

The Mystical Principles of Healing

PART 2

Table of Contents

Core Energy and Ethics of Energy Healing	1
The Importance of Intention and Energetic Permission.....	4
Coherence and Strong Energetic Transmission	8
The Power of the Word.....	10
Principles of Transparent Communication.....	13
Begin Meditation.....	19
End of Meditation.....	21
Newer Functions and Confirmation	22
Hidden Light and Its Outer Representation	24
Q&A: Spiritual Ethics	26
Q&A: Relaxing With What Feels Stuck	29

[00:00:00]

Thomas Hübl Welcome everybody. We're back. I'm very passionate about the interrelatedness, and showing more and more of the interrelatedness of thousands of years of mystical explorations and also new scientific, psychological, psychotherapeutic, medical and other sciences' insights into health, healing, well-being but also into ethics, our ways of living, cultural dynamics. That's what we are up for here: to dive into deeper.

I have seen lots and lots of questions, amazing questions, actually, come in. So, thank you for such rich participation. It's also very interesting for me to deal with many, many interesting thoughts and angles on healing and special questions. I really love to read them. So, keep on sending them and I will, more and more as it also fits to the current topics, I will bring them in.

Core Energy and Ethics of Energy Healing

Here are some of them.

Somebody said, okay, when I speak about the central line and the central line as a core — so, you remember last time we talked about the soul incarnating and the light becoming, in a way, our central energy: driving force, motivation, interest, however we call it, as a central energy line that basically runs through our spine. That's true.

Also somebody else asked about how literal is it that when I say, 'we are going up to the light' do I really mean up or is it just a more metaphorical use of the language? In a way, it's both. With the central line, for many people, the central core, the access to the central core and the experience is often through the heart, when I deepen my feeling awareness.

And it's also why we do the inner body landscape mapping, because for me to be grounded more in my body, it gives me an easier access to feel also my core energy. If I'm more polarized in my mental understanding and my mental perception of the world and my thought processes and concepts, so it's hard for me to feel anchored in life.

In the transparent communication — and I will bring in a few principles from the transparent communication practice and course just to get us to the same level here in the course because we have people come in from different backgrounds here — in transparent communication, we talked about the synchronization of my mental, emotional and physical experience.

Even when we look at the ontological, or when we look at the historical development of our nervous system, but also when we just feel ourselves in daily life, my sense is that the rational thinking grounds itself through the emotional world into the physical world.

Every time in the mystical understanding when we have an initiation — which means we have an insight into something new that wasn't on our screen before — an initiation is a new gate that opens in our consciousness. That is new. That is not just a bit of a recombination. It's something new.

When the rational thinking was an initiation and only a few people had it and thought like that and then it became more of a cultural fabric and then it became a cultural architecture, now our world is being run by rational decisions and by science and a rational worldview. That rational worldview needs to stay grounded in the body. Often we see that, especially through inner trauma or strong conditioning, we see that there's often a polarization so that more energy rests in the rational computing of the world and less energy in the emotional and the physical.

[00:05:00]

When we are looking for inner coherence — so our synchronization — we said that the mental, the emotional and the physical world are in a coherence: one expression, one listening. I listen to you with my body, with my emotions, with my thoughts and with my intuition, of course, and the spiritual connection. The more levels or dimensions I'm aware of, the more actually are listening when I listen to another person and receiving that other person and having an inner representation of that other person in one's own energy field. Otherwise, I somehow need to judge you according to my intellectual knowledge about you. That knowledge is great if it's grounded in the substance, which means if the emotional, physical and mental self are one unit: they are working together, they're collaborating.

That also means that I have the experience of life that I'm plugged in. I feel life. I'm connected to life. I feel as an integral part of a large complexity, of a system that I can feel, perceive, host in myself and be an alive part of. On the one hand, the body representation is a great resource in order to feel my core energy. Of course, an emotional openness and vulnerability and flexibility does the same, the grounding through appropriate shadow work, or already through a life that is very connected anyway.

So, my core, for many people when they practice, when they practice meditation, contemplation, body awareness, yoga, tai chi or any other kind of practices, the heart becomes a — listening through the heart into the depth dimension of the heart — is a great access point of our core intelligence. So, the core intelligence is — we might not locate it in our back, in the spine — but in the central line, in the center of our body, when we feel ourselves or when we make decisions or when we feel things in life and we feel them from or within our central perception, that's where most of the people have good access to their core intelligence.

Somebody else asked if when I say, 'we go up to the light' if we really go up. The answer is, yes because then, there was a philosophical question here, "What does up and down mean? Is up and down really relevant? What does the past and the future mean because is there really time?" Yes and no.

There are philosophical questions that are very interesting about, 'is there time or is there no time or is there up and is there not up?' But, for the practice, for certain levels in our contemplative development, it's important to go up because it's important to learn how to access higher centers in our own energy that, from a certain level of development, time becomes relative. And that we go into a state of consciousness that is beyond space and time and that one day we can access the light deliberately, all the time, everywhere and without contraction, that might be true, but that's not the reality for many people.

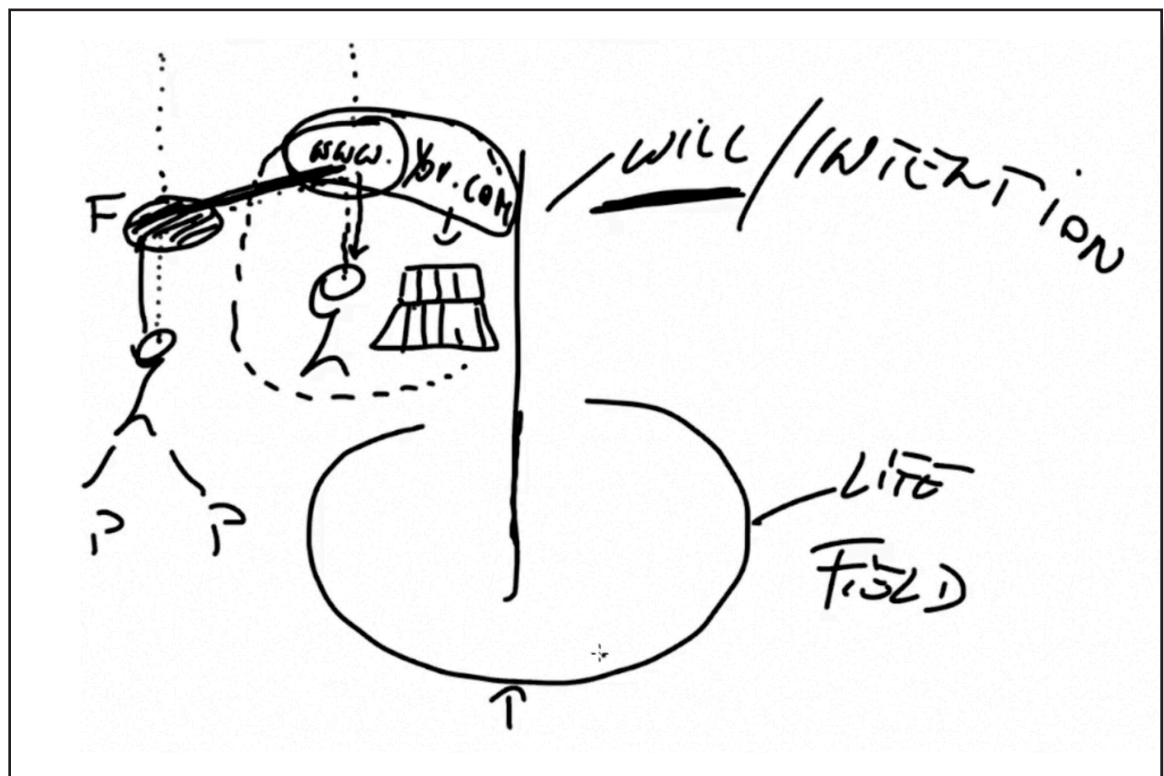
For many people, the beginning of the practice starts from body awareness, an emotional awareness and a mental awareness. Then it's also good to have a guideline, to have a practice guideline that can be followed through and helps us in the first steps of opening ourselves to higher dimensions. Once that's fluid and established and 'online' as we call it, so then the locality and the location and the different practice guidelines might change or might drop away because they are not anymore needed. So, I think it's, 'yes and no.' Yes, there is a direction, from a certain level of practice, that might drop away.

