

The Mystical Principles of Healing

PART 2

Table of Contents

Accessing Information About Trauma via an Energetic Bridge	1
Writing and Reading the Book of Life	3
Being Part of the Self-Healing Mechanism of the World	9
Barcodes and Working with Challenging Clients	11
Begin Meditation	14
End of Meditation	17
The Interconnected Field of Transgenerational Trauma	18
Homework	25
Q&A: The Gift of Trauma—Evolutionary Pressure to Pull in Light	26
Q&A: The Meeting of Secular and Religious Worlds in Our Conditioning	27

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Thomas: Hello, everybody. I want to just bring back to our memory that we're in a course of Mystical Principles of Healing, which means, of course, it's a course that is based upon the mystical understanding of how healing works: the science of energy, how from nothing something appears—like the divine creation act—that out of the unformed, energy is being born.

Accessing Information About Trauma via an Energetic Bridge

And then we said, okay, but what is energy? Energy is movement. The energy is kind of a wave. And on the wave, there is information, which means—let's take a sheet of paper. Imagine, you take a white sheet of paper. You draw something. You write, '*Three years, traumatized.*' And then you take the paper and you put it on the surface of water so that the drawing faces you. So you see—and the paper's going to get wet, and it swims on the water surface—but when a wave comes, it ripples through the paper as well because it's merged into the water.

And that's, in a way, one way to explain that the human being, on the one hand, looks like a physical body, looks like a physical structure that walks through life. But actually, on the more mystical dimension, we would say all the information, according to our life, is written on different vibrational states of waves. So, when we learn what we said: we tune in with each other—means I tune in with you through the relational part of your central nervous system—I feel your nervous system. I create a connection.

What does it mean in the wave language? We create a coherence of waves so that we have a more stable internet connection. It's kind of a bridge. And on top of this bridge, information—like there is the bridge. Recently I was at the bridge where the former east and the former west of Germany were connected, and the superpowers exchanged spies. And you can still see that the color is different on the east side and on the west side, so you see exactly where was the split. Let's say, from the east to the west, create a relation. And that relation carries, in a way, lorries or trucks with spies that are being exchanged. Information is being exchanged. So there is the bridge and there is information.

And that's the same with energy. There is a certain vibration that carries a certain information. That's energy in action. And so that's our intelligence. That's our drive. That's our soul. Everything that is energy is—but all of our experience is stored. So the three-year-old trauma—like if a person has been traumatized when she was three—so I create a relation and then I let my nervous system find the vibrational state of three years. And then maybe I see, “poof!” the dissociation. It feels dissociated.

The person experiences the dissociation in meditation, or during life. Sometimes it's getting tired, not having energy, it's feeling it's hard to relate to the world. In meditation, whenever this comes up, we start to fall asleep. So because it's on the vibration of three years old, and the current consciousness vibrates somewhere else, it's not connected. But when we come and we connect to the three-year-old vibration, suddenly the paper appears with the trauma. But the trauma is a carry-on luggage, and because it still has energy, because it still is kept in place with a dissociation and a frozen aspect, the person today maybe has a difficulty to feel the body, to have a healthy relationship to the body, to enjoy the body as a beautiful instrument to live through.

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Now, in the moment we can create the relation together and the tiredness is being identified as a dissociated, out-of-body movement—and she can feel it, I can feel it—we can create a relation in the dissociation. So the threatening event—there's suddenly a third party part of the threatening event. That brings in the disembodied aspect into the body, so that the frozen aspect can be more and more experienced.

And, of course, we talked about this already. On the one hand, it's kind of bringing something back into our memory, but on the other hand, it's also important when we now move more and more into collective trauma work because when that happens in one person, it's, in a way, stored in the archeological layers of life in that person. But because we are not separate, and we are all part of the world, the planet, our life, we co-create those layers. So if that person with the trauma, three years old, finds another person with a similar energy, without them knowing, those two communicate.

And because we live in a global age, there is not—our shadows are also on the social networks. So there is a Facebook, and there's a "Shadowbook." There's Facebook, global social media network, and at the same time, there's a global social shadow network. And the more we live in social times, the more exposure we actually have to the conscious aspect, with innovations and the parts of life that are flowing and moving, but also the parts—our shadows hang out on Facebook as well.

