



Circle of Good Will

Basics of Spiritual Life

Routine, Rhythm, Ritual

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



Rhythms of Nature

Every activity in Nature is Rhythmic.

Plants have a rhythm, animals have a rhythm, the planet has a rhythm, bringing about day and night and the origin of the seasons

The changes of full moon and new moon are rhythmic. Every planetary movement is rhythmic and predictable.

The whole solar system functions according to a rhythm, so that we can precisely calculate the movements.

Through rhythm and periodicity the entire creation remains in balance.

We too gain balance when we develop a good rhythm and a system in our lives.



Rhythm and Will

While every activity in Nature follows rhythm, the human nature - perhaps on account of its free will - falls out of rhythm and thus creates complications.

The Nature's will is kept rhythmic and hence it is full of power. Rhythm holds the key to the power of will.

We too can gain similar will power if we understand and develop good rhythm in life.

Lack of Rhythm breaks even the will already developed.



Rhythm and Routine

Rhythm is different from routine. Routine is a mechanical movement, rhythm is the life of freshness, ever new.

Unless we have a keen interest in our duties, the daily routine becomes a dead thing.

For those who are dead with routine, every morning is the same; they are dead in spirit.

But there are people who can enjoy every dawn and see the beauty of the dawn on a daily basis for decades.



Recognising the New

Routine is circular and remains at a place, rhythm is spiralic in its movement.

If we can see that which is new and comes to us on a daily basis in the same routine, we have transformed it into a ritual.

Also meditation and prayer done as a matter of routine don't bring freshness. Every day, however, Nature offers something new.

If the morning and evening meditations are being conducted as a ritual, we embark upon a spiralic path upwards.

If we do it as a routine, it means that we mark time.

The free, rhythmic flow of energy uplifts and unfolds consciousness.



Habits, Obstacles, Rhythm

We are captivated by habits and become negligent.

Without obstacles we seldom think, we fall into a routine and follow it like a sheep.

Obstacles can awaken us, they enable us to reflect more deeply, sometimes even at the cost of sleep.

Every problem holds a present, which we can obtain with the right attitude and humility.

Obstacles help us to introspect, to retrospect and to look ahead.

Rhythm also eliminates the blockages such as fatigue and conflict.

Fatigue is common at daily work. Interestedness, humour and patience are antidotes to fatigue.



The Higher Dimension of Routine

To many routine is monotonous. This is because they do not relish the higher purpose of routine.

Routine is never a boredom, when the ritual therein is perceived. Ritual carries rhythm in it. Rhythm makes ritual interesting and effective.

Therefore, we should set time for the routine events of life, such as work, food and rest and try to follow that which we have set ourselves.

This is the way to build the routine, that carries the rhythm in it. It develops a system in us, which generates its own power.

There is power in the arrangement of things in life.



Rhythm and Spiritual Practice

Rhythm helps us to organise the material activity of life and set up a continuous spiritual practice.

For treading the path within it is important to have attained a good rhythm in outer life.

Otherwise we are busy with thoughts of day-to-day life, of conflicts and anger, even if we close our eyes for meditation; the mind runs out and we run behind.

Therefore we have to bring purity and balance into our lives and to follow an inner rhythm, before we can work in a spiritual way.

We learn to organize our time and thus start realizing what has to be done when, how and where.

In every aspect of life there must be a rhythm: At work, at rest, with meals. With prayers, meditation and study. All main activities of our lives must be rhythmical.



Following One's Own Decisions

If we decide upon a certain rhythm, for example to get up at a particular hour in the morning and retire at a particular hour at night, we should be able to do so for many years till we do it effortlessly.

The ability to follow our own decisions is frequently tested.

A man of little will breaks away from his own decisions very soon.

When we conceive the plan for the day, working out can be like a song sung.

The person who adopts such systematic function transforms himself to gain higher capabilities.

The adoption to self-set Rhythm becomes more interesting if such Rhythm is set to realise an ideal in life.



Taking up a new Rhythm

Most people don't organise well their day-to-day lives, they let themselves guide by the outside. The outer life generates so many programs for engagements which drive us away from the inner life.

Organising the life in terms of economics, family and social is necessary, but up to which extent?

Many are not steady with their exercises, because the life situations often hinder the practice.

We should not try to see the causes for this in the outside: All causes are only inside.

In so far as we succeed in fulfilling our duties and responsibilities, we are allowed to go inside.

When we try to take up a new rhythm, we much more often fail than succeed, because the power of the old rhythm opposes us.

Let us smile our failures off.



Finding the Right Rhythm

Not all can submit to the same rhythm, for example to meditate at 6 o'clock in the morning.

Each soul should decide for itself which kind of rhythm it wants to live or not, in order to gain its own experiences.