[00:10:00]

There was another question that I found interesting: Is there privacy? Is there privacy on cosmic addresses or can everybody tune in with everyone? Can we do healing for someone without a person in question knowing? Is that at all appropriate? I think that's a very important question. That's a very interesting question because on the one hand, yes. Basically, once we know of someone, there's always the possibility to tune in with that person, that's true. There is a subtle energy hacking that's possible.

Now, in our work, we are looking very much what are actually the ethics of energy work. One part of the ethics of energy work is that we do energy work only when, first of all, we know what we do; and secondly, when we are being asked for it. Energy work is not a good function to influence other people and it's also not, because I have the need to be — now I discover energy work and I have the need to think that other people need me and then I will simply apply what I learned without them knowing about it. Because we need an energetic permission. In the subtle world, intention is very important. Intention is a very, very important tool. Why? I will draw this here, I will share my screen for a moment.

The Importance of Intention and Energetic Permission



Drawing 1

We talked about this also in MPH 1 that intention is a line. Intention is a line. It's an energy line. Through our spine, there's an intention. Our will is an intention. What I want is an intention. My will is connected to how I will more or less at least create my life.

This is the will or the intention [draws a vertical line and labels it 'will/intention']. This is life or a field [indicates a circle at the base of the straight line and labels it 'life' 'field']. If I set an intention — if here's a person and here's a person, [draws two figures next to each other] and person 'A' wants to tune in with another person, it goes here then it comes down here [draws a dotted line from person A's crown across and down to person B's crown].

Here is the worldwide web, www.you.com [writes 'www.you.com' above person B's crown]. When I go on to the internet, I go up here, I find you.com [draws a solid line from person A's crown across to above person B's crown], and then I look at the different websites and then I have sub-webpages, even more websites here [draws a line down from the words 'www.you.com' to a computer screen with webpages]. When I tune in with your energy, I'm actually tuning in with what we said last time: the higher consciousness is the future potential and the ancestral lines are the past where we come from.

Mindfulness is basically creating an inner state of coherence that becomes a home for the past and the future, because mindfulness leads to presence, inner space, spaciousness, and then magnetic presence. We are hosting — the left and the right hand — we are hosting the past and the future in our present current state, which means we become very present in the moment and therefore we include the past and the present.

When I talk about the future here, I don't talk about the future as what we are dreaming of for tomorrow. Maybe I have visions but I'm not talking about the future that many people flee into because they don't like their life. That's called un-presence. That's not called future. That's called imagination or it's called other things. The future that we talk about starts with our soul and with our soul's potential and then goes beyond that.

[00:15:00]

When I learn to connect first to my soul as a subtle entity, from there I have access to somebody else's soul. And the soul is the bigger layer of consciousness that includes the person. The personality happens in the soul, not a person has a soul. We use this sometimes in kind of a confusing way. We say okay, 'my soul,' as if me as a person I have a soul. But actually, the more correct way would be to say, 'my soul has me.' I am an expression of a soul. The soul incarnates and manifests a life. The soul is connected to that will. The soul, we said last time, is the hidden light that becomes the line through our spine.

Why I'm saying this — I mean, this is basics of energy work.

But because my soul is an intention, every intention that I set, so when I would set the intention — or if I was to set the intention ‘I tune in with you,’ with my energy and mentally I focus on your energy. Which means, I set an intention. And that intention immediately connects me to you. Once I know of you, I “could” [Thomas indicates quotation marks with his fingers], if I needed to, any moment connect to your worldwide cosmic or cosmic-wide address, you.com, whoever you is.

And so, yes, on the one hand, once we know of the name of somebody or somebody says, “my brother” even if you don’t know the name but we know somebody that knows somebody, we have access to their energy field.

If you don’t know about the person so you don’t know about that person. So you don’t have any access point. You don’t have any — if you don’t get their website, if you don’t know about the website, maybe you Google it, but otherwise you won’t find it. Once you have the web address, it’s like a code. Every soul has a code and that’s something that we work with in the healing work.

Yes, there is a potential access possible, but if we use it in a non-kosher way or in a way that is not in alignment with the inner law, if it’s my need and I think that somebody needs healing but actually that’s not what the person asked me for, so there is no contract. If there is no contract, there is no structure. If there is no structure, when I channel energy into somewhere where is no structure, that will have an aftereffect onto myself and onto the person that I do it with, or for.

That’s something that needs to be very clear that if somebody comes to me, like a client comes to me and says, “Listen. I have this and that in my life or this is hard or that’s my problem and that’s my symptom.” Whatever, there is a clear contract. Somebody comes to me and asks me for it. I get the permission to do the work. Then I have also a structure because that contract is a structure that gives me a home for my energy work to happen in.

Otherwise, it's my need maybe that I think the people need this, but actually the people don't need this. I don't know if they need it. That's where the unclarity can start. Therefore, it's very important to work in alignment with the energy work because if we use energy — and we will talk more about what I mean. I know for some people, it's new, my terminology, maybe, or you worked recently through MPH 1 material, so if some of the things sound a bit complicated or it's a little bit much information as it was last time, just let it land and rest within ourselves even if not everything makes immediately sense. It will come. It will flower. It's like seeds and then the knowledge will grow or the knowing will grow.

[00:20:00]

That's actually a very important question that you asked about if we need permission. I very much encourage everybody to do energy work or healing work only when we have that permission, because that permission gives a container, and that container can receive energy because energy needs a container to land in.

Like our life when we are being conceived. In the moment of conception our parents, and especially then also our mother, is the container that receives the energy — which is our soul — in the fertilized egg. From that moment on, the will of our life is being unleashed. The will of our life, in the moment there is a conception, there is already a middle line, even if it's just energetic. There is a line that is our will.

What we want, as I said last time, at the beginning, is to live.

The first will is the will to live and to survive and to grow: the will to become. Our parents, at the beginning of our life, our parents are the structure, the base. And that gives us a base — the healthy relation with our parents — and later on, the healthy relation with our close social environment and our teachers and our culture around us. The healthier is that relation, we — and we will talk about this more — we will keep the meridian: the healthy transference from one generation to the next that keeps the aliveness and the light and the vitality and the passing on of intelligence, at its best.

The energy always needs a structure that it can grow. We know what happens when children have inappropriate parental relations, when the core family falls apart, when there's a lot of traumatization. We see what happens to the energy because it doesn't have a clear structure. That's also what happens to the energy when we use it in an inappropriate way in the healing process.

Therefore, a clear agreement is important because that agreement gives us a structure. Within that structure, we can do the work because there's a clarity of intention. There's a clarity of agreements and that gives us a home for the work, because in the energy work we might have a backlash. All the inappropriate energy work has a backlash, most probably in two directions; in my own and in yours. The cleaner is the work, the more healing happens and the less side effects we have in our energy fields.

That's a very important question. I'm happy you asked that. I think it's for more people an interesting question.

Coherence and Strong Energetic Transmission

The last question for now, and then we start with some more content of this session. There is a question, "What does a strong transmission mean? Does this mean a high level of coherence in the information that somebody sends out? Is there some mystical ability behind it?" That's also a very interesting question. I will answer this only, let's say, rudimentarily because it's a complex question.

We can say that every one of us has, all the time, a transmission. I believe every human being sends out, every moment of their lives, information. I will talk about this today. That's a good bridge to our content of this module.

Every one of us, I believe, radiates — as we said it also in the transparent communication — all the information. This means literally all the information of our life is being radiated every moment into space. But because information is not bound to space and is also not bound to time, really, so it's nonlocal.

[00:25:00]

Therefore, if I sit in Australia or if I sit like now in the moment in Israel and somebody sits in the United States, the attunement is immediate because I don't need to bridge thousands and thousands of miles. Like this week, I need to fly to the United States. So my physical body needs to bridge thousands of miles until I can reach my training in California, in San Francisco. But, my energetic capacity is in California at the moment I think of it [Thomas snaps his fingers].

The clearer I am inside, the clearer I arrive, literally, in California. In California, everybody who sits there or anybody anywhere else in the world, Australia or Asia, it doesn't matter. In the moment I think of another person, I am there.

Now, for many people, their mind is very busy. If the mind is very busy, that intention might be scattered because of many mental processes. Suddenly I think of this and suddenly I think of that and then this bothers me and this I didn't do. How many people experience meditation, especially in the beginning and maybe later on in waves again and again, that the meditative process might be very busy, mentally very busy, emotionally very busy?