So the very technology that we use right now is actually exchanging shadow material as well, more intensively. We're exposed to much more information. So I will come to that later, but I believe that that's a very important part in our time. So the technology forces us to develop new capacities, but it also forces us to do collective shadow work. Because we see the effects of the global brain that not only synchronizes what we do consciously together, but it synchronizes globally what we do unconsciously together. So there are consciously exchanged spies and there are unconsciously exchanged spies.

Writing and Reading the Book of Life

Last time, somebody asked a question if I can speak a little bit more about what does it mean, writing and reading the Book of Life. So, let's say a human being is not *on* the planet—so if this is the planet *[draws a shape on the left indicating the planet with a question mark below and a similar shape on the right]*—a human being is "planet." We are not separate particles *on* the earth or *on* the planet, but we are "animated planet." We are water, carbon, whatever, all the substances that live in us. We are animated matter. And in the mystical view, there is always potential that is available. Potential is information on a carrier wave that is super-conscious, which means it's above our conscious awareness. It doesn't appear yet in the physical reality.

And so it's what we call the whisper. It's more quiet than the noise of the world.

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When I walk through the world, the future is always here. Potentiality rains all the time. Which means we're always exposed to light. Super-conscious light is always around us. But the structure and the identification with the ego structure makes me look somewhere else. My identification looks into the world that's already manifest, except I train myself to listen to that which is now turning from being potential into manifestation. We called it last time, I don't know, the '150 gigabyte of potential' downloading themselves into the world.

So the inner structure of the human being—all the neuronal networks, all the emotional networks, the physical networks—everything is a structure. But because it's not separate of the world, it's also part of the architecture of the world—and, of course, all the shadows that are here, as well. So there's information.

Also we come through our ancestral lines, and in the recent course about stress, we talked about substance and chi. So there's movement—this is chi, life energy, vitality. And there is substance. That's the base of my life. That's kind of the wax of the candle of my life.

So, my life has a certain amount of substance. But that substance, I believe, is crystallized evolution. It's thousands and thousands of years of evolution sitting here. It's a very precious liquid. It's a very precious substance because it's thousands of years of evolution compressed and given as a present to my life, to everybody's life. That substance is a very precious liquid.

Now, there's a movement from bottom up. I come from history. I come from my ancestral line. But in me, there's a spark of light that is here *[draws an arrow that descends from the top of the page down and then up again through the middle]*, but as we said when the light incarnates it comes through the experience. Through the spiritual practice, we become more conscious of the top down aspect. So we live through the motivation, which is the bottom up, and we can learn to connect and listen to the whisper, which is the top down.

Wisdom is the downloading of the future intelligence that is a potential. But that potential is also—in our language we would call this a code or a chip, kind of like a computer chip. And that computer chip gets implanted into the bio-computer of humanity. When we learn new functions, usually they start as inspiration. Somebody is inspired, has a great insight, and that insight gets manifested through mental structures, thoughts, concepts, emotional substance, and eventually physical substance.

