

Extract of Verses from THE SECRET DOCTRINE

*Lo! The Divine Brooded Over Himself! O Mortal!
Behold! The Entering of the Worlds into Thee! O Mortal!
Can You Seize Your Food with Your Breath! O Mortal!
Is It Not I, That Is Beyond The Range of Your Vision! O Mortal!
Behold Your Becoming Immortal! O Mortal!
Am I Not The Fountain Head of All Intelligence! O Mortal!
O Mother Earth! Let My Spirit Be Large With the Limitless Joy
O Mother Earth! Let My Soul Not Be Captive in Nature's Golden Hands
O Heavens! Let My Soul Witness the Sun Eyed Guardians of the Mysterious Deeps
O Heavens! Let My Soul's Thought Be Part of the Heavenly Dialogue
O Heavens! Let My Soul Venture Into the Undiscover Scenes
O Heavens! Let My Soul Witness the Bright Moving Mansion's of Lord's Bliss
Behold The Sacred Combination With Regard To Self! O Mortal!
May My Spirit Empty Itself! O Mortal!
May I Be The Soul of All Things! O Mortal!
The Most Sacred Duties of Teacher
Let You Speak That Which Has Been Purified By Truth
Verily I Sing The Song of Joy! O Mortal!
Verily I Have Transcended All Distinction of Food and Food Eater! O Mortal!
Verily Those Who Worship Divine As Food Obtain All Food! O Mortal!
What About Fasting One Bliss of the Divine! O Mortal!
Seek The One Who Is The First and The Last! O Mortal!
Be Sure Bliss Is the Truth behind Intelligence! O Mortal!
To Get At The Real, Shake Off Your Bodies! O Mortal!
Have You Found Your Enjoyment In Renunciation! O Mortal!
Verily Act By Merging Yourself In The Cosmic Purpose! O Mortal!
Verily I Am The Unmoving One! O Mortal!
Why Do You Enter Into The Blinding Darkness! O Mortal!
Why Don't You Live In This World Without Being Choked By It! O Mortal!
O Lord! Let This Life Enter Into the Immortal Breath
O Soul! Let Your Heart Witness the Darkness with Shapeless Endless Wings
I Am That Which They Know Not! O Mortal!
I Am The Consciousness That Is Beyond Space And Time! O Mortal!
Be Sure the Most Secret Union Is Above Intelligence! O Mortal!
Be Sure You Rise To Your Supramental Existence! O Mortal!
Be Sure You Know the Conceit of Darkness! O Mortal!
Be Sure Thou Hears Inwardly the Affirmations of Truth! O Mortal!
I Am The One Who Lifts The Veil From Thy Ancient Face! O Mortal!
I Am The One That Shines In The Cave of Thy Heart! O Mortal!
I Am The One Who Releases You From The Wheel of Time! O Mortal!
O Soul! Why Don't You Seize the Cosmic Energies for Your Use
O Soul! Why Don't You Delve Into the Subtle Worlds
When Shall You Become Indivisible! O Mortal!*

When Shall You Get Rid of Your Bewilderment! O Mortal!
O Soul! Why Don't You Set the World Ablaze With Your Inner Fire
O Soul! Why Don't You Strive to Wake Your Being by the Touches of Heaven
O Soul! Why Do You Return With Your Task Undone
O Soul! Let Your Heart Witness the Heart Beat of the Cosmos as Its Own
O Soul! Let Your Heart Witness the Scenes Concealed Behind the Earthly Scene
O Mother Earth! Why Can't We Witness Darkness That Attempts To Fight Against the Luminous Eye
O Mother Earth! Why Can't We Witness Darkness That Converts Our Chase into a Fired Hunt
O Mother Earth! Why Can't We Witness Darkness That Hides the Mighty Energy of the Underworld
O Mother Earth! Why Can't We Witness Darkness That Threatens To Lay Waste Our Inner Being

