LEOBRAND

Letters on Living Ethics

Introduction to Agni Yoga

6. Self-help through proper thinking

Table of contents

1. The true values of life 3
2. Self-help through charity 4
3. Impersonal request for the community 4
4. Impersonal invocation 5
   a) The small invocation 5
   b) The large invocation 6
5. The meaning of prayer 6
6. Thought and desire 7
7. The meaning of the invocations 9
   a) May light and cognition prevail 9
   b) May love blossom more and more 10
   c) May all people be helped 11
   d) May peace come in on Earth 12
   e) May the universe fare well 13
8. The desire for constructive thoughts 14
9. The “Star for Help through Thoughts” 14
10. Why “Star for Help through Thoughts” 15
11. How to build a “Star”? 15
12. “AUM – TAT – SAT - AUM” 15
13. The procedure of the invocation 16

Image on the cover:

The five-pointed star with the top up symbolizes the human being. In both hands he carries a sacrificial bowl with the light, which the aspirant should offer as the most important gift. Whoever forms a "Star for Help through Thoughts" becomes a Light-Bearer and servitor of the world of the power of love and sacrifice. The heart symbolizes the true spiritual centre of the human being and its emphasis is a sign that in the beginning of time heart-thinking should be specially developed and more love should be spread.

Self-help through proper thinking

1. The true values of life

Anyone who reads the title of this essay will presume to receive instructions on how to achieve personal successes, especially in the material field, through trained thinking and conscious use of the powers of thoughts. There is already enough literature on the preparation of the successes of a purely earthly character through the power of thoughts. However, such guidelines are, from the point of view of LIVING ETHICS, not very useful, and in many cases even disadvantageous, because they promote rather than reduce egoism and materialism in man rather than the real tasks of life, namely spiritual completion distracted. Many people understand happiness and success only as wealth and luxury, relationships, health and beauty. In the longer term, however, life experience proves that human being's lasting happiness can only be sought in inner or spiritual values that last beyond death and can be augmented and improved from life to life. Anyone who has not yet accepted this view should hardly ever be spared the school of poverty in this or later life; because the poverty veil is a gift of purification. Of course, the purified man can also live surrounded by earthly wealth, as soon as he has recognized that this is to be regarded as a fief of God without inner relation, which must be administered in the service of humanity. Suffering, hardships, privation, renunciations and disappointments form a harsh school of life and bring people the realization that even today much coveted earthly goods and relationships pass away when the sun of truth melts the glittering snow of illusion. In the face of death, the greatest material values disappear into nothingness, and the beloved treasures vanish in the haze of Maja. What remains are only character values, abilities, wisdom of life and religious attachment to the Higher World, as well as the threads of karma, whether positive or negative. So here we find the undeliverable luggage that accompanies us from shore to shore.

True self-help through proper thinking is therefore in the refinement of the character and in the preparation of a good karma. However, this can only be achieved by renouncing selfish desires and strengthening altruism[1], that is, with the serious intention of helping and benefiting others. The help given to others sooner or later comes back to you according to the immutable law of cause and effect. Who helps others, be it in thoughts or actions, helps himself by doing so. It is therefore a sign of prudence and wisdom to be good and decent. Reverse behaviour proves ignorance of the cosmic laws and means a moral weakness. Impropriety can only lead to temporary successes and in any case brings karmic punishments.

However, one should not be good and helpful for this reason, because this is provided by a wise law, which must even exist. For the world not to perish in chaos, the good demands a reward and the evil a punishment. The motives of our thinking and acting must be directed primarily to the benefit of our fellow human beings or the human community. Then everyone gets back from the sea of positive and constructive thoughts those salutary powers, which he himself desperately needs in case of need. Help usually comes when the need is greatest.

Incidentally, all people need help without exception. Even emperors, kings, dictators and millionaires depend on the support and cooperation of others in many situations of life. If they do not understand how to apply their gifts and resources in the sense of human evolution, they will have to immerse in the huts of misery and the hours of bitterness in a later life. In the cosmos, no one can ascend without completing, and no one can complete himself

[1] Altruism – opposite of egoism – actions for the common good

without redressing his mistakes and sacrificing his life in the service of his fellow human beings. Only in this way we will enter the higher consciousness of the cosmos and participate in the higher and creative life.

2. Self-help through charity

He who sends out daily thoughts for help, always with the good intention of helping those unknown persons who most need them, will always receive the salutary powers he needs, without having to ask for them. That, too, is a cosmic law. What we send out must come back to us, in good and bad sense. Therefore, no one will perish, unless by his own or by foreign mental powers, individually or collectively, correspondingly negative causes were triggered. Since death is not an absolute end, but only a brief interruption of eternal life, even the one who has departed from the right path can change his destiny in new forms and in a new environment for the better.

The realization that one must first help others and ask for one another's fellows, in order to obtain help whenever they need it, seems to be new and must mature only gradually. It has been already tested and lived in the past of great role models, especially by Christ Jesus, and is also explicitly taught by other Masters of Wisdom. Increasingly, in the Age of Aquarius, this notion must enter human consciousness as it is an essential prerequisite of spiritual purification.

While it will be hard to enforce this profound wisdom of life, it would immediately benefit mankind and benefit human society. Therefore, it should also be used in politics and business with the greatest success. In life, this is difficult to accomplish because it requires refinement of the character, namely, self-overcoming, sacrifice, internalization rather than externalization, and devotion to one's fellow human beings.

3. Impersonal request for the community

Humankind has mobilized powers of thought primarily for personal purposes only based on their present worldview and development of character, and for the most part directed only personal requests to higher leaders. Now humanity should now gradually learn to ask impersonally because the blessing someone asks for others comes back to the Creator according to the Law of Karma. As the consignment, so the reception.

In the book HEART of LIVING ETHICS is written: ***"A savage in his prayers mainly pleads that mercy be shown to himself, while wise hermits pray that the entire world be granted Grace—therein lies the difference between the savage and the sage. This should be laid at the foundation of all thoughts. It is neither proper nor useful to plead on one's own behalf. Only a crude heart assumes itself to be the most important. It is much wiser to plead on behalf of the world, in which the pleader will also find a drop full of Blessings. Especially nowadays aspirants should follow the great path, for that is the only way they can find the heart."*** (HEART, § 554.)

