

The Mystical Principles of Healing

PART 2

Table of Contents

Infusing Processes with Conscious Awareness.....	2
Three Types of Meditation.....	5
I am Part of the We and I am a We.....	6
Healers in the We Space	8
Restoration of Chi	10
Motivational Energy.....	12
Healing Cultural Trauma	15
Begin Meditation	16
End of Meditation.....	18
The Inner Architecture of Aftertime – The time between Writing and Reading	19
The Archetypal Path of the Healer	21
Q&A: Autoimmune Disease and the Direction of the Stream	23

[00:00:00]

Thomas: Well, hello everybody and warm welcome to the continuation of our journey here around the mystical principles and the mystical understanding of healing. So far, we, I think, covered, of course, building on the material of MPH1, we covered already some pretty intense, but also very kind of deep aspects of I believe the spiritual understanding and the awakening process as such. So that we see, I mean that we, on the one hand, are interested in the embodiment spirituality, I believe we are interested in two parts.

On the one hand, the state experience, so through the meditation practices that we offer. There are some meditations that's also relating to a question that came in. We do silence meditations or presence meditations which are supposed to give us more and more state experience, the deep state of let's say it starts with—like we said silence meditation just to remember that again—starts with mindfulness. And my understanding of mindfulness is the synchronization of my sense perception: so, what I see, feel, and hear on the outside, what I feel on my inside or see or perceive, and that there's a congruency, a coherence and it's infused with awareness. So I'm more and more aware of my current perception.

And then we said from there we go to more spacious consciousness, we will do it later again in the meditation. But when we attune, we sense our inner body perceptions, we are mindful with our perceptions that come seemingly out of our environment, and we presence it so there is suddenly more space. I feel a dimension of space occurring. The body is not anymore so defined, just onto the silhouette of my body. It's more perceived as an expansion, kind of a deeper inner silencing, more space.

Eckhart Tolle calls it space consciousness. And in the deepening of space when I learned to switch my awareness from energy as perception, to energy as space. Because in this state—my understanding—we are still talking about energy, spacious energy—then eventually, when I listen to the stillness and to the quieting of my mind and a deeper expansion, often we can drop into what we call causal or deep stillness and magnetic presence, consciousness which is not any more expanded, it's more kind of empty, but very present empty. It's not an emptiness that somebody took everything out of the room. It's a kind of very full emptiness. It's full of presence. I'm here. But I'm not here as Thomas, I'm here as presence.

Then eventually, in moments of grace where deep state experiences ... we might be absorbed into that stillness completely. Which in some Eastern traditions call it Samadhi or some kind of state experiences. So, we have actually different states that we go through in the meditation and in the light meditation, which we also will relate to today because I want to continue on the one hand to talk about the collective trauma, collective shadow, collective structures in consciousness, why and how they are important for our work, but I believe that in the verticality which means in the increase of my capacity to reach higher levels of light ...

[00:05:00]

When you review the, or you study the MPH1 with us or afterwards, there is a section where we talk about, at least a bit about the light stages. The stages of light like white light, golden light and so on, which we see in different traditions, also displayed in paintings, drawings of saints, and you see the different levels of spiritual attainment especially also in the Buddhist or Tibetan Buddhist tradition you see or if in India, there are many very sophisticated representations of different states of consciousness that people attain.

Infusing Processes with Conscious Awareness

And so in our work, we are looking at, okay, there is state and contemplative practice experiences, or state attainments. It's not an experience from a certain level, and on the other hand, we are talking about a high level of process awareness. As facilitators, healers, doctors, therapists, psychologists, body workers, everybody from mediators and consultants. We are there to infuse the current process, of course, with the knowledge in our discipline, but also with the awareness that infuses the current process that is happening moment to moment, life as an ever-changing process, a river, to infuse that process with more and more conscious awareness.

So, in the embodiment practice, if you want to walk spirit moment to moment we need, in our kind of spiritual practice, to go to different attainment states. We need to attain basically different states in order to know what that is and to become aware of that. At the same time, we also infuse the process of life with felt awareness. And that's, on the one hand, that sounds easy in theory, but we know that the parts in us that are not fully online, when we carry shadows within our own energy field it's already harder. I can cognitively, intellectually understand, maybe, the process that sits in the room in front of me, but I cannot maybe fully feel it and connect to it on a felt sense level.

Precision is Love

And somebody asked again, okay, what do I mean when I say precision is love. So, in the work that we are training here, of course, we come with all our intellectual and cognitive knowledge about processes, about inner developmental states, or medical, anatomy, physiology, and all what we need in our work, but we also come with a high level of relational intelligence. We come with a high level of precision and that precision is—and that's why I call it precision is love—because in my understanding, the mystical dimension is deeply personal and totally transpersonal. And I think that's in the embodiment spirituality for people who practice walking spirit, walking our talk, when the walking in the talking is the same.

[00:10:00]

When the writing—as we said it last time—and the reading comes closer and closer eventually as a non-dual, not two-ness, of the writing and reading of the book of life which means the attainment of creation. And that means also when somebody sits in front of me or there is a group in front of me, the level of presence and the capacity to relate and the capacity to attune, that's a very precise process. If there's one person, there's one cosmic address, there's one specific life flow, there's one specific issue that the person comes with that has kind of a time-space coding, there's a code in space and time. So it has a certain vibrational state, it has a state that is connected to the soul flow, the flow of the soul of the person, so, it's a movement.

It's like one boat, a small tiny boat, on the huge river and we are standing with the glasses and we are looking and we locate exactly the right boat. Imagine a huge river and we spot one boat that is the most important boat for this moment because it's the person or group that sits with us in the room, so it's the most important attunement. And that means that when I sit more and more in my deep spiritual practice, which means different states that I can attain and the qualities that come through those states through my life. It's not only an attainment of states that is something static, the attainment of states means also tapping into more and more transpersonal states of intelligence, of creation. So it comes with, in a way, qualities or abilities that flow through us into our life.

And the less I take it personal, so it's not my ability, it's something that comes more through me. And the inner clarification process opens the doors for higher intelligence to come through. The moment I want to grasp it and my ego wants to take it and wants to say, "It's me and it belongs to me," or wants to have all the cameras in the world to see that, I actually reduce the channel. So, the spiritual practice helps me to open my channel to allow a deeper intelligence to come through, which comes through a deeper inner guidance, more intuitive knowing, through a more precise attunement, and the deeper capacity to relate. Because I'm more and more present, I can be where I am. I'm not constantly busy—we said after time—one effect of after time that I am separate in time and that I am separate in space. I feel distant in the space maybe and I feel floating around with my thoughts in the past or in the future, but not in the real future which is the higher consciousness that emerges through us. It's kind of an imaginary future that keeps—it's kind of the busyness in my mind.