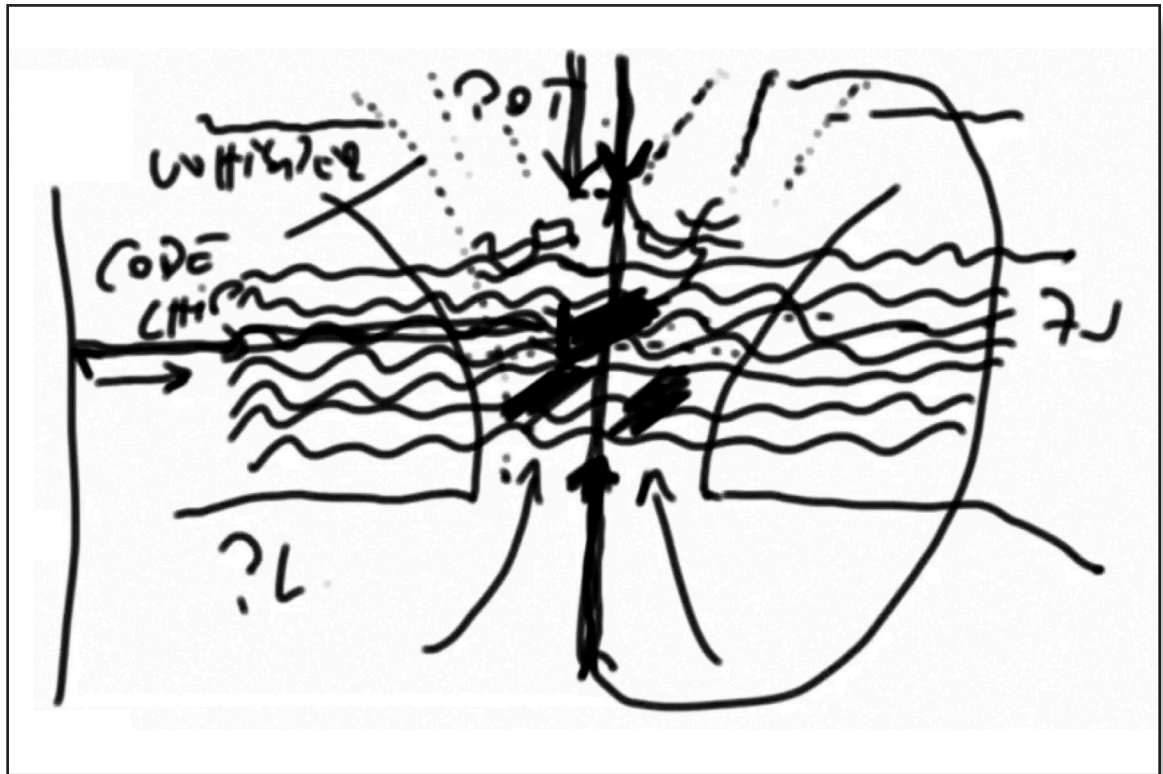
So the bio-computer of evolution gets new functions, new updates. And that can happen on any level of development. We are, actually, all the time in this communication: the future and the past. And why I'm saying this, is because we are working in the mystical healing, as we said already, we are working with the potentiality, with the bottom up movement—that's the intelligence of the person going into life and expressing itself—and the top down, and where they communicate, where they meet. And, of course, eventually, the higher world and us coming through our ancestors meet, like this famous painting, when the world and the Divine meet.

And so now, the stream through us is only going to be blocked. We will feel blocks where the trauma of the past, the carry-on luggage, stops the flow of light. And that trauma lives on a certain vibration. But all the levels of development of the person live on a certain wavelength. It's a brain wave pattern. And so, there's a lot of information that is stored, and we call it—when we look at it as a body—a human being, a man and a woman. When we look at it through the energy, it's a field of information.

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And this field of information and speed of information, it has certain trains. When we tune in with somebody, we find the speed of the person, we log on, we tune in, and then we find the right vibration, like here. Let's say I stand here and then I find this vibration *[draws a vertical line on the left side of the page with an arrow pointing to a specific place on the field of information]*. I tune in with that vibration. All the information about the trauma is here. All the information about the conditioning is here. All the information about the person being seven years old is here. I will get a physical, emotional, mental representation as an information back.