Humanity is one big community of destiny. Without this community nobody can live or develop. Anyone who refines in character raises the overall level of human society by a small amount. However, if the forces of spiritual and moral decay are stronger, humanity is sinking ever deeper, until a large part plunges into an abyss for a long time. That is why it is important to think and act in a positive way.

"Can one ascend and descend in isolation? Truly, no being can act without affecting his surroundings. Not only does he stir up the various layers of the atmosphere with each action,

but he literally drags his near ones with him. Man must realize his responsibility toward the universe. A person, with each elevation of the spirit, is of substantial aid to others. But a person falling in spirit may thereby even kill someone. Beyond the range of one's conscious thought flows a constant unconscious interaction, embracing wide circles, limited by the law of karma and the affinity of auras.

It is not always easy to decide when one is a murderer and when a benefactor. Only as beacons of Agni Yoga can we with justice illumine the workings of chaotic thought. But for this we must consecrate ourselves in sacrifice to Agni Yoga; and few can love the dangers of self-sacrifice. Therefore, what is said is comprehensible to only a few. But one can cite numerous examples, such as how one who became insane in Asia was the cause of the death of another in Europe, or how one who rose in spirit in America healed another in Egypt. Hence the efflorescence of beneficent thoughts is a flaming flower of spirit." (AY, § 168.)

Through the influence of the sent-out thoughts, the whole of humanity is connected to one another in an unexpected way. If the individual believes that he is alone and has no responsibility for the lives of others, this is a great mistake. Few people suspect how dense the fabric of the community is. Often hours of sadness and weakness overwhelm us. Even Jesus was not free from the immediate impression of his death sentence. The tension of the destructive powers of thoughts is often unbearable. At such moments, the weak and the sensitive are driven to despair. Here only thoughts of courage, joy and love help in order to prevent mischief. Anyone who sends such impersonal thoughts to help daily brings to a despairing person an unexpected salvation and mitigates the bitter mood in the human community.

In general, because of ignorance the power of thoughts is completely underestimated. In truth, the entire cosmos is constantly built up by powers of thoughts, but also destroyed and transformed. All well-being and woe have their cause in the thinking of all beings. Thought is the bearer of life and eternal transformation. The strongest levers of the cosmos are thoughts that are sent out consciously and saturated with psychic energy.

4. Impersonal invocation

To send out impersonal pleas and prayers while forgetting oneself is extremely difficult. This requires own prayers. These were created in the form of invocations. All friends of LIVING ETHICS are recommended to use subsequent prayers that can be considered a modern "Lord's Prayer" and therefore **should be memorized**.

a) The small invocation

May light and cognition prevail!
May love blossom more and more!
May all people be helped!
May peace come in on earth!
May the universe fare well!

b) The large invocation

Source of light in the universe,
pour out light into human thinking,
it shall be brighter on Earth!

Source of love in the universe,
pour out love into all human hearts,
May love blossom on Earth!

Source of wisdom in the universe,
pour out knowledge and wisdom,
let cognition prevail on Earth!

Source of peace in the universe,
strength peace and justice,
may felicity and joy be on Earth!

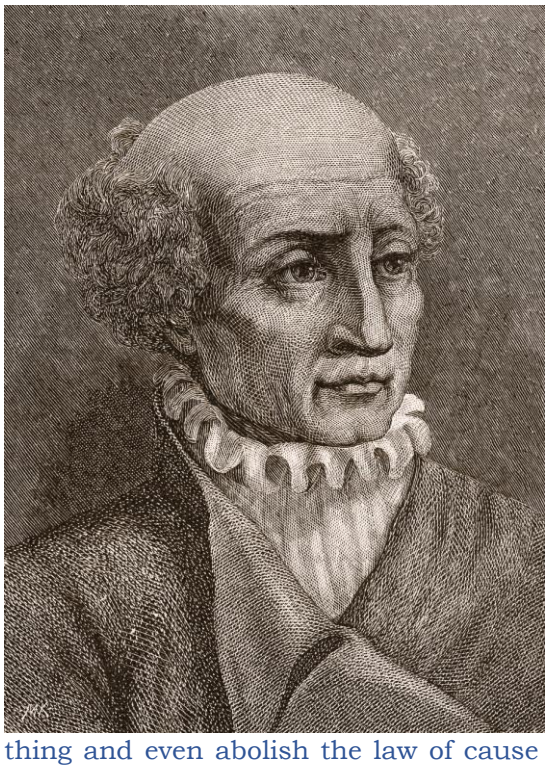
Source of power in the universe,
seal the door to evil,
that the plan of the good will be fulfilled!

5. The meaning of prayer

Prayers are noble, sublime and yearning thoughts, wishes and pleas. All world religions recommend prayer as a source of consolation, salvation, and inner strength, as well as a means of fulfilling legitimate desires. At all times and among all peoples, Christian as well as pagan, there are, without exception, prayer hearings or fulfilment of desires through pleas and prayer. This is a proof that every human being can materialize powers of thoughts and that the higher beings of the universe intervene everywhere to help and are there for all people without exception and difference of the creed.

Through prayer, the soul opens itself to the influx of divine powers and draws even higher forces to master fate. Today, most people are still entangled in karmic debts, suffering and confusions, so they can barely get rid of it without Higher Help. It is necessary to point out that in such cases personal prayers and requests are justified. However, to them one adds, "Lord, not my will shall be done, but Thine" - and then align your wishes to the common good by using the small and the big invocation. As a result, salutary powers are organized who come back to the transmitter at the right moment. However, it will happen that even deep

pleas are often not fulfilled. Why? People do not know that in such cases karmic conditions and certain obstacles are crucial. Especially people on the spiritual path must endeavour to overcome the karmic burdens on their own without making use of Higher Help through miraculous healing and the like. Also, diseases have their causes, which may have been thousands of years ago. No spiritual aspirant may therefore be depressed if he is often ill. Rather, this is a sign that he is personally resolving the final repayment of his karmic debts. Rather, this is a sign that he is repaying his karmic debts by his own efforts. Even great saints suffered greatest torments, even Jesus was not exempt from this at his crucifixion. Matter cannot be overcome without suffering.