About Author : The mystic writings and poems of author Anand Krishna helps us in dealing with everyday issues such as the strength of will power, the creativity to see beyond problems, importance of positivity and the true meaning of success. For all who feel that stress and nervousness are an unavoidable fact of modern life, the mystic poems of Anand Krishna reminds us that within each of us is an inner core of universal peace and harmony that we can learn to access at will. The mystic poems and writings of Anand Krishna shows us how to overcome fear, worry, anger, nervousness and moodiness. His writings also teach us how to stay calmly in the present and to stay actively focused, no matter what is going on around us and also teaches us to Experience the mystic and expansive timelessness and beauty of each moment. The spiritual and mystic poems of the author caters to the deepest needs of the human heart and soul. These poems reveal how we can meet the daily challenges to our physical, psychological, emotional and spiritual well-being - by awakening our divine nature, the neglected reality at the core of our being.

Through his writings the author succeeds in dispelling the myth that God is beyond our reach and beyond our self. He points out that it is not only possible to converse with God but to receive definite responses to our prayers and also converse with our divine self. The author Anand Krishna helps us to realize how close that infinite and all-loving Being is to each one of us. He also explains how we can make our prayers and thoughts so powerful and persuasive that they will bring a tangible response from the mystic universe. The books written by Anand Krishna motivates the readers how to be devoid of a harsh, materialistic life and live a life of peaceful serenity governed by quality and not quantity. The spiritual poems written by the author deal with complex issues in a very easy-to-understand and simple manner, inviting the readers to explore their inner selves through meditation and contemplation. The teachings of the author alters the perspective and attitude that people approach life with, changing one's thought process to invite and draw true material and spiritual success and prosperity .The books written by the author also highlights the key to dissolving obstacles both physical and spiritual while dealing with natural feelings of fear and the feeling of being lost. The author has been greatly inspired by the mystic philosophies propounded in the Geeta, Upanishads, Sufi literature and other ancient mystical works. The author Anand Singh (Pen Name: Anand Krishna) has written on various spiritual aspects of human existence in this world and beyond.