That's different than when I sit with somebody or I sit in a team meeting and suddenly I have a creative download, a creative flow, and new possibilities emerge as we speak. And we are all excited because we feel, wow, it's an amazing—it's amazing new possibilities appear. That's also the future, but that's the downloading of potentiality. The other future is that I keep when I'm busy with things that I have to do and I'm running around. So, which means it's great to have those—the capacity to know, okay, I have to still write 10 emails, but if that keeps me from being fully present with you then it has an effect on my current state of presence.

And so when attunement—when we say precision is love, it means that if I really mean you and if I really mean you and your deepest qualities and also the level in you where the symptoms arise from—if you remember all the layers of development, all of the vibrational layers in space-time—and I can address precisely the one where the symptom arises, or where the symptoms arise from that we are dealing with. So, that's precision. But I call precision also love because it's very personal. It's very unique. So that means that spiritual practice doesn't mean, oh, nothing matters anymore. We are so detached. We are just leaning back and life is happening and I don't care anymore for life. But I deeply care and there's lots and lots of space to let life flow through. So, I think that's a very important question that precision is love because it precisely relates to what is there with us in our life moment to moment to moment.

[00:15:00]

Three Types of Meditation

And then somebody asked how to relate to the two or three different types of meditations and how much time to give them. As I said already, I think an one hour meditation practice a day; one hour a day I think is appropriate for people who have a deep—I mean, I think it's the minimum for people who have a deep calling. And we can divide maybe this hour to do part in the morning, part in the evening. It doesn't really matter. And to give a certain, let's say half an hour, to the presence meditation, half an hour to the light meditation, and/or to do the inner body mapping.

We talked at the beginning of this course that the inner landscape and to take, again and again, time to really travel through one's own body. And the body is for us--in the mystical understanding, is not just our body. First of all, the body has so many capacities that we unleash by being aware of them, then the body is my instrument. It's like with a musician. If you are the violin player, the violin is the instrument. The violin is not tuned and I go to play in the orchestra or the philharmony so that's going to be a problem. So my body and my emotional body, my mental body, my capacity to synchronize inside and outside in my own perception, that I can fade in and fade out fluidly the inside and the outside which as we said already is not such a—it's not given that that's the point.

We see many people that come to us that are not able, that need to disconnect from the inner feeling when they relate outside, and from the outside when they relate inside. So that the two video projectors are not fully flowing with each other and fading in and out when it's needed. But the capacities that I have to train is that I have a tuned instrument so that I'm resting more and more in the different zones in my body. So that practice is very important. And I can practice that when I sit on a plane, when I sit in a train, or when I wait at the bus station. It doesn't actually matter. Wherever I have time, I can stand and attune, even with open eyes, look into my body, feel through my body, and tune my instrument. And there's time to play with the instrument like a good musician. Training and playing to keep the instrument tuned. And so that's basically my recommendation because that was another question, how to place the meditation and how much time to give it.

I am Part of the We and I am a We

And then I want to recap a bit what we did last time. Last time we spoke I think the very beautiful ending ... about writing in the book of life. I am with my interior all the time through the actions, the decisions, the thoughts, the feelings, the words that I speak. So I am part of the game board. I am part of the planetary game board. It's not that I am on the planet. I am the planet. And so I am an inherent puzzle piece of the planet, as everybody else is. We are all like billions and billions of pieces, puzzle piece, that we compose something together. And we compose through agreements and value systems and structures in consciousness that we coherently build with each other, societies, cultures, we spaces.

[00:20:00]

And also, just I am a we. I am composed out of many, of millions and so, as everybody is. So we are already a great example of we-work because we work the whole time to talking on this course and everybody works the whole time to be on this course. So that we are all we-work stations. And so the writing in the book of life means that we all co-create a cultural architecture together. At the same time, we experience ourselves experiencing a life in that architecture. And the more they are separate in time-space, that I am not fully aware and congruent what I put out, how I speak, how I act, how I interact and participate in society, and also, of course, that's mostly where the shadowy area comes from, when the dark lake or the shadow agreements appear in my life and I'm surprised.

But I'm not surprised by the future, by emergence. I'm not surprised because a new great future possibility comes through. I'm surprised by the incongruency and the lack of coherence between the past and the future. What kind of things happen to me, what kind of patterns I find myself in, what kind of interactions I have throughout the day, what kinds of conflicts, and then I am not in the shadow aspects of who I am. Most probably the writing and the reading are the most apart from each other.

And I want to play today a bit more with that because I believe that collective trauma and the agreements that we make because of collective trauma and that we call normal because we have been born into it—more so, we wear it—my emotional, my physical body, my DNA and my epigenetics, my physical body, my emotional, mental body carry those dimensions. The conscious structures, and Wilber writes a lot about structures of consciousness.

There are the structures that we are aware of and then there are structures that we are not aware of because they are unconscious. But we have them on. It's like clothes. I feel through it. I think through it. I experience through those structures of consciousness. So they are my camera. They are my perspective, as we already said. And that's why we said last time that the tendencies—that was also another question that came in—how the tendencies of a person need an environment to get chi funding. Then somebody says, "How does a group fund my shadows?" Now, the group funds my shadows when the unconscious aspects in the group collaborate with my shadows. So then I can relax and I can keep channeling my own chi through the tendency into the world, which means I strengthen it.

If people around me don't support those structures, then I will live in a friction. So either I project my discomfort onto the we-space and say with those people I don't want to be because it's uncomfortable. Why? Because I start feeling the rewriting possibility of my own blueprint. But for me the tendency is part of me. So I feel the rewriting coming through the we-space—because when the we space is clear, I will have a constant change impulse onto my own field. So every facilitator is a change impulse. Everybody working in the health field is a change impulse for many tendencies or already manifest issues. The more manifest it is, the more change energy it needs in order to bring it back into a tendency and from a tendency to clear it out of the field.

[00:25:00]

And that's because—somebody also asked, "Okay, does this also mean physical, the issues that are really physical?" Of course, when they're physical, it just means they became stabilized enough to appear in the physical body, but this doesn't change anything on the process. It just needs more. If it's in the physical body, it's more manifest. It's manifest in the substance which means I need more change energy to heat up the substance, make it more and more a possibility, and let that possibility clear itself like the energy that the possibility holds to clear it out of the system. So that the whole system can come into realignment with the meridian. And then the energy of the meridian fills the place of the former tendency or manifest issue.

So when I clear one thing out, it's like this [*holds up a cup of coffee*]. I have here a coffee addiction and I clear the coffee addiction out of the field and in comes the healthy water addiction [*moves the cup of coffee away and brings in a glass of water*]. So it means that from the meridian the potential of the person, the intelligence, the soul energy, comes in where before was the tendency, now is a new possibility. So we opened the tendency or the manifest issue, we clear it slowly out, and by this we make space for something new to come in. And so that in the energetic work, as we said, we have a vertical connection. We practice our own soul connection which means our own light and we will continue with this today.

