



Circle of Good Will

Meditation - Experiment and Experience

Themes on Eastern Wisdom Teachings
and Everyday Practice, Part 2

Recognising, Understanding and Overcoming Obstacles

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



Inspiration



Dr. K. Parvathi Kumar

Teachings of Eternal Wisdom



Topics dealt with up to now ...

- Wisdom Teachings and Everyday Practice
- Absorbed into Experience
- Awakening
- Thoughts and «I am»
- The Way into the Inner
- The Process
- Sound, Mantram, OM
- Respiration
- Unfoldment



Obstacles ...

... recognizing
... understanding
... overcoming



Meditation Experiences

Everybody wants to experience the radiant
light of the soul -

Peace, love, expansion,

Inner clarity, harmony, enlightenment...

But at first it often is ...



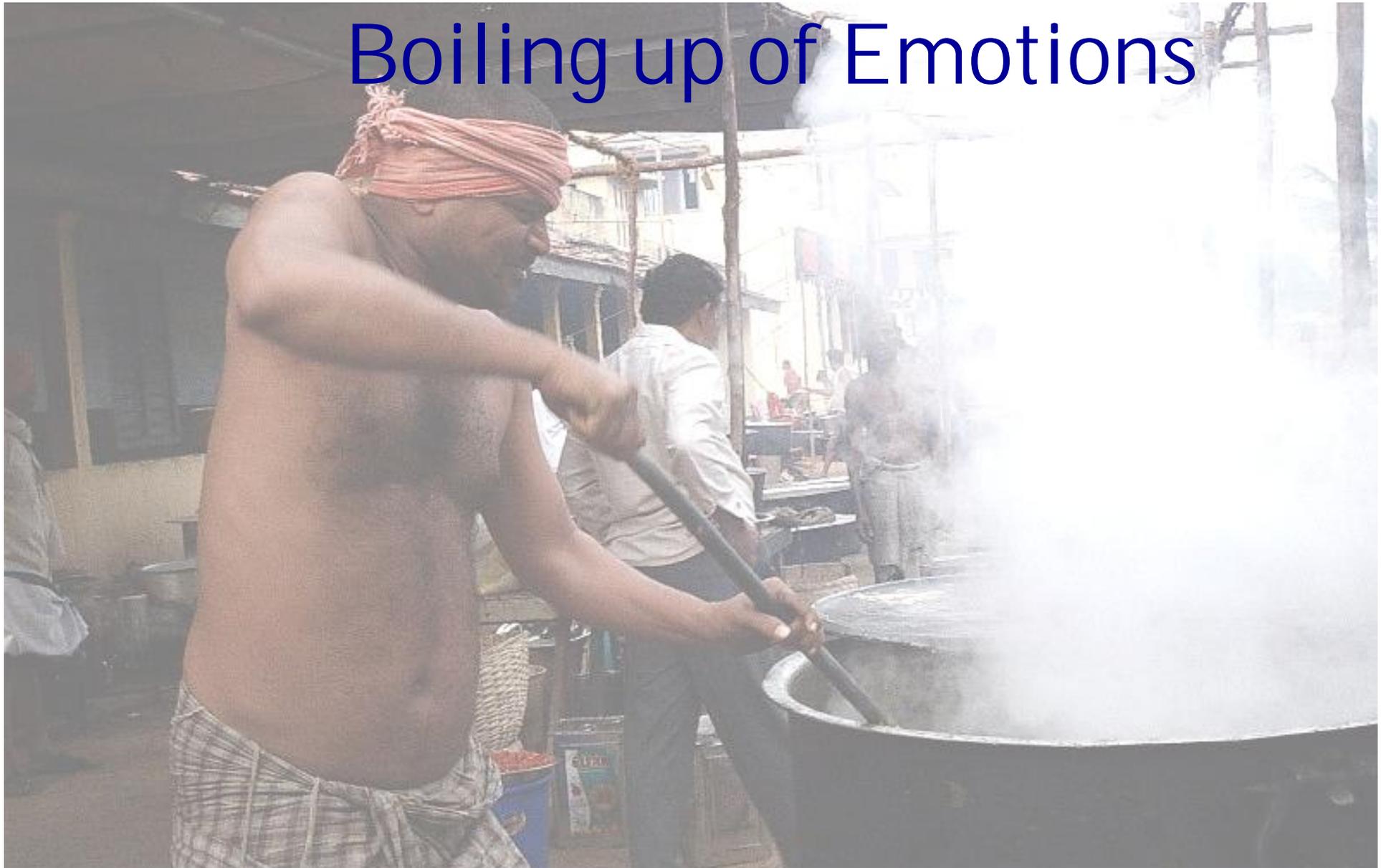
Fog, Haziness



Fatigue, Sleep



Boiling up of Emotions



Thoughts Bopping Around



Blocked Energy



The Inner Light remains dark

Why?



