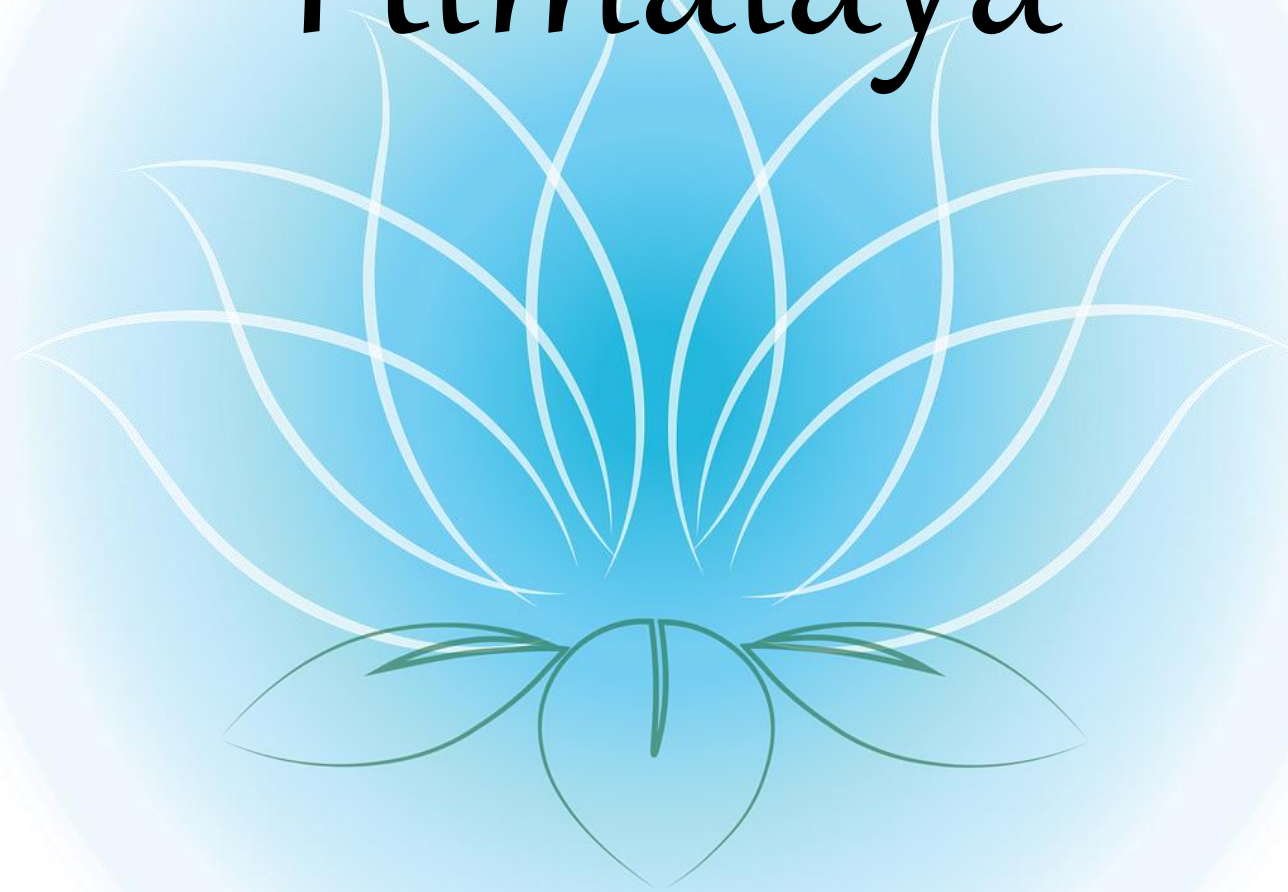


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# The Ethos of Himalaya



# What does “ethos” mean?

Ethos—the distinguishing character, sentiment, moral nature, or guiding beliefs of a person, group, or institution

*It is the spirit, character, principles or essence of someone.*



Himalayas! Here is the Abode of the Rishis. Here resounded  
the sacred Flute of Krishna. Here thundered the Blessed Gautama  
Buddha. Here originated all Vedas. Here lived Pandavas.  
Here—Gesar Khan. Here—Aryavarta. Here is Shambhala.  
Himalayas—Jewel of India. Himalayas—Treasure of the World.  
Himalayas—the sacred Symbol of Ascent.