Therefore, the transmission of us when we are not trained in the consciousness work expresses that. But also, my capacity to attune to somebody in the distance — we will talk in this course also about distance, long distance healing, but the name 'long distance healing' is a bit relative because in the energy world there is basically no long distance — the clearer and the more focused and the more single pointed my being, my mind, my emotions, my body are, or my being is, the clearer I will be able to do that long distance attunement because my mind will not distract me constantly.

So, I can stay focused on that cosmic web address, on the code of the person that sits on the other side of the world. If I rest in an inner state of coherence, and especially if I rest in a strong state of presence, so then the attunement process will be coherent.

That's why one reason is when we meditate or contemplate or pray a lot and we create more and more inner space or more and more magnetic presence inside, that magnetic presence is contagious. Because the more we develop it, the higher is its capacity to transmit. When we sit beside somebody that rests in a strong state of strong meditative state, it actually affects everybody around. Why? Because it's more coherent than maybe more scattered states of consciousness. Therefore, it radiates stronger.

That's one thing. The other thing is when we do the light meditation and we learn to connect to higher spiritual dimensions, higher dimensions of light and higher divine dimensions, not only the magnetic aspect, the presence aspect is getting stronger but also the energy is getting stronger: the electricity that runs through us. When people who are strongly connected to light on a more continuous or deliberate basis, their body radiates a much stronger energy than people who are less connected to the light.

Why? Because the line, the will is more scattered in regular states: I think of this. I think of that. I want to do this. I don't know what I want. Maybe I should do this. Maybe I should do that.

There is not a clear line where we go. Some people, they are very determined where they go, and that's also what creates power. That that power is not always aligned with the highest good is something else. But, if people are very focused and can create more of a concentration in the single pointed awareness, so that actually creates a stronger field.

[00:30:00]

In the spiritual practice, when we rest in a strong presence, we radiate a more peaceful or still presence that just when we sit on the bus and people sit beside us and we are resting in that energy and we're also not scattered, that energy starts to radiate. Peace starts to radiate. That's why people go to meditation retreats, because when they sit with a true meditation teacher, that's something that, maybe not immediately, but more and more people in the room will feel the transmission of that more quiet and present state.

At the same time, as we saw it throughout history with many saints, when people are strongly connected to the light, that light is creativity. Being connected to the divine means being connected to the creative impulse of the cosmos, which means it's very creative. We are sitting as it, in it. We are sitting as something that has been created already and is part of a creative process, in the creation.

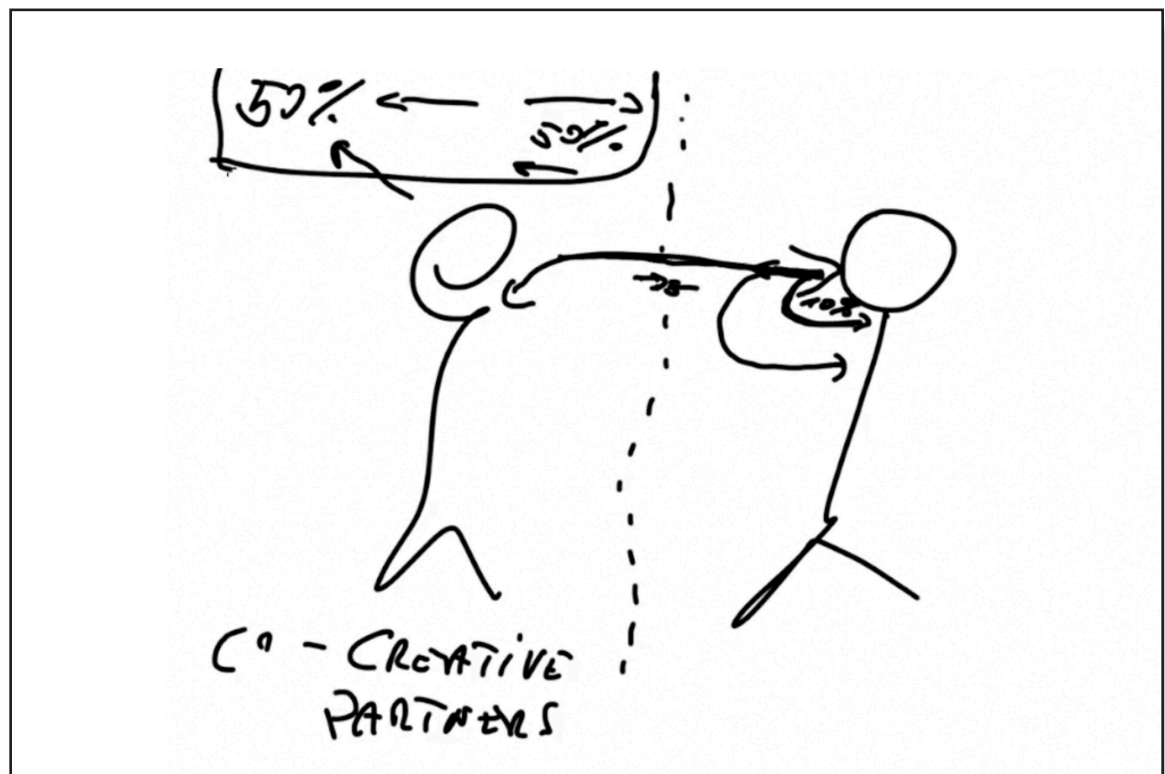
The Power of the Word

Therefore, the more we connect to light, our creation capacity is getting stronger. That's why ethics are so important, because my speech transmits the electricity of my intention. In the healing work, and we talked about this also a bit in MPH 1, in the healing work, the word is a very strong power. Because when we are connected — when we are very fragmented inside, the word doesn't have so much power — but, if people are more aligned inside, the word has a very strong creative power.

Therefore, in the spiritual practice, we practice stop talking about people and having a hygiene process in our talking: do not talk behind people's backs, stop negative talking. Why? Because everything that we say is being strengthened by our inner spiritual practice. If I am not in alignment inside and I really live those ethics, that also can create harm. At the beginning, I might not even be aware of, but that harm effects, has an effect back on me also, later on.

Therefore, the transmission, and that's also where the healing power comes in because when we are connected inside to higher levels of light and electricity, that light is what flows through us when we work with people, when we do energetic healing work, when we do verbal healing work, when we just sit in presence with a group of people. Once that's on, everyone will find his or her method or way how to transmit it. The word has a strong power. Therefore, when we listen to people when they speak, we can hear how much they are part of their co-creative participation in the world.

Today, we will talk a bit more about the — this relates to the last things I said — we'll talk more about the transparent communication principles and then a bit later, we will also have our guided meditation.



Drawing 2

I want to address something now that we have such a nice bridge.

I believe that energetically, we always have — let's say our energy fields meet. In the mature self, our energy field meets the world here [draws two figures with a vertical dotted line between them and indicates a meeting at the level of the head]. We would say there is the capacity to receive the world and there's the capacity to express myself in the world. I can listen to you. I can receive you when you tell me something. I can speak whenever I need to express myself.

[00:35:00]

A human being that lives in that state — so that we develop receptivity and activity — we will feel that we are co-creative partners of the world. When I work in a company, I will have the feeling that I can co-create and co-form my workspace. If I'm holding back some of my participatory energy, so I will feel that the world is getting bigger and the world is upon me and the world is dictating more and more, for example, my workplace, my intimate relation and my participation in society.

More and more people, as we said a bit last time at the end, it's a time where democracy really calls us to be co-creative partners. There are some things that bigger governing structures need to take on but there's much more possible that we as mature participants in a democracy, through our participation, can take care of on an inner level of consciousness, on an outer level of action and participation, I believe.

We get the feeling in our life, wherever we come, we are co-creative partners of the world. We are also at our best because we are in our motivation. We feel that we can move things. We feel that we can co-model and design the architecture of our environment. That's the feeling of a human being that is connected to his or her creativity and can participate in the world.