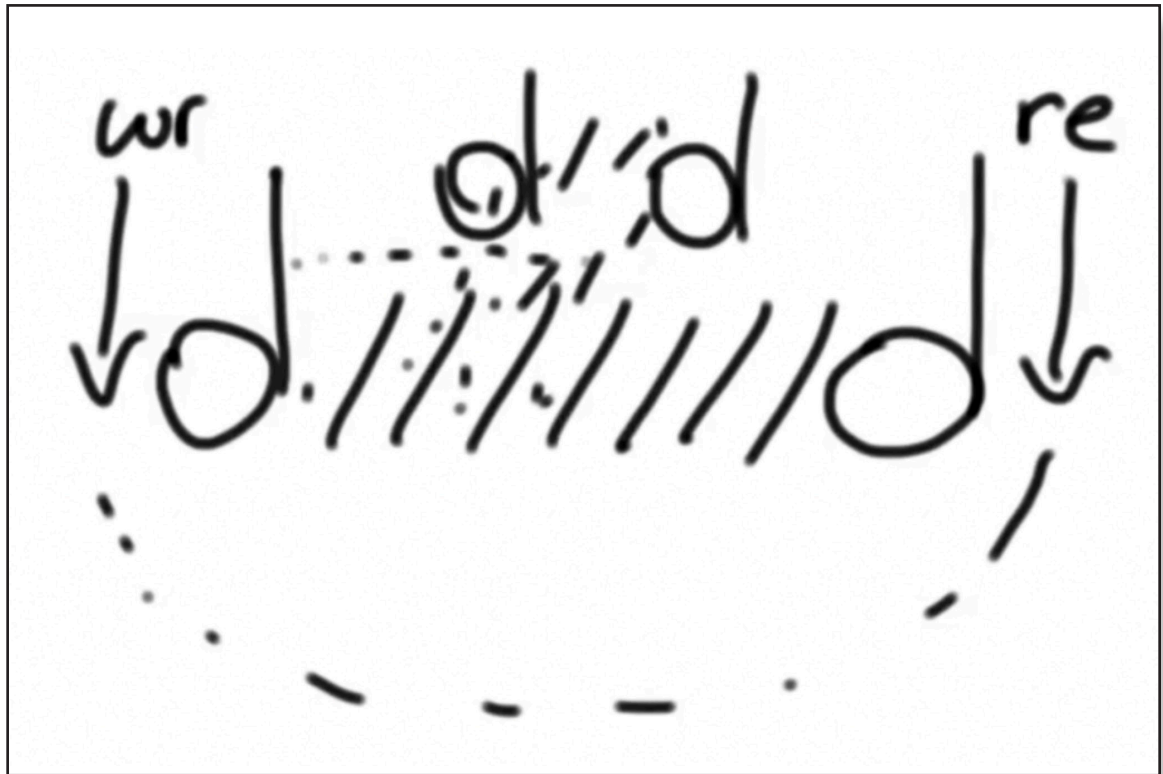
And then, we said already, when I tune in with a numb area or a frozen area, my nervous system at the beginning will feel—it's like you tune in with cotton. It's like you send out an impulse—'ding!'—a relation offering, and then nothing comes back on that vibration. Where the nervous system is frozen or holding, you hear that 'dong' doesn't come back. So, the 'ding, dong' doesn't fully work until the nervous system releases information and starts to be reactivated. It comes back a bit, and a bit more, and a bit more, and a bit more into the relation, in order to release, step-by-step, partly, more and more the information that is the carry-on luggage.



Drawing 1

So, why I'm saying this, I know it's not a very pretty drawing, but because what I said last time, or two sessions ago: when the writing and the reading are—the space in between is filled through unconscious material. Where I have a healthy self-contact, I have an awareness about the structures in consciousness that I participate in. So, if I spend eight hours a day dealing with mathematics because I'm a fan of mathematics, I studied it, I work in it, so, it's pretty obvious why there are many people in my life that deal with mathematics, and I enjoy it, and I create in it. I'm part of a network of that competence. So that's pretty obvious.

But if I have an unconscious shadow area, I might not be aware why I am joining certain dynamics, or why I'm in certain dynamics in my life that are recurrent. So the reading and the writing—if the reading is the experience and the writing is the connection to the inner structure or architecture or energy flow—that participates in the experience. In some parts, it might be closer. In some parts it might be further apart—so there's more unconscious material in between. There's more after-time. That's why it appears as two. And the more they come together, they overlap.



Drawing 2

And recently in a course I said it's like with aging. If I am living in a healthy self-contact, and I'm grounded, I can finally be where I am. If I live on an air mattress of a lot of fear, that is switched unconscious, I hardly can be where I am because I constantly want, maybe—or am busy with—being somewhere else. And so when the Vogue magazine of my youth is slowly drifting out of the frame of my life—if I feel a tension of me trying to stay young, but actually me getting older—it just shows me that I'm not synchronized with *my* time, because I live in after-time.

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But the *real* time is when I more, and more, and more synchronize the word with the energy. If I walk my talk, then my age is absolutely the right age. In my age, it's absolutely the right age. It's the highest potential of my energy because that's where my energy is. If my idea of myself is here [*places his right hand to the left of his vertically held left hand*], but I am here [*moves his left hand up and down*], the tension in between is suffering.

