



## Circle of Good Will

# Meditation - Experiment and Experience

Themes on Eastern Wisdom Teachings  
and Everyday Practice, Part 3

Fundamentals and The Path of Spiritual Development

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](http://www.good-will.ch)



# Inspiration



Dr. K. Parvathi Kumar

Teachings of Eternal Wisdom



# Topics dealt with up to now ...

- Wisdom Teachings and Everyday Practice
- Thoughts and «I am»
- The Way into the Inner
- Sound, Mantram, OM, Respiration
- Unfoldment
- Soul and Personality
- The Mind
- 10 Obstacles: Disease, Carelessness, Doubt – Scepticism, Mistakes, Body inertia, Excessive relishing, Diversion through illusions and self-delusion, Lack of determination, Lack of single-mindedness because of too many plans, Disappointment because of the previous nine obstacles
- Overcoming the Obstacles
- Steps to the Centre



# The Fundamental Things

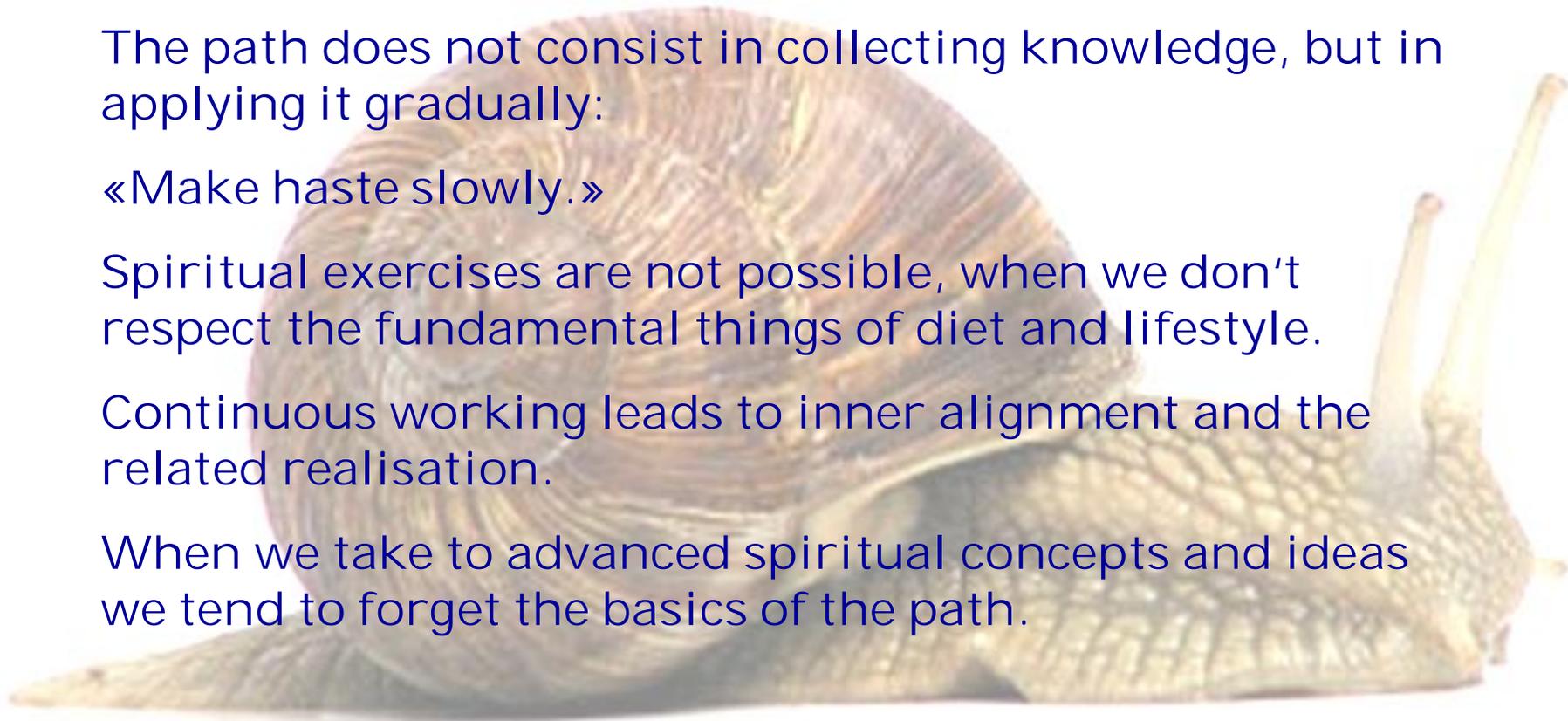
The path does not consist in collecting knowledge, but in applying it gradually:

«Make haste slowly.»

Spiritual exercises are not possible, when we don't respect the fundamental things of diet and lifestyle.

Continuous working leads to inner alignment and the related realisation.

When we take to advanced spiritual concepts and ideas we tend to forget the basics of the path.



# Diet and Consciousness

The entire spiritual training serves transformation, in order to make the structure of the body more subtle. For this the food we take is important.

We can improve the quality of our thoughts by improving the quality of the food, and vice versa.

We should select food that suits us, that energises us. We can make it tasty and cook thoughts of goodwill into the food.

We should know what to eat, when to eat, how much and how to eat. We should learn to put this knowledge into practice.

It is recommended that we eat in a clean and serene place, in quietude and with a pleasant attitude.

It is better not to eat meat or fermented, smelling food.



# Spiritual Development and Service

A spiritual law says: „As we receive, so shall we give.“

We cannot inhale without exhaling. If we don't want to serve, we also cannot receive.

It is dangerous to meditate without an attitude of serving.

We should give more than we receive, thus we will get liberated from our debts.

Therefore we should serve the surrounding life in one way or the other and acquire the needed skills.



# The Path of Spiritual Development

The path is a way out of the limitations of the localised, individual consciousness to ever more comprehensive planes of awareness.

It is a path from a segmented mind to a perception of the underlying wholeness of existence, the unity of being.

In the East unity means „Yoga“, union.



# The Path of Yoga

The age-old path of Yoga teaches to neutralise the reactions of the mind and the senses towards objectivity, in order to gain balance and equilibrium.

Yoga means awareness of the synthesis of all planes of consciousness.

The different kinds of Yoga are branches, subdivisions of the one whole.

The practice of Yoga serves to gain the awareness of synthesis.

The practice of Yoga is a daily purification process.



# The Master Key

We have to go through the doors of emotions and thoughts in order to reach the Light.

Emotions and thoughts condition us and impede us on the way to the Light.

The master key to eliminate the obstacles is to help others without reservation, without looking to one's own welfare.

„Do all your activities for the well-being of others.“



# The Subtle Bodies of Man

The human body consists of layers of different stages of density:

- The physico-etheric body or vital body
- The emotional body
- The mental body

Beyond these bodies there are several formless planes.



# The Physico-Etheric Body

The physical body is vitalised and kept in a form by the etheric body. At death the etheric body leaves the physical body and the latter dissolves.

By means of a spiritual life the etheric body is kept vital, the form is magnetic.

If we live against the spiritual laws, the etheric form decays faster.



# The Emotional Body

Desires and wishes, sympathies and antipathies, pride, ambition, hatred and fear are qualities of the emotional body.

The individual who lets himself guide by his emotions is called animal man.

It is only when we purify our emotions and align them to higher ideals, that the fire of emotion gets transformed into fiery aspiration and uplifted.



# The Mental Body

The mental body is full of thought forms, which receive their energy from the higher self like a lamp receives electricity.