Healers in the We Space

And this brings me to another point, that all of us or most probably many of us, everybody here that is deeply interested in facilitation, change, healing, restoration, carries inside an intelligence that let us invest a huge amount of time, life energy, capacities, love, also going through challenges in order to manifest our deep interest. Which means through all of us—and I said this already on the course, there is our soul is connected also to the healing, self-healing mechanism of the whole system and that's an amazing thing because that's an amazing resource. If I know that actually I am not this separate particle that runs around in life and is trying to do the best according to my abilities, no. I will share this for a moment because I think that's a very interesting aspect that the healer is not just the person that is here, but the healer is also consciously or unconsciously connected to different layers of higher consciousness, but these layers of higher consciousness are also energy streams that want to manifest [*draws series of circles expanding in size above healer with line going down to healer*].

Last time we said, there are 150 gigabyte of information that come in from here and they want to download themselves through this life into the world [*draws line from layers above healer, down through healer and out*]. And here's the client. So here is an energy field. The client comes to a healing professional because the system needs to heal itself. So the inner impulse, or the pressure of that person brings him into our clinic, office, whatsoever. But here is a healing energy that let this person study, practice for 30 years in order to become as crystallized, as knowledgeable, as emphatic, as grounded, as connected in the health field to healing or health resources as this person is today [*refers to layers above healer*]. So, this energy downloads itself and potentially manifests itself deeper and deeper. So this goes here [*refers to the energy field of healer*], manifest itself more.

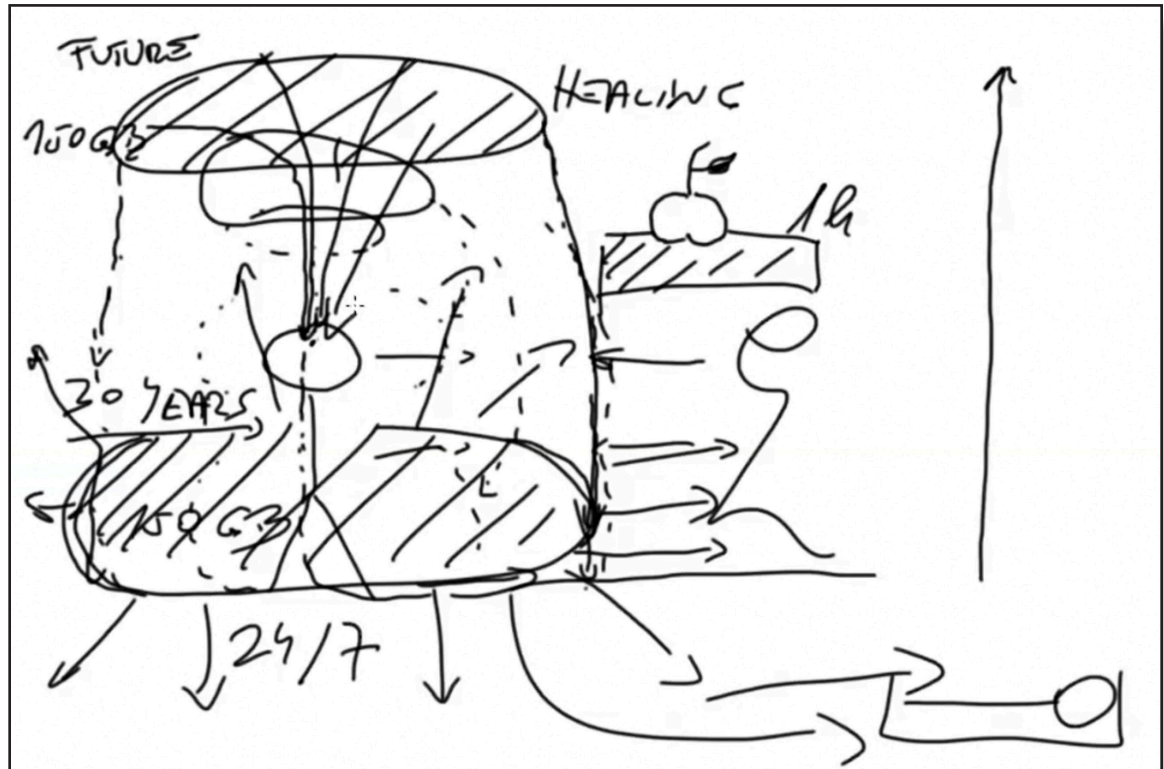
[00:30:00]

First we study something, then we start to practice it, maybe later on we teach it, and then we manifest the 150 gigabyte of healing of our life. Why? Because we spend our whole life refining those qualities. So this becomes manifest. The future, but in the good way if it works well, the future becomes manifest through us until that energy that was before a potential is now manifest in the world and affects this person on a cellular level, in the body, in the emotions, all the way up.

So this means this 150 gigabyte are not any more life potential that needs to be actualized, but it's, in the good sense, it's actualized here and it radiates 24/7, all the time [*refers to the energy field of the healer*]. Once it's manifest here in the person's life, it radiates into all directions. It has a creation. It is active in life. So that person is active if their client is in the office. But even if the client sleeps, this energy affects the client. So if the therapist has a certain amount of clients, from a certain level of manifestation of the therapist's healing power, that healing power affects the clients 24/7. Not only when they're in the office, that's the cherry. That's the cherry of the therapy is when we meet this one hour, when we meet in our office is kind of the cherry on the cake. But the healing process, in my understanding, happens all the time, 24/7.

But of course, this takes time until the potential of the person gets downloaded. It's what we do: we study; we go through our own inner processes; we work with people for years; we call it in our language "we get experience". But all of this, every friction, every time when I have a session that is difficult, actually, more energy potentially can download itself, but I need to go through a clarification. I need to contemplate my client. I need to walk with the situation. I need to find out. By me finding out, I download a little bit more data of my soul energy.

And because all the frictions that we go through, every time I look for a supervision, every time I clarify something in myself, and then I make another step into the world. I take on more responsibility because it means I am more able to respond to the self-healing need of the whole system. So, every time I risk something, every time I go out to make a new step, every time I overcome—as we had it already in the course—I overcome some fears in order to step out onto the stage of life even more, to expose myself more, to give up more of my own privacy in order to be more available. All of these things mean—also the beautiful parts and the difficult parts are the downloading of healing energy. And that means that the therapist is not just a separate particle in space-time, but all of us are deeply connected to the whole layers of life.