If I come back and I really synchronize myself with myself through a healthy self-contact, I will arrive. The effect of arriving is that the time lines up. The horizontal time: me living in 2017 at a certain age, in a certain circumstance, and the vertical time: the past, the present, and the future, they line up in my heart, in the vulnerability of my heart. If my heart is open and I am synchronized with my time, which is also my age, the cosmic code of my age, my intelligence, life circumstances, 2017, the global situation, and, and, and—if that syncs up and the vertical syncs up, then the echo of creation will be the whisper to my heart. So then, it's like a tunnel through all times. Then the original word—the word of God that says, “Light”—is in the room.

In the synchronization between up and down and left and right, really arriving in the presence of—it's not this very moment, this very moment has nothing to do with time—in this moment, we also radiate a transmission of light. That's why, if we find people that rest in themselves because they arrived, they also radiate a certain charisma. They radiate a certain quality. And then it doesn't matter what's the age, because there's also a timeless quality radiating through it.

In after-time, the amount of suffering is the amount of aspects of me that live in after-time, in the carry-on luggage. The tension is suffering. The synchronization is presence. So when we live in a time where many people, by all means, try to stay young and they are creating a strong tension, that there's my idea of myself and there's the process of myself and there's a tension in between, that's my suffering. That's the part of me that is not here.

But the synchronization is that the authentic wind - but it's not just any more my personal wind - when the heart opens, and we are living at the center of the cross, we hear creation, or the divine connection pulsing through. And that's why I said, for us it's so important to do the spiritual or contemplative practice—because this gives me enough space to listen to the whisper.

And listening to the whisper, as we said, is that my nervous system starts to feel and receive the higher rain as inspiration and innovation and insight and solutions. So that's why, when we work with clients and we can—okay, there's something, there's a difficulty in the process, and the difficulty is actually the magnetism that I need. The friction with the difficulty, if I give myself to it, it's not “Oh, I had a difficulty. Oh, I had a strange session. No, wow - actually, there was something in this session or in this interaction that I didn't quite get.” That's the magnetism. So, me putting contemplative, intellectual, emotional, physical time, energy, presence into it, to contemplate that situation and give it a conscious home, alone or with a supervisor, is sucking in light. It brings in more of my soul capacity, as we said last time.

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And that's why I think, on the one hand, the contemplative training of doing emptiness meditation and the light meditation, these are very important practices—because, first of all, it helps me to see, oh, when I tune in with higher vibrations, like wavelengths that are usually out of the reach of my conscious awareness; but through practice I can bring them into the reach of my conscious awareness. And that means that the Higher Consciousness potential is permeating and it appears in my conscious awareness. It appears as a feeling of energy, as 'I see light. I hear that higher energy as a sound. I feel it as a movement' So, not everybody sees light, but some people hear the vibration that equals light as a sound. And some people feel it, when they sit in meditation, that energy is flowing from the crown, through the third eye, into the body.

Being Part of the Self-Healing Mechanism of the World

And as we said, because we are animated earth, when information comes in, it enriches the bio-computer, my existence. But it doesn't enrich only my existence. It's electricity that flows into the earth. So therefore, trauma will always stop the electricity from going through, into the ground. So that's why people often have headaches and all kinds of tensions in the body—because the electricity needs to go down and up, but where there are tensions, contractions, and trauma areas or strong conditionings, shadows, they are reduced movements and they don't allow the electricity exchange. So, the light and the wire system that conducts the light is not fully open. And that's what we work with, basically, all the time.

And last time we said, okay, when we sit and we do this kind of transmission or this healing, connecting to the healing energy, and seeing, okay, my work in the world or whatever I do is a consequence of a passion that keeps me investing time and energy into that passion. In the outside world, I do what I do—it doesn't matter if I'm a physiotherapist, if I'm a doctor, a nurse, a body worker, a psychologist—I will find the expression that suits my energy, but I'm part of the self-healing mechanism of the world.

And that's also what I want to connect to this time, again. That we say, oh, if we synchronize, as I said, waves, if your healing energy and my healing energy, and his and hers, we synchronize it, it creates a more stable field. Because a wave has a certain probability of stability to create a structure. If it's coherent, it will create a structure. And so, if you disturb it or if it gets fragmented, it cannot create so much structure.