Soul and Personality

In our real nature we are the soul.

Every day we descend into the mind, the senses and objectivity, because we want to make experiences.

As a soul we express through the personality into the outer world.

However, living in the personality we easily drop out of the awareness of our existence.

We forget ourselves and get lost in what we ourselves are not. There we are stuck for a long time.

Like a bulb covered by a thick layer of dust we cover ourselves with ever denser layers, and the inner light can no longer shine through.



The Soul

The soul, the real I Am is not outside, but our real being.

If we are in the personality, it seems as if the soul is outside of ourselves and something distant.

The soul is much bigger than our mind, only a part of it lives in the physical form.

The fundamental practice is to keep on bringing to our mind that we are the soul, to realise the soul in all and to see that we work as a soul.



Soul <-> Personality

The body consciousness darkens the soul, and we become prisoners of our own system.

Body, senses and behavioural nature have formed programs, whose energy patterns shape our habits of eating, speaking, seeing and hearing etc. and who cause the imbalances of our behaviour.

The soul feels that there is more in life than just eating, drinking or earning money, than holidays, sport or sex.

To change the patterns of the personality in order to relate to the soul is a fight against inner and outer obstacles.

A friendly relation has to be created between soul, mind and body, for friendliness is the basis for a good cooperation.



The Mind

The mind can be directed to something higher or lower.

The lower mind can organise, the higher mind can assimilate things intuitively.

When the lower mind is active, we cannot receive higher inspiration.

When the mind is clear, the light from above can fall onto the mirror of the mind.

The clearer the instrument, the better is the reflection of the radiant light of the soul.

When the light shines through the body, the individual is radiant and magnetic.

He influences the surrounding without being affected by it.



Obstacles

If there is no adjustment in relation to the objective life, meditation is not possible, it remains a concept.

There is no possibility of an aligned meditation, if we are in a bad state; this is particularly true in the case of drug-taking.

Many aren't regular with their exercises, because the living conditions often impede the practice.

As far as we succeed in fulfilling our duties and responsibilities, we are allowed to arrange our life in the right way and go inward.

We have to re-align our life and establish a new rhythm over a long time in order to keep up a higher vibration.



10 Obstacles on the Path

1. Disease



Disease

The machine of the body doesn't function as it should do.