Paracelsus correctly taught that no sick person becomes healthy until the time of predestination, that is, the karmic duration of his suffering, has ended. In addition, people on the spiritual path notice in themselves an increasing refinement of their physical constitution and are thus much more exposed to cosmic influences than robust humans. In the atomic age, the building blocks of nature are also destroyed in a frivolous manner, thus causing previously unknown disorders of health.

Pleas can often not be fulfilled because they are ill-considered, and their fulfilment would even be harmful. What would a world look like in which every person possesses a magical power of desire and prayer that would be immediately effective and, in most cases, would serve no good and useful purpose? One would try to demand everything and even abolish the law of cause and effect. But that is not possible, and therefore rational man should not revile the higher beings if they often fail to fulfil requests and cannot fulfil them. That is because the law of karma cannot be lifted, and no one can be freed from his obligation to make amends.

One should further learn to refrain from direct requests to higher beings at all and send only impersonal pleas, that is, positive powers of thoughts into the room, as this happens in the best way by the small and large invocation. In addition, one should try to control his personal wishes and gradually free oneself from them. Only the desire to serve both humanity and the plan of divine evolution has justification. Whoever has learned to be happy without a wish is certainly on the path to higher wisdom and perfection. Liberation from all wishes, from every desire, lust and possession makes human a true cosmopolitan and co-owner of the treasures of the universe.

6. Thought and desire

A persistent desire is a magical power of thought which, depending on the possibilities of the physical plan, may sooner or later bring about the desired. It is possible that due to existing resistances the desired will be fulfilled then when one no longer remembers it, because opposing powers have prevented an earlier realization.

Human thoughts and desires are subject to the same laws of nature as electric and magnetic fields of force. They are real, even if you cannot see, feel and measure them directly. However, one can observe their effects, though not as easily as with other natural forces. The effects of thoughts and desires are not always visible immediately, but it is perfectly credible that like desires and power of thoughts in the Subtle World are exponentiating themselves, awaiting realization on Earth. This happens when their power to materialization has become strong enough. In the Subtle World, in any case, they form real appearances.

The subtle atmosphere of our planet is overloaded with our thoughts, wishes, hopes, curses and disappointments. These astral whirls largely return to Earth in the form of disasters and the like, unless this chaos can be processed in the astral world. Even earthquakes and other natural disasters can be caused by destructive powers of thoughts but prevented by constructive ones.

Unfortunately, science still does not attach any importance to the powers of thoughts and the possibilities connected with them, because in general forms of thoughts cannot yet be seen and registered. But the possibility of photographing forms of thoughts is no longer too far away. Successful attempts have already been made.

It was also possible to observe that angry and strongly melancholy thoughts poison the blood of human. Anger generates a poison, the so-called "Imperil", which deposits itself on the nerve channels and causes not only physical damage, but also disturbances in the aura.

The fulfilment of wishes does not always bring happiness, especially when one believes that this will bring about the much-desired happiness that one sees in the material possessions. Desires often bring suffering and disappointments. Therefore, as a prerequisite for true bliss, LIVING ETHICS teaches the increasing liberation from earthly desires. The fact that the fulfilment of long-cherished wishes sometimes can also bring about the opposite is shown by a fairy tale in which there is much wisdom hidden:” For years, a poor man wished he had as much money in his pocket as the rich miller by the river. One day, they both met in the inn and played cards. The poor man was greatly favoured by the luck of the game and greedily grabbed the miller's money into his pocket. Finally, the rich miller did not have a penny left in his sack. At that moment, the poor man realized with horror that his pockets were suddenly empty again. Now his former wish that he should once have as much money in his pocket as the rich miller had come true.”

Desires which are directed exclusively to material success and satisfaction of passions bring only a temporary joy. The greed for possession, the desire for its conservation and multiplication are known to be the factors that create the most negative karma. It is important to turn one's attention to the acquisition of knowledge and spiritual values. It is less important to improve those civilizational achievements that have created a temporary pseudo-blossom by the wrong human thinking of the present day. This leads to total disintegration even more quickly. For the life in the Subtle World only spiritual values, good character traits, magnanimity, sacrifice and love are required. These qualities constitute passport and ticket for entry into the higher world of light, but at the same time the prerequisite for the preservation and improvement of life on Earth. Without work and life on Earth, there is no expansion of consciousness and therefore no perfection. Therefore, the preservation of life on Earth is so necessary that the path of resurrection of human is not undermined by a misguided technique.

7. The meaning of the invocations

a) May light and cognition prevail

In the vernacular you often hear the saying: “A light dawned to me”. Light is therefore the symbol of cognition; It also forms the opposite pole to the darkness. Human generally cannot live physiologically without light, because he cannot see anything without light and the light also provides the necessary vital energy. Moreover, he needs the spiritual light or "Agni" (hence “Agni Yoga”), to be able to live and to perfect spiritually. Therefore, “Agni” forms the basis of all world religions.

Without spiritual light, life would also come to a standstill in matter: even our sun is only the material reflection of the spiritual sun. This Sun Logos is invisible to the human eye and is the creative force of light commonly referred to by men as God.

As the sunbeam gives warmth and life, so the spiritual light fertilizes the receptive human with higher knowledge from the Hierarchy of Light, which irradiates spiritual knowledge to the Earth. This knowledge was provided to us in two ways: First, on a direct, informative way through the study of the teachings transmitted by the Masters of Wisdom, and secondly through meditation. This is the necessary complement to the information, as each "Holy Scripture" conveys the most important insights only in aphorisms, mottoes and brief instructions, in order not to cast precious pearls before swine.

The striving human must therefore try hard to find the gems he needs for his spiritual life. This can be achieved through meditation, that is, through deep reflection and through the study of the given teachings.

There is no life and no ascension without bipolarity, and the good also needs the evil to be able to recognize and unfold itself. Therefore, not only is there a hierarchy of light, but also of darkness, whose vocation is to be the antagonist of light. The real opposite pole of light, however, is in truth the undeveloped chaos and not those fallen human beings or angels who, through their fall as once-time Light-Bearers, further increased chaos. They resisted the plan of cosmic evolution. Hence, the battle between good and evil, light and darkness threatens to take on an extent that endangers the existence of the planet and humanity.