And so when we cohere as healing systems, because we are part of this self-healing mechanism of the world, and, as I said last time, I believe that collective trauma is the desynchronizing factor and transgenerational trauma, through the vertical, is the desynchronizing factor of the self-healing mechanism of the world—but also of the law. So we will need more outer law regulations because living the natural law will be interfered. Because we don't feel each other in those places, we will do actions out of unconsciousness or other motivations that need external regulation.

Actually, the law and healing is the same thing. The will, the divine light, the meridian, the river, and the divine law is the same thing. So, embodying higher ethics means that I live accordingly. And then we look in the great spiritual traditions, the deep vows that people made in order to commit to a higher ethical life—it's committing to an inner framework. Even if I cannot live it yet, I will give my best to come as close as possible to live it.

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So, dishonesty—I explore dishonesty from the most obvious versions to the most subtle versions of dishonesty. And because I fill it with awareness, there is more and more restoration. And in all other areas, the same.

So, let's summarize what we said. We said, constantly we are tuning in with wave patterns. When we look through the physical field, the world becomes a field of information that has certain energetic vibrational states, and they are the encoding factors for the structures in consciousness that we see. As long as they are stable, these agreements, they create cultural agreements that are stable, cultural contracts—they create cultural architecture.

But the shadows also sync up, and they also create agreements. And if you want to disturb those agreements, they will not like it. They will bite back. So, if we take somebody addicted to alcohol or cigarettes or something else, the cigarettes, the person most probably won't be happy.

There is a gravitas to the shadow agreement and we will talk about this later, on this call, what that means for the collective trauma structures. What kind of shadow agreements actually do we experience together, and we call it culture, but actually it's shadow agreements that became societal structures that we live in today and that we accepted as normal?

But what is the part of the conscious societal structures and what is the part of the unconscious structures that are synchronized shadow areas, like the "Shadowbook"—not Facebook, but "Shadowbook"—social network.

Barcodes and Working with Challenging Clients

And then there was, I believe, another question. Somebody asked, because last time I spoke about the barcodes, so does this mean that we should look for opportunities to work with clients that we experience as challenging? And I wanted to refer to this. I think it's good if we know where is our expertise and where do we deepen our refining of the laser. So, when we said, through the archetypal path of the healer it seemed, from the first moment that you hear about healing therapy or anything, to the moment that you practice it already ten or twenty years, or you teach it, there is a crystallization of energy. Energy becomes more connected and crystal, in a good way. And the power of healing gets stronger, more clear. It needs less time. It's more powerful.

So that we all find out, actually, where is this strength for us and how we can manifest this strength in the world in order to be very beneficial. It also means that, most probably, I will lose myself in the variety, and there's a certain range where I really crystallize my energy - the specification of my healing practice. At the same time, I believe, every healer—it's a must to have a commitment that every challenge will be looked at.

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And not even that, that we have a journal where we write all the challenging situations, and we make ourselves notes, and then we contemplate the journal. We look at the patterning to surface our own unconscious areas, that we look at the pattern that I surface when I look at multiple incidents, kind of a necklace. And I can look at not only one challenge, but I look at the necklace of challenges. And that shows me, most probably, if I can do it alone, I can do it with myself, and if not, I invite the supervising function, a person, into my life in order to show me that pattern, so that my unconscious zone appears more in my conscious awareness, through the reflection.

But I believe that if you work with people, that's inevitable. If we want to grow and use our healing practice as an enlightenment practice, as a deep awakening path, as a mystical path, these are the key moments. On the one hand, it's good to really listen to our core intelligence. Where does life want me to be? Which means, where is my highest resonance? And, maybe, that gives me a kind of specification. On the other hand, life will anyway bring challenges into my life naturally, because my shadows have an attraction. They magnetize stuff like experiences. They need it because that's the way how to integrate it.

So when I see the difficulties in my life or what are the situations where it gets edgy, challenging, or where I contract or where I disconnect, and I—“Wow, a teacher”—I make myself a note, and in the evenings—and also knowing that as somebody who works with people, I need enough time to contemplate my work. I cannot be just stressed and not have time to contemplate my work—because that’s a big part of my work, the contemplation where the client is the string and I’m the resonance body of the guitar. So I am the contemplating, the witnessing, the connected witness for the client’s energy, and the music of the client’s energy finds a resonance in me. So I have the capacity to host the client’s energy, and because of the contemplation, we infuse whatever situation, issue, topic with awareness and presence, and precision, and love.

