



Circle of Good Will

Basics of Spiritual Life

Working with Silence,
Sound, Language

This Powerpoint-presentation is part of a series of four presentations. They were made by the Circle of Good Will for a series of public talks.

The presentations are basing on the teachings of eternal wisdom as they are transmitted by the World Teacher Trust.

For this transcriptions from seminars of Dr. K. Parvathi Kumar were used.

www.good-will.ch



The Circle of Good Will

stands up for the advancement of right relations ,
for the spiritual synthesis between East and West, on the
basis of the teachings of Eternal Wisdom.

Founded in Muri, Switzerland, May 2000

A small group of like-minded people

In different ways we try to express good will in our lives and
foster it in our surroundings.

Newsletter: „The Lunar Messenger“ in 4 languages

Website: www.good-will.ch



Voluntary and Free of Charge

All our activities are voluntary and free of charge.

They are supported by friends with donations.

Within the scope of our possibilities we also support activities of other groups and individuals who are committed to the furtherance of right human relations.

Thus the entrance for the evening topics is free.

The organisation (publicity, renting of a room etc.) costs money, therefore contributions towards expenses are welcome.



Inspiration



Dr. K. Parvathi Kumar
Teachings of Eternal Wisdom



Background

The Eastern wisdom teachings tell that the entire activity in the cosmos takes place because of sound. The study of the effect of sound will give an enormous instrument into the hands of humanity.

In the West we have little or no idea of the forces that lie latent in sound, the vibrations that may be set up by those who understand how to pronounce certain words.

Through the influence of time and the increasing materialism man lost the key to sound, colour and form and the related divine powers.

It was only in some parts of India and Tibet that the knowledge was preserved, but kept back in order to protect it from misuse.



The Knowledge of Sounds

A little bit more than 100 years ago the Spiritual Hierarchy decided to give out once again the principles of use.

Thus the knowledge is now given to people who are willing to work with it for the good of humanity.

People with a keen intellect might reject working with sounds and mantrams.

Since the concrete mind tries to systematize and to crystallize, they find it difficult to engage in a transformation process which goes via experience and not via meaning.



Application of Sounds

Sounds and music are considered to be the highest means for inner transformation and also for energising the surrounding.

Mantrams help with the purification of the emotions and the mental body.

They can be used in hospitals and healing centres proposing relief and even cure to the sick.

They can be used in conferences and seminars to provide clarity at the mental plane of the participants.

When important global events are about to take place, for example when peace talks are held between warring nations, the groups are recommended to work with mantrams to bestow Love and Light on the concerned men.

Mantrams can be used during natural calamities to mitigate the damage to life and property.

They help in works of goodwill to rebuild the society in tune with the Law.

They produce and spread a field of Light around the practising groups and insulate against the impact of negative forces.



Power and Misuse of Music

Through music people can be influenced, even big masses.

Today sounds and rhythms are often produced without any sensitiveness and it is called music.

Especially in combination with alcohol and drugs music develops an intoxicating effect.

We can be led into subconscious levels and into illusions and indulgence; in this our mind gets weakened.

Actually music should build us up and make us harmonious, but if we listen to certain kinds of sounds we get deeply disturbed and our energies dissolve.

Without a skilful teacher however the work with sounds is a dangerous way.



The Effect of Sound and of Speech

Sound and speech can be constructive, but also cause destructions.

Many conflicts arise out of disagreements and an irresponsible use of speech.

If we make a baser use of speech, we get into conflicts.

Right speech can heal and uplift, it transforms the lower into the higher.

Sound is the central key for transformation and for inner work.

By singing sacred sound we purify the throat and thus our speech and action.

But occasional utterance will not bring such results.



Responsible Use

We have to be careful and responsible with sounds: If we don't use fire correctly and burn our fingers in it, it lies not with the fire, but with us.

When we use the OM or other sounds, it is important that we utter them with determination, think constructively and cause only thoughts of good will translated into good actions.