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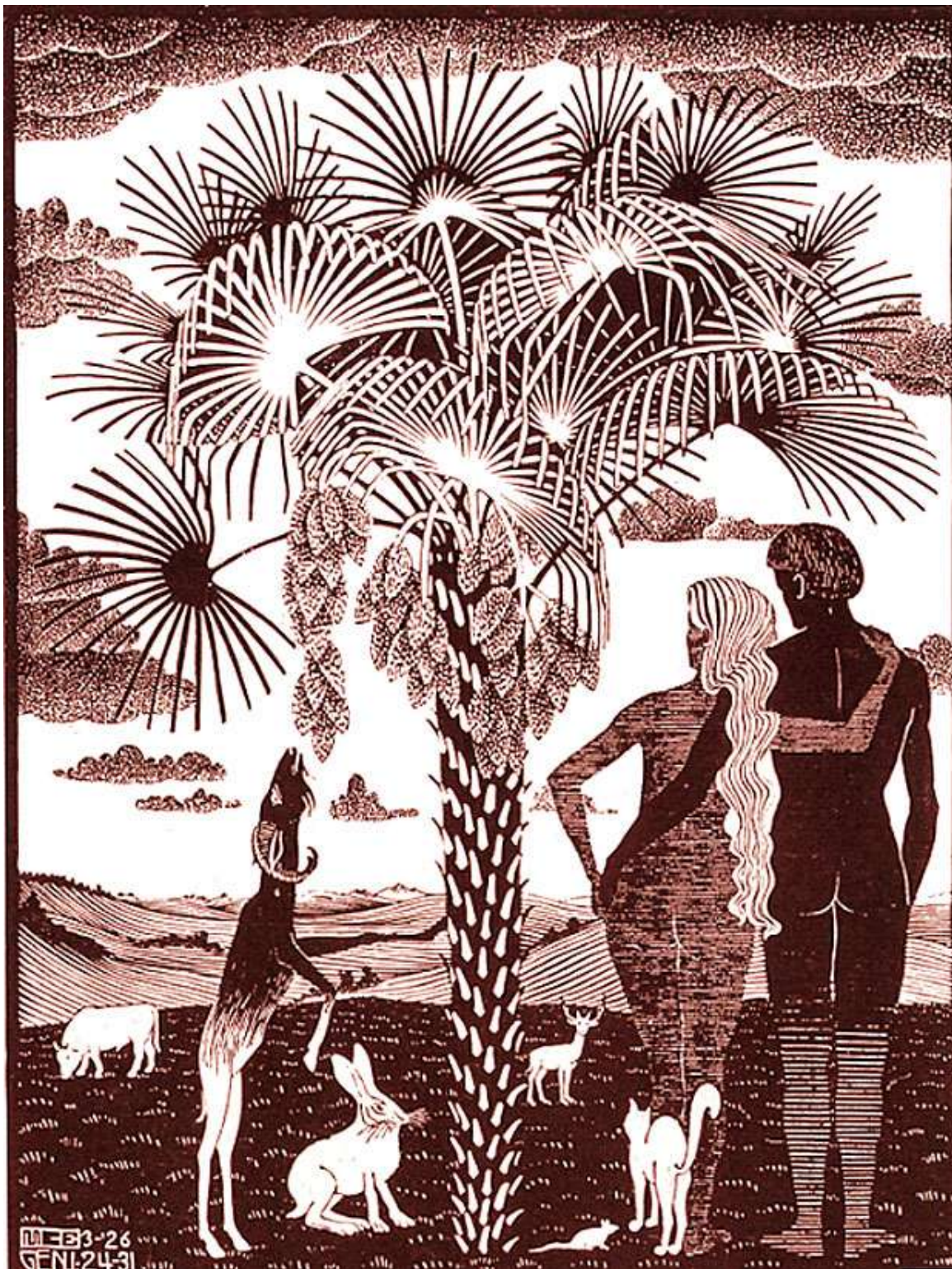
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CHAPTER 1-IN CELEBRATION OF SELF (POEMS BASED ON PHILOSOPHY OF AITAREYA UPANISHAD)

Chapter 1.1-Understanding Creation (Poems Based On Philosophy of Aitareya Upanishad)

Chapter 1.1.1-Poems on Understanding Creation of Food



(Artist: M.C. Escher Date: 1926)

Poem on Creation of food

Can You Seize Your Food with Your Breath! O Mortal!



(Artist: Thomas Cooper Gotch Date: 1893)

Behold the food created for the worlds.

Behold the food created for the guardians of the worlds.

Lo! The food was created when the divine brooded over the waters.

Can you seize your food with your breath! O mortal!

Can you seize your food with your speech! O mortal!

Why are not you able to take hold of it by your speech! O mortal!

Can you have satisfaction of food only with your speech! O mortal!

Can you have satisfaction of food only be merely taking of food! O mortal!

Can you seize your food with your breath! O mortal!

Why are not you able to take hold of it by your breath! O mortal!

Can you have satisfaction of food only with your breath! O mortal!

Can you have satisfaction of food only by breathing towards food! O mortal!

Can you seize your food with your breath! O mortal!

Can you seize your food with your sight! O mortal!

Why are not you able to take hold of it by your sight! O mortal!

Can you have satisfaction of food only with your sight! O mortal!

Can you have satisfaction of food only by sight of food! O mortal!

Can you seize your food with your breath! O mortal!

Can you seize your food with your hearing! O mortal!

Why are not you able to take hold of it by your hearing! O mortal!

Can you have satisfaction of food only with your hearing! O mortal!

Can you have satisfaction of food only by hearing of food! O mortal!

Can you seize your food with your breath! O mortal!