And so, when I work with clients, it’s inevitable that I am the gardener of my own space. I need to have enough space to digest my work. If I burn out in a healing profession, then I didn’t take care to have enough space to digest the impressions, and definitely to digest the moments in my work that were difficult. That’s a must. That’s a rule, I believe, that I need to implement in my life, especially because, most probably, there are many people on the line that are in crisis situations, difficult, problematic situations with clients very often. So the exchange of energy and resonances are very strong in that direction.

We need to know, everybody needs to find out, how much space do I need in my life to be able to digest my work, so that I keep my energy field open so that I am not drowning in my own resonances with the trauma areas and the shadow areas of my clients, but I actually have enough time and supervision and reflection, sitting time, connection time, and also time to use the cosmic Internet connection to google my clients’ issues. So if I go onto the cosmic google, why not to use the higher intelligence that we are all connected to, that is free. We all have it in our home anyway. We don’t even go and ask, apply somewhere.

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So why not to use the contemplation to find out what was going on? So I can use contemplation to infuse the situation with more presence, feeling awareness, clarity. And I can pray and ask constantly and activate the channel, or connect to the light and let the light come in and be open for higher insights, stuff that I didn’t see. So then I let myself be infused with new codes that enrich my bio-computer, so that the coded aspect of my vessel—like if I see the body, the person, as a bio-computer—if you put more chips into it, more codes, so that there are more functions, which means I create, consciously, a bigger instrument for more world to appear in.

Again, with using the Higher Consciousness as a rain of insight, I enrich my cells, my emotions, my mental capacity, my social capacity, my relational capacity with codes. Then I can receive more frequencies, more wave patterns of the world as conscious experience, which means I become aware of more of life. I suddenly see things that I didn't see before. I suddenly feel things, know things that I didn't know before. Why? Because that code in my energy field gets turned on. Life energy, chi, is being infused into that drop of light—"zoom"—and the drop of light gets activated through the chi and begins the manifestation process. So, I embody Higher Consciousness through my spiritual practice. I help to download the cloud of the next step of development through my own personal practice, but also that's a contribution to the collective download, the collective jump in human consciousness.

So therefore I'm saying, we have actually, through the mystical dimension, we have everything that's grown, everything that I studied, all the skills that I developed, all the work that I did on myself already, and that I'll continue to do through keeping a journal, I will be a gardener of my space. I need to have enough time to sit and let the energy bring up—either revisit certain sessions or let the energy bring up information in me that didn't show up in those moments. So, for this I need space. Seems like time in my life, but it's actually inner space—until the inner space and the process are more and more congruent.

But if I have more carry-on luggage, like moments that I couldn't solve in the moment and I go away and I'm busy with, I need to create space in order to integrate that through a synthesis. And then, the more I practice it, the better I get at it. So I have more and more inner space, so that less and less moments will be those moments with carry-on luggage. Because the presence infuses my life process with more and more here-ness. Which, again, means that the walking and the energy and the word are the same. I walk my talk.

And that's why I think, to be a gardener, to know, I need to, in a way, ask my inner, my soul need, how much space do I need? And how can I implement it? This is not a question. It's not that this is up for discussion. It's not up for discussion. It's a must. Because it's must, it keeps me healthy. It's a must because that's the way that I surface more information that I didn't see in the moments of the client sessions or the groups that I gave. So I need to have times to let the stream inform me, like when I just sit and I listen, and I become aware of what pops into my awareness. Some will be chatting and chatter, but some will be relevant information that couldn't surface in the moment, but afterwards—"zoom".

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If every one of us has insights when we sit at home in meditation, that insight is immediately connecting to the client. I don't even have to say it. I can say it next time, but even just in me having that realization already changes something in that relation. And that's an amazing thing. It means that we are powerhouses of consciousness, and if we deepen our experience, it radiates into the network of our clients, patients, people that we work with, groups. So everything that we, in our silent moments, realize—is kind of a community currency. It is money. It is service for a bigger community, like money we give. And it's insight money, insight dollars that we spread into the collective field.