10 Obstacles on the Path

1. Disease
2. Carelessness



Carelessness



10 Obstacles on the Path

1. Disease
2. Carelessness
3. Doubt, scepticism



Doubts, Scepticism



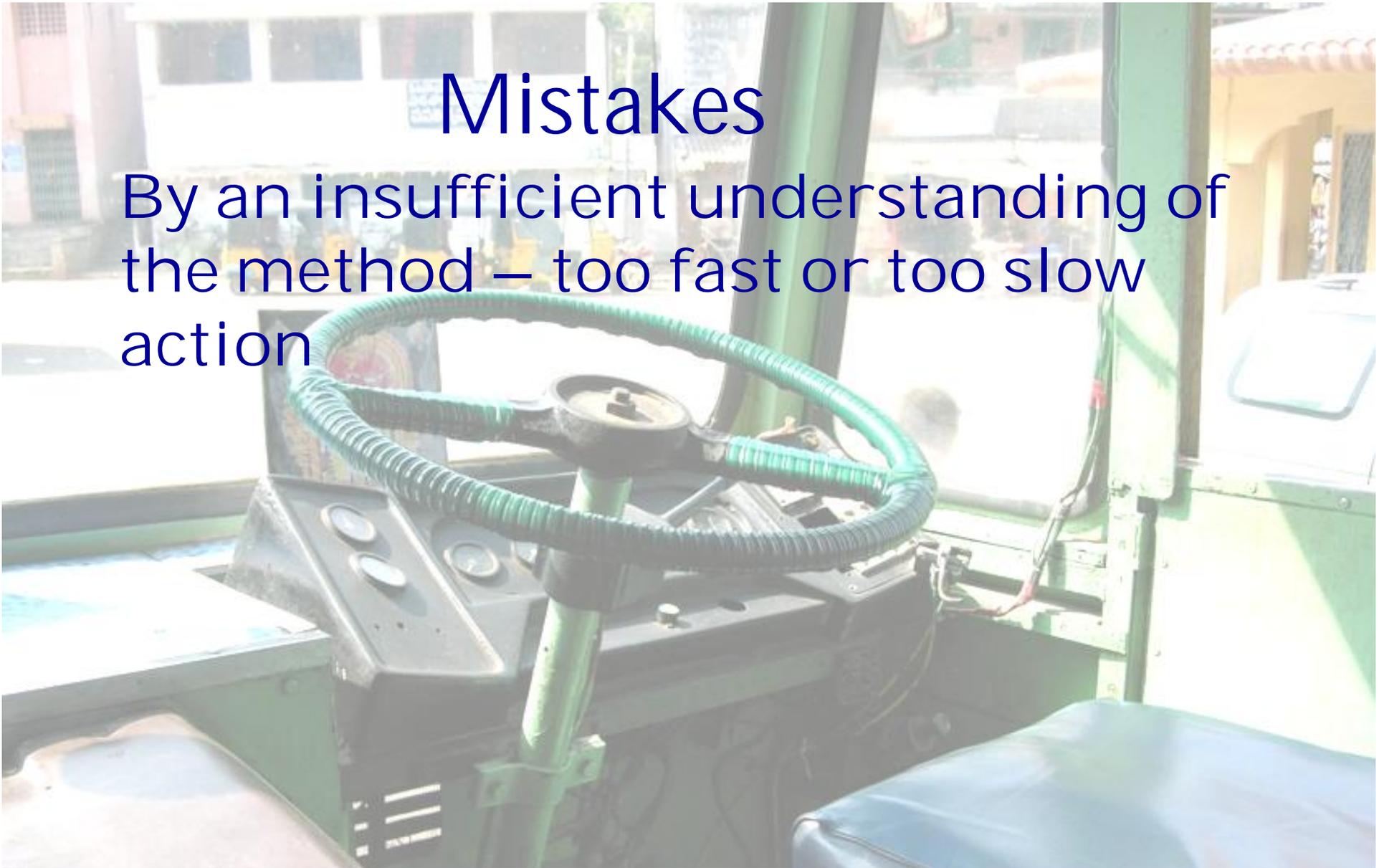
10 Obstacles on the Path

1. Disease
2. Carelessness
3. Doubt, scepticism
4. Mistakes



Mistakes

By an insufficient understanding of the method – too fast or too slow action



10 Obstacles on the Path

1. Disease
2. Carelessness
3. Doubt, scepticism
4. Mistakes
5. Body inertia



Inertia



10 Obstacles on the Path

1. Disease
2. Carelessness
3. Doubt, scepticism
4. Mistakes
5. Body inertia
6. Excessive relishing



Excessive Relishing

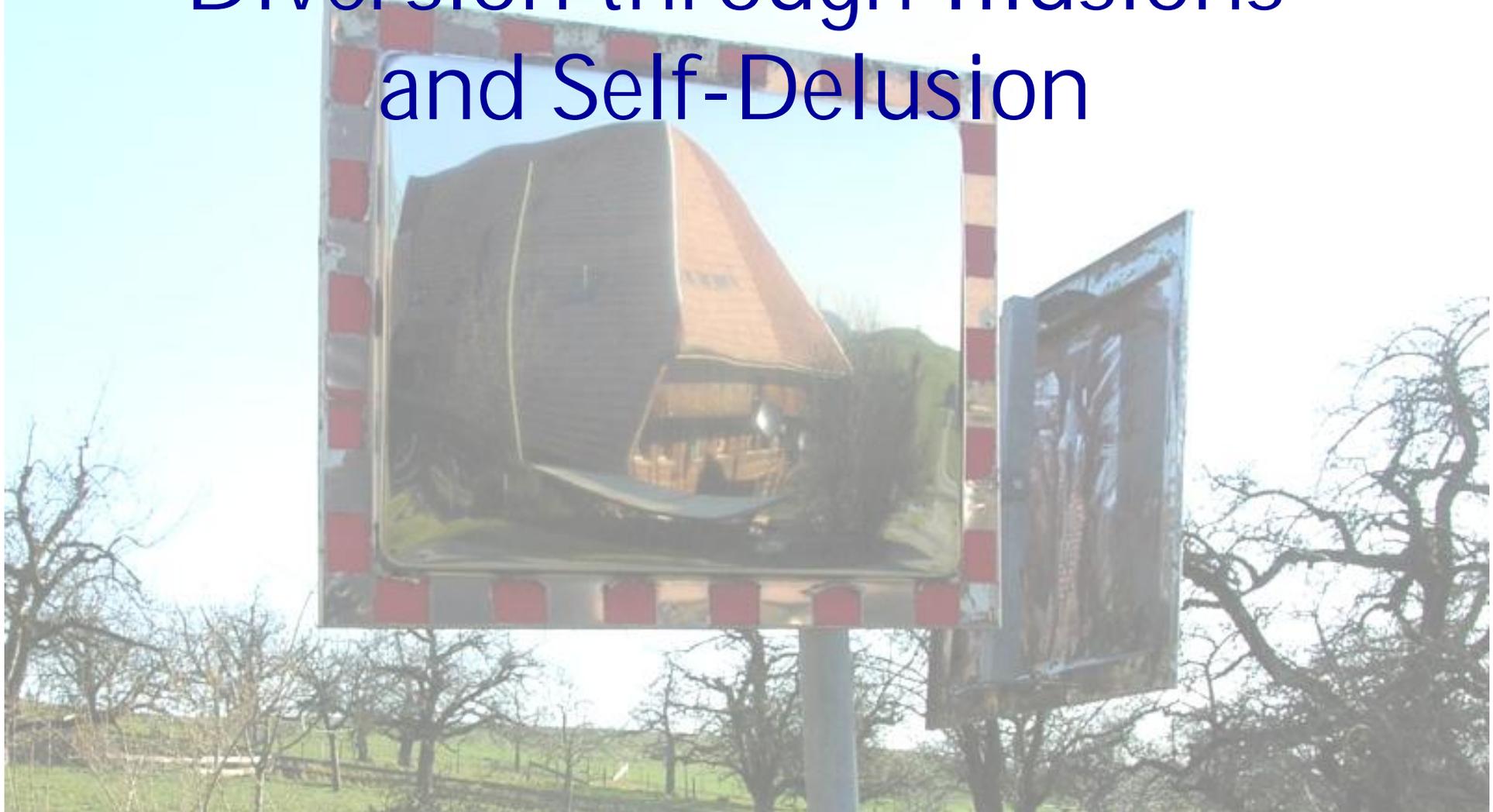


10 Obstacles on the Path

1. Disease
2. Carelessness
3. Doubt, scepticism
4. Mistakes
5. Body inertia
6. Excessive relishing
7. Diversion through illusions and self-delusion



Diversion through Illusions and Self-Delusion



10 Obstacles on the Path

1. Disease
2. Carelessness
3. Doubt, scepticism
4. Mistakes
5. Body inertia
6. Excessive relishing
7. Diversion through illusions and self-delusion
8. Lack of determination



Lack of Determination



10 Obstacles on the Path

1. Disease
2. Carelessness
3. Doubt, scepticism
4. Mistakes
5. Body inertia
6. Excessive relishing
7. Diversion through illusions and self-delusion
8. Lack of determination
9. Lack of single-mindedness because of too many plans



Lack of Single-Mindedness Because of Too Many Plans



10 Obstacles on the Path

1. Disease
2. Carelessness
3. Doubt, scepticism
4. Mistakes
5. Body inertia
6. Excessive relishing
7. Diversion through illusions and self-delusion
8. Lack of determination
9. Lack of single-mindedness because of too many plans
10. Disappointment because of the previous nine obstacles