Nicholas Roerich, *Himalayas: Abode of Light*



# Himalaya, Himavan, Himavat

- King of Snow or Lord of the Mountains
- Ruler of the Himalaya Kingdom of ancient India
- ...he who is like a silver cloud in his figuration, a gentle and delightful one in his appearance... *Ramayana* (4 11 16)
- Guardian of the ray of the masculine aspect of the Godhead focused directly from the heart of Alpha

*The Masters and their Retreats*

**Video: The Valley of the Flowers – Ganges - BBC    Music: Ram Charan Sukhdayi from Divinity Vol. 3**

# Retreat of the Blue Lotus

Few of you remember your experiences with me on the inner, yet, I encourage you to seek that oneness from within the great silence of your heart and the great stillness. . .





- Etheric retreats are homes and schools of light
- *Antahkarana* the web of life/light for the planet
- Ongoing instruction from ascended master teachers



- The main hall has lotus flowers floating in a pool carved into the floor.
- A wall opens to an antechamber which is the flame room, where a lotus flame on the altar is a focus of the three-fold flame. An intense blue flame forms the petals of the lotus, golden flame blazes from the center, pink radiance emanates.
- The walls are rough hewn—showing the beauty of the rock.
- The only decoration is the flame itself and a statue of a figure in meditation.
- Those who serve here wear white linen robes.
- There are seven chambers, one on top of the other. Initiates begin in the lowest, largest chamber and are allowed to ascend to the next layer after passing tests of self-mastery. The chambers are separated by hundreds of feet of solid rock. A spiral staircase connects the first three, beyond that you must levitate or adjust your atomic pattern to enter through the walls.
- Receive a mantra that is a key to fulfilling your divine plan



# Stillness, Silence & Listening

# Stillness

*Be still and know that I Am God.*

*Psalm 46:10*





Perfect stillness you must know.  
And in that knowing all will be known by you  
in the soundless sound of the One.

Himalaya, August 14, 2007

Through stillness, you may penetrate the **causality of being**. And in silence, you may access all that is divine, that which is true within you that has always been one with the All in all. For in that state of oneness, wherein you dwell in eternality, there God is, there the One resides and affirms, in the I AM statement and name, beingness, truth, wisdom—that which is and shall remain linked, yoked to that **causal point of perfection**.

Himalaya, June 16, 2013

# Silence



*... and Listening*

I speak little to initiates, and yet the profundity of the Word who I am is always my message. For, the Logos speaks often through the silent ones, even the silent watchers, who bear testimony to the allness of that Presence, through oneness with all life.

Himalaya, November 18, 2015

I am within the firmament of the Earth holding the key to God-mastery through the silence of the Word who I am, and who you may become, through holy meditation, through complete stillness of body, of mind, of being.

Himalaya, June 18, 2008

# Joy & Levity



**Q: What do Yoga meditation and an apple peeler have in common?**

**A: They both take you to the core.**

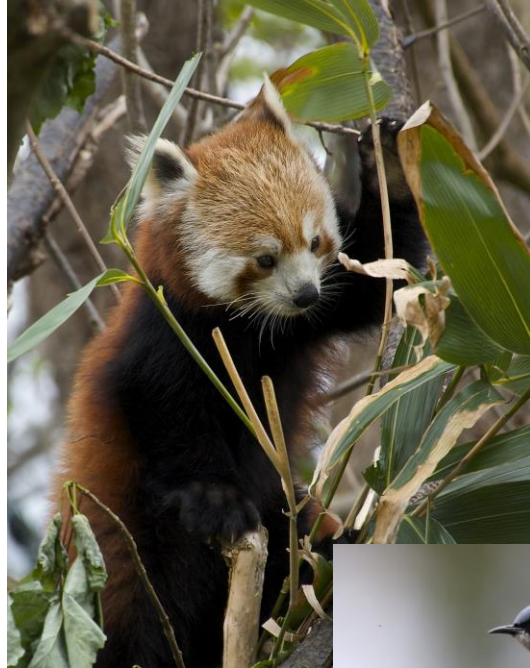
In Yoga, it's just one thing after another—  
breath, breath, breath.