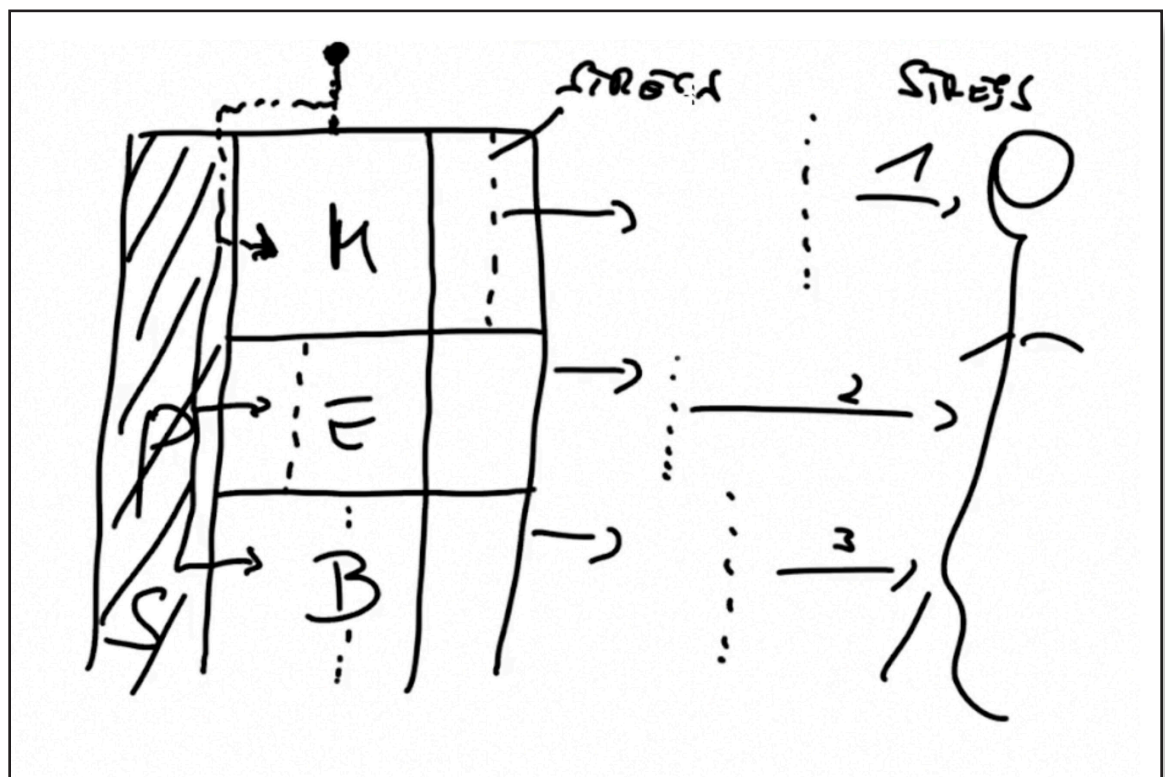
The same thing is also, how we hear that is when I sit with somebody, when somebody asks a question or comes with an issue to me and I listen to the person and I hear the speech or the word and I hear, for example, how that word is going out.

With some people, they really give that word to the world. It goes out and I hear it. For some people, that word goes immediately back, or that word goes only partly out and comes back, or that word has an overpowering force to go out. The word has a creative affect. When I listen to people when they speak, I can hear the amount of participation and co-creation they're able to experience and how they feel as a co-creative partner in their life. That's a very interesting, energetic information.

When we listen, and I'm sure many here on the call do this anyway, but maybe it's good to name it just that the energetic impact of the speech and the words how much co-creative power. Because a person that doesn't give the words, it only goes out 10%, will have very often the feeling that he or she is powerless that their words is not being heard. Their potential is not being seen. There's not often a feeling of being a co-creative partner and a co-architect of the world. That's very different than somebody that shares a 50/50 space.

We can hear this immediately when we tune in with the voice and with the work. Immediately, we can tell how that person experiences life. I think that's already a very interesting aspect.

Principles of Transparent Communication



Drawing 3

The next aspect that I want to bring in is, I mentioned this a little bit last time, that's a principle that we work with a lot. We say, okay, every one of us — and we make it very simplistic now — has a mental, emotional and physical self, has or has not a certain degree of presence, or inner space, and has a higher capacity inspiration that comes in that illuminates either my mental, emotional and physical self [draws a representation of the mental, emotional and physical self as stacked blocks].

[00:40:00]

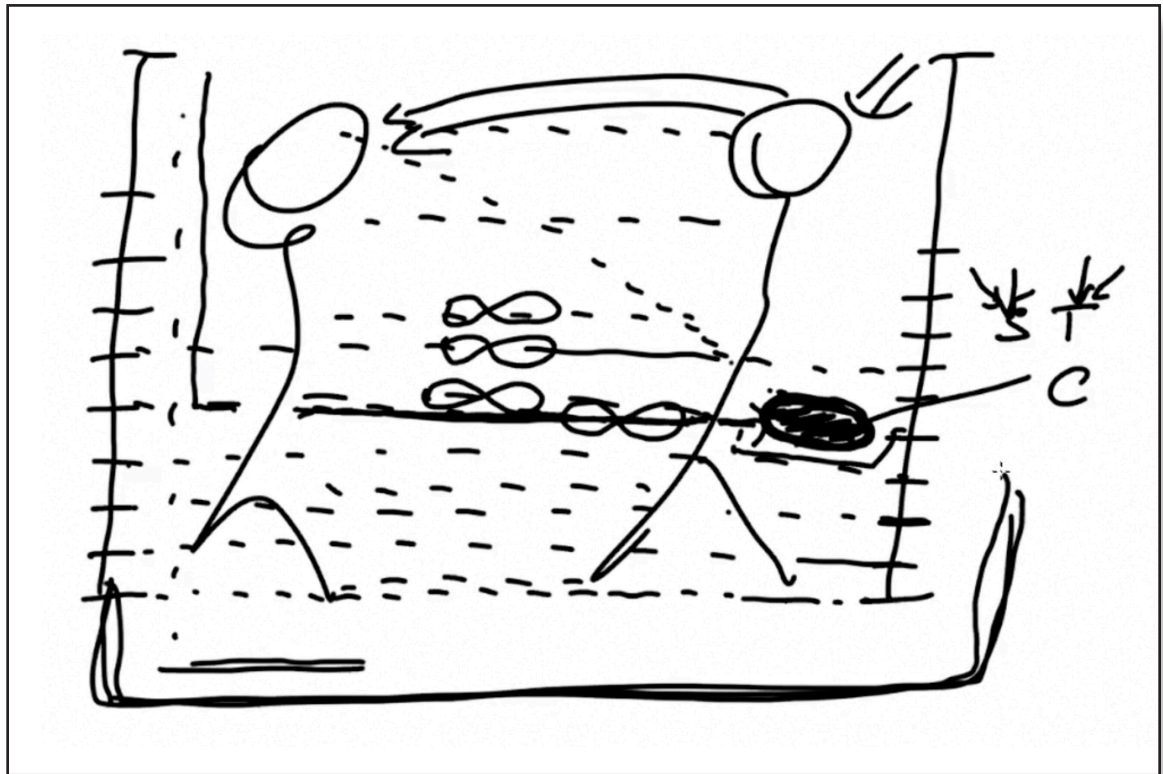
When I have a great idea that I didn't have before, I believe that light, a drop of light, illuminates my thinking or my emotion. I feel excited, or my body, I feel a high energy in my body. That light comes through the space, my inner space into my mind, into my emotions and into my body and creates either a coherent expression or I have an incoherent expression.

That would be an incoherent expression [draws dotted lines that are not aligned with each other through the stacked blocks representing mental, emotional and physical parts of the self]. My mind says one message. My emotion say a bit something else and my body also something else.

The information that I send out is not synchronized. That's what is my message to the world. If here is another person and the person is not consciously aware of it, it's already confused, because the mind of the person gets message one [indicates the misaligned dotted line from the mind]. Here is a different message, two [indicates the misaligned dotted line from the emotions] and three [indicates the misaligned dotted line from the body]. This already transfers stress. This means stress. This transfer stress.

When we listen and we say it's hard to listen to somebody, I get already different messages and they create an impression in me. If I'm not aware of it, I will be reactive towards it. I will start already feeling more distant or I will get confused or I will already go into my reactivity if I feel that. That's one thing.

We will remember there is inner space as a component that's important, that's more or less developed. There's a mental, emotional and physical self, and there's a higher information. These are the basic transparent communication principles.



Drawing 4

When I take this further, every one of us went through different levels of development. We all learned to walk, more or less. We all went through developing our relation to food, emotional development, sexual development, the capacity to relate, mental development and so on. Different levels of our being have been developed or are still in the process of developing.

In the transparent communication, and that's where the inner body mapping comes in, we say that this body is an instrument. This is an instrument, the whole body. This instrument finds a feeling relation to the world. Especially for people who work with people, that's crucial, I believe, because every level of development — from the embryological development to where my birth happens, to my food development through my sexual development and so on — all the levels of development of a human being, relate. We have here a relation. We have here a relation. We have here a relation [draws several horizontal infinity symbols at different levels between two figures to symbolize relationship].