Normally a group consists of members following more or less a similar rhythm, which gives something like a general agreement.

The impulse for change comes from the inner, without an outer compulsion or the influence of a group pressure.

Through the inner connection the willingness grows to enter into a process of self-transformation, and this way a slow approach to the light takes place.

No man can help another person who doesn't help himself to take up a new rhythm.



Working with Breathing

If we have the intention to exercise a rhythm, the work with breathing will help us.

When we turn to the breathing, we deal with one effect of the soul and thus slowly come closer to it.

When we observe the respiration and restore it to a rhythm, our life too gains a rhythmical aspect.

Conscious breathing leads to the alignment of the mind with the respiration and helps to detach it from objectivity.

Rhythm and a detached attitude towards the worldly actions as well as good motives in action are the fundamental requirements to work with breathing.



Conscious Breathing

It is recommended to breathe consciously during the time of sunrise and sunset, always about 27 times (3 x 3 x 3).

By consciously aligning the mind with the respiration the breathing rhythm slows down.

The more the respiration slows down the more also the mind is decelerated.

During this the respiration should be conscious, slow, soft, deep and uniform.

Then the mind learns to live with the breath and restores the rhythm.

A regular practice of conscious breathing for a couple of minutes, with a comfortable mind and body, helps us to bring the mind into the interior.

This increases the resistance against disease and has remarkable effects on health.



The Ray of Rhythmical Order

If we live in order and rhythm, we will become magnetised and radiant.

The magnetic currents transform the lower agencies and the light of the soul can shine through our bodies.

The brighter the light, the stronger the magnetic field.

Rhythmic working is an activity of the 7th ray and generates magical results.

That means that we transform ourselves strongly if we take on a rhythm and follow it.

The energy of rhythmical order is called Svaraj in the East, meaning "self-governing".

Therefore the first step on the spiritual path is to govern ourselves and also to allow others to govern themselves, however not to permit them to govern us.



The Meaning of Rituals

Each one should go by his own rhythm and follow it like a ritual.

A ritual is the higher order imitated in the material plane.

It work as sacrament to change and extend the nature of man.

A rhythmic life is a pre-requisite of a ritualist.

Genuine rituals relate to the death of personality and the birth of consciousness.

Rhythm leads to ritual and ritual leads to the hidden secrets, which reveal the Light of Truth.

All rhythms and rituals finally aim at transforming the matter of our body in a natural way in order to enable a faster development.

For this we need rhythm in our daily lives, a detached attitude and a sense of offering and sacrificing.



Service and Gift Rituals

We have to slowly realign our lives and to set up a new rhythm over a long time, in order to maintain a higher vibration.

Our body is the temple in which the soul lives, the place of the holy ritual.

The more we sacrifice in service to our co-beings – in terms of time, money, life energy – the more we get liberated from the personality and can enter into the temple of the heart.

Distributing time, money and energy in order to support others and in a wise manner is an effective method to dissolve our cristallisations and blockages, so that the energies can flow more freely.

In many cultures there are therefore rituals involving gifts, especially on astrologically significant days.

In our lives, we should be givers more than takers.



Fire Ritual

Initiates use rituals to replenish their will and thus to be able to conduct great tasks in an effective manner.

The transformation in the heart is supported by the fire ritual, it has a charming and magnetic effect.

The fire ritual helps to burn away impure thoughts and to bestow on us lightful thoughts.

We can sit in the dawn hours with a pure body before a flame, looking to the East or the North-East and speak mentally with the fire:

"Oh Master, please burn up the impure in me and give me the fiery power to conduct actions of good will."

A prayer directed to fire for experiencing the highest truth says:
"Reveal before me the Golden Hue of manifestation preceding all material manifestation."



Sound and Rhythm of the Soul

The use of rhythmic utterances of holy sounds kindles the fire inside.

In a very natural way it transforms the inner bodies and makes them lighter and more transparent.

A rhythmic utterance of 'OM' in the morning and in the evening or any other mantra brings the mind, the emotions and the body into alignment.

The soul draws the personality upwards, and the personality gets an increasingly active rhythm.

The rhythm of the soul is much faster than that of the personality. If the personality doesn't adjust to it, crises arise.

Thus we go through many conflicts and problems, while the seeking soul awakens in us.



Birth into the Spirit

Each one should decide for himself, whether he wants to submit to a higher rhythm or not.

For a long time we toss about between the personality and the soul consciousness.

It is a crisis to be born again in spirit and to work from a higher level.

The advanced human beings, the Masters of Wisdom, guide and support us, if we are ready to work persistently on ourselves.

Our challenge is to give full attention to the soul and to become receptive of its rhythm.





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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