The thoughts keep on coming incessantly, one after the other.

Our alignment decides the kind of thoughts.

Constructs of ideas / ideologies can make us get stuck for a long time.

When we align to higher planes, we receive inspiration from the soul.



# The Call of the Soul

Without soul contact we are imprisoned in the personality. We feel like being locked up.

A deep-rooted unrest makes us search for something which at first we don't know – the search for the soul.

Some people want to suppress the call of the soul – through activism and an intense life towards the outside.

But the call of the soul never ends.



# The Bridge

Between soul and personality there is a gap, over which a bridge has to be constructed.

This bridge is built between the lower, concrete mind and the higher, intuitive mind.

It leads us from the plane of thought to the plane of soul consciousness called Buddhi.

For the construction of this bridge of light knowledge and discrimination are needed.

Once the bridge is built, the soul can express through the personality. We then live in accordance with our higher self.



# Higher and Lower Self

The lower self, the personality, is a mirror which reflects the soul, the I Am.

The reflection of the light is not the light. The reflection can distort the light, but the sun isn't distorted by this.

In its nature the soul is Will, Love and Light.

In the personality the Will becomes personal desire,

the Love becomes emotion and understanding coloured by emotions,

the Light becomes self-centred intellectual activity.



# Energy Currents

The human etheric body is pervaded by currents of power, with vital centres as energy points.

Energies rotating in circles: chakras, lotuses

6 major centres in the body and the head centre

In us they have been condensed physically to the endocrine glands with the hormones.



# Energy Centres

With most people the etheric centres don't work correctly and the vital force is blocked.

The activation happens through meditation, through simple breathing exercises: slow, soft, deep and uniform breathing

By contemplating on the lotuses we fill our system with the energy of the soul.



# Centres and Kundalini

The vital force called Kundalini in the East is locked up at the base of the spine for long times.

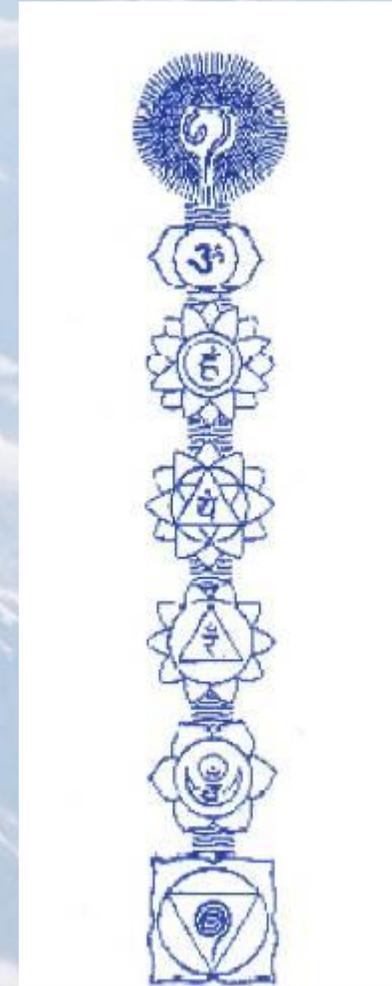
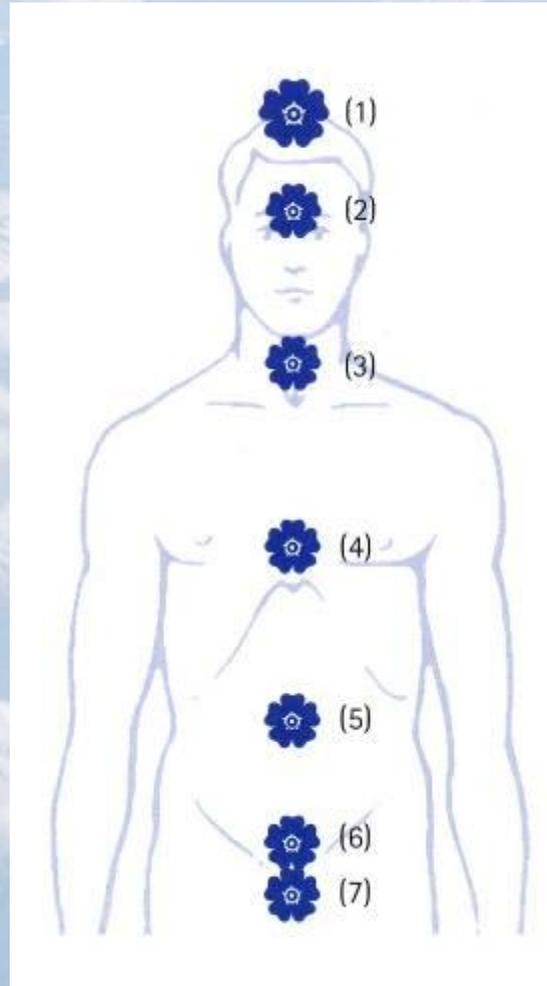
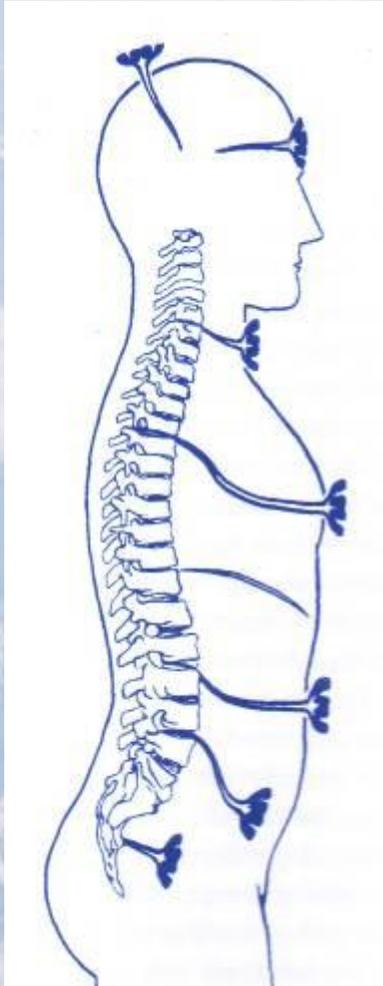
When it awakens, it rises along the vertebral column.

Chakras (wheels) become lotuses by a slow, natural development.

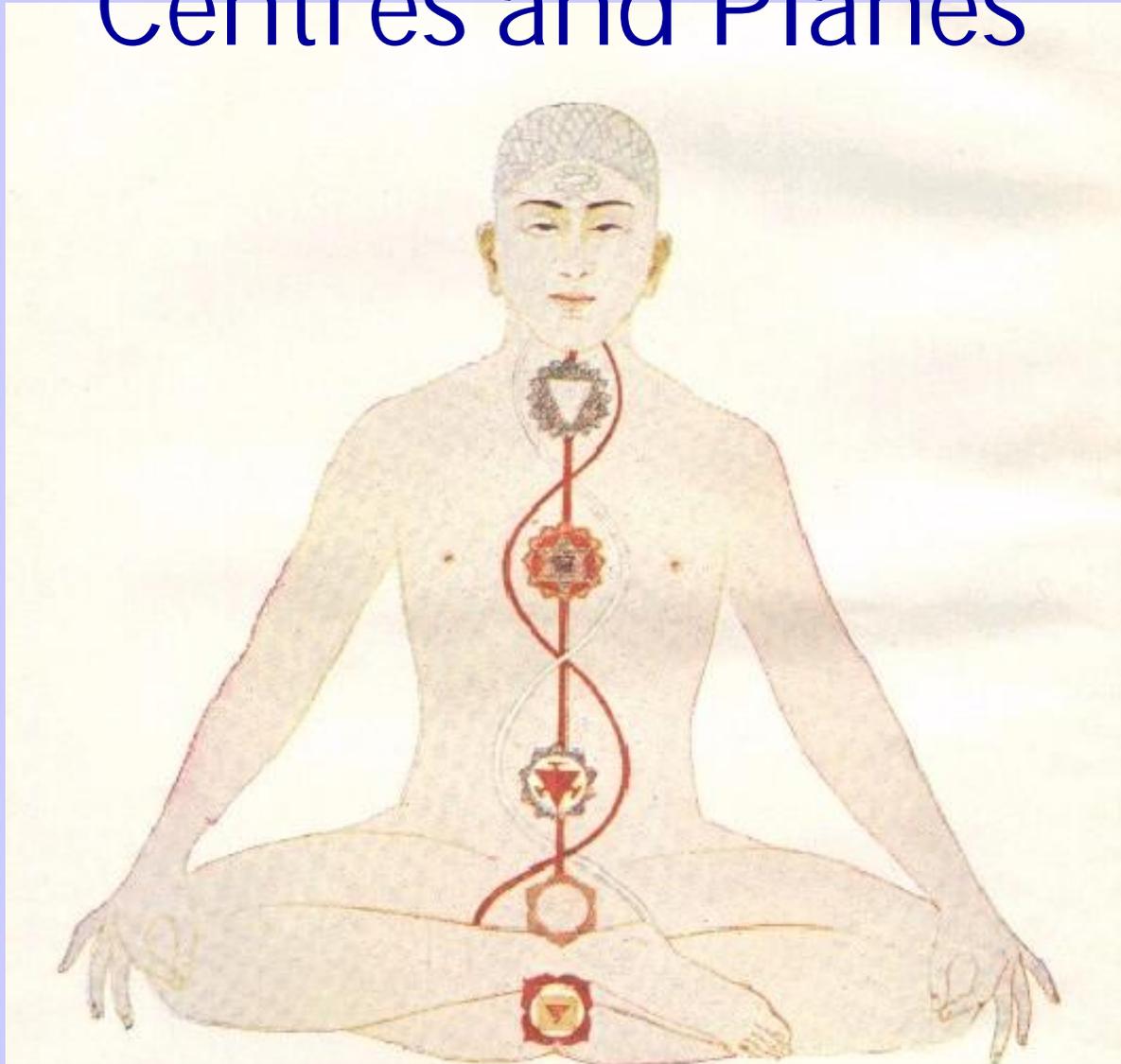
Attention: Don't concentrate on the centres, don't try to activate them directly, by force.



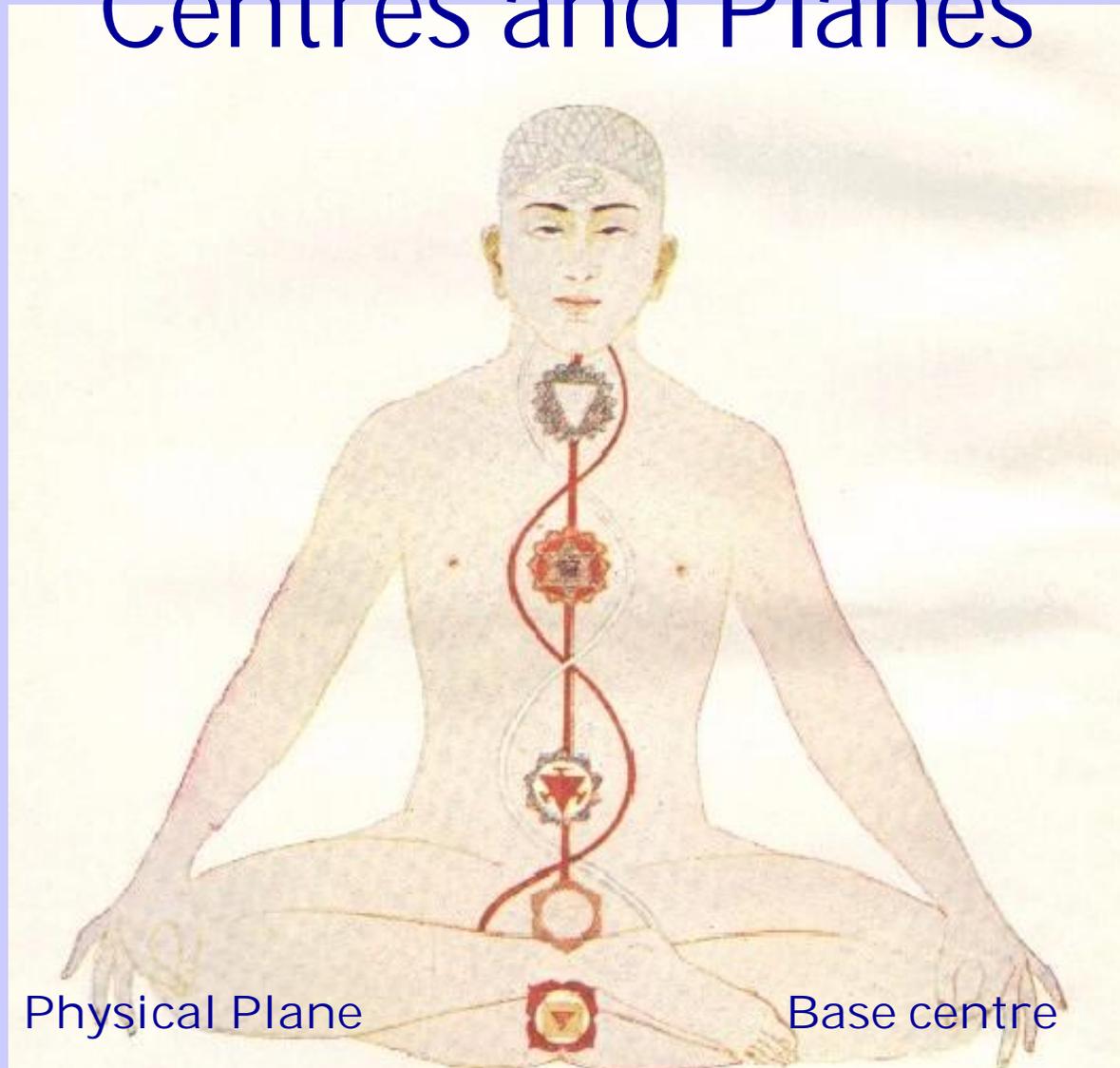
# Localisation of the Centres



# Centres and Planes



# Centres and Planes

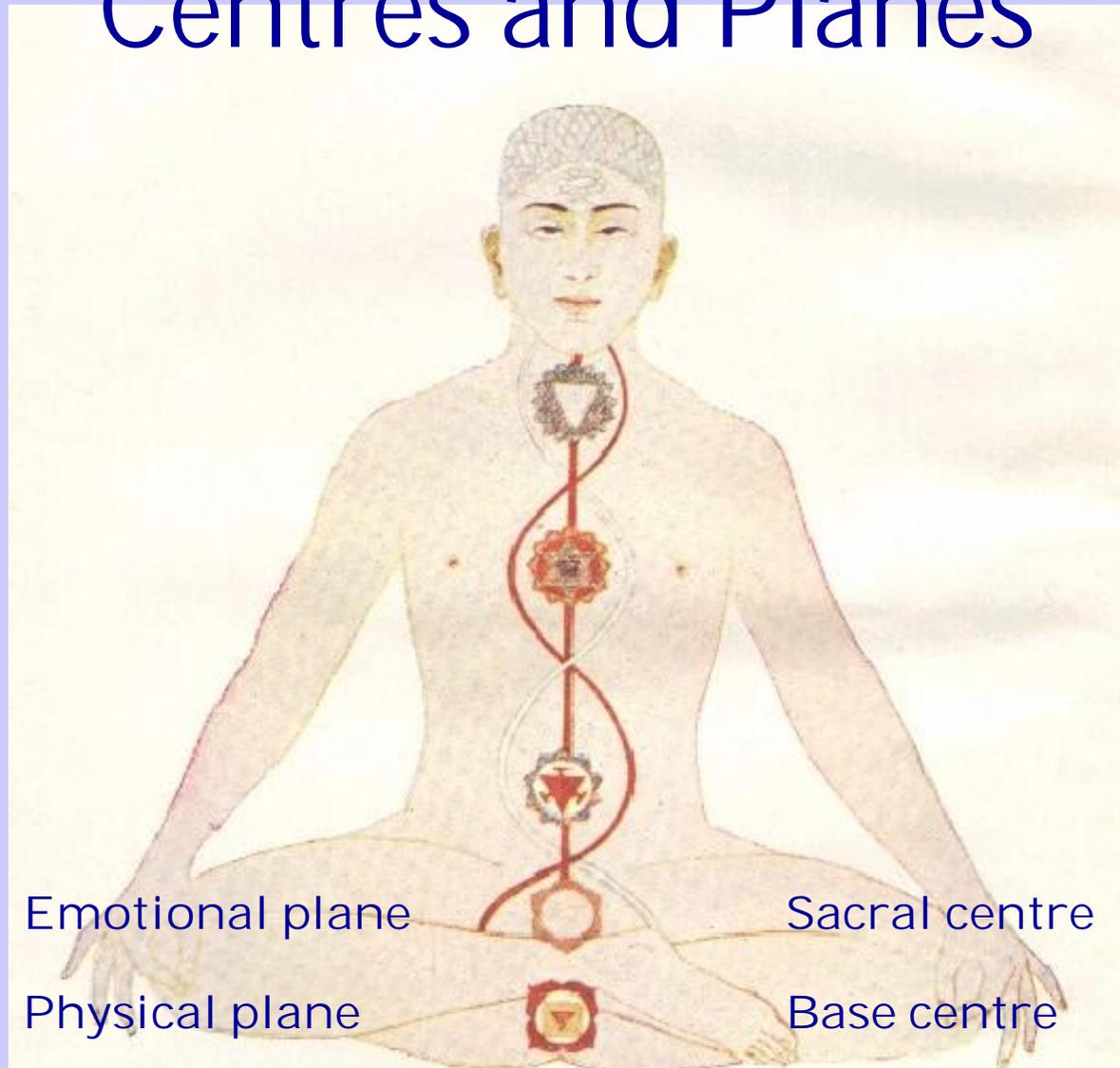


Physical Plane

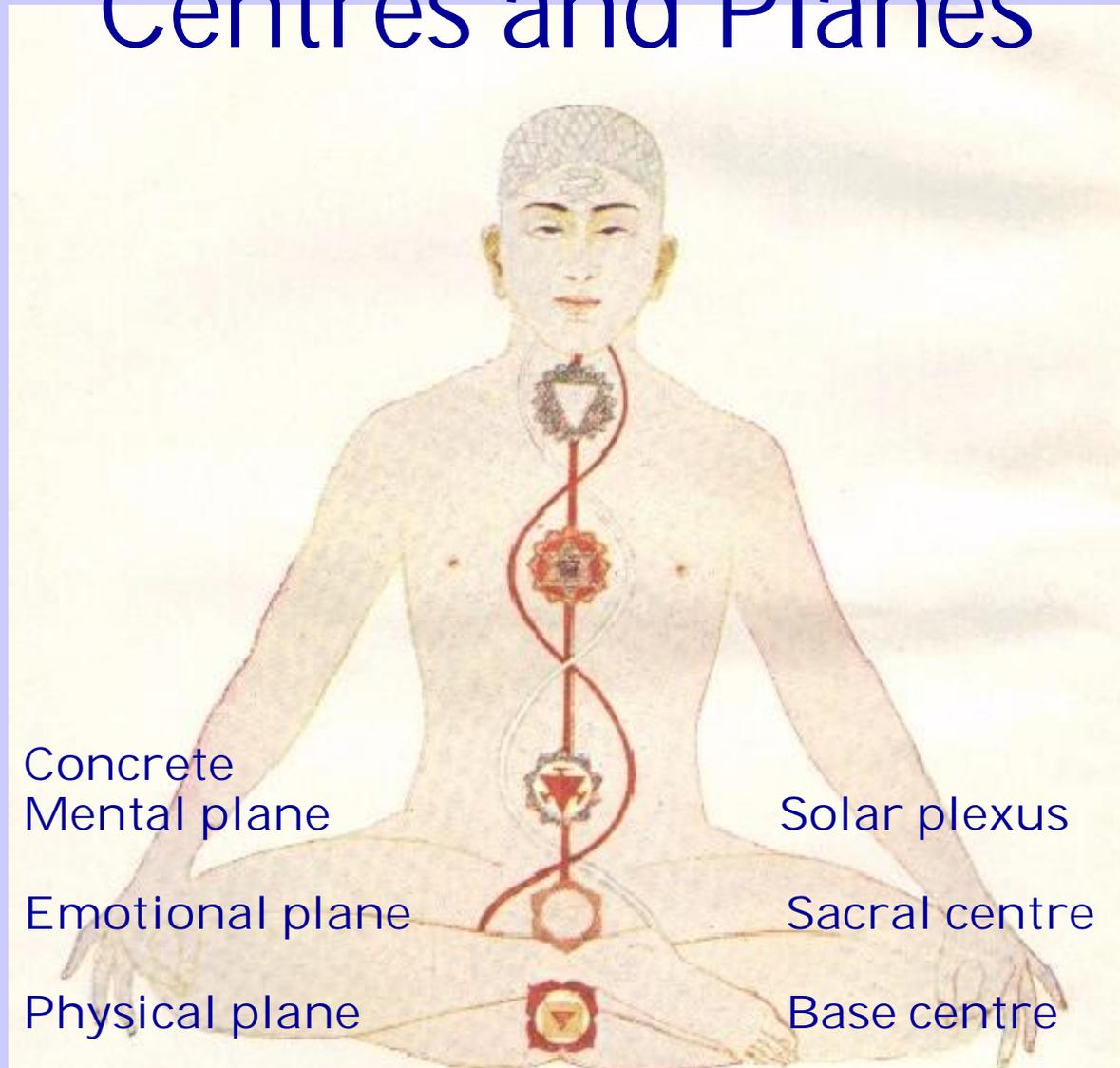
Base centre



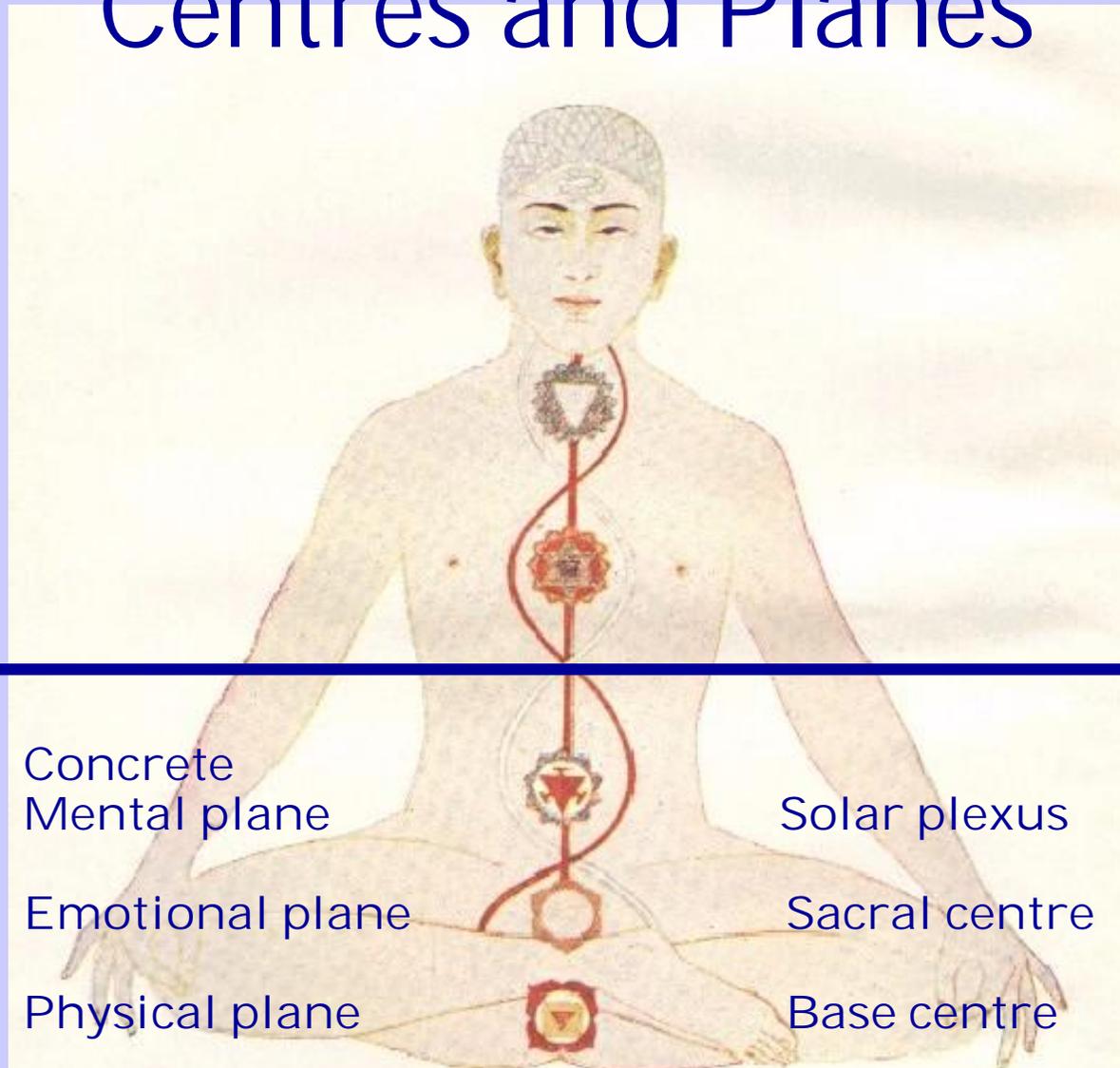
# Centres and Planes



# Centres and Planes



# Centres and Planes



Concrete  
Mental plane

Emotional plane

Physical plane

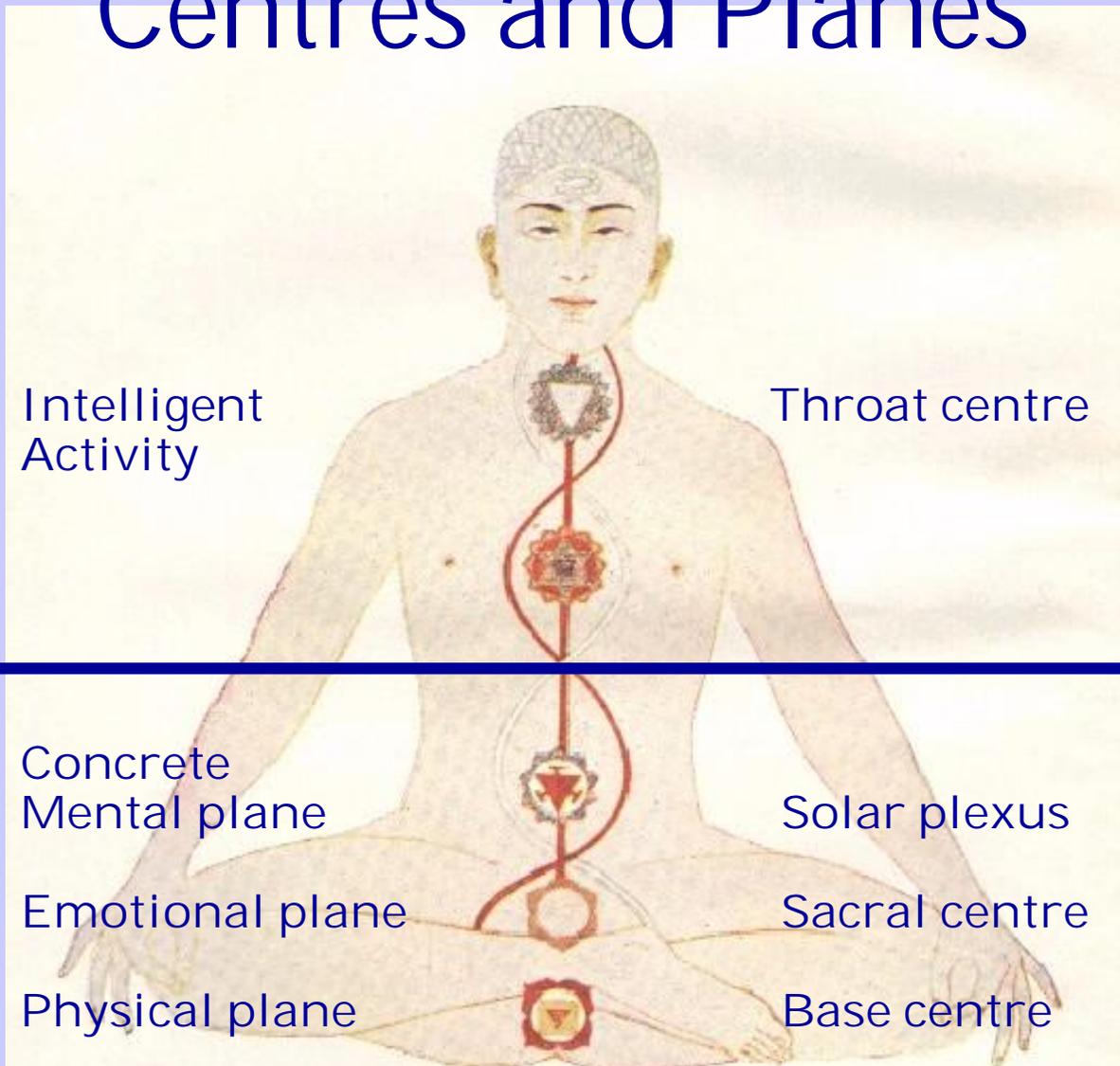
Solar plexus

Sacral centre

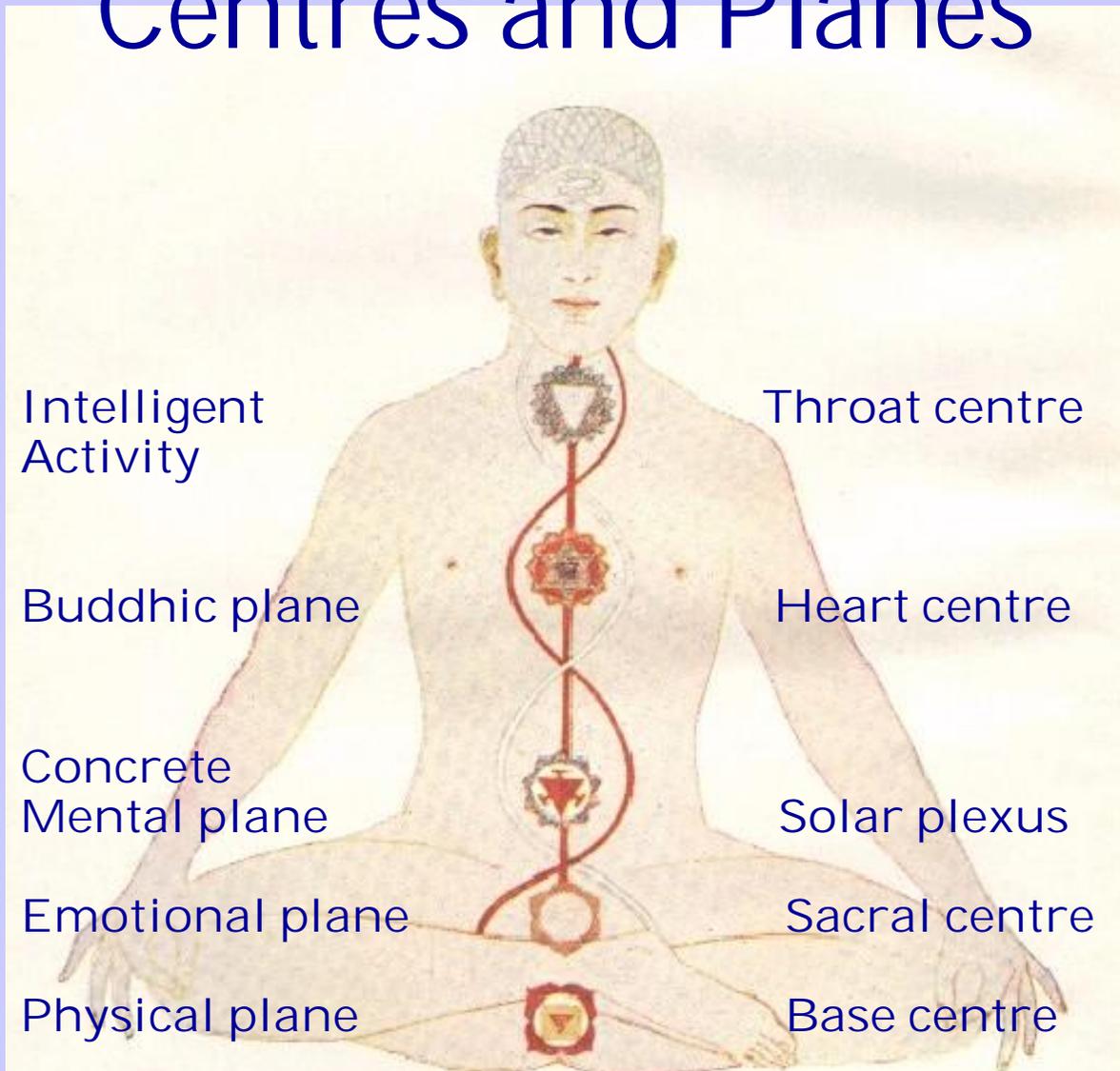
Base centre



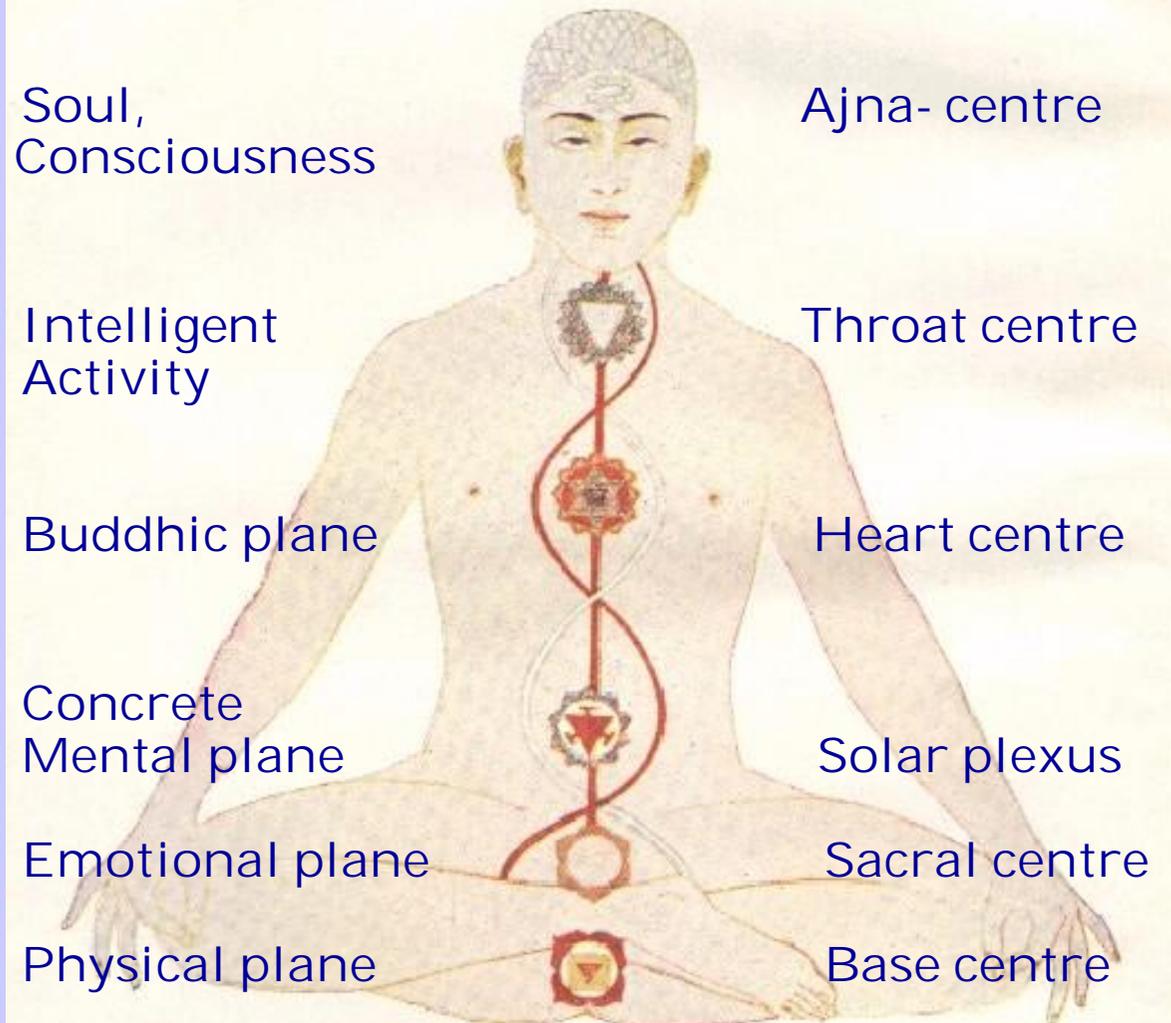
# Centres and Planes



# Centres and Planes



# Centres and Planes



# Centres and Planes

Spirit, Will  
Soul,  
Consciousness

Head centre  
Ajna- centre

Intelligent  
Activity

Throat centre

Buddhic plane