The more precise I am in that relation, I believe, the more precise I am in process facilitation. Because if there's a trauma in this level of development [indicates a trauma with a dark circle to the right of the figure on the right] — and we said last time a trauma is a frozen area that is encoded in space and time and has a certain content: it has a space, a time and a content — that trauma happens in a certain age and happens in a certain level of that development and has a content.

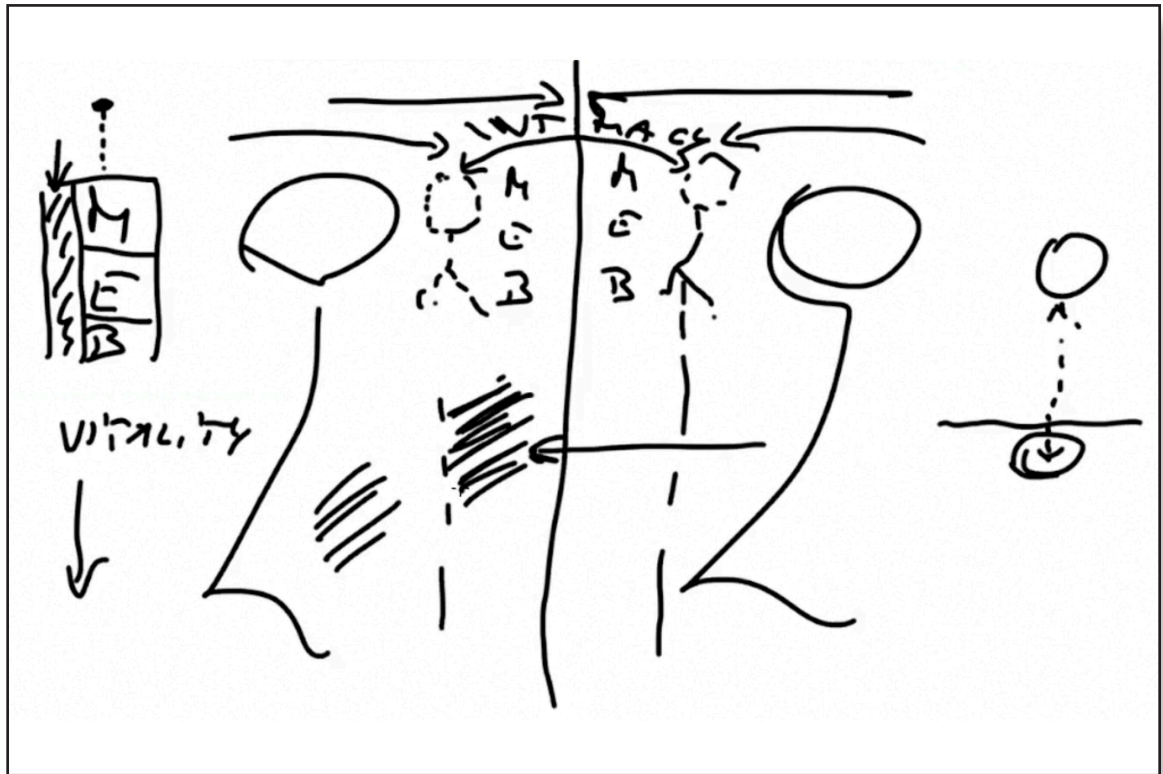
If I am cognitively aware of the trauma but I'm not energetically connected to the trauma so then I'm only, I believe, effective to a certain degree. But if I can go in my own energy field and I can go exactly, while the person 'A' speaks to me and shares about the symptoms in their life, I can go to this level, connect and I'm already attuned to that place here while the person talks [draws a line from the figure on the left to the area of trauma in the figure on the right]. I find, while the person shares, I will find this place here and create a relation. I create a relation even if that's not being consciously experienced by this person.

[00:45:00]

Because the mostly inappropriate relation that caused the trauma leads to an isolation, so that trauma will have most probably a kind of an isolated, disassociated layer in a person's energy field. What we say in the transparent communication is that I believe that when I inhabit my levels of development more and more clearly and in an integrated way, I'll become a really well-tuned concert piano.

When a pianist comes and plays that piano, so it's tuned. It plays music and it can be in resonance with the music of the surrounding or with the disharmony in the surrounding. That's why we practice a lot physical, emotional and mental coherence, because that coherence becomes the capacity to hold a conscious interior representation of the person in front of me. So, that I'm moment to moment precisely attuned to the process that happens in this setting. The whole setting is in my awareness [indicates the entire drawing].

That's what we call transparent communication: that the communication is so transparent that the energetic process that happens in the container between two individuals — between a group leader and a group or between me and the world, it doesn't matter — that I can develop an inner representation of the other person's energy.



Drawing 5

Which means if here's the one person and here's the other one [draws two figures on the page], so in the energy field there is a clear representation of the other person in the whole energy field [draws a smaller figure next to the figure on the left using dotted lines]. In the best sense, as well here [draws a smaller figure on the right using dotted lines]. If this happens also, this is of course good because here is one energy field, here is the other energy field [draws a line between the two figures and arrows pointing to each other on either side of the line]. Both can host the mental and emotional and physical aspect of the other person inside. That's a very high capacity, I believe, because this is intimacy. That's intimacy [draws a double arrow between the two smaller dotted line figures].

That the mirror — like the moon mirrors itself on the water surface. The moon in a clear summer night, you sit at the lake with your lover and you see the moon on the mountain lake and you see the moon as a reflection and it's a lovely, warm summer night and it's very romantic. The water surface is so clear that the moon looks so real that we hardly can discern, where's the real moon?

I believe in a good process facilitation, that's what we call intimacy: that we can have that representation in our energy field because of that inner coherence and inner space. The components for this is a synchronization of the 3 sync or the 4 sync, 4 sync when we have the higher creativity as well, and inner presence. That creates this capacity.

[00:50:00]

I believe that that capacity is crucial for a clear process facilitation. Everywhere where my energy field has unconscious fields inside or my own dissociation, the person's reflection cannot happen, or can happen only in a reduced way. That's what I call, 'I get stuck in a session' or 'a session was difficult.' If a session or the client is difficult and I feel that my vitality goes down lower after the session and I'm more tired than before the session, I know that my own issues somehow interfere with the client's issues and therefore I feel more tired.

Whenever I feel more tired — even a stuck session, I don't need to be tired. When it's stuck and I'm clear, I'm not tired. When there's a lot of resistance and I'm clear, I'm not getting tired. I'm aware of the process and then the process is not tiring. If it's tiring, I know that I wasn't fully clear.

If afterwards, if this tiredness is not just that I feel that the client is getting tired, but then I have still enough space to be aware of that process. If I'm getting tired, it means that I don't see, I don't feel. I'm disconnected myself, at least to a certain degree. I won't be able — so then I need to start to compensate on what I can't feel directly. I will start to apply certain tools or certain methods or certain interventions because the directness of the relation is already reduced or is already disconnected. It has degrees.

That's why I believe, and in our training programs, we train a lot kind of an inner acrobat. It's a consciousness acrobatics. We say, oh, we need to be trained on a physical, emotional, mental and spiritual level and on a relational level so that we become the best instrument: that we are part of the process. We are the instrument of consciousness or of clarity.

That's what we are going to do now again. I want to dive into a guided meditation. Somebody asked, "Okay. How can this inner mapping looking like?" This inner mapping can be, first of all, just a mapping that I can even draw something. I can draw a body representation and then see when I do the meditation, okay, which are the spots in my body representation that right now are very present? Which are the parts of my body that are less present? Which are the parts of my body that I cannot access immediately?

We can do this together right now.

Begin Meditation

When you sit with an upright spine and you say, okay, immediately, what are the first parts of my body that immediately arise when I tune in, when I feel my body? What's the most dominant? Maybe my whole body, for some people, maybe their whole body is immediately on the screen. For other people, maybe certain areas are very energized. Some of them are a bit more faint or reduced. Some of them really need to concentrate on that in order to get a reception. Maybe some of them, even if I want to concentrate, I can't feel them.

[00:55:00]

Let's look at those layers of intensity. In my daily life, what is immediately present? What is certain shades of gray or shades of reduction, shades of the color spectrum? What's hard? What's still accessible? What's really inaccessible? The longer of course, the more we will focus on it and concentrate on it most probably there's a richer representation of the body. But maybe also my discernment of very energized areas and less energized areas is getting more sophisticated or more shades are appearing as I concentrate.