It is true that the divine light of love and the extent of divine mercy are limitless, for no one will be lost unless he takes the path of spiritual self-destruction. However, the latter danger grows for many people because they persist in materialism and selfishness, not only denying but even rejecting the continuation of life after death, as well as the possibility of an evolutionary perfection of spirit.

Thus, a terrible battle between light and darkness, called the "Armageddon of Culture", has begun. The enemies of the light and the higher cognitions do not know what yawning emptiness and desolation await them in their mental blackout, which they prepare themselves for the morning after resurrection.

Sweet and seductive are the temptations of spiritual darkness. Nobody is immune from them. Moreover, the representatives of spiritual darkness never show their true countenance but fight with the most sophisticated methods in the mask of light. If human has not abandoned his weaknesses and passions, there is a danger of being caught in their nets and pitfalls.

As an impostor will never tell his chosen victim that he has a wicked intent, so do the representatives of spiritual darkness come in the guise of honest men and even as disguised masters. One cannot be warned enough about that, because the number of false Christs, sons of Gods, and imitated Masters of Wisdom, who primarily turn to the media, is increasing. Of course, they throw their nets primarily at the spiritual seekers to lead them into the abyss. The materialists and egoists will not escape them anyway. They no longer need to worry about

them anymore. For the seekers themselves, the temptations, which, above all, satisfy curiosity, vanity, and ambition, are a severe test. They must distinguish the true spiritual light from the false lustre by their own power and knowledge.

An important feature of the opponents of the Hierarchy of Light is that they deny that their higher knowledge comes from the divine source. They claim that their knowledge comes from their own source. They even dare scolding those Light-Bearers to whom they owe their knowledge, using about 90 percent of the bright teachings, adding 10 percent poison, and giving that rotten porridge as absolute truth and bright knowledge. Surely the stolen 90 percent are still correct, but how should the layman and seeker realize that they are mixed with fakes?! The same is true of the case with the Christian Bible, in which individual, but even more important, forgeries crept in, completely alien to the true teaching of Christ.

Another feature of dark teachers is that they only bring their own person to the top and act as emissaries of God or Christ, sometimes in a purely scientific dress, and expect and receive divine worship from their followers.

True spiritual leaders, such as the true Masters of Wisdom and their adopted disciples, will always step aside modestly, calling themselves only associates of the Hierarchy of Light, so that the rays of light can meet the seekers themselves unclouded, and have a genuine connection with the pure and eternal source of light. Out of love and mercy, the spiritual light of the Hierarchy of Light shines into the darkness, as the sun shines in the same way for the righteous and the unrighteous.

But what good is it if too few people are willing to receive the spiritual light to pass it on to their confreres? Human beings must also absorb the streams of power in order to make them shine in the darkness of matter; because man is the transformer of matter. The noblest human task is to be the Light-Bearer of the divine spark, to bring light into the darkness and to fertilize the hearts of the people with love and cognition.

Even the true Hierarchs and invisible leaders of the Earth know that this is a very difficult task, which brings with it considerable difficulties. Thus speaks the Great Mahatma of the Orient, MORYA: *"… We do know, however, how difficult it is to carry light in the darkness. …"* (AY, § 290.) In another place is said: *"…In either event, blessed be the daring that penetrates the darkness! …"* (AY § 13.) And in the book HEART we read: *"…We must attain the stage where we radiate light from our innermost being; …"* (HEART, § 38.)

b) May love blossom more and more

Love is a power that springs from the light of cognition. Without spiritual light, there is no love, because this generates the warmth of the heart. Therefore, the first request for more light is followed by the request for more love. Love warms the heart and gives happiness, joy and contentment. Love satisfies the longing for union, especially in spiritual terms. On the path, love of perfection is essential. Love attracts the fire of the room. We need love, especially in the form of warmth of heart.

There are innumerable degrees of love, from the instinctual, sensual love which possesses its cosmic necessity for the purpose of the reproduction and preservation of life, up to the highest spiritual love in the form of brotherly love and charity. The spiritually aspirated man can also give beauty and purity to sensual love in the context of cosmic necessity.

If the request for more love is pronounced here, it means more heartfelt warmth and more brotherly love and charity. The instinctual nature of love in the form of passionate sensuality is already overdeveloped and must be greatly tamed and refined. The forms of human coexistence have become crude and cruel through sexual incontinence and intellectual brutality. One overlooks that sooner or later passions will cause suffering in the form of pain,

disappointment and heartache. Beautiful memories remain only when instinctual love can be transmuted into charity.

Hatred and aversion must also turn into love. This grandiose work succeeds only when we begin to spread more and more thoughts with love. No human being can live without love in the long run, even a hard and petrified heart needs her. Above all, it is necessary to give more love to the children. Almost everywhere, much is still sinned in this regard. Even animals and plants need loving thoughts. Even apparently dead objects should be lovingly cared for, which not only keeps them longer, but also gives them a pleasant aura.

Especially important is mother love. It is a glorious example of the absolute necessity of love, because it is equally irreplaceable for humans and animals. Our spiritual mother is the Hierarchy of Light. From this pure and never-ending source of love the "younger brothers", i.e. the humans, are provided with spiritual food and thus with eternal powers.

c) May all people be helped

The situation of mankind requires first and foremost spiritual help through higher cognitions, through higher knowledge in ethical and religious respect, above all through mobilization of constructing powers of thoughts. Only then will it be possible to obtain enough material help and, above all, to pass on the pernicious armaments' expenditure for peaceful purposes, which does serve the construction, and not the destruction of good and life.

The power of thoughts must also be used to secure the daily bread for all people. No one should starve and suffer, neither materially nor spiritually. The world is rich, and its treasures must be shared and passed in a fraternal way.

Only through preparation in thoughts can a better world emerge. This is the prerequisite for general satisfaction in the world and for raising the standard of living. Spiritual support through powers of thoughts is therefore much more important than collecting money and material donations for the poor. Through spiritual powers, needy people are enabled to escape their material plight, because appropriate social and economic conditions can be created. A noble task is to help the poor and the sick. One should not expect any gratitude from the recipients but thank even the fate that one could help. It is important to assist the unknown poor. They are ashamed of their difficult lot and wear it with patience, humility and dignity, without the public notice of it. Especially through positive powers of thoughts these people can be helped above all because these powers also find hidden poverty.