Can you seize your food with your skin! O mortal!

Why are not you able to take hold of it by your skin! O mortal!

Can you have satisfaction of food only with your skin! O mortal!

Can you have satisfaction of food only by feeling it with your skin! O mortal!

Can you seize your food with your breath! O mortal!

Can you seize your food with your mind! O mortal!

Why are not you able to take hold of it by your mind! O mortal!

Can you have satisfaction of food only with your mind! O mortal!

Can you seize your food with your breath! O mortal!

Can you seize your food with your generative organs! O mortal!

Why are not you able to take hold of it by your generative organs! O mortal!

Can you have satisfaction of food only with your generative organs! O mortal!

Can you seize your food with your breath! O mortal!

Do! surely you can seize your food with your outer breath! O mortal!

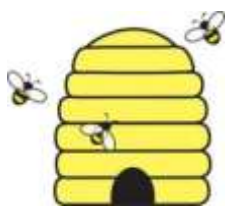
Surely you shall be able to take hold of it by your outer breath! O mortal!

Surely grasper of food is what air is.

Surely this one living on food, is verily what air is.

Can you seize your food with your breath! O mortal!

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Bees, Beehives: Humanity has always had a close relationship with bees, whose honey has, have been a food staple since before the dawn of civilization. As a symbol, the bees' lifestyle mimics that of the human social order- a cooperative, productive social hierarchy. In fact, beekeeping is one of the earliest markers of civilized society- bees provided many of the necessities of advancement, providing not only food, but wax for metalworking, cosmetics, and medicines, as well as the ever-important pollinization of fruit trees and other food crops. (Source: <http://symboldictionary.net>)

POPULAR QUOTES ON CREATION OF FOOD

"Food can become such a point of anxiety - not because it's food, but just because you have anxiety. That's how eating disorders develop."

- **Vanessa Carlton**

"Our minds are like our stomachs; they are whetted by the change of their food, and variety supplies both with fresh appetite."

- **Quintilian**

"Cultivation to the mind is as necessary as food to the body."

- **Marcus Tullius Cicero**

"A house is not a home unless it contains food and fire for the mind as well as the body."

- **Benjamin Franklin**

CHAPTER 1.1 -UNDERSTANDING CREATION (POEMS BASED ON PHILOSOPHY OF AITAREYA UPANISHAD)

Chapter 1.1.2- Poems on Understanding Creation of Human Being



(Artist: Jan Brueghel the Younger Date: 1601-78)

Poem on Creation of Human Being

Behold! The Entering of the Worlds Into Thee! O Mortal!



(Artist: Michelangelo Date: 1475-1564)

**Behold fire becoming
your speech! O mortal!
Behold speech
entering your mouth!
O mortal!
Behold air becoming
your breath! O mortal!
Behold breath
entering your nostrils!
O mortal!
Behold the sun**

**becoming your sight! O mortal!
Behold the sight entering your eyes! O mortal!
Behold the entering of the worlds into thee! O mortal!**

**Behold the quarters of space becoming your hearing! O mortal!
Behold the hearing entering your ears! O mortal!
Behold the plants and trees becoming your hairs! O mortal!
Behold your hairs entering your skin! O mortal!
Behold the entering of the worlds into thee! O mortal!**

**Behold the moon becoming your mind! O mortal!
Behold your mind entering your heart! O mortal!
Behold death becoming your out breath! O mortal!
Behold your out breath entering your navel! O mortal!
Behold water becoming your semen! O mortal!
Behold your semen entering your generative organ! O mortal!
Behold the entering of the worlds into thee! O mortal!**

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Cherubim (Kerubim, Kerubs): The Cherubim were originally the ancient protectors of the Mesopotamian Tree of Life. They were often depicted supporting the thrones of deities and kings. They are closely related to (and often identical to) the sphinx. In the Judeo-Christian tradition, they are the four vast, winged creatures described in the visions of Ezekiel, each winged creature bearing four faces: a lion, a bull, eagle, and human head. In later Christian tradition, the four Cherubim (tetramorphs) are associated with the four evangelists of the New Testament. (Source: <http://symboldictionary.net>)