I can also immediately sense, okay, what's the level of presence? Do I have space inside? Or at the beginning it feels like I'm very strongly identified with the body and there's not much space, or with some emotions and there's not much space? Do I live my life in a constant inner spaciousness?

When I concentrate on the space and I say, okay, for some moments, I want to listen to inner space. I want to listen to the inner timelessness. Maybe as you concentrate on inner spaciousness or stillness, maybe the space deepens. Maybe it stays the same or changes the quality. Just keep ... Before we focused on the body as an anchor, now we focus more on space, silence or a sense of timelessness.

[01:00:00]

For some people, it comes with an expansion of their body perception, not any more so defined in my body. It's an expansion. I feel less formed and more expanded. Inner space is a sense of an energetic expansion, also. It has a depth dimension. It comes with a dimension of depth.

From that presence, let's say there's more. Maybe you feel a little bit more spacious. We revisit our body perception and say, okay, when I have a bit more space inside or a moment of silence, how do I feel my body now when I focus again on the body? There's something also grounded and solid and more structured about my body. There's something sitting, resting but there's also a dimension of vitality and streaming movement of low, energizing aspect.

Let's also get a sense of the vitality. How vital do I feel? To get a first sense of the vitality and then to tune in, to get a deeper resolution of what actually do I interpret as vital? When I look inside and I examine it, what gives me this sense of vitality that I feel energized? What is that feeling energized? What's the experience of it? What's the deeper resolution, higher resolution? How do I feel vitality? What sense or what function in me tells me I feel vital? How do I know that I'm vital?

[01:05:00]

What's my degree of vitality, life energy level? Is vitality static? Is vitality moving? In case it's moving, in which direction? If you remember a recent situation where you didn't feel so vital, do you recall that situation? What actually happened to the process of vitality? What happens to the motivation when we feel less vital? Which situations in your life might be recurrent or you're getting tired and it's not tiredness after a late evening, after you had a full day but it's throughout the day in certain situations? What are recurrent situations in your life that you're a bit more often tired, feel less vital? What are the situations where you feel very vital, energized or alive?

[01:10:00]

Let's again also get a feeling, as we said before, that when I set the intention to feel the whole group that's online right now and I tune in with the sangha or community that studies, explores, comes together here. I set the intention to get a sense of the field that we are. When you set the intention then feel into the field and trust your first impression. Feel that first impression, feel into that and let it expand.

Also connect to the intention of the whole course. We all have a mutual intention. It's such a line of intention for the whole course, studying the principles of healing, mystical principles, deepening our capacity within our work and profession and passion. What's the line of this course? There's a line through everybody's spine. What's the coherence of those lines? With a mutual intention creates a field and a mutual line. See if you can get a sense of that mutual line or will to explore, participate, deepen, add.

Also, to feel the healing transmission. Many people that have healing in one way or the other as their inner passion, being part of the self-healing capacity of humanity. Let's feel into that mutual field of healing. Whatever is the expression in the world, it comes with an interest, with an energy, an intelligence, an intention. A soul has an intention.

[01:15:00]

There's a shared healing power. There's also mutual support for everybody, from everybody. Also, this course has a potential higher future, a higher consciousness that calls us: the possibility that we grow into.

Slowly come back to your body, again, the grounding. Take a few deeper breaths and slowly open your eyes. Let's continue.

End of Meditation

What we felt also in the meditation is, through the intention, when we all set the intention, we tune in with each other, we also create a field and become aware of that field because we strengthen it through the conscious awareness. It's not just only separate participants sitting at home in front of the computer. It actually becomes a more coherent field.

When we tune in with it, we can also feel because many of us are working in one way or the other in a field of healing — and healing can be through medicine, through psychology, through therapy, through energetic healing, through body work, through being a nurse — there are many different ways of expression. And the archetypal path of the healer always finds an expression in the world, but there is an underlying energy that drives it. A soul has an intention. Otherwise, we wouldn't be interested in healing or spending our life on that path or in that direction.

Newer Functions and Confirmation

When we bring those energies into a more coherent space, it reinforces it. That's where, for example, confirmation is a very important part on the spiritual path. That's also where innovation becomes coherent because we said that — that's also maybe something to think about. I don't know if I talked about this in the last class. I don't remember. Newer structures in consciousness, newer capacities like multi-perspectivity, a certain level of inclusivity, certain levels of compassion, clarity, love, insight that we can hold are functions that are most probably less stable in most of the people than their survival instinct or the more basic functions in our consciousness. They had thousands or tens of thousands of years of practice.

[01:20:00]

But, the newer functions or the higher functions of consciousness, first of all, they are not so common. Secondly, they didn't have so many collective training hours. They were maybe in some yogis or some mystics somewhere, they expressed that function, or certain value systems in society. In my understanding, those functions that have less evolutionary life hours, they are less energized in the system. They're more fragile. They fall apart easier.

We all know this in our own life when we get stressed out or when we contract or when the trauma gets hit. Many of the higher functions say goodbye and we regress into a more dense package of evolutionary past and that's what we have as a capacity to express until we climb the ladder again and we come out of the contraction. Suddenly, our being opens up and our mind is again more creative and we are more receptive of higher insights.

I think the interesting thing to think about is what happens to those functions that on the one hand, if they are newer functions, they have a probability of stability. They have a certain capacity to be stable, if not they fall apart again. We all know we had insights. For some time, we remember them. After some time, we might think, oh, how was that? Somehow I knew this already, but somehow I cannot grasp it anymore. I don't feel it anymore. I had an insight but maybe that insight disintegrated again and I'm back to my former self and then I wake up again a bit more. For some time, that's a wave movement, until we stabilize that consciousness and we become more stable. One part that makes it also more stable is to find somebody else that shares that insight with us because two insights create a field, a stronger field. That reinforces the field.

If three or four or five or 10, 1,000 people share a new insight, it becomes an even stronger field. Why? Because the vitality that we felt is chi and that life energy is being invested into that function. We said last time, chi is the most important currency in the world. Why? Because it builds neural networks and inner architecture is the prerequisite for outer architecture. We will build an external world that we can represent on the inside.

Chi builds that, and therefore it's so important what we invest our chi into. Do I invest my chi into an unconsciousness or an unconscious process in a person, or do I invest the chi in the growth potential of a person? Do I participate in unconscious dynamics or do I participate in conscious dynamics? That's my investment. What we invest into will grow.

I believe that right now, and basically always in evolution, that when times seem to be more shaky or rough, I think one aspect is good not to forget: that the higher functions in consciousness, they are not so stress-resilient as our lower functions in consciousness. Therefore, they might fall apart more quickly.

If one person is existentially scared in a company and the rest is very stable, so the field stabilizes that energy, more or less. If the whole culture becomes scared so then the system becomes more unstable, and the tendency that higher functions in consciousness will stay stable gets lower. The inclusivity, the multi-perspectivity, the clarity, the compassion, the love might slowly disintegrate and, from a certain level, disappear from our screen.

[01:25:00]

I believe that's an interesting thing to think about in collective dynamics that the collective regression literally means that certain thoughts might not arise anymore in me because the gravity of the whole collective field is going back into former functions of stability and leaving the investments. We invest more in how we can take care of ourselves and we invest more in the survival functions of ourselves and we invest collectively less energy in higher functions.

This also has an effect. I think that's important. Therefore, vitality is such a — or chi, and the clarity what we invest chi into — is such a crucial, crucial factor. How much space do I have that there is a freedom to choose? Because as we said last time, unconscious past is destiny, and conscious karma is a possibility. That means in the possibility, I have a choice if I participate in that, in what I participate. Why? Because I see.

The function of people that work with people is to see, to feel and to hold a greater, bigger space. And that is an invitation into the future of certain levels in development, for our potential future, that somebody sees us in our potential and reinforces it. It also confirms growth, confirms development. Like, with children when they come and they develop something and they come and they show it to you and you really look at it, you take the time and you give, in a way, confirmation, you give attention and love. That function feels confirmed. It gets a response from the world and continues its journey.

In the work with people, we often confirm steps of growth but which means that I invest my chi into that function in the client, and that reinforces it because it doubles the investment. In meditation practice, when the meditation teacher confirms a new realization, it's actually a very important act. The confirmation strengthens that new state in consciousness. It makes it more stable. It makes it more of a stable state than just a short insight that disintegrates again. The confirmation in the healing process, in the growth process but also in the spiritual process are important functions in consciousness.

Hidden Light and Its Outer Representation

Also, the ability to share insights. If somebody has an insight and finds a seemingly outer reality to confirm it, stabilizes it. It makes it more probable. That's why we, in this work, also look at it, in a way, that when the light incarnates and comes up as inner motivation, interest or hidden light. Until a practitioner really experiences it as light, it's hidden light. Hidden light is great because I feel it as motivation. I feel my soul's capacity as my deepest interests, for example, my core intelligence. That's light.

In the healing process, we said last time that the unconscious parts or the karma, the karmatic parts or the traumatic parts and the light are in a seeming tension in the person. When they come, for example, to a therapist, if it's a therapist that can support that person, it's the representation, the outer representation of the inner light.

I believe that's also a very important principle how the tendency in the client finds an outer force, which is the therapist in a good sense, that can in a way help restore that tendency into healing and development.

[01:30:00]

If I don't find an appropriate therapist or if I have even circumstances in my life that confirm that tendency, so the tendency will be strengthened. I think that's, first of all, an important principle, because when we are in the position of being of service in the healing sphere, however, and we are somebody that can support a person to strengthen the light aspect to become their own answer, their own healing, there is a synchronization in the finding.

When somebody finds the right person to support the process in a way that healing or restoration or growth is the effect, there's a coherence. Next time, I will talk more about how our individuation also creates time, space and rhythm in us. There is a coherence.

For some people, that coherence sometimes doesn't seem to happen. For some people, for a long time are looking or searching for somebody that can support them in finding clarity with their issue. They may sometimes find a person but it doesn't seem to work or it doesn't go anywhere and then they find another person. There might be many reasons on the surface why that's the case, but then on a deeper level, it's interesting that there's some kind of inner-outer coherence or synchronization that the experience of it is that we find an appropriate person.

Recently, as I said already last time, I deal a lot with the development of an organization that deals with collective trauma or collective shadow. Maybe until the next time, just as a vision for thinking or an impulse for thinking, how the collective traumas and shadow dynamics are part of not finding. That certain tendencies are not being answered with the appropriate answers. How collective shadow dynamics might influence that collective coherence or that collective synchronization.

What actually supports a culture and many people within a culture to drop into that higher synchronization? Because I believe we all have an experience of how it feels when things are in the flow. Actually, what leads to the fact that we feel in the flow or that sports teams feel in the zone or also in a flow state?

What actually gets us into a flow state if a flow state is a higher level of coherence, a higher level of inner-outer synchronization? What leads to the fact that suddenly we feel less in an inner coherence or outer coherence and therefore we have the feeling things are not fully matching?

Some people look for investors for their projects. They just think of it. The next day, somebody calls them, feels, oh wow, this is a great project. I want to invest in it. It seems easy and then we call them successful where we say, okay, they always make it. Why do they make it? Of course there are more factors, but why do certain people have the feeling they're constantly at the right time in the right place or in the right rhythm?

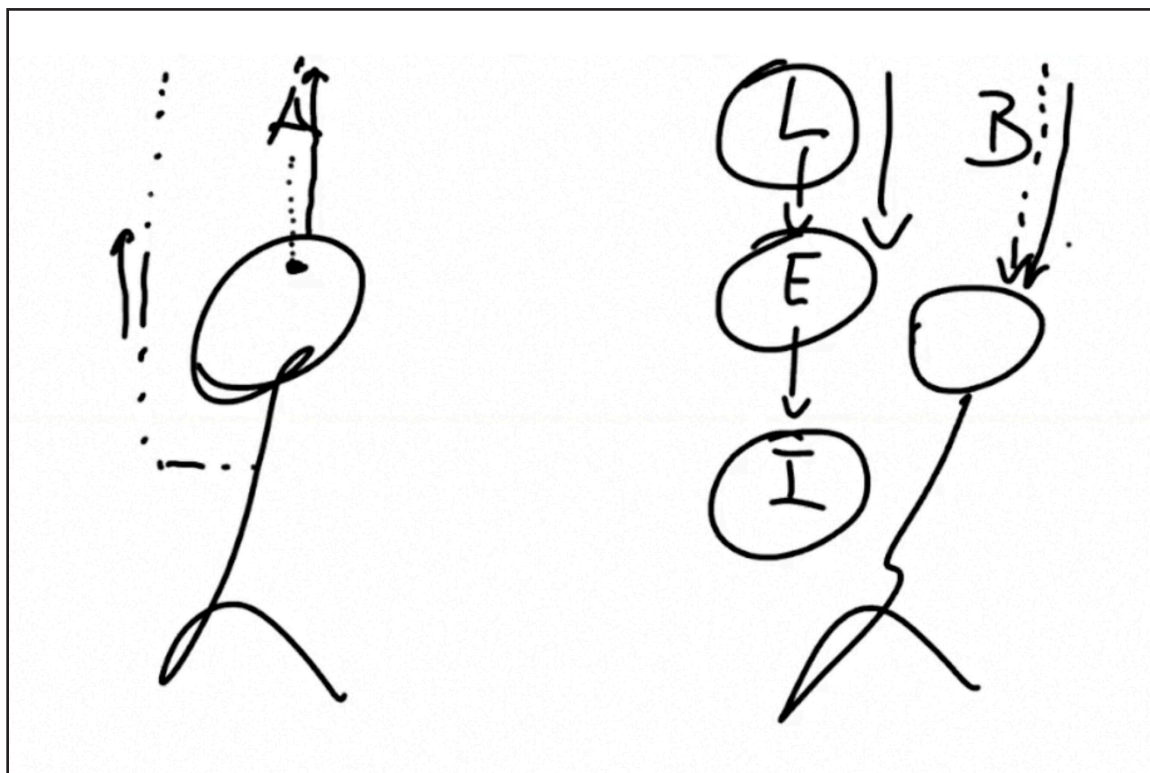
I think that's something that we're going to explore next time: how that function of time, space and rhythm is being developed in us, when that's something that we develop in the path of our development.

[01:35:00]

And how that might be linked to collective shadow dynamics and what are the possibility to restore that on a collective level so that the whole cultural process comes more into sync. I believe that's where we are going in the next sessions. Maybe we give the last part of this session the possibility to come again with some Q&A time.

Q&A: Spiritual Ethics

- Hilorie: Quite a number of people have written in, looking for discernment around energy work. Do we do energy work only with permission? What if I pass an accident on the highway and I pray for people? What does this mean in terms of permission? What about getting permission from a collective field? What about if I want energy work or work to ask permission for my child? Many, many questions around this kind of discernment of energy practices.
- Thomas: As I said before, it's a great question because that's our course in spiritual ethics. Let's explore a bit because my sense is the spiritual principles or the mystical principles give us a lot of insight and knowledge about those things. Of course, what happens when somebody — I will again draw something.



Drawing 6

Let's say this person 'A' sees a need that, let's say as you said before, there's an accident and you pray [Thomas draws two figures on the page and labels them 'A' and 'B']. If we pray, what do we do? We have a certain inner intention but the prayer is something that we say either in our heart, often we say it in our heart, and then our heart is connected to higher spirit, or we say it through our third eye — the different methods of praying — and we pray [draws vertical dotted lines up from person A's heart area and third eye area]. That intention actually first goes up. From up, that intention gets an answer and eventually, that intention comes down here [draws a dotted vertical line down into person B's crown].

Energy comes down but the prayer is meant to be a connection to the higher consciousness. If I say, okay, if I really pray for a person because I see a person is in need, I send a prayer and the effect of the prayer of course is connected to the person but it goes through the circuit of the higher intelligence. I'm magnetizing downwards, into the human sphere, a blessing. A blessing, as we said last time, is light. There's a light that comes down with a certain energy and with a certain information.

It's light as an experience. It's energy as a movement, and it's information. So it carries a certain quality. That quality might affect that person's state. If somebody is very trained, so we can actually go up through the levels of our own light. That's actually what saints do, for example, when the prayer is very strong or when the blessing is very strong or the blessing is very healing.

[01:40:00]

It means that we can go up very high into the higher realms and pray from there. As I said before, the higher is the level of consciousness that we go up to, the more, the stronger is the effect that we charge with electricity. So if you have an intention, so I can charge it with electricity. If we see somebody in a situation where they are in a severe need then that's a very valid thing to do.

The same is also with our children because, and we will talk about this more next time, according to the meridian, the meridian is being kept. I will say more next time to what that means in the next sessions. It means that parents really take their responsibility as being parents. When children grow up, they are actually — we have a responsibility for them. Therefore, in the process of them growing up, we care for them when they need something. We care for them when they need some support. That's also true for our support for them. The energy work, the same when parents come and they ask us to work with their children, that's also — of course every time I do that, I will tune in also with the energy of that child or the soul of that child and see if there is an openness in the energy to work with — but that's already enough of an invitation.

When it's with our children or when it's with people in a severe need or also if somebody, for example, calls me and says okay, there is a person, I don't know, got psychotic, and so that person is not anymore in the capacity to consciously agree to that, but there's somebody, a relative or the husband or a parent that asks for help, so that's an exceptional state. Still in those cases, in order to be clear, it's also good to see if there is a permission on a soul level of that person to do that work: to interfere, in a way, with the regular process that's happening.

But those are situations where there's more of an openness to do the work. That's different than when somebody is in their capacity to decide for themselves and they ask for it. As long they're in the capacity to decide for themselves and they are grown-up people then we need their agreement.

Hilorie, was there more to that question that I didn't answer?

Hilorie: I think you pretty much touched it. I think somebody also was asking about in relation to collective fields. What does it mean that we're maybe doing healing or energy work on collective fields and in relation to this question of permission and ethics?

Thomas: Right. On the one hand, I think we are going towards, that's what I said also last time, that we are going towards a time where I believe that the collective work — to really do bigger events and to really take care of some collective issues — that that's something that will come stronger in the future. So that we also create fields of agreements to work on collective issues and to illuminate collective dynamics that we are often not aware of, that we part of that dynamics because we have been born into them. They are part of the clothing that we wear.

I think we will need bigger and bigger events, also structures, that can hold the energy that we download into that collective container. I think that's a very important work to do because it will address some of the deeply unconscious forces in the collective consciousness. We will address those things a bit later in this course because we will anyway have a bigger section on collective dynamics and I want to talk there more about it because I need some foundational teaching before to address it. We will get there.

Q&A: Relaxing With What Feels Stuck

Participant: Hello, Thomas.

Thomas: Hello.

[01:45:00]

Participant: I have a question about the work I'm doing with two clients. It's a couple, a woman and a man. I'm working with them for two months. They have problems in their relationship and the communication. What I'm seeing, what I'm feeling that they closed their heart in a way and they hurt one another. She now can open her heart, in a way, because I'm listening. I'm translating.

The question I have now is, it's a question of permission. With him, I'm always holding his way not to feel himself in his emotions, in his body. It's really not easy for him. It's difficult for him. I try to hold it. I try to be here, to hear, to be clear, to name it, to bring it in, to translate, to hold the space. But, I don't know. I have the impression I cannot — there is something I cannot be aware of or not enter. I don't know. I have no permission to enter this. He don't want to go in this area or I'm not really connected to this area. Can you help me in this question when I'm thinking on this person?

Thomas: What I feel when I see you talking about it is when we say, okay, every time it seems like something doesn't work, let's see what works, that it doesn't work. Something seems to work that it appears exactly the way you described it. It appears, okay, it's hard for him. He can't open his heart or you feel that he cannot easily access his emotions. Let's see, what is actually the part that works that it doesn't work?

The question that I would ask you when I see you speak about it is, if you can describe to me exactly how you feel when you are sitting with this man or with this couple, but when you focus on him, what's actually the transference in you? What do you feel in yourself when you're fully precise with your inner representation while you speak about him?

Participant: I feel an open ... The feeling is I feel openness to him and I feel to be angry, in a way, and to be in a way helpless. It's compassion. It's joy to communicate, and it's anger and helplessness, these four feelings I can discover in this moment.

Thomas: Let's, for the beginning, just presence everything that you said. If you can relax into all the four things that you said; angry, helplessness, you feel open towards him and a joy, I think you said. If you can relax your own nervous system into the four qualities. The joy and openness is easy. But then also the anger and the helplessness, if you can more embrace these two qualities and relax into them and explore them on a deeper level in you.

[01:50:00]

Why I'm saying this is because I can feel your positive attention towards this couple. I can also feel your openness towards him. This makes sense to me. And then when you spoke about him not being able to open his heart, my sense is that the difficulty that arises there in the process — like that it feels like it's not really progressing there — I see you like as if I don't see your full capacity to look, looking.

It's as if you're a bit — I don't feel you're fully connected to that quality. I think if you explored that quality, also the anger that you said and the helplessness, if this can land consciously in your energy field but you hold a spacious interior around it. There's anger. There's helplessness. There's your own consciousness space. It can just give a home to it without needing to do anything with it. Just to let it land deeper inside.

My sense is there can be a deeper landing of those qualities. Also, of the fact that as you described it, he has a hard time to open himself to a deeper feeling, as if that can land a bit deeper and that you find even more synchronization with that fact that it's hard to open deeper.

Something obviously is working there and when it lands deeper in your own space, whatever is working will illuminate itself more. There is no need to do anything with it. There's more a need to find out actually what is that good for, that it's not working so easily? What is that a function of?

Tell me what's happening in you while I speak?

Participant: When you speak, there is a deep sadness here in my heart and it's not so easy really to feel it, a sadness about this frozen state I feel here. And then there's the impression maybe it's good that he cannot open himself in this way, in this emotional way, in this moment. Maybe it's not the moment. It's not the constellation. Maybe it's too dangerous for him in this moment.

Thomas: This we don't know. These are assumptions. This might be or it might not be. In this case, from my side, I wouldn't be so interested in finding an explanation for the situation. I will be more interested in finding a coherence with the exact experience that I have while I sit with this couple.

Obviously, that's an important function in the man for something, we agree on this. That's some kind of an emotional function or a defense on the emotional function. In my experience in this situation, I will be very interested to get a very precise inner feeling that I have while I sit with that person.

If I can stay in that part that feels stagnant or stuck or hard to open — so obviously, there is something working to stop that process — how I can host that part in me as well: what is stopping it. If I can see if I start looking at him having a hard time or being in an intimate relation with that which seems to be a hard time, to me.

To listen to all the nuances that I feel in my own energy while I sit with the couple and especially with him. What are the nuances and can I relax into the situation that it's not moving, without having the need that I have to do something, to find an intervention that works but more just, ah, can I allow myself to really relax into that specific quality?

[01:55:00]

Because I think that's something that this — what I said the last time with the two trains: that your train and his train will find the same speed and in the same speed, I think you can open your window and offer a tea. I feel that the two trains are not full — they're almost — but they're not fully at the same speed and therefore it creates a bit of an effort.

I think that's not so much to — I think a deeper relaxation into the energy that I feel from the man is needed in order to host it, and that creates a relation "towards" [Thomas indicates quotation marks with his fingers] him stuck in you, to him. It's a different relationship offer from your energy to his. Obviously, there is some deeper safety that's needed for the nervous system to open and allow a deeper vulnerability.

Can you tell me once more how you feel right now?

Participant: I feel good, especially with that what you said, it needs more safety. He needs to feel more safety that he can open. The second thing that comes to me is that during the work with him, I had the impression that the trains were really synchronized. And then, after the session, at the end, he said to me, "I have the impression it doesn't work." This was so ... I didn't attend it! I had the impression, okay, we are synchronized with all the questions, with all the different emotions, with all the open things, but [participant snaps his fingers] finally, this work, it doesn't work. These are the two things, that they come to me. But that there's a deeper safety net, yes.

Thomas: Did you make a step back in yourself when he told you it doesn't work?

Participant: Yeah, absolutely [participant laughs]. Yes, this was, okay! I asked now, don't I have the permission or something else? But now I see, okay, take all this moment and I can hold it in me. I can host it in me.

Thomas: I think that's also a matter of time, maybe I will once offer a session here where we can go for a longer time into what would we do now and a supervision process. Now, my next question would be, what is it actually in you that lets you make a step back? When he said, 'it doesn't work,' something in you steps back. It feels like it had an impact on you. I would like to explore — and maybe you can do it with some of your triad partners, also — I would explore what actually in you goes a step back. Because that's what I meant at the beginning that there is one part that is a bit back from, not fully on the surface of your own energy field when you talk about this man.

I'm interested in this part. I think that would be the next step. I think if we get that part, then something will happen in the whole dynamic when he: 'Oh, it doesn't work,' and then you, 'Ah!' [Thomas moves his body back]

What is that part that makes the step back? I would explore that on your side.

Participant: Okay. Thank you.

Thomas: Thank you. I'm sorry that we are already at the end of our — more than the end of this call. It's interesting. That's a good way to continue. Thank you.