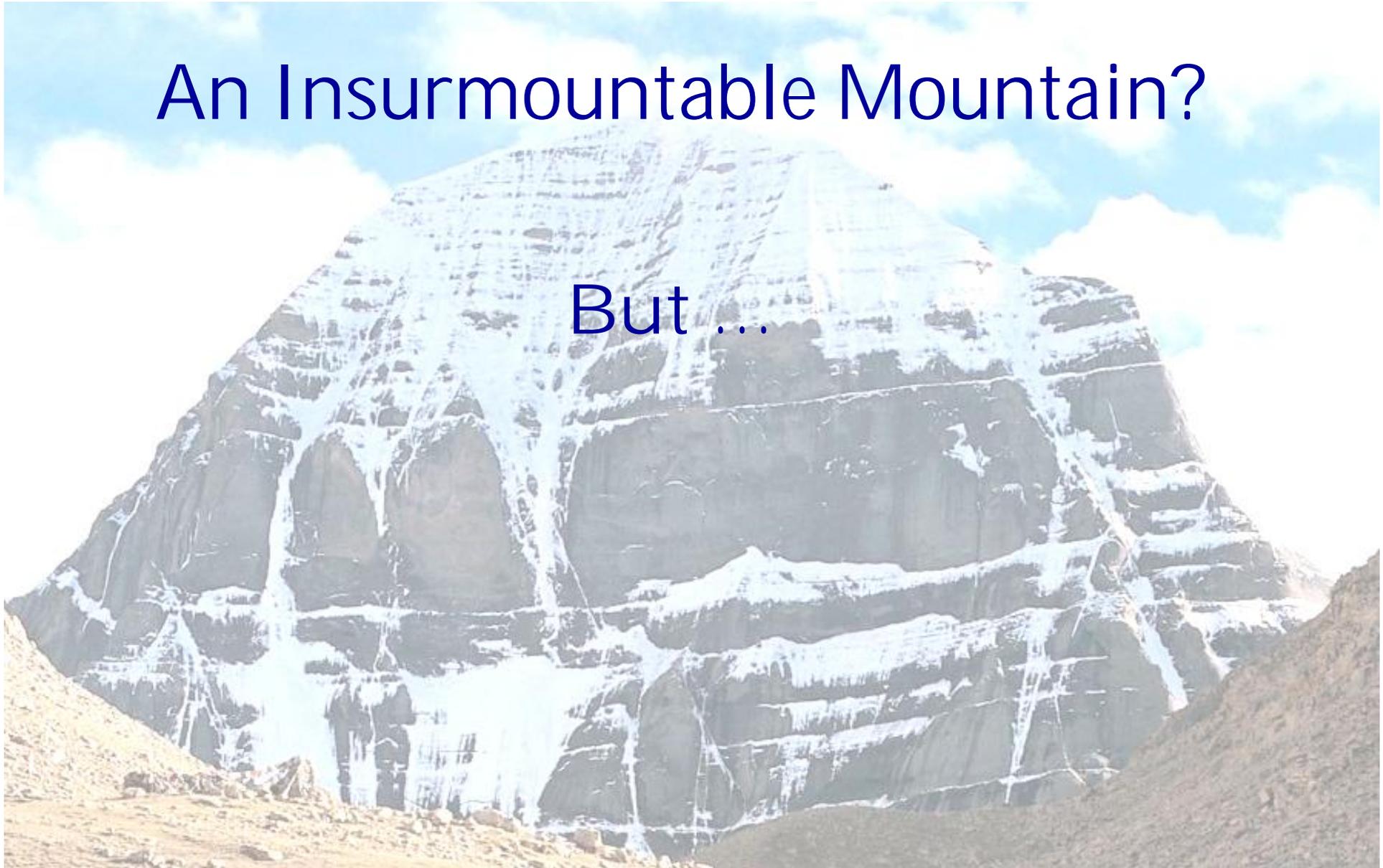


Disappointment
because of the nine previous obstacles



An Insurmountable Mountain?

But ...



For Every Obstacle there is a Solution

What has been built up in the deeper psyche can be corrected with the help of spiritual instruments.

Finding the origin of the problem through pondering

Correcting our action

Eliminating the problem from its source by strengthening the soul aspect

Aligning the personality to the soul

Exercises, meditation, prayer, sound, colour, activities of good will



The Path

All spiritual exercises seem to be very simple and little once you start with them.

But if we try to adjust our lifestyle and to carry them out, bit by bit something more will be given to us.

The program will grow until our personality is finally transformed.

This gradual transformation into the light needs very much time and patience.

There is no hast on the path, enlightenment doesn't come within the next five minutes.



Steps to the Centre

Regularly turning inwards, connecting with the soul

Regular studying in the scriptures, in the wisdom teachings

Regular activities of good will



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“.

Circle of Good Will: www.good-will.ch /
guter-wille@good-will.ch

The World Teacher Trust: www.worldteachertrust.org /
info@worldteachertrust.org

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