I think, that's a very beautiful principle. So, there's space, and of course there's the rain. I can invite insight. I can bow down and allow the light to give me a blessing. I can ask for a blessing, which means I activate the communication with the Higher Consciousness, so that this channel gets more and more open, so that the channel is available for me any time I need. Like with your iPhone. Somebody tells you about a new singer, and you've never heard that singer, and you take your phone. You type it into iTunes or whatever you use, Spotify, and here is all the music of that singer, if you're lucky. Or you google it.

So, that kind of internet connection for mystics is most important. I have the right inner space to receive, to have a clear screen to receive information from the higher, or divine consciousness on the screen, while we walk through life. And I believe that needs training. That's kind of like a martial art. You need to train it. But the more we train it, we become part of that movement.

So, we said, gardening space, allowing the blessing and the grace, and having a journal where we see the patterning of our difficult moments because that's an amazing feedback for us to grow.

Begin Meditation

So, let's begin a guided meditation and then we come back to the exploration.

So, if you allow your breath to take you, with some cycles of breathing, into your body. Notice your inner state right now, what's happening inside. Do a most precise screenshot without manipulation. This is how I feel in my body.

And that the body as a body is, of course, on the one hand, the physical body, and on the other hand, it's a kind of evolutionary bio-computer. It's a very intelligent computer system. And when we do the inner mapping, the inner body competence training, refining our inner awareness, refining our capacity to tune in with different tissues, different organs, different times of my body.

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I can listen to the communication and I spot the more isolated areas, accessible and less accessible areas—all of this is training and refining an instrument.

And, of course, that instrument also has an emotional and mental dimension. It's a whole unit, coherent unit.

So, my body-mind unit—physical, emotional, mental self as a wholeness—is my instrument that I can see. Then there is this connection to the potentiality that just appears, like when the future just appears, or the blessing appears, grace, sudden insights, creative moments, revelations. Let's spend a few moments just listening to that transition from the seen world—all the structures of consciousness that we already know—to the nearly seen or unseen world. That's where the potential of our future appears on the horizon of life. Where the inventions, the new insights about healing are found. Different modalities, different ways. The richness of spirit that brings in new possibilities. A richness of intelligence. Whispers. It's a warm whisper.

Again, let's listen to the whisper that appears in you. If there's anything to be seen, heard, known, felt—I'm here.

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And so, in this unity of the seen and the appearing world, inner world, let's do it once together. Maybe, you had a situation that was more challenging—in a client interaction, with a patient—or a situation that left you with a stronger question that walked with you. If there is nothing like this, then, of course, an interaction with anybody where you felt more contracted, tense, disconnected, or stuck.

And then let's feel the situation inside. There's a physical representation. And I take the word 'difficult', or 'hard', 'problematic' or 'stuck', and I take all those words off the process. What was my experience—physically, emotionally, mentally, spiritually? If that situation has an imprint in my inner world, how do I feel?

Most of the time, when we remember those situations, we can feel that imprint again. It's kind of an inner landscape. And to check, do I feel my body? Do I feel grounded or ungrounded? Tense or open? Have I been emotionally connected? And if so, what emotion was dominant? Or have I hit a numb place in me?

What was my mental process? Overthinking? Blankness? Intellectually connected?

What was my inner spiritual connection? Did I still feel a channel of information, the cosmic google? Or did I cut off, contract?

How was my state of presence? Did I have inner space, witnessing capacity? Or was I very identified with the moment, with little or no space?

What was my relation to the outside—to the situation, the person, the moment, the group? Was there of a flow of relation, and am I still related? Did I move too much outside, into doing, controlling, fixing? Or did I move inside and distanced myself, numbed myself, protected myself? Went back inside? Or cut off?

[01:00:00]

Then I allow myself to see the whole, it's like a hologram. Multiple dimensions of the moment. Let's see if I can relax into the composition. Then I find a little bit more, and respect that I feel what I feel or that I don't feel what I don't feel. I relax into the composition.

I also see what's the contact I have, my self-contact. Feeling connected to my inner stream, my central channel. Also my heart, if my heart is open to the situation or protected? Then I also pay attention to how I look, without changing it. If I can look at the situation, or if I reduce my clarity, look through a filter, actually look inside, instead of at the situation. