



## Circle of Good Will

# Meditation - Experiment and Experience

Themes on Eastern Wisdom Teachings  
and Everyday Practice, Part 4  
The Importance of a Teacher on the Path

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 ...

- The way into the inner
- Soul, personality, mind
- Sound, mantram, OM, respiration
- Obstacles – and solutions
- Rhythm, diet, patience
- Spiritual development and service
- The path of spiritual development
- The subtle bodies
- The call of the soul and the bridge to the higher self
- The 7 energy centres
- The basic triangle: Will - Love/Wisdom - Activity
- Meditation – Study – Service
- Full development – Macro-cosmos and micro-cosmos



# The Way and Guideposts

People go the way according to their own inclination and they find the corresponding experiences

Without guideposts or a map you can easily get lost on the roads.

The wisdom teachings give us an itinerary of the journey.

If someone has unclear thoughts, he is like in a mist.

„A man in the mist is a blind traveller.“

A teacher helps, gives information and support.



# Finding Access to a Teacher

A teacher who knows the way and can explain it to others is called „Guru“ in the East.

Today the term is totally distorted. For us, a guru is a wrong teacher and a deluder.

That is why many don't accept any teacher and prefer making their own experiments; out of ignorance they make many detours.

But also running from one teacher to the next one like nomads means that we aren't willing to decide and to act.

He who is totally material or emotional or mental cannot find access to a teacher, even if he reads a lot about it.

Some therefore pretend that teachers or masters of wisdom don't exist. A teacher or a master becomes visible for those who have realised the self.



# True and Wrong Teachers

A true teacher is known by the way he emphasises, the simplicity he demonstrates, and the transformation that people experience through his presence.

Selflessness in service is the touchstone of a realised person.

If simplicity is lost, self-aggrandisement and advertising, pomp and moneymaking or even manipulation take its place.

Every true teacher has only one mission to accomplish:

To remind all that gather around him of their true state of being and to guide them to realise and express themselves as immortal, divine beings of Light.



# An Expert Guide

Like in mountaineering a good equipment and an expert guide are needed.

We don't have to look for a teacher, for he knows us better than we know him. If we were able to recognize the teacher, we would be as great as he is.

The presence of the teacher transforms the student, as a piece of iron is magnetised in the proximity of a magnet.

By thinking of him prior to meditation or study, we conduct the meditation in his presence. Simply considering the presence of the master is enough.

His presence enables us to raise our consciousness and to improve the quality of our work.



# The Teacher of the Teachers

According to the wisdom teachings, the knowledge exists from the very beginning of mankind, and also the student and teacher relationship.

It came into existence with the appearance of living beings.

The science of yoga teaches: *"The Lord who exists in the hearts of all, is the Teacher of the teachers. He is the seed of all wisdom and every realisation."*

The *one* teacher, called *guru* in Sanskrit, is the Lord-consciousness in man. It is a principle, rather than a person.

The inner teacher exists prior to all human beings. He has already served as a teacher to those who came before us.



# The Teacher-Principle

The teacher-principle works through the form of a teacher.

For many people, the form rather than the principle working through the form, takes precedence. They create a cult and religion around the personality of a teacher and become its jealous followers.

However, every teacher is in truth a representation of the universal principle, an exemplification of THE TEACHER and MASTER.

This *one* principle working through many teachers is also referred to as the World Teacher.



# The Teacher and the Teaching

The teachers of eternal wisdom show us the ideal of a normal life in day-to-day living with a focus towards the inner.

As basis of spiritual progress they emphasise meditation, spiritual study and service to the common weal, in silence and without sensation.

They lead the seekers of truth and promote truth in every teaching and every religion, in a language suited to the corresponding time.

Their teachings emphasise synthesis, that mankind is a unity, that all existence is a great whole.

The teachers form the role models to us, and we should aim to be a model for the next generation.



# The Spiritual Hierarchy

The spiritual knowledge reveals itself according to the laws of time. Sometimes it is hidden, sometimes manifest.

The great teachers who transmit the wisdom are called the Spiritual Hierarchy.

Since times immemorial they have guided mankind to the Path of Light.



# Living the Wisdom Teachings

There are most various reactions on the teachings and the teachers of wisdom, like rejection and prejudices, but also dreamy idealisations or gushing channelling which pretends to be in contact with the highest circles.

Many are searching for Hierarchy, but in vain, since they are not willing to take the first small steps to right living.

He who follows the path of Hierarchy remains simple, a common man among common people, but he inspires those around him through his active love and silent, continuous work.

Wisdom is more taught by being a living example of it than by talking about it.



# Mirror of the Soul

The master or teacher is no other for us than the mirror of our own soul.

Since we are used to looking outside of ourselves for guidance, Hierarchy guides us to realise ourselves and decide for ourselves what is right and what is wrong.

The teacher makes proposals, we can pick them up and work with them or not. The teacher only gives guidance, he doesn't decide for others. He sheds light on problems while asking the student to think and to decide for himself.

He wants us to learn critical discrimination, to live with free will and to attune it to the Divine Will.



# Self-Responsibility

In former times the teacher assumed the responsibility for the disciple, and the condition was that the student had to do everything what the teacher said without asking.

Today the disciples are left much more independent than ever before. We have to learn to act with a responsibility towards the higher self, the soul. We accept the responsibility for all we are doing.

The teacher works with the soul and via the soul. We have to learn to use our will in freedom to find our way to wisdom. We have to accept the responsibility for all we are doing.

The teacher gives his presence not by himself, it has to be invoked by the disciple in the inner. We have to feel the presence and start working.



# Guidance from Within

The teacher guides from within. We get inspired to go to places or to learn things – astrology, etymology or homoeopathy.

We feel that it is we who have this inspiration, but it is the master teaching from within.

A book might have existed for thousands of years – suddenly we are attracted by it.

When we apply our intuition to something, we can grasp the heart of this thing. Much more gets revealed to us than an intellectual teacher can ever impart.

The teacher pushes us from within to such a point where we turn out to be effective goodwill workers.



# The World Teacher Trust

The Circle of Good Will is connected with the World Teacher Trust (WTT).

The WTT is an organisation of people, who are inspired by the lives and teachings of the great Teachers of Eternal Wisdom.

The groups associated with the World Teacher Trust work in different fields of life and are spread all over the planet.

They work with the main idea of good will especially in the fields of healing and teaching.

The WTT emphasises what has been said by the seers and sages of all times:

The social, economic and domestic activities of man should be in tune with the Law of Nature.

The human desire, the material acquisitive tendencies and the use of such material should be subservient to the Law.



# Sources of Inspiration

The World Teacher Trust is particularly inspired by the life and teachings of :

Dr. Ekkirala Krishnamacharya (Master EK – 1926-1984), who founded the WTT in 1971, and

Dr. K. Parvathi Kumar (Master KPK, 1945 -), the present Chairman (since 1984).

The Trust spreads their impersonal teachings; multi-faceted wisdom flows through them, inspiring aspirants in the East and the West into a right way of living.



# Dr. Ekkirala Krishnamacharya (Master E.K. – 1926-1984)

was a university lecturer for Vedic and oriental literature  
founded numerous spiritual centres in India and Western Europe  
as well as schools and more than 100 homoeopathic dispensaries  
in India, where the sick are treated for free  
published books on Veda, yoga, spiritual astrology, homoeopathy,  
ancient wisdom, spiritual practice, modern novels, drama, poetry  
was a healer whose healing touch alleviated the suffering  
travelled extensively all over the globe for spreading the message  
of Eternal Wisdom and Universal Love



# Dr. K. Parvathi Kumar (Master KPK, 1945-)

has studied Law and Economy

is a Chartered Accountant of repute with offices at Visakhapatnam, Hyderabad and Madras

works actively in the economic, social and cultural fields, with spirituality as the basis

has been honoured by the Andhra University for his outstanding achievements with the title Doctor of Letters H.C. in 1997

is a householder, a teacher of wisdom, a healer and a composer of over 40 books

is a source of inspiration to more than 100 groups in 24 countries spread over three continents

has held more than 150 seminars on subjects as meditation, yoga, astrology, healing, etc. He initiates people into the Path of Yoga and imparts techniques of meditation.



# Master CVV

The WTT works under the direct guidance of Master CVV (1868-1922) for the human perfection.

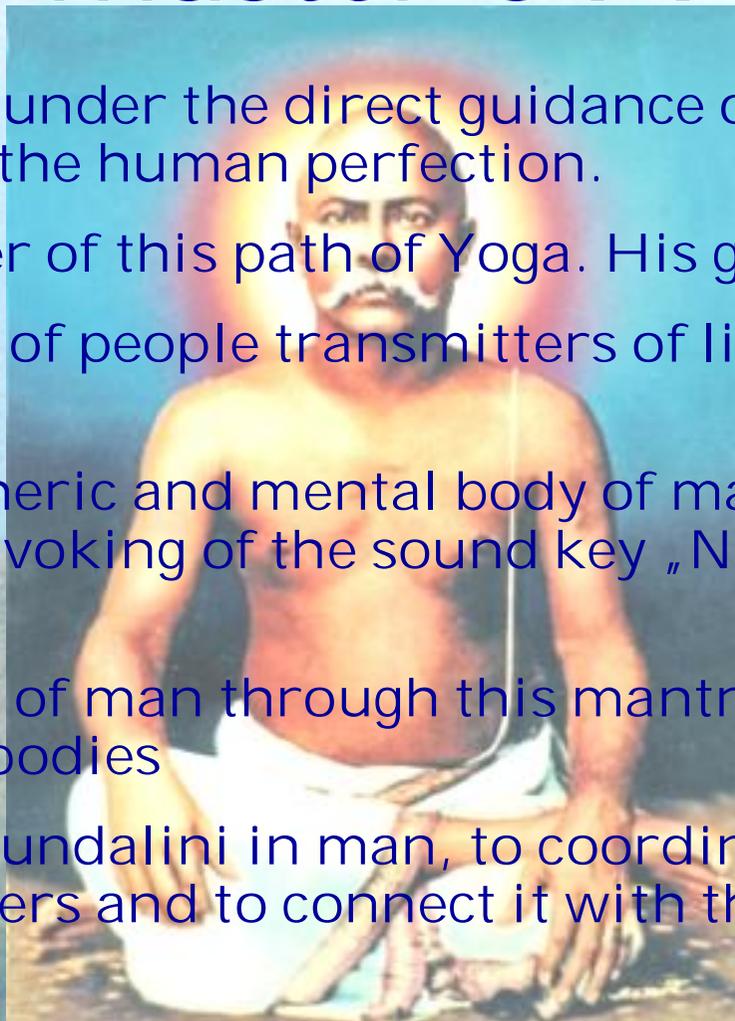
He is the founder of this path of Yoga. His goals are:

To make groups of people transmitters of light and consciousness

To purify the etheric and mental body of man with sound vibrations, by invoking of the sound key „Namaskarams Master CVV“

To heal diseases of man through this mantram and to prepare healthy etheric bodies

To awaken the kundalini in man, to coordinate it with the kundalini of others and to connect it with the cosmic kundalini.



# The Meditation Proposed by Master CVV

to meditate on the state of the absolute being we are ourselves, where there is neither sound, colour, form, idea nor thoughts

To choose a fixed time for the daily meditation, best at an interval of 12 hours - 6 o'clock in the morning and evening

To utter 3 or 7 times the OM in a soft and uniform manner and listen to the sound

To visualise the Master and speak the sound key "Namaskarams Master CVV"

Thereafter to remain silent for 15 minutes and observe what is happening inside: "Dip Deep"

To observe how the thoughts emerge from us

Thereby adjustments happen in the body and energy blockages are removed for a free circulation of prana energy: "repair work".

It takes at least 15 minutes for the energy to spread through the body and to dynamise it.



# Experiencing the Presence

The presence of THE MASTER through a master causes the necessary transformations in the seeker.

The life patterns change in a convenient and enjoyable way, much like iron dust arranges to a particular pattern through the impact of a magnet.

Through the master the presence of wisdom becomes perceptible, just like electricity becomes perceptible through the light.

This presence awakens awareness in us, not a doctrine or external influence.

It is not the personality of a master or his physical presence: The key is to feel the presence of the master



# Experiencing the Presence

By invoking the presence of a great master, we expose ourselves to the magnetisation.

The visualisation of a master in a meditation is like invoking a magnet.

We visualise the Master, his energy; the presence helps us for meditation.

Through the presence of the Master we get help from a source that we cannot reach on our own.

It is not a feeling, but the experience of the immediate presence as our Self.



# Transformation

If the meditation is done regularly over a longer period, it eliminates the old rhythm of life, stabilises a new vibration and transforms life.

The fundamental step is to see the soul in all that we meet in the world.

We should not reject any situation or form of behaviour.

We should be effective in objectivity as well as in subjectivity: „I am in the world, but not from the world.“

The Masters are an example for us that we, too, can transform ourselves and gain mastery, just like a caterpillar becomes a butterfly.



# The Journey

The journey is very long and takes many incarnations. We shouldn't think that we complete it in just one life.

But if we perceive the time dimension correctly, we will progress slowly but surely.

We should know the outline of the journey and understand the goal, but then work with the next step lying ahead of us.

“Man can overcome all hindrances if the goal of his journey is clear to him. When he sees the Light in the distance, he will pay no attention to the hardships of the journey. He will not count the steps to this Light, for it shines also in his heart.”

(Supermundane III, 634)



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](http://www.good-will.ch) under „Publications“.

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