Drawing 1

[00:35:00]

Restoration of Chi

We look like separate entities in life: there's one body, there's another body, there's another body. But actually, there's this invisible energetic field that connects all of us like the electricity network and how we are plugged in to all these levels of electricity that work through us. And I am sure one day we will be able to see that our brain is actually an amazing receiver of our connection to the super cloud. It's lovely to use because our technology gives us a lot of phrases and words that are actually very useful for the mystical explanation. So the subtle world and it seems like the high-tech world have a lot in common. But there is this amazing cloud or Akashic field or the mind of God or there were many names that people gave it, but that we have an instrument to receive and our spiritual practice is to build an instrument to receive more.

If I don't have an instrument to measure, I can't measure. If I have an instrument that measures that range of light so that's what I'm going to see. What is underneath and above the range, I don't see. If I have an instrument has this spectrum of light, so I see more. And if in my subtle capacities, if I increase my inspirational range which is the range that I can just somehow grasp but maybe not fully understand, but it keeps me interested enough because it still sparks my creativity even if I forget it afterwards. Even if I cannot fully follow. That inspirational range is the amount of future that I can somehow perceive even if I drop out of it again and then I connect to it again and then I drop out of it again and then I forget it again. That's the range that I believe is the most interesting for teaching. That's the range that is most interesting for development.

If we can keep our engine running in that range and more and more grasp the future, our life will be innovative, inspired, creative, exciting, and excitement and creativity and innovation and inspiration are amazing rechargers, and are a wireless charger for our own life energy. And because we work a lot with often difficult situations, crisis situations, many situations that really might potentially be exhausting, we need to know, and we talked about this in MPH1, where are our chargers. Because if you walk with your mobile phone and your battery is on red and you don't have the charger, it's a problem often or maybe it's a kind of a problem in the mind, but it's a problem.

And so if my life energy drops into a certain—underneath a certain chi level, I start to eat my substance. And as somebody who works with people, I'm not supposed to eat my saving account. I'm supposed to—I mean I can do it maybe for a certain time if there, I don't know, there is a lot of things to do, but this shouldn't be my lifestyle. My lifestyle should be that I accumulate more energy so that the substance in my life is growing. That my daily cash account, the life energy that I produce every day, charges my substance. So my substance is growing. My base is growing, not shrinking through my life.

And when we have the supercharger—I call the divine connection, the living out of higher ethics, standing in the light and in the presence, is the supercharger. I can be charged by human connections. I can be charged by doing lovely things, by living in my family. I can be charged by going on vacations or taking walks in nature. But these are relative chargers. But the supercharger, I believe, is the electricity that gave birth to us and that electricity comes through innovation, inspiration, and that we live on our leading edge. That we are excited by what we do every day. That we explore life into the territories that are just appearing, that are not yet fully concrete. They are just appearing.

[00:40:00]

And because that's so interesting, it keeps our life interesting. And that's what I said already in the course, it's so important because if our life is interesting, and of course, there are daily fluctuations, but as a stream, that's what recharges, that's where an enormous amount of life energy comes from, that's where my work updates itself all the time, that's where I'm surprised by my own information that comes through, that's where I often have inspirational situations with colleagues, with other people. My neurons stay active and open and fresh which means I constantly build a new instrument. And why that's important is also because we, I believe, work with that energy as our healing transmission.

Motivational Energy

So, the reason why we are so interested in healing and all kinds of modality—the modality is one thing, but the essence of it is that we are part of that self-healing mechanism of the system. And the fact that we put, most of us, put our whole life into studying and deepening those aspects means that there is this, there are the things that we do in daily life, but there is the essence that drives the boat, the motivation of us studying, learning, deepening, working often many, many hours and with very difficult life situations. Why do we deal consequently with problems or with difficulties? One could say, “But why should I deal my whole life with problems? I want to deal with stuff that is fun.” Yeah, but obviously some people are very, for them, it's interesting to dig into and find out more about it. That's motivation.

But that's energy. That energy is driving the boat. And what I am interested in with our community is also to increase the capacity of that fuel, that evolutionary fuel, because I believe that, what I said earlier on, that collective trauma and shadow is a collective desynchronization in the self-healing of the planet, of humanity, of cultures, of systems, of one person. It has a reflection in all kinds of layers. It has a reflection in the most individual layer and it has a reflection on the global layer, and maybe beyond.

And so what I'm saying is that I believe the fact that tendencies are not being recognized when they are tendencies often, and in so many cases it becomes manifest symptoms and manifest stuff, means—we could say, “Oh, that's how life is, that's normal.” And my suspicion is that it's not normal, that we are born into it and that's why we accepted it, but basically that the normal is the health and the exception is the tendency. But for us—not for us, but in general it's viewed the other way around. And so the more I believe we are vertically connected to that powerhouse that comes up from the ground, you said when we said our soul incarnates—maybe we will make another drawing that will illuminate this for us. So, when we said—the next drawing is just to remember, we said the soul comes in, goes—descends, and comes up as motivation [*draws line going down around under person*].

[00:45:00]

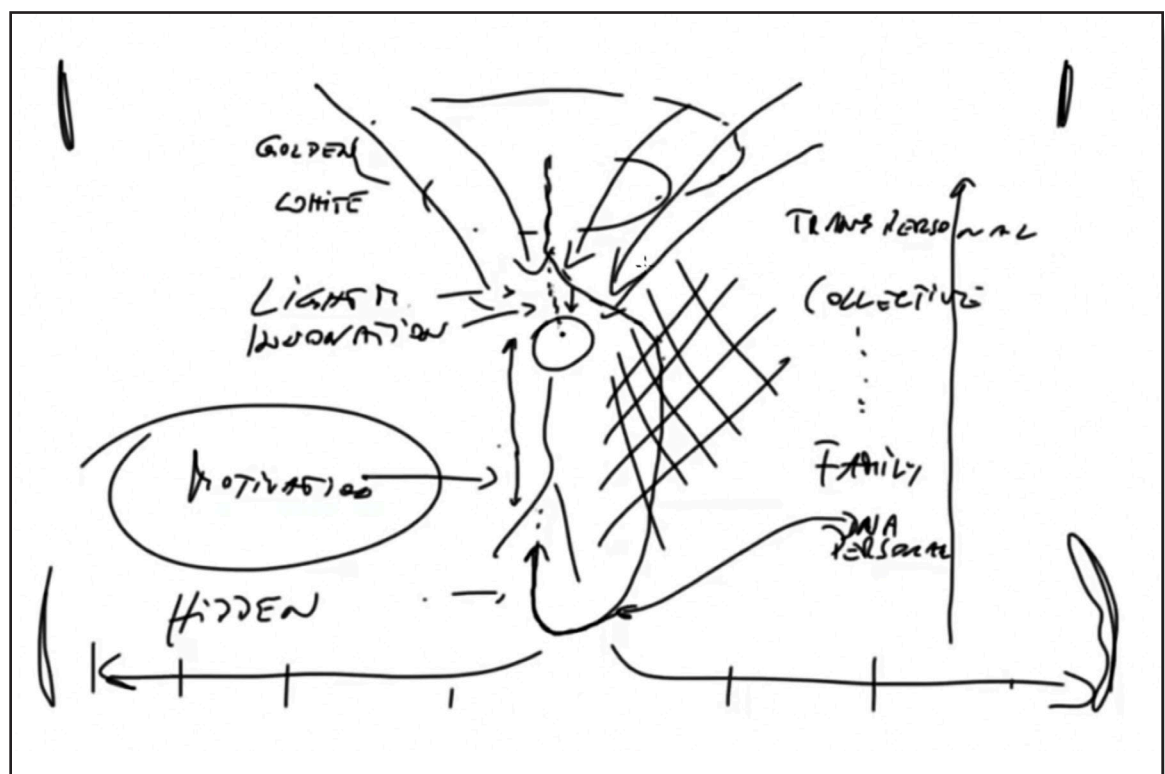
Here is us and here, we have through our vertical practice—this is not in alignment now, but it doesn't matter—so this is the light meditation and here are those layers that I have painted before [*draws line connecting head to motivation line*]. Let's say, this is what we call the soul [*draws circles above head*]. The soul is an energy. Here's the white light [*refers to bottom layer*]. Here's the golden light of the soul because there's higher golden lights as well [*refers to top layer*]. And so when we don't have a spiritual practice, mostly we experience the light as hidden light. And this light, the soul comes down through karmic layers and their direction is like this [*draws line upwards*]. It means when the soul comes down, here we have the transpersonal, then we have collective layers, and this goes down into family systems and into very personal and as far as the DNA, the code of this life. And then the energy and the DNA together create a new life. And so this ascends and in there, it's called motivation. So the whole range of the will up here is called motivation.

So when the energy comes up from the ground as motivation and through the spiritual practice and through the innovation—light meditation connects me also to innovation. This comes down here. It's a downward movement. So the future comes down and the energy of the incarnation also comes up. So I have two chances. Either I catch my inner motivation, my deep interest, and the deepest drive in me, like the energy through my spine, and I'm, through healthy self-contact, connected to it. And then I feel my motivation. I make steps out of it. And then when I practice, this gets reinforced through the energy that comes down, that comes in. So this strengthens my motivation. So the more future energy we download, the deep motivation or the path of the soul, the inner—the core energy, is reinforced.

And that energy is the fuel of the healing transmission. The stronger the energy gets downloaded and if it can manifest itself, the wider is the radius that it affects. And that's why when we move now towards the collective healing and the collective shadow and structures and trauma, we also need to talk about that range. So the higher is the range up, there's also potentially when it can manifest through us, a wider range here [*refers to the outer edges of the drawing pad*]. Which means there's a personal dimension and then there are collective levels of influence in the world, how our work reaches out into the world.

[00:50:00]

And maybe we will do now, or soon, our meditation. When I—once I understand—oh, when I do the light meditation and because we are deeply, obviously, plugged in into the healing download, the healing energy, the stronger will be the energy that comes in through our soul, the more we support that process. We actually also work to restore the collective desynchronization that is a symptom of collective trauma.



Drawing 2

Healing Cultural Trauma

Because I believe that the collective trauma is like a blanket on to—that we all carry. It's kind of the weight that walks with us. And that, on the one hand, reduces the intensity of light so it dims down the light intensity and it desynchronizes certain—that the right person meets the right person at the right time in the right place so that many people meet each other much earlier, I think, is delayed through the aftertime process because of collective shadow and trauma factors.

And this self-healing mechanism of humanity is in a way the power that can restore the wounds of the past. But it's not the wounds of the past, it's just that which prevents us to see the light. So we call it the past on one level, but it's also the obstruction of the light and a deeper realization of consciousness on another level. So we can say the Holocaust is something that I can look back to because it seems the past, but actually all the energy that is still in the system that affects generations and generations and generations and all the effects in those generations that come out of all the emotional, the mental, the physical issues that are part of it are—let me say, what is war?

Is war what happens in a certain time? Or is war what happened in that time plus everything that gets affected by it? Which means war has a time-space. It goes through generations and generations and generations, that's all of it, the war. Is the moon the moon or everything that gets affected by it? And so the system of the war is actually much bigger than the war. So we are in the after effects of certain wars, of slavery, of all kinds of genocides, all kinds of collective issues that are deeply imprinted. Some of them as tendencies because they have less energy. Some of them has very strong destinies.

And that's why the energy that comes in through everybody that is connected to healing, health, medicine, psychology, therapy, bodywork, coaching, everybody who facilitates processes with—out of a deep connection to that healing power is part of the restoration process. And I think that's deeply beautiful and therefore, we can look, okay, what strengthens that downward stream to bring in the future possibility of healing today. Because it's the future possibility of restoration working through us today and meeting the residues or the carry-on baggage of the past and transforming it in the now.

Begin Meditation

So today, we, in the meditation, I want again to, after some time of doing the guided meditation, that we all connect as a group to the healing power that sits here because it has a reason why all of us are on this course, why all of us are connected. And I believe that we can strengthen in each other the capacity of that healing power, doesn't matter which modalities we practice, but the inner core, the inner motivation can be strengthened through group synchronization and deeper downloads of that energy so that we connect to our own future because our own future is available. It's not manifest yet, but it's potentially here.

[00:55:00]

Well, I think that sounds like a good plan so let's realize it. Yeah, so let's sit back with an upright spine and again, remember the violin player, you connect to your body, mind, physical, emotional, mental self. We start with the body and we just enjoy for a moment the grounding, the sitting, breathing, and the physical body. Much of the physical body is actually beautiful. Home. Just sitting. We're grounded in. And as I tune in with my body, I also look into my body. I use my third eye or my visualization capacity, but I am not visualizing my body, I'm looking into my body. I'm not imagining my body, I really look into it. I use the x-ray of my inner energetic vision to look into my feet, to look into my knees, my pelvis, or any other area that attracts my attention. So I sense my body. I look into my body and I presence both senses in different places. As I said, it's not imagining my feet, it's looking into the feet. It's different.

[01:00:00]

Now also, again, use the time to look at the level of stress in my body, the level of tension, also friction, activation. On the other hand, the level of relaxation, openness, flow, fluid body sensations. And then of course, I include, of course, my emotional world for a moment. Can you sense how open or tense I feel in my emotional field? My mental state? There's a little level of openness or contraction in my mind and how my mind is in a fluid, open, creative state where it crystallizes into more contracted processes, like fixed processes. And also how my thought process is grasping thoughts. When I feel my thinking, I can see how thinking thoughts are being grasped by my mental capacity. The field's open, the mind is more quiet, and thoughts might just pass through. Keep an open space.