When asked what gift he wanted for his birthday, the yogi replied  
*"I wish no gifts, only presence."*

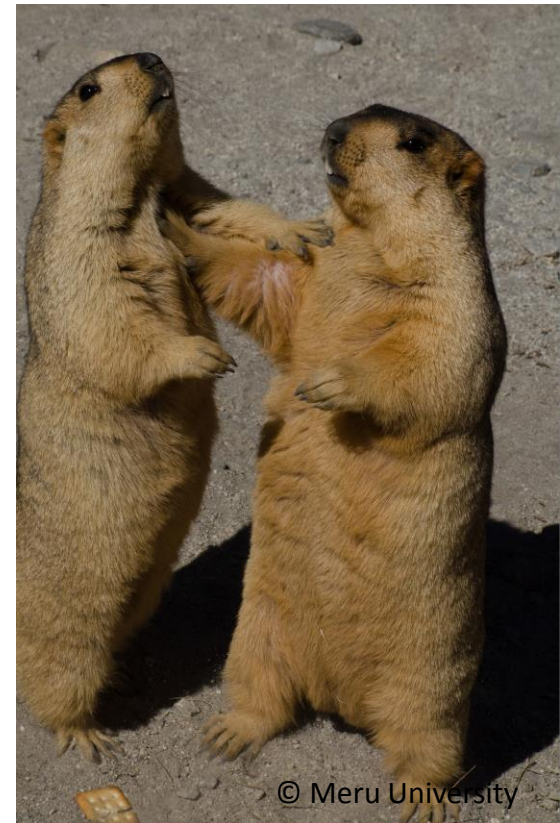
**Q: How many yogis does it take to change a light bulb?**     **A: Into what?**

If it seems like everything is coming at you, maybe you're in the wrong lane.





**Other  
Himalayan  
Inhabitants**



# Love & Fear

I am Himalaya. I am **Him** who **allays** all fear through the light of mercy-love.

Himalaya, June 16, 2013



Perfect love casts out all fear. All Fear, I say, must go by the way through heartstreaming with God, your source, your love.

Fearlessness is the requirement of the hour, and yet this cosmic peace of stillness from which fearlessness flows may only be yours when you understand the Self and emanate with me in the lotus love of light. I convey through silence the higher teaching. Listen, listen to the sound of silence, the voice of peace, the emanation of love from where I AM within you.

Himalaya, June 6, 2007



*I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me.*



*And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain.*

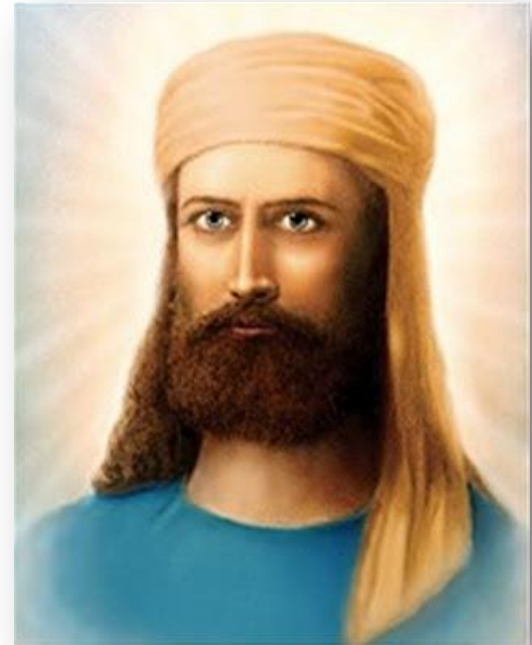
*Frank Herbert, Dune*

# El Morya

*My disciple Morya speaks and  
the thunder rolls. . . .*

*Listen to Morya El, his words  
ring clear, his mind is a refrain  
of my own and when you have  
accepted the fire of his being  
then you may be ready for my  
stream and the water of life that  
I shall deliver to wash you clean  
at a new level of beingness.*

