional, lucky, non-strategic, non-commercial, inclined for innovations and researches, tolerant of life's ups and downs.

24. **Satabhishak** Hundred Healers 6°40' ♀ to 20° ♀:
Natural healers, comfort others, lawful, hard working, sincere, highly reliable and dependable, gain others confidence, secretive, rough outer, soft inner.
25. **Pûrvâbhâdra** Anterior Shelter 20° ♀ to 3°20' ♀:
Cannot contain speech or wealth, impatient, sincere, critical, skilful, incomprehensive, fickle, highly accomplishing if speech is regulated.
26. **Uttarâhâdra** Posterior Shelter 3°20' ♀ to 16°40' ♀:
Protected and protective, lawful, covering, skilful and acceptable to others.
27. **Rêvathi** Wealth Queen 16°40' ♀ to 30° ♀:
Unstable, generous, skill coupled with innocence, soft-natured, inclined to depend on others, inclined for spiritual and mystical concepts, gain comforts effortlessly.

VI. The Qualities of the 27 Constellations

Every month the moon moves through the 27 constellations. Each constellation covers 13°20' of the zodiac and they are categorised into three groups. The groups are of divine nature, diabolic nature and human nature. The divine moves toward the spirit, the diabolic brings the spirit down and the human is equidistant to the two poles, spirit and matter.

The divine constellations are: 1, 5, 7, 8, 13, 15, 17, 22, 27

The diabolic constellations are: 3, 9, 10, 14, 16, 18, 19, 23, 24

The human constellations are: 2, 4, 6, 11, 12, 20, 21, 25, 26

VII. The Impact of Transit Moon from Constellation Standpoint

Study transit moon's placement in a constellation in relation to the constellation in which your birth moon is, both interesting and revealing. Counting from the constellation in which your birth moon is up to the constellation in which the transit moon is, you will arrive at the number representing the interval between the two moons. If the number exceeds 9, deduct 9 there from and arrive at the remainder number.

For instance if your birth moon is 'Horse Head' (Asvini) and the transit moon is also in 'Horse Head', the number to be counted is no. 1. If the transit moon is in 'Deer Head' (Mrigas/4ra) the number is 5. If the transit moon is Magha ('Rain Ritual') the number is 10. Since the number exceeds 9, deducting 9 from 10 the remainder 1 is to be taken into account. If the transit moon is in 'Snow Ritual' (Jyêshtha) the number is 18. Since this number exceeds 9, deduct 9 there from and arrive at the remainder number which is 9.

Computing the number or remainder number, and look to the table given next page to ascertain in that day's prospects.

VIII. The Characteristics of the 12 Houses

Number, Remainder-No.	Nature of Constellation	The Day's Prospects	The Ruling Planet of the Day
1	Birth Constellation	Bodily Strain	Saturn ♄
2	Wealthy Constellation	Good Luck	Jupiter ♃
3	Dangerous Constellation	Failure	Mars ♂
4	Safe Constellation	Secure	Sun ☉
5	Opposing Constellation	Vain Effort	Node ♁
6	Fruitful Constellation	Fruitful Effort	Venus ♀
7	Imprisoning Constellation	Conditioning	Anti Node ♁
8	Friendly Constellation	Happiness	Moon ☾
9	Very friendly Constellation	Profitable and Happy	Mercury ☿

1st House: The personality traits and the health.

2nd House: The income, the quality of speech, the general condition of the family.

3rd House: The relationship with co-born and brotherhood.

4th House: The mother, the material, the vehicle, the quality of properties and their effect on the native.

5th House: Progeny, dawn of wisdom, Yoga. The quality of thoughts that spring up from the native.

6th House: Losses, pains and effects of the past evil deeds.

7th House: The life partner, the business partner and their behaviour towards the native.

8th House: Death, longevity, limitation, fixed views and the conditioning factors.

9th House: Luck, the inborn virtues, influence of the father, the teacher and the effects of past good deeds.

10th House: The vocation, the scope of growth in awareness and the scope of growth in society.

11th House: Friends, woman, surroundings, their affects.

12th House: Labour, loss, expenditure, the waste of energies, time and money.

IX. The Effect of Transit Planets upon you

The planets transit within the 12 houses. Each planet has its impact upon you, depending upon the house in which it is, in relation to your ascendant. Given below is the table that shows the effects of each planet according to their placement in transit in relation to your ascendant.