Best material help is provided through job creation, not through donations, if work can be physically fulfilled and asked. This applies to individuals as well as entire peoples. Work is a blessing, especially creative work, and no curse. Those who rely on the charity of others will hinder their own spiritual and personal development, because experience is only gained through work and interaction with people. There is no greater evil than constant inactivity, as this leads to inertia and deterioration of character. Work, on the other hand, conveys absolute necessary life experiences and spiritual cognitions. Therefore, even retirees and pensioners should not be completely idle, but try to expand their knowledge and, if possible, to engage cultural. Pleasant differ from their peers those older people who use the last days of their lives in this sense or are even creatively active.

It is also necessary to point out that more money should be spent on spiritual food. If people spend only 10 percent of the money, which they spend on physical food, for spiritual purposes, it would certainly be much better for our planet. Of course, one would have to spend as much time for the intake of spiritual food, as one needs daily for physical food.

Whenever of spiritual food is spoken here, of course, no trashy literature is meant, with which the world is flooded. Instead, it refers to scriptures that increase knowledge, communicate wisdom, and contribute to the refinement of character. One can also help a lot by

ensuring the dissemination of good literature and providing material support for the aspirations demanded therein. Unfortunately, the spirit must use material resources for unfolding on Earth. Money is neither positive nor negative. It only depends on how it is used and utilized, whether for blessing or cursing humanity. By the right application of the money a lot of good can be created.

Still, most people are inclined to think and work only for themselves. However, those who only work for themselves and do not think about how others can be helped are on the wrong path and would be better to do nothing at all. It is right to ask for help not only for oneself, but for the human community and the universe. This demand can no longer be avoided in the Aquarian age. Every flowering of love and selfless help that we plant in the neighbours' garden brings wonderful fruits to our own garden. May the weeds of lovelessness gradually disappear from all the gardens of the Earth. Help in thoughts are the precious seeds from which the flowers of light spring forth.

d) May peace come in on Earth

Everything that happens has its cause primarily in the spiritual and must first be prepared in thought. Wars and peace are also consequences of human thought. As long as not enough positive powers of thoughts are activated against the war and for peace, as long as there are not enough people who send out daily thoughts for peace, aggressive politicians will always be able to start wars. They will understand how to sow destructive thoughts of mistrust and hatred and how to create the war psychoses that are necessary for them.

More necessary as all conferences are therefore daily thoughts for peace. They are primary and are the prerequisite for conferences to succeed and for peace to come in on Earth. Every human being, even the most insignificant, can make an active contribution to peace, thereby helping not only himself but all of humanity.

Anyone who always thinks of peace will not only maintain familial peace in home and family, provided the destructive powers are not stronger, but can also be miraculously saved in a civil war in the hail of the projectiles. The criminal preparation alone for the self-extermination of humanity by H-bombs would tear numerous innocent people from their lives. But even then, one would have to speak of a karma of the planet because the forces of destruction were more effective than the forces of construction. That's why inaction in this regard is joint guilt of the annihilation.

If humanity would have more religious knowledge and responsibility, and sent forth ever-expanding thoughts for peace, which should be possible at the joint suggestion of all the churches on Earth, then it would never have come to producing atomic bombs. They are truly a work of the devil. Yes, one can rightly assume that since a long time an honest disarmament of all peoples and a universal union of nations and races would had come about. Further, if it were possible to raise humanity to a higher ethical level, national borders might someday fall.

Wars arise through intolerance and disregard for the rights and liberties of a real or supposed opponent. This applies to civil, religious and national wars. For the latter, bread envy and lust for power also play a special role. Miserably, the peoples argue about a few square meters of land, raw materials and markets. If religious knowledge and general ethics were at a higher level, all these problems could be solved in a peaceful way.

Every ethical thinking human being has a sacred duty to do everything in his power to eliminate all opportunities that can lead to war.

Unfreedom, oppression, and injustice always cause dissatisfaction, and new plans emerge that seek to remedy these conditions. If this is not achievable with passive resistance,

it happens with gun violence. This alone brings with it the right to liberty, which often can only be achieved through battle.

In the universe there is no ascent and no life assurance without battle, because only through this one's own energies and those of the cosmos are strengthened. Battle, however, does not mean murder and war, that is to be strictly distinguished, but struggle for the perfection of the states of living in the material as well as in the spiritual realm. Therefore, a fight for a better existence, struggling for higher cognitions and a greater knowledge. Every human being must combat and overcome his own lower qualities.

"Even when facing the greatest battle, we must continue to follow our usual daily plan. It would not be correct for a battle to disrupt the current of life. Battle is our destiny, and one must simply include it in the daily plan." (AY, § 179.)

Battle as an inevitable necessity must never lead to murder and war, never intolerantly destroying the interests of living of others. Murder and aggressive warfare are the low and bloody form of combat. Even in thought one can kill, though not always instantly, but through years of psychically cruelty, deadly glances, mental wearing down and conscious intolerance. That such people create a heavy karma is self-evident. In general, it is necessary to strengthen one's mental powers of resistance by augmenting psychic energy.

Moreover, in connection with the fourth request, an important ethical-religious question arises. May one oppose evil or not? The answer of the LIVING ETHICS is that one is not only be allowed, but that one must even resist, otherwise a life on Earth would be impossible in the long run. This is because evil would destroy the good and eventually perish on itself.

There are two ways to resist evil, passive and active resistance. In most cases, the passive posture will be the wiser and victorious. The decision as to which form of resistance in the given case is the better or the only right is up to each person. Christ Jesus also used both forms of resistance - the passive one, by teaching that if anyone is slapped on the right cheek, turn to them the other cheek also. John 2/14 tells us about the active resistance: *"And there in the Temple he saw men trading in oxen and sheep and doves, and he saw the changers of money in their seats: And he made a whip of small cords and put them all out of the Temple, with the sheep and the oxen, sending in all directions the small money of the changers and overturning their tables."* Master MORYA teaches about resistance against evil: *"...Bless everything that develops counteraction and resistance to evil."* (HIE, § 202.)

Evil arises only where the good is not steadfast, and where the servants of the light are weaker than the representatives of the darkness. But if the conditions are opposite, then evil has little room. For this reason, all bright and luminiferous people should direct their efforts towards creating conditions in which evil is weakened and disappears as the good approaches, like the darkness at the dawn of light.

e) May the universe fare well

In the book HEART Master MORYA speaks: *"A savage in his prayers mainly pleads that mercy be shown to himself, while wise hermits pray that the entire world be granted Grace—therein lies the difference between the savage and the sage. This should be laid at the foundation of all thoughts. ..."* (HEART, § 554.)