*Himalaya, June 18, 2008*





# *Lord Himalaya in sacred texts*

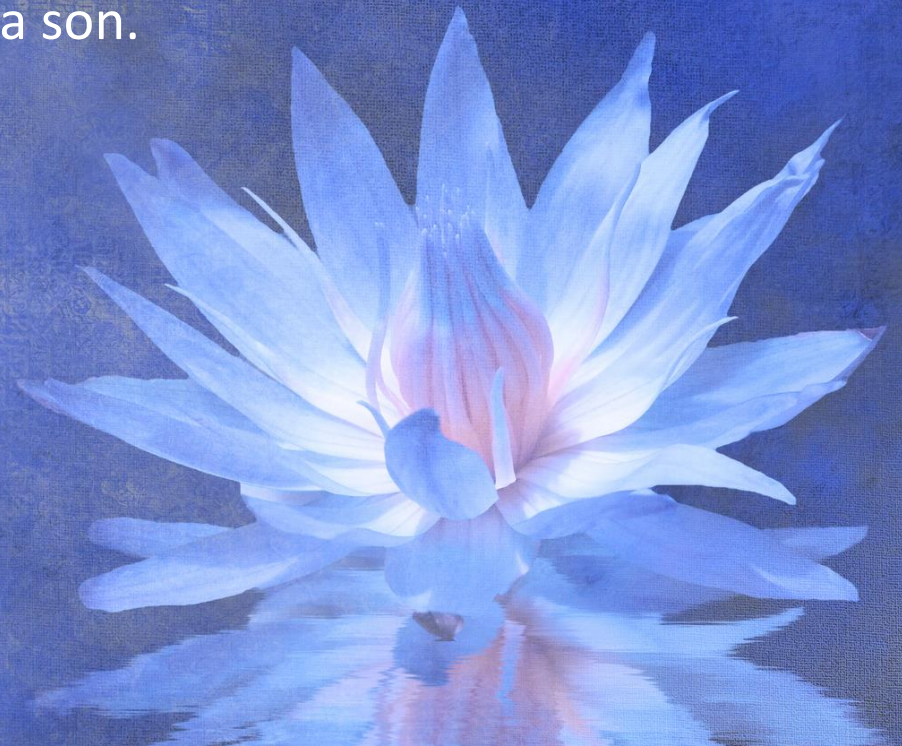
“Once, Himalaya—the king of the mountains, decided to marry with the desire of expanding his lineage. The deities came to know about his desires and so they went to the *Pitras* and requested them to give their daughter, Maina, so that Himalaya could marry her.

The *Pitras* agreed to this proposal. Thus, Maina got married with Himalaya.”

Puranas



- Himalaya, devotee of the Divine Mother
- Himalaya and Maina began their penance (devotions) with the objective of getting Uma (Parvati) as their daughter. Maina did a tremendous penance which lasted for twenty-seven years. Uma was pleased with their penance.
- They have three daughters and a son. In some versions they have one hundred sons!
- Ganga, Parvati  
Aparna, Ekaparna, Ekapatala  
Ragini, Kutila, Kali
- The eldest son is Mainak or Sunabha or Sunam.
- Parvati to marry Lord Shiva



# Marriage of Shiva and Parvati





# Emanation



# Where do I start?

- First, draw in the light of God. Let it intensify in you until you become a sun of light—like a brilliant light bulb! And *love* this God-energy.
- Let it expand in your being to infuse every cell, through to your higher Self and your Solar awareness. Feel yourself transfigured in this light as was Jesus in his resurrection.
- Emanate this light. You can use your hands, feet, heart chakra. . .

*Let's practice*

Time for Sharing

# *Manu of the Fourth Root Race*

Root Races—the plan of spiritual evolution for the planet

## Subraces

1. Rmoahal
2. Tlavatli
3. Toltec
4. First Turanian
5. Original Semite
6. Akkadian
7. Mongolian



- Root Race A group of souls embodying together with a unique archetypal pattern and mission
- *Manu*—progenitor of a race, lawgiver
- Developing better vehicles for advanced life  
Etheric, mental, emotional and physical bodies
- “Chakshusha, *Manu* of the Fourth Root Race”  
*The Masters and the Path* by C.W. Leadbeater
- “The Manu of a Race is its Progenitor, for the whole Race has its Manu as its physical ancestor.” *Man: Whence, How, and Wither* by Annie Besant and Charles W. Leadbeater

# Telepathy

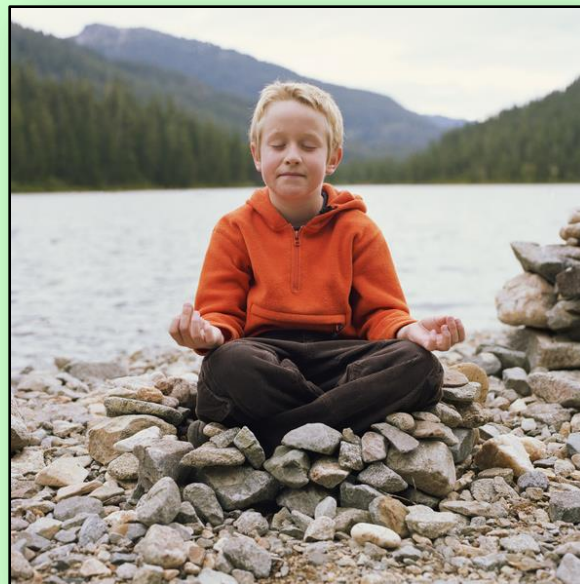
. . .mental telepathy is not a straining of the mind or the brain to somehow access the impulses from another's brain or mind. But it is an entering into the Mind of God, which is a beautiful thing. And in the beauty of that Mind, there is the natural flowering and unfoldment of all wisdom.