POPULAR QUOTES ON CREATION OF HUMAN BEING

“God built into the creation a variety of cultural spheres, such as the family, economics, politics, art, and intellectual inquiry. Each of these spheres has its own proper "business" and needs its own unique pattern of authority. When we confuse spheres, by violating the proper boundaries of church and state, for instance, or reducing the academic life to a business enterprise, we transgress the patterns that God has set.”

- Abraham Kuyper

“Protestantism developed its sense of identity primarily in response to external threats and criticisms rather than as a result of shared beliefs. In one sense, the idea of "Protestantism" can be seen as the creation of its opponents rather than of its supporters.”

- Alister McGrath

“Liberals creation myth is Charles Darwin's theory of evolution, which is one notch above Scientology in scientific rigor.”

- Ann Coulter

“Our bodies are shaped to bear children, and our lives are a working out of the processes of creation. All our ambitions and intelligence are beside that great elemental point.”

- Augustine

“In the destiny of every moral being there is an object more worthy of God than happiness. It is character. And the grand aim of man's creation is the development of a grand character, and grand character is, by its very nature, the product of probationary discipline.”

- Austin Phelps

“For in self-giving, if anywhere, we touch a rhythm not only of all creation but of all being.”

- C.S. Lewis

“We have no strict demonstration of anything, except mathematical truths, but by metaphysics. We can have no proof that is properly demonstrative, of any one position relating to the being and nature of God, his creation of the world, the dependence of all things on him, the nature of bodies and spirits, the nature of our own souls, or any of the great truths of morality and natural religion, but what is metaphysical.”

**- Jonathan
Edwards**

“To some measure even unbelievers benefit from God's grace. Theologians call that "common grace" because it is common to all mankind. Common grace is God's continual care for all creation, providing for His creatures' needs. Through common grace God restrains humanity from utter debauchery and maintains order and some sense of beauty, morality, and goodness in society's consciousness.”

- MacArthur

**CHAPTER 1.1 -UNDERSTANDING CREATION (POEMS BASED ON
PHILOSOPHY OF AITAREYA UPANISHAD)**

Chapter 1.1.3- Poems on Understanding creation of the world



(Artist: Jan Brueghel the Younger Date: 1601-78)

Poem on Creation of the world

LO! THE DIVINE BROODED OVER HIMSELF! O MORTAL!



(Fábrica Orbis)

The divine in the beginning was the one only! O mortal!
Verily nothing else whatsoever existed.
Verily nothing else whatsoever winked.
Then came a thought to the divine.
Then thought the divine "let me now create the world."
Lo! The divine brooded over himself! O mortal!

Verily out of the divine, mouth

was separated out.

Verily out of the mouth, speech was separated out.

Verily out of the speech, fire was separated out.

Verily out of the divine, the mortals were separated out.

Verily out of the nostrils, breath was separated out.

Verily out of the breath, the air was separated out.

Lo! The divine brooded over himself! O mortal!

Verily out of the divine, the eyes were separated out.

Verily out of the eyes, sight was separated out.

Verily out of the sight, the sun was separated out.

Lo! The divine brooded over himself! O mortal!

Verily, out of the divine, the ears were separated out.

Verily out of ears, hearing was separated out.

Verily out of hearing, the quarters of space was separated out.

Lo! The divine brooded over himself! O mortal!

Verily out of the divine the skin was separated out.

Verily out of the skin, the hairs were separated out.

Verily out of the hairs, the plants and trees were separated out.

Lo! The divine brooded over himself! O mortal!

Verily out of the divine, the heart was separated out.

Verily out of the heart, mind was separated out.

Verily out of the mind, the moon was separated out.

Lo! The divine brooded over himself! O mortal!

Verily out of the divine, the naval was separated out.

Verily out of the navel, the out breath was separated out.

Verily out of the out breath, death was separated out.

Lo! The divine brooded over himself! O mortal!

Verily out of the divine, generative organs were separated out.

Verily out of the generative organs, semen was separated out.

Verily out of semen, water was separated out.

Lo! The divine brooded over himself! O mortal!

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Iao Sabaoth: Iao Sabaoth is Greek, derived from the Hebrew "YHVH Tzaviot," usually translated "Lord of Hosts," a name of God in the Old Testament. In modern biblical translations, it is often rendered as "Commander of armies." The name Iao Sabaoth is also applied together or separately as Gnostic archons; the Gnostic Iao is associated with both Abraxas and the seven headed dragon; he is sometimes referred to as the "Father of Lies." (Source: <http://symboldictionary.net>)

POPULAR QUOTES ON CREATION OF THE WORLD

"The Spiritual Life is the gift of the Living Spirit. The spiritual man is no mere development of the Natural man. He is a New Creation born from Above."

**- Henry
Drummond**

"Just because creation gives God great delight, we cannot say that He is worshipping it; rather, He is worshipping Himself as He sees His goodness bringing such blessing to people that they give their heartfelt thanks and praise to Him for the benefits He imparts."

- Daniel Fuller

"A man with no sense of religious duty is he whom the Scriptures describe in such terse but terrific language, as living "without God in the world." Such a man is out of his proper being, out of the circle of all his duties, out of the circle of all his happiness, and away, far, far away, from the purposes of his creation."

- Daniel Webster

"To reverence the impersonal creation instead of the personal God who created us is a perversion designed for escaping moral accountability to the Creator. God indicts those who worship the creation instead of its Creator (Rom 1:18-23); and warns of the corruption of morals and behaviour which results."

- Dave Hunt

**CHAPTER 1.1-UNDERSTANDING CREATION (POEMS BASED ON
PHILOSOPHY OF AITAREYA UPANISHAD)**

Chapter 1.1.4- Poems on Understanding Entrance of Self



(Artist: William-Adolphe Bouguereau Date: 1825-1905)

Poem on Entrance of self into the body

Is It Not I, That Is Beyond The Range of Your Vision! O Mortal!



(Mr T Silappathikaram Source:
www.artmajeur.com)

If speaking is through speech!
Then who am I!! O mortal!
If breathing is through breath!
Then who am I! O mortal!
If seeing is through the eyes!
Then who am I! O mortal!
**Is it not I, that is beyond the
range of your vision! O mortal!**

If hearing is through the ears.
Then who am I! O mortal!
If touching is through the skin!
Then who am I! O mortal!
**If meditation is through the
mind!**

**Then who am I! O mortal!
Is it not I, that is beyond the range of your vision! O mortal!**

**If breathing out is throughout breath!
Who am I! O mortal!
If emission is through generative organ!
Then who am I! O mortal!
Is it not I, that is beyond the range of your vision! O mortal!**

**If the body is like a city, then am I not the lord of that city.
Does not the speech serve me, your master!
Does not your breath serve me, your master!
Does the your eyes serve me, your master!
Does not your ears serve me, your master!
Does not your spine serve me, your master!
Does not your mind serve me, your master!
Does not the out breath serve me, your master.
Does not your generative organ serve me, your master.
Is it not I, that is beyond the range of your vision! O mortal!**

**Is not your speech meant for my enjoyment! O mortal!
Is not your breath meant for my enjoyment! O mortal!
Is no your legs meant for my enjoyment! O mortal!
Is not your ears meant for my enjoyment! O mortal!
Is not your spine meant for my enjoyment! O mortal!
Is not your mind meant for my enjoyment! O mortal!
Is not they outer breath meant for my enjoyment! O mortal!**