



Circle of Good Will

Meditation - Experiment and Experience

Themes on Eastern Wisdom Teachings
and Everyday Practice, Part 1

Fundamentals – The Process of Meditation

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



***Kreis des Guten Willens
Círculo de Buena Voluntad***



***Circle of Good Will
Cercle de Bonne Volonté***



Good Will is contagious !

Guter Wille ist ansteckend !

¡ La Buena Voluntad es contagiosa !

La Bonne Volonté est contagieuse !

Please enter

Bitte eintreten

Entre, por favor

Entrez s.v.p.



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



Inspiration



Dr. K. Parvathi Kumar

Teachings of Eternal Wisdom



The Sign

An age-old symbol for the totality of existence.

It symbolises the 4 planes of existence:

- Pure existence
- Existence as awareness
- Existence as thought
- Existence as action



Which Direction? The Evening Themes

want to inspire to start the journey, to meditate
and to immerse into it

to give a first general understanding

to guide the first steps of experience

to remove some obstacles from the path



Discovering Treasures...

There is a lot to discover, but it needs time and patience.

The inner understanding opens up only slowly.

Not with the head, but:

Practice, practice, practice

„A bit of knowledge, a bit of experience“

One step is something small, but one step after the other....



Wisdom Teachings and Everyday Practice

No man has ever invented wisdom, he also cannot possess or give it, at best he can transmit it.

Wisdom is neither eastern nor western, but beyond any duality – the light of the soul.

Wisdom is simply there – for those who align to it.

The wisdom consists in not running after things, but in learning to wait, until the time is ripe for something and to do what has to be done now.

The inspiration of wisdom has to slip into the simple actions of everyday life:

How and what do I eat? What about purity and my daily rhythm?
With the balance of meditation, study and activity?



Meditation ...

Meditation is not a doing, but a happening, a being, in order to be receptive to higher impulses.

To trace back the source of thought and to investigate, „Who am I?“ is the basic meditation.

The secret concerning meditation is: We don't have to reach a state of meditation, but leave aside all other states which aren't meditation.



Experiment ...

Every experiment requires a certain preparation. Certain conditions have to be met.

Without the right preparation we get into difficulties.

The path of meditation is an experiment with oneself, a process of self-transformation.



... and Experience

Meditation takes us beyond the barriers of our ideas and conceptions to pure experience.

This is experienced like an increase of voltage of the electric current.

In the state of experience there is no consciousness as an observer who could look at the event.

The pure experience doesn't allow any thought. We don't know anything about the span of the experience itself.



Absorbed into Experience

While we are listening to beautiful music, we also get absorbed into the music after a while.

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

People with a strong intellect find it difficult to go into a process of transformation, which goes via experience and not via meaning.

The concrete mind tries to systematise and crystallises.



Awakening

The state of awareness is compared to the transition from sleep to awakening:

In sleep we are merged with existence.

When we wake up, we know that we come out of sleep, but we don't know how we wake up.

It is not our decision to wake up.

Like a wave out of the ocean we emerge from existence into the awareness and awake.

Then thoughts come and we start with our daily activity.



Out and Back

With the daily activity we go out into everyday life.

Our senses and mind are busy with a variety of things, which absorb us.

In activity we lose the awareness of our self.

Through meditation we collect ourselves and return to the inner source.

A movement of ebb and flow.



Thoughts and «I am»

Where do the thoughts come from?

The origin of life is the source of thoughts.

The thoughts don't ask for a permission to come.

They come as soon as we are awake, even if we don't want to have them.

We can observe the thoughts, but cannot get a grip on them.

Everything we think, also about ourselves, isn't ourselves.

Where does the «I am» come from?



The Fundamental Meditation

To trace back the source of thoughts: «Who am I?» is the fundamental meditation.

We are neither the thoughts, nor the feelings, nor the body.

We exist as the soul having come out of the one existence and which is our original identity.

«I am consciousness and function as consciousness through the thoughts.»

We have adopted a name and a form, we belong to a gender, a nation and go through the senses into the outer world.



The Way into the Inner

The best time for daily meditation are the twilight hours or a fixed time at an interval of 12 hours.

We prepare an undisturbed place for meditation.

We sit in a comfortable position with the eyes closed, the spine upright, if possible facing North or East.

In addition we can light a candle and incense.

The body is completely relaxed.



The Process

We close the eyes and utter 3 or 7 times the OM in a soft and uniform manner and listen to the sound.

We visualise a golden lotus in the heart or on the front, unfolding and radiating in the inner.

For 15 minutes we observe quietly what is happening inside.

There are adjustments happening in the body. Blockages are cleared for the free flow of energy.

If thoughts emerge, we observe them.

Slowly the speed of thoughts decreases.

The mind enters into its centre.



Sound, Mantram, OM

Sound is the most powerful way to purify the mental, emotional and physical planes.

A mantram generates a healing magnetism.

With a mantram, the sound vibrations are essential, but not the speech nor the meaning.

During speech we go out, during listening we move back to the origin of sound.

The OM we utter helps to tune up to the silent OM, the sound of silence.

We shouldn't utter OM mechanically.



Respiration

When the mind is talkative and agitated, the respiration is increased.

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.

Breathing is a happening within us and not a doing.

We have to observe how the inhalation transforms at a certain point into exhalation and how the exhalation into inhalation.

There the thoughts stop.

When mind and respiration merge with the pulsation, the silence of existence only remains.



Unfoldment

The effect of meditation doesn't come from understanding, but from practice.

If we daily utter the holy word OM, listen to it and meditate for 5 or 15 minutes, we will notice after some months an inner growth which others don't know.

With the time the outer life gets organised, connected to the inner life, and gleams of harmony show up in our life.



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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