And then through the mindfulness process, paying attention to the sensations. Most probably there is also more space, spaciousness. See if there's more inner space, expansion, stillness. Now listen to the silence for a moment, the depth dimension. Then as a next step, let's again from space set the intention to connect to the space above our head. Set the intention to connect to the soul, to the light. Take the third eye and look in the vertical direction upwards. Sense beyond your head. See if you can elevate your feeling awareness, your conscious awareness high above the head, almost a meter above your head. But in an open way, so to relax the crown, maybe. Relax the space above your head and explore that dimension.

[01:05:00]

Every time you start to think of other things, let go of the thoughts and come back to the set intention. And if you see qualities of white light or goldish light or bluish light, connect to it and feel it and stay with it. If there are no light sensations, just keep on exploring the space above your head. Elevate your felt awareness. For some people, it's easier sometimes to open the space above the head and even if there is no light sensation to let energy flow from above the head via the third eye into the body like a sensation, flow sensation. And I am receiving, and I allow that intention to connect to the soul, I allow energy to come down, even if I don't see this light, it doesn't matter. And as you do that, if you want, you can also connect to the passion you feel, the whole dimension of healing, health, facilitation. The love and the passion and the motivation to invest so much of your life and life's energy, so much of your studying and practicing, and teaching, learning. And to feel that motivation as a stream of energy.

[01:10:00]

And from there to set the intention to connect to the future of that healing power and just consciously to say, "Okay, I want to feel and tune in with, connect to the future, basically, my own future as a healer, doctor, psychologist, therapist, teacher." Those are forms, but your inner drive has a future, an inspirational future. New ways, new thoughts, new creativity, and also powerful transmission of healing. We radiate quality of healing. And either that intention is followed by sensations or not—doesn't matter. It's like more the sensations, like the intention and the attunement, and the listening. I listen to the potential future of that healing power or healing electricity that I am growing into and that at the same time downloads itself through me into life.

[01:15:00]

And then before we finish, also to again connect to the whole pool of healing power that we bring together as a group, that's also a collective we-aspect. If we all connect now to the power outlet, our motivation, the drive in our life. If hundreds and hundreds of people do that, let's feel the field, especially the field of healing power that we bring together in concentration of healing. You'll feel the beauty of such a concentration, the we-dimension, the field.

And at the end, if you want, you can also use this amazing pool of energy and competencies and intelligence. If there is at the moment a challenge that you are facing, difficulty with a client, something that you don't see clearly, at the end give them a minute or two to just invite with a short intention of prayer clarity into an aspect of your work where you feel some insight, clarity, support, or healing power is needed. And to use now that coherence of the meditation as a very good nourishing ground for such an intention or to see your own next step in your work. Whatever feels appropriate, say that internally with your own words and then let the words either disappear high above you or in the center of your heart, repeat it two times, and then let it go.

[01:20:00]

And then slowly let's take a deep breath. A couple of deeper breaths. And come back down into the body, into the feet. Feel and enjoy your body. Slowly open your eyes. And to use this again to say, that every time we do the light meditation and we go up to in the end come back down into the body, connect to the body, ground yourself and then to go into the day. Yes, so I see we already almost reached the time for the Q and As.

End of Meditation

[01:25:00]

The Inner Architecture of Aftertime – The time between Writing and Reading

Before we do that, I want to mention one more thing. That in order to see also the practical implications of what we said last time—we said last time and I will draw this again, here. This was not last time. So last time we said if somebody, they're writing, let's say somebody writes this, and the reading are delayed. The aftertime effect through karma. So, here's the writing and here's the reading. And reading equals experience. So with my energy field, my past, or my information that I carry, my inner architecture, I contribute something to life and I experience something. And sometimes those are separate. They are delayed or separate in space or time.

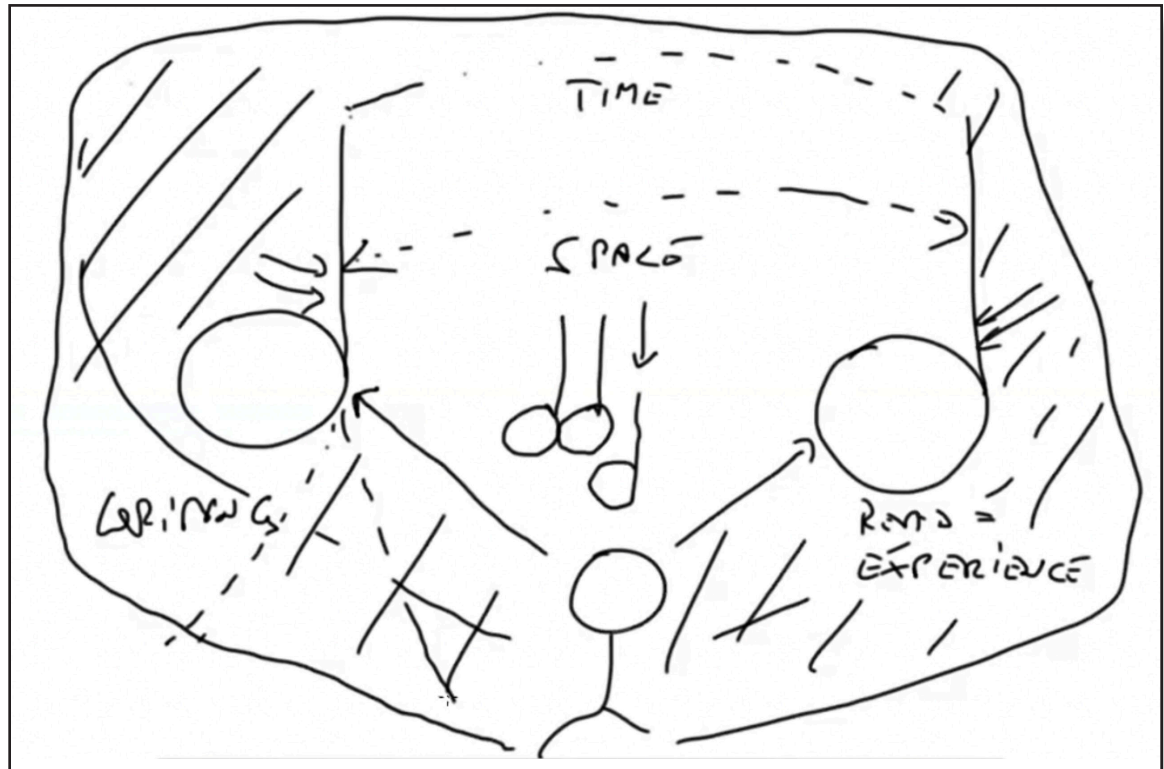
So then I'm surprised how a certain pattern cyclically comes back again and again and again. And I don't see how my inner architecture contributes through my actions, my words, the way I behave in the world, the way I place myself in the world that I create — maybe I changed the context, and after sometime I sit in a similar situation again. So if there is a facilitator here [*draws person between writing and reading*—so, on the one hand, we could say our job is to create a consciousness aspect that can include these two because the closer the reading and the writing comes together until it's one or, not-two [*draws a circle from the facilitator encompassing writing and reading*]. Because the distance, the gap here is called suffering because that's the tension. That's the time-space delay tension. That's how we carry some energy or cyclic energy in us and we experience bigger cycles out there in the world, but the more they come together, the suffering basically disappears. Because the more we go here, the writing and the reading becomes one or, not-two [*refers to the center space between writing and reading*]. Like in the restoration of the meridian, it's not-two.