You can see as you activate the pranic energies within you more clearly, how you can access the mind emanations of God which see and know all. So if you would have greater telepathy and a connection mind to mind with others and an instantaneous communication, then you need to enter the great pool of divine thought that can occur when your heart-mind connection creates a flowfield that resonates within the mind of God.

Excerpt from darshan answer by Himalaya,  
October 27, 2008



As you enter through your devotion into the Oneness of beautiful and perfect beingness you will have greater access to a telepathic communication from your source, from any ascended master, from your sponsoring gurus, your ascended twin flames, any heartfriend who is moving in the divine stream in this oneness of purpose and solicitude.





It is a gentle and sweet,  
almost a delectable  
experience to taste the  
very mindfulness  
of the One.

Dear ones, the blue lotus is a calm and wonderful  
thoughtform to see resting upon the sea above the  
astral plane whereby the mind of God is accessible.  
When you rise above the astral plane in divine thought  
then you penetrate the higher mind and the higher  
mind emanations of the One.





So simply see yourself gliding as a mighty blue eagle high above the earth, above all human effluvia and mindlessness and in the pure stream upon which you glide and move and soar. The thoughtforms of perfection coexist everywhere and may through your higher pranic breathing bring to your mind the intimations of the Godhead and all that flows to and through your mind will be magnificent.

Excerpt from darshan answer by Himalaya, October 27, 2008

***Let's practice!* THEN SHARE**

# Peacefulness

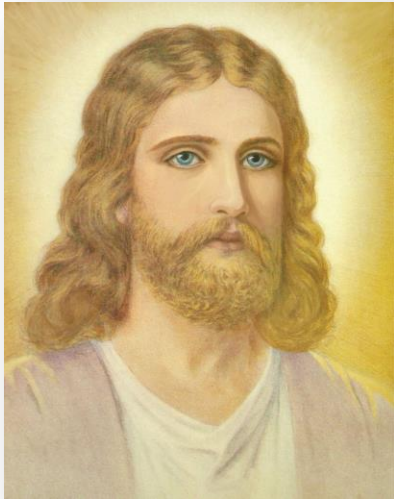




If you are not at peace with your soul, your heart,  
how can you expect to emanate light  
to bring peace to the world?

Himalaya, December 28, 2010

# Kuthumi & Jesus



...Kuthumi has come and I amplify the flame of peace that he has established. For as a disciple of peace and World Teacher, he, with Jesus, is key for you in discerning the next step toward planetary peace, toward the ultimate fulfillment of all dispensations past, within the Now of perfect peace.

Himalaya, June 6, 2007

# The Ultimate Goal

- So, why should we meditate?
- Silence, Listening, Stillness, Peacefulness
- Oneness, Unity



As your Himalaya, I now convey to you through my eyes, a pool, a resource of blue-fire glory for the nurturing of your divine blueprint and for the awakening of an ancient memory of your oneness with the divine, of your harmony with love. Be at peace, live in peace, you are peace.

Himalaya, March 8, 2015

# Recommended

- *Guided Emanation Meditation by Himalaya* Nov. 18, 2015  
*heartscenter on youtube.com*
- *Stillness Meditation by Dennis Fisher* *heartscenter on youtube.com*
- *Meru University course-- Inner Stillness by Boyd Badten* MU 1409

## *These may be interesting to you...*

- <https://www.youtube.com/watch?v=-hTVNidxg2s> The Himalayas from 20.000 ft.  
posted by Teton Gravity Research
- <https://www.youtube.com/watch?v=uL86xr4ZYg> Valley of Flowers posted by Screen Shorts

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# Thank You

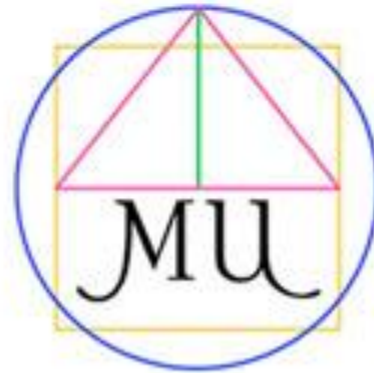
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