Hse.	Sun	Moon	Mars	Mercury	Jupiter	Venus	Saturn	Node	Antinode
1.	Dis- place- ment	Goodwill	Sorrow	Condi- tioned	Movement	Health	Danger	Fear	Fear
2.	Fear	Expendi- ture	Expendi- ture	Profit	Windfall	Wealth	Loss	Dispute	Enmity
3.	Prosperity	Profit	Profit	Expendi- ture	Danger	Welfare	Wealth	Happi- ness	Happi- ness
4.	Insult	Loss	Opposi- tion	Auspi- cious	Expendi- ture	Happi- ness	Disease	Insult	Insult
5.	Anxiety	Failure	Opposi- tion	Poverty	Prosperity	Male Progeny	Loss of Male Progeny	Expendi- ture	Sorrow
6.	Threat of Op- ponents	Auspi- cious	Windfall	Honour	Sorrow	Expendi- ture	Wealth	Comfort	Happi- ness
7.	Labour	Profit	Dispute	Wise	Ill-health	Unhappi- ness	Govern- mental Fury	Fear	Fear
8.	Disease	Expen- sive	Fear	Happi- ness	Loss	Fear	Sorrow	Death	Sorrow
9.	Fear	Unrest	Expendi- ture	Sorrow	Jackpot	Jackpot	Ill-health	Sorrow	Dispute
10.	Profit	Profit	Movement	Auspi- cious	Loss	Comfort	Delay	Dispute	Enmity
11.	Health	Good- luck	Profit	Happi- ness	Happi- ness	Comfort	Profit	Profit	Jackpot
12.	Expendi- ture	Sorrow	Disease	Expendi- ture	Nagging	Profit	Worry	Loss	Loss

X. Meditation – Liberation

Meditation is the technique to align the body, the senses and the mind with the soul the 'I am' consciousness in us.

Select a clean place, orient to the East or to the North, be pleasant at mind and take to a comfortable posture preferably a posture where the spine is erect.

Gather at the eyebrow centre. Recollect 'I am consciousness' functioning in you as pulsation. This recollection enables mind to turn inward, withdrawing from the outer surrounding, the thoughts and feelings relating thereto.

Application of mind upon pulsation is the process of merging the two channels of consciousness. One channel of consciousness functions through mind and senses into objectivity. The other channel functions in the subjectivity of pulsation, heartbeat and respiration. The art of meditation is to bring the two together to find its source as 'I am', where the awareness of existence is realised.

Application of mind upon respiration enables normalisation of mind and the respiration too. When one is posited towards the other, each brings equanimity to the other. Breath neutralises and evens out mind's activity and mind in turn makes respiration rhythmic. As each finds intimacy with the other, their synthesis is found as consciousness. That it is the uninterrupted flow of current that conducts itself in two channels is recognised and gradually realised.

When mind resides in the pulsation and thus gets into the

flow of consciousness, the thoughts are arrested. The respiration too gets arrested. This happens as a result of one neutralising the activity of the other. The two stand in one awareness which is called 'I am'. Man stands still as being and into him the activity remains withdrawn. The senses, the thoughts and the respiratory activity remain regulated and merged in him. The state of silence is experienced in and around. Man grows silent and stable as he reaches these areas in meditation. He gains equanimity and poise. His behavioural angularities dissolve leading to unconditional state of being which is referred to as liberation.

The liberated state afford neutral attitude towards the pairs of opposite. The likes and dislikes, the success and failure, the pain and the pleasure, the fright and the fear are no more to him. It leads to continuous state of being in life. The practice thereby ceases and the living in awareness becomes natural. Even in this state he lives, he moves and he conducts the normal life as others but with a difference. That difference being awareness.

Practice of this meditation has no tinge of any religion, cult or sect. It is scientific as much as universal.

The twilight hours, the new moon, and new moon hours, the equinox and the solstice days are propitious for meditation.

Select a time of your convenience and meditate regularly. This helps you to integrate your being, which is otherwise broken into many pieces of life.

I. Zeit – eine Dimension

Die Menschen des Altertums hatten ein Zeitverständnis, dem sich die modernen Menschen wieder annähern. Sie neigen dazu, es anzuerkennen und stimmen sogar in einigen Aspekten mit ihm überein. Ein Studium der Zeit ist interessant und fesselnd. Viele haben den Versuch unternommen, sie zu studieren. Einige wenige scheinen Erfolg gehabt zu haben.

Die Zeit wird als eine endlos gewundene Schlange mit vielen verborgenen Schichten innerhalb ihrer Windungen betrachtet. Die Zeit mit ihren Periodizitäten ist zyklisch. Sie wird als das letzte, das zu bezwingen ist, angesehen. Der Weise sagt: Besiege die Zeit mit der Zeit.

Die Zeit ist der ewige Bestand der Schöpfung. Die Schöpfung entfaltet sich durch die Zeit, und sie entschwindet auch wieder durch die Zeit. Die Zeit ist schnell und undurchdringlich, sagt ein Meister. Die Zeit ist so begreifbar wie die Dunkelheit, sagt ein anderer. Die Seher im Himalaya führen Buch über die Zeit, ihre Zyklen und Periodizitäten. Sie visualisierten, bestätigten und bekräftigten ihre Vision und gaben sie detailliert heraus. Die heutige Theorie vom Urknall ist von ihrer Vision nicht weit entfernt.

Nach Auskunft der Seher ist die Zeit vierfältig, und jedes ihrer Viertel hat seine eigenen Charakteristika. Die Eigenschaften der Zeit manifestieren sich zyklisch.