Which also means that what we started of at the beginning, when the seeing of the person, the separation, or the gap in the person's life which the person suffers from, through the precise attunement and the recognition of the inner and outer events, the consciousness of the healer that is able to embrace this bigger map of past, present, and future becomes actually the host and the unification force. So, the clarity of the facilitator, therapist becomes, and the level of consciousness and attunement, becomes the unification force, which is, in a way, also the healing. Because the separation in space-time, the distortion, the traumatic energy that is frozen, reduced and therefore, creates a delay and that delay has many symptoms in the person's life. These are the symptoms and this is the inner aspect that creates those symptoms or co-creates those symptoms with the world. And the desynchronization between inside and outside, like the separation of the two, creates a tension.

And the person will come and say, "Oh, I cannot manifest my potential in the world or in my relationships or in my work or in any other place, in my sexuality or with money." So, our job is to be attuned to the interior, to the exterior, and to become a unifying quality host that can bring them together. And therefore, the consciousness practice of the facilitator, I believe, is inherently important because this determines the range of life that we can be aware of and present with. So, if in this case the ancestral line is important or the subtle energy of the person or something that happened in the developmental phase of that person, all of it is part of the map that we can embrace.

[01:30:00]

And I think that—I'm kind of coming back to how we ended the last session. So that the reading and writing, on the one hand, in the book of life sounds like a poetic description of creation and at the same time, it's also something very practical. It's also the precise attunement to the person and everything that comes with the person because the person —if we are not separate entities in space-time sitting in a room, then the clients are neither. They are also not a separate entity. They come with a stream of past and with a potential future that they are connected to. So the more I can embrace the range of the roots and the potential leaves, the potential life that the person comes with, so I can host more and more of the spectrum. And I think that's a beautiful way how to more practically describe that how when we sit with somebody or when somebody sits in our office how our inner consciousness practice is basically the capacity to host everybody that comes into our life.



Drawing 3

The Archetypal Path of the Healer

And the other part, as I said before, the more healing power comes down through us, what we practiced before in the meditation, the more healing power comes down from the so-called future, the higher consciousness, that's what radiates through us 24/7. So that's energy that infuses itself into the grid of life [*refers to Drawing 1*]. And therefore, I think that the meditation that we did before is something that we can do more often and practice also. Maybe listen to it or practice it without listening to it to connect to the healing power that is the deep motivation for us to deal with healing on the stage of life. So when our actions, our daily life, the way it looks like and what we deal with is a stage setting for the essential energy that runs through us.

And as I said, I deeply believe that everybody who works in the healing profession downloads a certain amount of capacity through everything that is the archetypal path of the healer. So the first interest studying a modality, practicing that modality for many years, maybe later on also to teach that modality or develop new ones and also the beautiful parts whenever it works, but also all the moments it doesn't really work and we hit difficulties and we need to find out new things, that's the friction with the karma is also what brings in more light. So the friction in our life or when a session is not clear or with a client it seems like, stuck and we really stay with it, we contemplate it, we get supervision, we bring in the resources that are responsible to bring light and awareness into the process is increasing the download of our own healing potential.

So when we go through it creatively, we, as we said already in the course, we upload the barcode so we read that person's code, beep, it goes up into our barcode reader storage, onto our hard disk and our hard disk—our wisdom gets bigger. So the next time a person with a similar code, our energy already shines through the light of the healer, shines through that barcode already. So when a person comes in through the door, the transmission is already much stronger because I had the difficulty with a similar thing before. I solved it, so I downloaded light into that quality. The next person that comes with a similar thing, my energy—the light of my soul, the healing capacity already shines through that code, it's on my barcode reader database and that's why I'm already much more effective. So just my energy field has that quality already implemented, that's wisdom.

[01:35:00]

A storage, like a hard drive or like a data storage that holds many, many, many codes, barcodes of different people that we worked with, is wisdom. Kind of like a very good wine that has a depth that was like, resting for a long time, has a depth dimension. So the light shines basically through those encoded data codes all the time. And that's also another beautiful aspect of the healing work because every time you work with somebody and we can facilitate or support that person's process one step, our energy field grows and gets bigger. And then the more we do our light meditation, the electricity that shines through this code is getting stronger. So we actually get wiser and better and more excellent in what we do through reading many barcodes and channeling more light and presence. So, the three together are called excellence.

Q&A: Autoimmune Disease and the Direction of the Stream

- Host: Thank you, Thomas. There are some very varied questions, actually. But here's one that I think might be interesting for many people to hear you speak about. Candace asks, "I would like to hear what Thomas has to say about autoimmune diseases. I was recently diagnosed and I understand through my research, they're becoming more prevalent in the US more than any other country. And what is the relationship energetically to the body, to the meridian, to our physical body, the Earth, and life?"
- Thomas: On the one end, we have to say that it's, of course, it's also—we need to address it. Of course, the question also has, of course, like a personal dimension. So, in such a big field, it's a bit hard to talk about it in general. And I can say a few general things, but I think it's important also to speak to you directly. And maybe if there is still time, or maybe next time, it will be good if you can come online maybe and then we can have an interaction in front of the camera. I will prefer this more. So maybe if you are now online, maybe raise your hand and then we can have a short conversation. And I will first go to the next question then I will see if you can come online. I would love to have a more personal answer to that question.
- Host: Let's see if I can bring Candace on right now. She just raised her hand and she's coming on. So, Candace, go ahead.
- Participant: Hi, Thomas.
- Thomas: Oh, good. That's good. Very good.
- Participant: So I am curious for myself and also in the larger culture of the US of this autoimmune disease that is becoming more and more prevalent. And of course, I'm interested in my own relationship to being diagnosed after feeling like I have been healthy most of my life and, I don't know.
- Thomas: And can you tell me, I don't know—I'd say it's up to you because it's your private information. Do you want to tell me just what you understand in your case as autoimmune disease?

[01:40:00]

- Participant: I have an antibody that indicates I have Mixed Connective Tissue Disorder which means that at some point, I will manifest either Scleroderma or Lupus or Raynaud's disease or Rheumatoid Arthritis. I, in particular, am having a lot of swelling in my body, particularly my feet and my hands that's quite painful. I also have a great deal of fatigue and I have a hard time concentrating.