All our efforts to work with OM will be destroyed, when the throat and the tongue are critical, judgemental and negative and we thus hurt and discourage others.

In Sanskrit, it is said: "To invite the Devas and expel the devils, invoke OM." The Devas are the divine intelligences; the devils are the forces in us which keep us bound to matter.

It is said that the holy word OM works with fire, and fire even makes steel elastic. Since OM is the foundation of all, it can transform all.



Transformation Through Sound

When we turn to subtle things, for example ponder intensely upon colours, light or sounds, the brain matter becomes brighter and lighter and our lives remain in motion.

Sounds, especially the OM, can loosen the coarse matter and can all that is rigidly barred on the physical, emotional and mental planes set in motion again.

The lower bodies are aligned to the higher ones and the subtle energies invited, which bring us inspiration. Thoughts of a lower vibration are rejected and those of a finer nature are attracted.

It is important to utter the sounds daily and with a firm intention. Then the coarser matter is expelled from the tissues of our body and replaced by particles of finer matter, so that the soul can make better use of the body.



Seed Sounds, Mantrams, Songs

Mantrams have their roots in the seed sounds and are diluted versions; further diluted are hymns, bhajans and songs.

The sound may be regarded as the spirit, while the seed sound, the mantrams and the language relating thereto represent the soul and the language the personality of a race or community.

With a mantram the sound vibrations are essential, but not the language and the meaning.

Therefore the approach to a mantram is towards the vibration set forth, but not to the meaning. There the concrete mind, trying to systematize, would find it difficult and crystallize.

The mantric sounds are universal and should not be understood as Eastern, Indian or Sanskrit versions.

The Gayatri mantram for example relates to the entire universe and invokes the solar energy into us. It is a contemplation on THAT which exists on all three planes as consciousness, force and matter, so that THAT permeates and fulfils us.



Magic of Music

When we listen to a beautiful music, after a while we get absorbed into the music.

We forget that we listen to the music or where we are: All that remains is the music.

If at this moment somebody comes to us and says: "That's very beautiful music, isn't it?" this question is very unpleasant for us and we answer: "Please keep silent."

The pure experience doesn't allow any thought.

A thought serves to explain something about the experience after the experience is over.

During the experience itself the thought is an obstacle: As long as we think about our hearing of music, we don't really listen to it.

Only after a while we realise that time has passed. We know nothing about the span of the experience.



Through Music to the Soul

Music has the ability to directly rise the consciousness from the emotional plane to the plane of the soul and to make it dive into it without the help of the mental planes.

Musical sound work through the unconsciousness as a mantra. If they are used rightly, they can have a healing effect.

The sounds dissolve obstacles in us, and we can experience the bliss of comprehensive levels of consciousness.

When we go deeply into the sound, we get totally aligned. The scattered energies in us find together, the body cells are purified and transformed, our mind gets silent and transparent.

The soft, harmonious music of flute, violin or guitar flowing like a wave can also build up our vital energies and arrange the vibrations in the house.



Towards the Source of Sound

In the East there exist many spiritual exercises which open the subtle world to man and finally lead to the enlightenment of the brain.

Body exercises like yoga-asanas are very helpful to make the body more limber and refined. Colour is more subtle than the physical, sound is even subtler, and the life principle is still finer.

The source from where the sound emerges is the heart centre. This centre is called Anahata in Sanskrit, meaning the sound without the contact of two objects (an – ahata).

There we can hear the soundless sound and listen to the voice of the silence. This manifests electric energy of the spirit and magnetic fluid of the soul and prana.

The Anahata sound is a manifestation without an uttering. Listening leads to the OM and merges into OM. The OM remains.



Listening, Silence and OM

When we are speaking, we are diverging from the one sound to many. When we start listening, from divergence we are getting back into convergence towards the one sound.