May the universe fare well. Although all requests of the small invocation are very important, this last request seems to be the most important. The whole world is a unity or a community.

So, what aspirant could be happy if he still sees the suffering and misery of his fellow human beings and while there is still spiritual and material poverty? It is the spiritual poverty in the form of ignorance and unconsciousness of the cosmic laws, especially in relation to

karma, that is the greatest misfortune for every human being. Especially for those who live carefree in good material conditions and therefore are inclined to disregard spiritual values.

When it is said, "May the universe fare well," this is not to be understood as a life of waste, above all not for a privileged social class, which has gained undeserved privileges by the power of money or political influence. What is meant are fair conditions for all people. Justice is the basis for the world order. However, the prerequisite for well-being in the universe is higher knowledge. This teaches us that we must always send forth good and benevolent thoughts for the world and for peace. Any thought that is directed to the good already is an intrinsic value. Thus, we will diligently seek in order to help, always and everywhere, so that every germ of a constructive thought turns into a good deed.

8. The desire for constructive thoughts

Many responsible-minded and worried people today demand a practical action that promises maximum success without attracting much attention, without affiliation to a club or without political risk. In this way they live up to positive expression to their sense of responsibility towards the world situation. It must be a possibility that can be done in peace and quiet, costs little or no money, and yet enables the active participation of every responsible-minded person, no matter how modest, insignificant, or poor.

It must be an action that does not create new separating lines, simply a spiritual aid organization, in which all people can take part without distinction. Needless to say, this activity mustn't require much effort, because today people have little time and peace. Therefore, the mental contribution to this aid organization must be able to be provided in a few minutes of the day.

This desired action is enabled by the "Star for Help through Thoughts".

9. The “Star for Help through Thoughts”

The "Star for Help through Thoughts" should neither be an association nor an organization, neither a sect or denomination nor a political party, but a non-denominational, apolitical, and transnational aid organization that serves no particular group but the whole of humanity. Therewith the "Star" breaks new grounds. No one is registered or recorded by name, nobody gets an identification or a membership book. Nobody is obliged to pay a certain contribution. There is no president, no association board, but only employees who form an active spiritual community in the service of one's neighbour and fellow human beings. A community that, through its positive and consciously directed thinking, helps humanity to break the deadlock. This community, seen spiritually, forms a brightly shining star, made up of numerous little stars that together form a network of light that is supposed to spread more and more on Earth.

Not only the totality of all friends who participate in the "Star" forms a network of light, also everyone can already set up in connection with at least two partners a small "Star", which is able to expand and grow up to a large star. This conceals a secret of human development. We can only perfect ourselves by setting a good example our brothers and sisters or individual fellow human beings, and gradually take them into our consciousness. We will meet again and again with these people in later incarnations and recognize them as our best and inseparable friends. Together with them, we form, as it were, a spiritual group, which in connection with like-minded, similar groups becomes an ever-larger unity. Friendships that come together in this way in the struggle to build a better world lead to eternal communion, and that is their great value. For nothing is more beautiful than having good and reliable friends and belonging to such a spiritual fellowship, that goes beyond every death.

By working on the "Star" no one is confronted with a worldview alternative. Anyone can stay with his faith without conflict of conscience. This is because the "Star" is truly an interdenominational charitable aid organization, which helps to detoxify the worldview atmosphere and to reduce the intolerance in matters of faith. In addition, the invocations are held in such a way that they can be spoken by the members of all denominations and world religions, regardless of whether one worships Christ or Buddha or any other world teacher. These dividing lines should disappear, because after all, all the major world religions come from one and the same source.

10. Why "Star for Help through Thoughts"

Working on the "Star" helps to alleviate not only spiritual but also material distress. It is therefore important to be concerned, at least a few times a day, sending out good thoughts, not for oneself, but above all for the world and for peace. Then the general mental work will also become accustomed to selfless aspirations, and there will be the hope that through such concentrated powers of thoughts the power of evil can be successfully reduced and averted. If millions of people voluntarily made themselves available to such a work, those men and women who would be fit for their purified thinking and noble character, could be able to protrude without great difficulty in religion, politics and social life in order to establish a fair and peaceful world order for the benefit of all people.

11. How to build a "Star"?

Any person with the serious intention of cooperating in the "Star" should ask two other friends, whom he knows or can assume to serve the same interests or purposes, to join forces with him to form a "Star for Help through Thoughts" and for the execution of the invocations to unite spiritually once a day at a certain hour. For their part, the newfound partners should again try to find at least two other friends or acquaintances who are once again ready to form a "Star" with them. In this way, the idea becomes more and more prevalent and approaches those people who help as Light-Bearers to gradually create better conditions and to preserve the existence of the planet.

If someone is completely lonely and cannot find any other partners, he can of course participate without a partner in the big "Star" and pronounce the invocations daily several times. In any case, at 8:15 pm (CET), he can unite with me and all the friends of the big "Star" for common invocation. As a result, an ever-increasing wave of light, love and power will be broadcast daily on Earth and the resonance from the Higher World will not be missed. When many people unite in spirit and with the same good intention, the power of their constructive and helping thinking will increase tenfold.

12. "AUM – TAT – SAT - AUM"

Leobrand 10/1962

The highest mantram given to initiate meditation by a true Master of Wisdom, namely Maitreya MORYA himself, the Master of the Age of Aquarius, is a gift to all humanity. **Properly applied, it sounds through the Brahmarandhra centre above the top of the head and reaches all centres of higher consciousness in a solemn vibration from above. This mantram reads:**

AUM – TAT – SAT – AUM

In English: **“Bliss to the revealed and unrevealed Universe, bliss!”** AUM, spoken or sung as OM, is the holiest word that exists. It was always known to the Initiates and sounds somewhat falsified in the "amen" of the Christian "Lord's Prayer".

AUM is the highest form and power of prayer and worship of the Most High. In this word lies the highest vibration, which causes the harmony of the soul and facilitates the reception of high energies. AUM leads the human thought back to the divine origin and the light. It also helps to overcome the stress in the room.