Thomas: Yeah, I understand. Let me see. I mean, on the one hand, we can describe autoimmune diseases sometimes as a kind of a friction of energy flowing against the stream of the river. It's like when energy is not flowing with the water of the river, but it's actually flowing against the stream of the river which creates an inner friction in the system. And this can have more reasons.

One reason can be, for example, when we pull our energy from the ground up when we are afraid, in trauma, in different situations, when actually we pull our sensitivity out of the ground, so we unground ourselves so it actually creates an energy stream against the river because the energy needs to go down into the grounding and manifest itself. We are here to manifest ourselves. We are here to bring a shot of evolution into life. When we start to hold that back and pull it up, it creates a kind of a friction in the system. So through different traumatic events in our life, that might happen. That it's not just a certain moment where we contract and then we let go. But it becomes a more chronic holding pattern in our body and then it creates a constant friction. And I think one possibility is that that friction appears as also a physical manifestation of something in the body working against the body. But it's an energetic thing.

Another option is also that in the developmental process when children need to take on a place in the family system that is not their place. So when they leave their place as a child and they start to take on a place in the family system and they start to take care of people in the system. So then they actually also create a stream because the stream should flow to the child and the child starts to take over a place because it has to, not because it wants to. The child wants to stay a child, but it has to take over a place because of the conditions. That's also like an energy stream against the natural strain and if that becomes a—and they can go hand in hand as well and then they manifest as a kind of a constant heat in the system, like an overheated system. And that might create inflammatory processes in the system that can progress as long as they get fueled by that energy—or we take energy out.

[01:45:00]

So we start working with it to release the engine that creates that friction against the stream and if we manage to do this, so we actually turn that energy around so that the water instead of flowing against the stream, it turns around and comes with the stream into life. And then often those inflammatory processes stop. And then first of all, as we talk, can you tell me a bit what you feel? How do you feel right now?

Participant: I feel just emotionally activated. There's a lot of energies swirling around my chest area that feels a little wobbly. I can feel my feet if I put my attention there. I feel some tension in my stomach area. I feel a lot of sadness.

Thomas: Let's feel that sadness together for a moment and give it space. And also that this activation that you feel that we both connect to it and we let it circulate. Let it, we can also call it presence it together. And tell me, when I said at the beginning, energy that flows against the stream, can you tell me something about this?

Participant: Yeah. I am an expert at leaving my body energetically. I think that probably describes my, the intelligence of my child growing up in my family.

Thomas: Right.

Participant: To not have to feel, you know, what was happening.

Thomas: Because what was happening was not a good place for you to be in.

Participant: Right.

Thomas: Yeah. Now, let's honor that for a moment. Let's honor that fact that you made an intelligent decision at that time to also leave the body because my sense is that's right on, that's the direction. Sorry that I need to look at my screen. Otherwise, here, I cannot see you otherwise. I think that the—honor that movement going out of the body as a protection and as a way to tune down intensity that was unpleasant and that that's an intelligent move. So that the process of leaving the body becomes like, a more and more respected, but also conscious process. That that's a process of regulation that made totally sense for you in a certain period of your life, became something like a chronic pattern that you use now when you need to regulate part of yourself and that happens most probably unconsciously.

[01:50:00]

I mean you just feel the effects of it, but it's not, you are not yet in the position of choosing another regulation. But my sense is if you honor, and it even happens now while we talk, just the honoring of this, "Oh, I did something intelligent when I left my body and I really needed that and I found out that incredible mechanism that helped me." So, then your consciousness doesn't have a problem, but a function. You know, you have a function, not a problem. And that realization makes you and that function of leaving the body, friends. And my sense is in the moment, you and that leaving the body function when you become friends, slowly, slowly choice comes in. That that's one way of regulating yourself and in that moment, it was most probably the only way that made sense.

But today, I believe you have a different possibility as well. And if you become—because otherwise when we leave our body there are stressful situations, it looks like it happens to us. It's not something that you choose consciously. It feels like, "Oh, I'm—" and then I need time to ground myself again. But by respecting, it's that you have a real friend there, like, something, a function that really served you. And I have seen in many people in the moment we really acknowledge the function and say, "Wow, yeah. It's not a weakness or problem. It's actually a regulatory function. It's a regulation function. And I can feel this. I can own it." And then it can—the choice of that function comes back into the conscious and awaking consciousness, like, from the subconscious to the conscious. And then there is another choice possibility. So, I definitely—first, I want to know how you feel right now.

Participant: As you started talking, speaking about befriending it and respecting this decision that I made as a child, I could feel my system begin to relax.

Thomas: Right.

Participant: I feel a little more fully present right now in this moment. Yeah. I'm grounded.

Thomas: That's also how you look to me. I could see as I was talking how your nervous system relaxed more and you feel more grounded now. And I think, of course, here online we often have just little time, but my suggestion in your case is to contemplate a bit more what we talked about now. That that's a regulation that can be exchanged with another regulation, but first we need to feel, "Oh, it helps me to regulate a part of myself. It's not a problem. It's a function." And the second step is also that often most probably as you know children that live in difficult circumstances kind of take on the wronging of what's happening in the system onto themselves. So they start to think and feel and believe that something's wrong with them.

And that would be another step that I would go. First of all, when I say to look if that resonates in your system and if it resonates in your system, I would sit with this a bit and explore, "Okay, what is that feeling? How often in my life or where do I get this feeling that's something's wrong with me, in given situations when something doesn't work out fully or in general in life as a basic underlying feeling?" So, I think that also will contribute to the fact that the energy can come down again, that the energy can come fully in. So, I believe for you everything is very healing and helpful that brings the energy again fully into the beauty of who you are, into the beauty of your body, into the beauty of your emotional expression, your mental expression, everything.

[01:55:00]

The place in life that you have here is not fully populated and the more you will populate that place, your territory, the more I believe the water that flows against the stream of the river will turn around and come down with the stream of the river. Because the river comes down the mountain. The light of our soul comes down into our body to manifest something in life. And that will be the direction. Let's say two steps that I would go with you or that I am going with you right now, but I think they need more time to really land through your own exploration or if you have somebody that you work with, I would take those two and explore that more.

Participant: Great. Thank you.

Thomas: Does this make sense for you?

Participant: Yeah. Absolutely it does. I can feel that will be a deepening practice for me and help me have a creative solution that is valuable for me as an adult today.

Thomas: For sure. For sure. And also enjoy the relaxation that happens in your body. Yeah.

Participant: Okay.

Thomas: Well, thank you.

Participant: Thank you.

Thomas: And thank you for the courage to present your situation here in front of everybody. I appreciate that. Thank you.