Heart centre

Concrete  
Mental plane

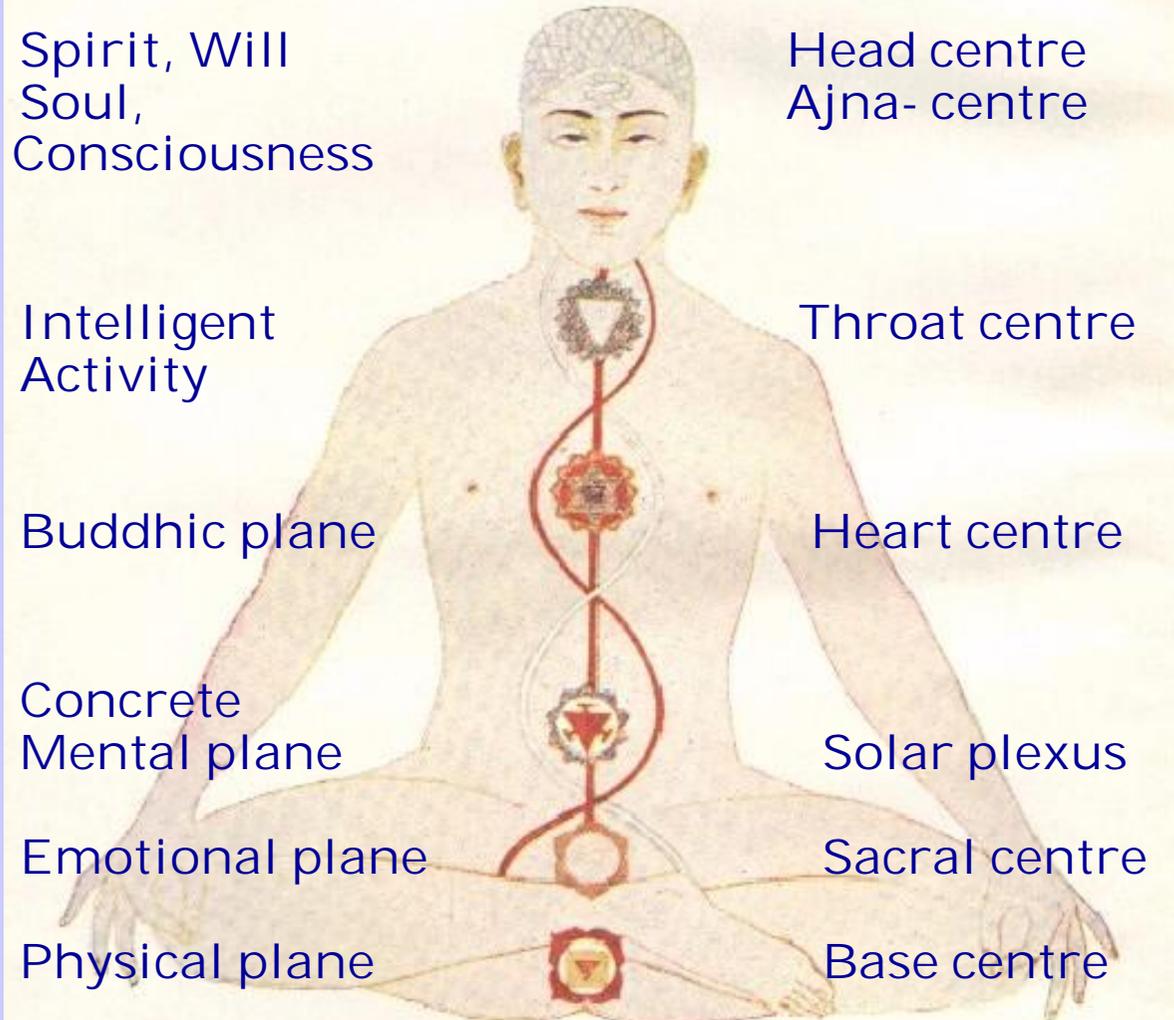
Solar plexus

Emotional plane

Sacral centre

Physical plane

Base centre

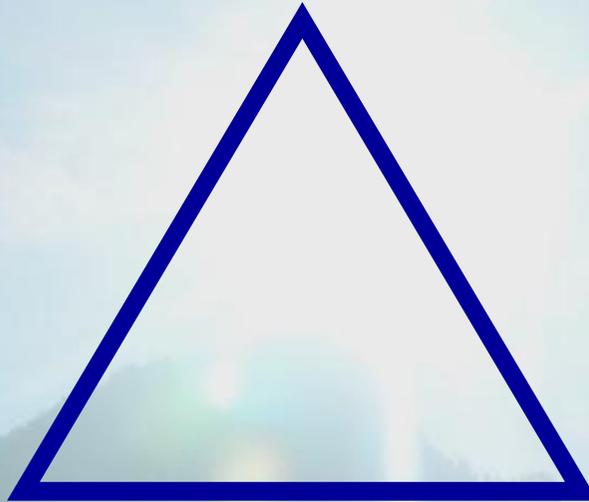


# The Basic Triangle



# The Basic Triangle

Will



# The Basic Triangle

Will

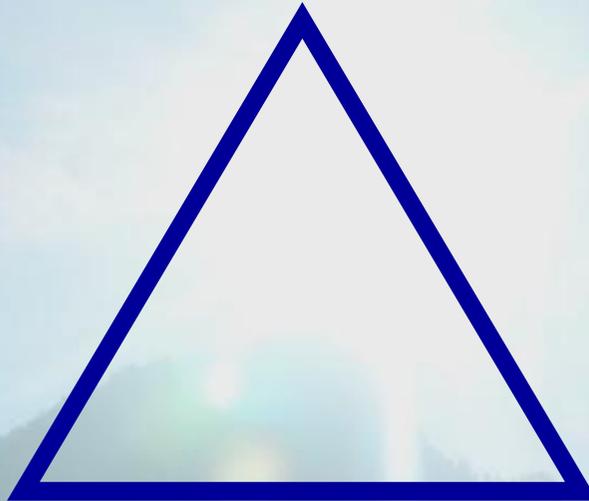


Knowledge  
/ Wisdom



# The Basic Triangle

Will