When we listen to the silence, we will hear a humming sound. This is the undertone, the basis of all speech, all inhalation and exhalation.

We don't utter it, it is only a continuous happening within ourselves.

When we listen to the subjective sound, we listen to the OM.

The OM which we utter is only to tune us up to the OM that is in us, it is a duplicate of the OM that is eternally happening inside.

Many people sing OM, but don't really listen to it. We only can listen to the intonated OM when we have developed the faculty to listen in the day to day life.



The Soundless Sound

When we sing OM or another mantram, we should not only concentrate on the singing, but pause afterwards in order to listen to the sound.

The utterance is the preliminary state, after each utterance we should hear THAT which exists as OM, the silent OM.

When it is done collectively, the effect is even greater.

We call the nameless One with OM and He responds to us with the silent OM. This is the voice of silence, the soundless sound which is heard in the heart centre.

The music of the pulsation of the heart beat is the resonance of this unuttered sound.

The current of the sound of silence eternally flows in and enlivens us.

This sound cannot be comprehended by the mind. It can be realised only through practice and contemplation upon it.



The Practice

OM can be uttered at all times, preferably in the dawn and dusk hours.

We should invoke it in the heart centre or in the brow centre and utter it in a slow, soft, deep and uniform way.

It produces a resonance in the whole body that we should observe.

If the vibration becomes silent again, we sing the OM anew. By doing so, we experience.

The holy word can be uttered three times, five times or in units of seven, i.e. 7, 14, 21, 28 times etc.

In this, we can consciously travel with each OM from centre to centre, from above downwards, then from below upwards and back again.

We should feel its vibration in the entire body, from the base centre to the head centre and even beyond.

In this way, OM helps us to consciously set the energies in motion, and afterwards we feel an alignment of the lower centres to the higher ones.



Utilisation of OM

Groups can utter OM in order to purify a house, a settlement or a town from unwanted thought forms or to prepare activities for the social welfare.

To utter OM regularly in groups has a better effect on the subtle planes for world peace than peace demonstrations.

The Hierarchy uses the holy sound OM to create thought forms. These are sent into areas of crises in order to neutralise tensions.

We only know the disasters which have happened. The disasters which have been avoided or averted are not known to an average mind.



The Energy Field

When we utter a mantram regularly and with an attitude of veneration, the sound vibration creates a funnel of Light, a protective etheric shield, which allows us to proceed in the right direction and prevents us from wrong directions.

When we collectively utter OM, we build a cone into space which extends and enables the descent of energy into us.

If we utter OM consistently and regularly, we send forth signals into the surroundings. We thus demonstrate our intention to serve the plan and our dependability. This attracts the attention of the Higher Ones.

The Devas, guiding the activity of the planet, know that a worker is available and can be utilised.

Not many things are demanded to get into that kind of work, but to prepare oneself correctly with a spiritual tool. This should act as an incentive to make our outer life coincide with the spiritual impulse.



Healing and Purification

When planetary crises can be neutralised with the help of OM, it is obvious that also individual crises can well be neutralised.

OM removes personality problems and frees us from mental programming. It is also good to consciously connect with OM while falling asleep.

It can be sounded in hospitals and healing centres proposing relief and even cure to the sick.

The best and lasting help you can give to a dying person is to gather a group surrounding him and to softly utter OM. This helps with a good departure and a good arrival as well.



The Music of the Soul

The music of the soul pulsates in our being, it gives us a reorientation to inside and leads us into soul awareness

He who lives out of this origin is beyond all patterns and set patterns. He is charming and very inspiring.

All Great Ones live out of this origin, therefore we cannot typecast them and also understand them only a little.

We can reach this originality ourselves by associating ourselves more and more with the music of the soul and by resounding through us.





These presentations can be spread and used for making the Wisdom Teachings accessible to interested people.

The pictures were given us by friends or were taken by us.

You can find the presentations for download on the website www.good-will.ch under „Publications“.

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