AUM is the most essential requirement for a successful meditation. They who know will therefore hum or sing the "OM" before any meditation for their and for the sake of the world. Who wants to do more, will also connect "TAT" and "SAT" to the "OM" and end with "OM", therefore sings the complete mantram. This is the best and most powerful mantram in the world.

Then one meditates best on the individual requests of the small and large invocation, by pausing after each sentence for a short while in thought. Through these powerful and precious thoughts and through this meditation, humanity and world peace are best served and helped.

13. The procedure of the invocation

a) Looking for a quiet room or a suitable living area with possibility for reflection. Of course, the invocation can also be spoken in the wildlife, and everywhere else, where one can ignite a flame and turn off artificial light. Parents should also call in their children and explain the meaning of this activity.

b) Hold a moment of silence before beginning the invocation. This is of great importance, because success depends on it in many cases. One must switch off one’s everyday thoughts completely in order to collect oneself. Then one removes the lower self in one's mind's eye and focuses on the high task. As a result, the ego (higher self) is transferred into a higher group consciousness.

c) One takes the praying position and hum Om (Aum = spirit). Subtle waves will vibrate above the head, leading to a wave connection with the higher group consciousness. If there is no way to perform this process undisturbed, you can omit this point.

d) One gets in touch with your personal partners of the "Star" spiritually and then unites with the whole group of friends of the "Star". In the idea that spiritual powers from "above" flux in through the invocation, one speaks the following words:” At this moment, I am uniting with all like-minded brothers and sisters of good will who are ready to send out helping thoughts for the universe in the service of love and light.”

e) Then, in high concentration, first one speaks the small and then the great invocation and consciously direct these requests over the heart. Of course, other habitual prayers and requests can also be added. Whoever feels an inner relationship to a true Master of Wisdom, may add the following prayer:

“O Lord, give strength to my heart and power to my arm. Because I am Thy servant. In Thy Rays I shall learn the eternal Truth of Being. In Thy Voice I shall listen to the harmony of the World. My heart I give to Thee, O Lord. Sacrifice it for the sake of the World.” (CALL, 1922-VII-18)

Whereupon one repeats the invocations again.

f) One spends a moment in silence until the waves of the hallowed hour have faded away. The invocations should also be spoken immediately before falling asleep, so that the beneficial connection with the Higher World is strengthened.

“…Creative thought, do not cease to adorn space with thy flowers of light!” (AY, § 122.)

The five-pointed star with the top up symbolizes the human being. In both hands he carries a sacrificial bowl with the light, which the aspirant should offer as the most important gift. Whoever forms a "Star for Help through Thoughts" becomes a Light-Bearer and servitor of the world of the power of love and sacrifice. The heart symbolizes the true spiritual centre of the human being and its emphasis is a sign that in the beginning of time heart-thinking should be specially developed and more love should be spread.

"The flaming pentagram is a shield in times of battle. A person in the midst of special tension is just such a pentagram. With his larynx burning and his hands and feet ablaze, he rises like an invincible shield that protects the works manifested. Naturally, a condition like that is especially dangerous in the midst of life, where so many small betrayals occur. I recommend silence as a way to avoid setting fire to several centers, especially the heart. A selfless, flaming heart is a special joy for the Higher World. Such hearts blaze forth like torches, shining above all the pressures of the world." (HEART, § 174.)

"Armageddon has already begun—the end of 1931 saw the start of the Great Battle, and I did not conceal it from you. So the Battle cannot end now, but must reach a victorious conclusion. ***Of course, when the flaming pentagram must be uplifted as a shield, all the sensations of the Battle affect the heart. You should not be surprised that events are piling up, for the earthly battle is following the heavenly.*** *A great deal has been said about the Heavenly Host, about Michael the Archistrategus, the Supreme General, about the manifestation of the affirmed Leader, and about all the perturbations. That is why I say – take care!"* (HEART, § 176.)

"When I call, "Help through thought." I show a special trust. Not everyone can be asked to help in thought. One must be certain of the quality of thought and the concentration of heart energy. Such choice thoughts are like a powerful radio. One should know how to muster complete devotion, and how not to encumber thoughts with irrelevant feelings. A hurricane is necessary to carry sendings—steadfastness also will be urgently needed. It is erroneous to think that thought is important only for the earthly plane; perhaps it is even more important for the Subtle World, to create a powerful collaboration. During the tension of the world, equilibrium can often be created precisely by thoughts." (FW I, § 94.)

Dear friend, every day is precious. Therefore, start today with your self-perfection and cleanse your Mental World.

Send from now on positive and constructive thoughts into the world space. A good thought protects you and helps your soul to grow into the light, in other ways as well it is a very real power of far-reaching effect. Never try to destroy your opponents or other unpleasant persons in your thoughts, because evil thoughts return to the creator like a boomerang.

It is very important to send good thoughts. Only with thoughts of helpfulness, charity, and peace will we improve our own state of helplessness and that of humanity. Let us therefore help through the power of our good thoughts and let us send the invocation into the world space frequently during the day.

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List of references:

Works of the blessed MAITREYA MORYA:

Blossoms of Morya`s Garden:

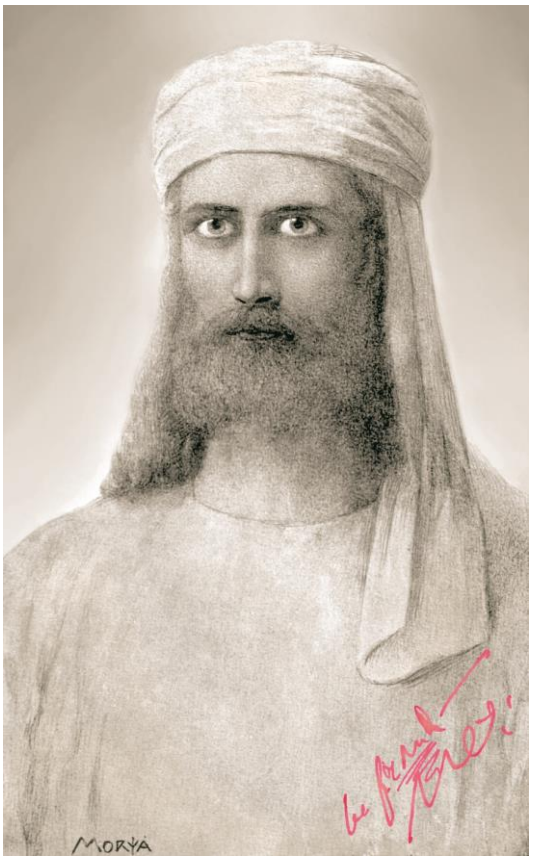
CALL	CALL	§§ 387
ILLUMINATION	ILL	§§ 358