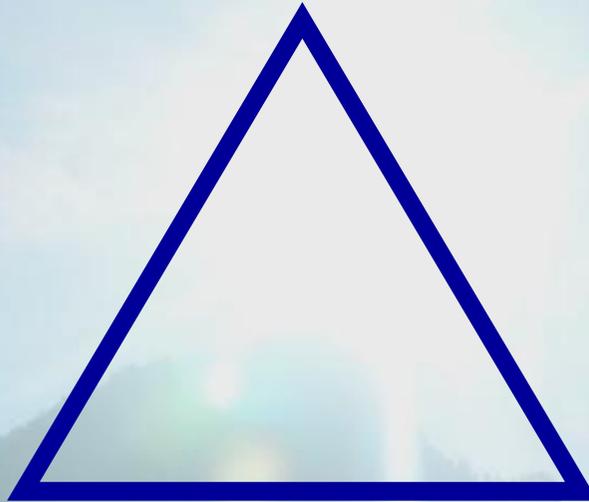
Knowledge  
/ Wisdom

Activity



# The Basic Triangle

Meditation



# The Basic Triangle

Meditation



Study



# The Basic Triangle

Meditation

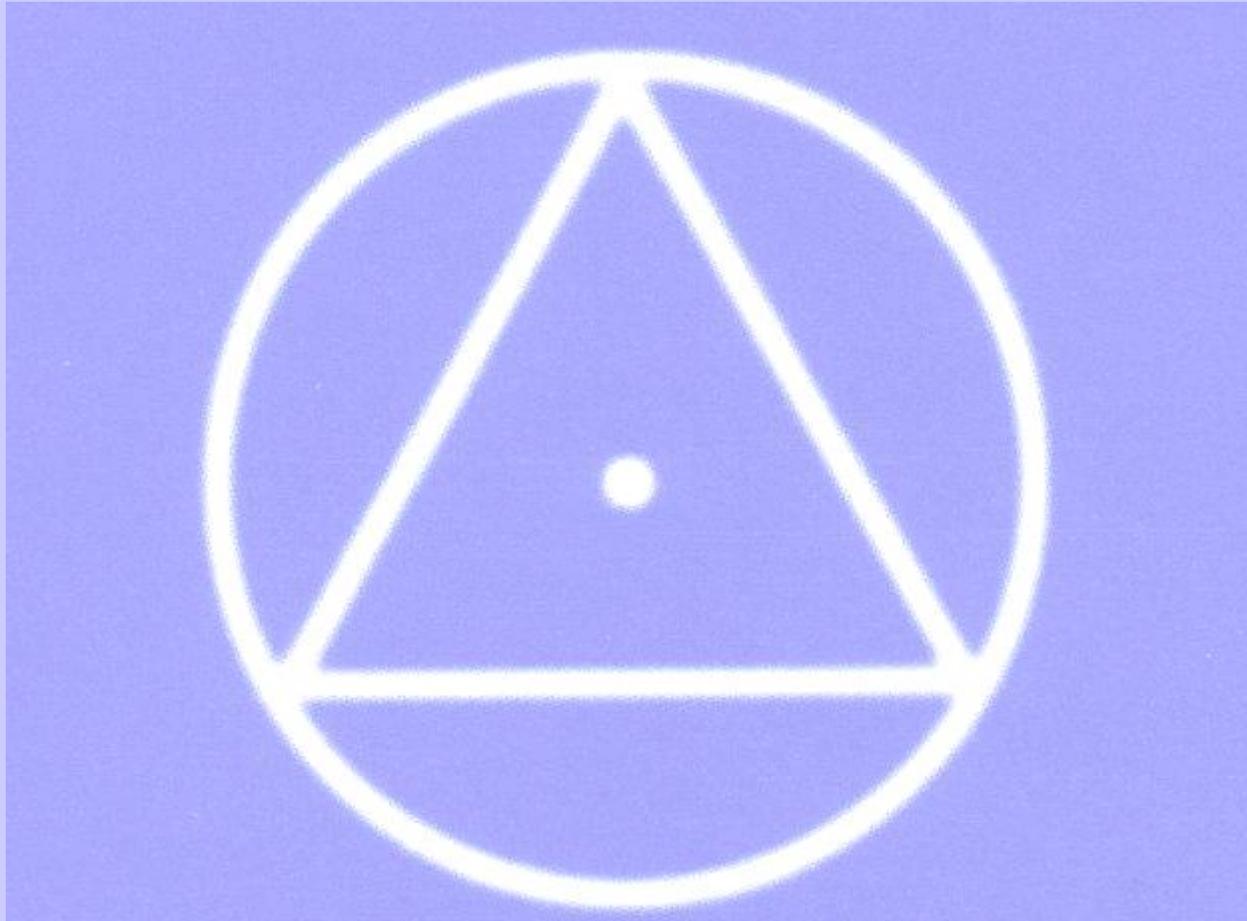


(Self-) Study

Service



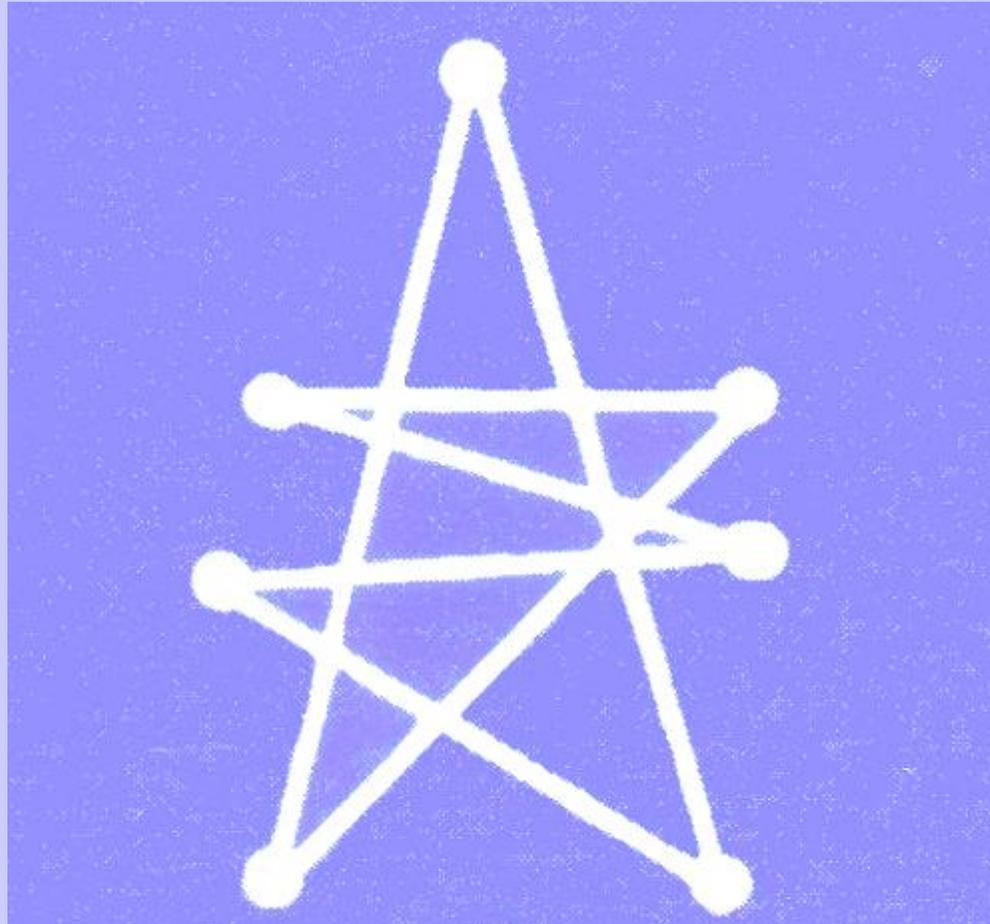
# Man as a Triple Being



# As a Five-Fold Being



# As a Seven-Fold Being



# As a Fully Developed Being



# As Micro- and Macro-Cosmos



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. The painting of "The Path of Spiritual Development" is by Nicholas Roerich, courtesy The Roerich Museum, New York

You can find the presentations for download on the website [www.good-will.ch](http://www.good-will.ch) under „Publications“.

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