New era:

COMMUNITY	COM	§§ 275

Doctrine of Living Ethics in seven themes:

AGNI YOGA	AY	§§ 670
INFINITY (2 parts)	INF	§§ 918
HIERARCHY	HIE	§§ 460
HEART	HEA	§§ 600
FIERY WORLD I	FW I	§§ 666
FIERY WORLD II	FW II	§§ 470
FIERY WORLD III	FW III	§§ 618
AUM	AUM	§§ 600
BROTHERHOOD	BH	§§ 610
SUPERMUNDANE	SMU	§§ 955



MORYA – Indian Rajput prince, whose spirit had enraptured to the great spirit of the MAITREYA, become enlightened and overshadowed by this. This ordered portrait drawing of the artist Hermann Schmiechen in 1884 was often copied, however the copies are only similar to the “face of the teacher”, so repainted copies lead to failures in meditations!

LEOBRAND – Leopold Brandstätter (* 20th February 1915 Wallern, † 26th February 1968 Linz), was an Austrian nature philosopher and humanist.
His writings are concerned with ethics, humanities, psychology, philosophy, politics, ideology of the world and architecture.
In the 1950s he translated the Agni yoga doctrine from Russian together with a Baltic-German team, thus paving the way for this philosophy in German-speaking countries.
Leobrand founded a (non public) school for Living Ethics. Decades before the introduction of teaching ethics in public schools he had already written 36 lessons of Living Ethics, as the first interdenominational teaching aid for ethical training. He gave countless lectures and conducted seminars. Recordings of Leobrand‘s lectures are available. These historical audio documents offer the possibility to understand/think along the philosophical analysis of the great thinker Leobrand and open up new horizons for life´s spiritual dimension. Philosophical accuracy and clarity of expression are Leobrand‘s trademarks.
The new concept of God is particularly noteworthy. For this new and completely independent concept of God, a new term was created: "UNIVERALO“. Leobrand‘s concept is explained on a hierarchical basis, it detaches itself from the abstract and merges with the whole existence. It includes many philosophical and historical concepts as well as advanced knowledge of relatively immortal spiritual fields of force. Leobrand therewith expressed the first and only humanistic definition of God within a new worldview and pulls the rug from under atheism. The new concept of God is as dynamic as nature itself and thus indicative of the forthcoming independent humanities.
Other highlights are his work for a united Europe and for a forthcoming pannational world union. Many of those great-sounding ideas of Leobrand are already self-evident reality.

Works:

1955 - 1961: 36 lessions, **Briefe über Lebendige Ethik** (*letters on Living Ethics* **-** in translation)
1957: **Psychische Energie** (*Psychic energy* - humanities and psychologie)
1958: **Heilung durch psychische Energie** (*Healing by psychic energy* - humanities and health)
1966: **Freude** (*Joy* - philosophy)
1967: **Der Ausweg** (*The way out* - politics)
1968: **Neues Europa und Welt ABC** (*New europe and world ABC* - politics)
1968: **Das neue universelle Weltbild** (*The new universal world view* - world view)
1968: **Spiralik** (*Spiralik* - architecture of the future)
1953 - 1968: reprint, articles in magazines (partly unpublished manuscripts)
1976: **Der auferstandene Gott** (*The resurrected god* - humanities, compilation of articles)
1962 - 1967: **Lectures** and seminars on all his works (recordings MC in German language)

Activities:

1949: Establishment of a **peace league**
1953: Establishment of the (not public) „**School for Living Ethics**“ and magazine
1960: Publication of the magazine „ **Spirale und grüne Wacht**“ (nature protection and biotechnology)
1961: Publication of the magazine „ **Weltreichspirale**”
1962: Establishment of the association „ **Welt-Spirale**“ - ethical society of progress and renewal of the world, and magazine.

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Overview of the „letters on living ethics, Introduction to Agni yoga“ from LEOBRAND:

Basic information ethics

1. The truth about yoga
2. Problems of spiritual renewal
3. The meaning of life
4. Karma and forming of fate
5. Might and meaning of thoughts
6. **Self-help through proper thinking**
7. Reincarnation – yes or no?
8. The meaning of suffering
9. Absolution or personal responsibility?
10. Dharma and life-task
11. Death and Rebirth
12. Devotions and sacrifice
13. The relationship of the sexes
14. Marital problems
15. Living Ethics and education
16. Living Ethics and everyday life
17. Living Ethics and nutrition
18. Living Ethics and art

Spiritual training

19. Living Ethics – doctrine of life
20. Chakras or centers of higher consciousness
21. The spiritual meaning of the heart
22. The widening of consciousness
23. The subtle constitution of man
24. Monad or spiritual grain
25. The construction of the universe and Cosmoses
26. Subtle world
27. Fiery world
28. Brotherhood
29. The universal understanding of God
30. The Mother of the world
31. Occultism – yes or no?
32. Danger and meanders of occultism
33. Good and evil
34. The coming new world
35. Infinity
36. The path to become a master

Human thoughts and desires are subject to the same laws of nature as electric and magnetic fields of force. Through the influence of the sent-out thoughts, the whole of humanity is connect-ed to one another in an unexpected way. In the longer term, however, life experience proves that human being's lasting happiness can only be sought in inner or spiritual values that last beyond death and can be augmented and improved from life to life. True self-help through proper thinking is therefore in the refinement of the character and in the preparation of a good karma. He who sends out daily thoughts for help, always with the good intention of helping those unknown persons who most need them, will always receive the salutary powers he needs, without having to ask for them. Everything that happens has its cause primarily in the spiritual and must first be prepared in thought. Only through preparation in thoughts can a better world emerge.

„Welt-Spirale"
www.welt-spirale.com

Ethical society for progress and world renewal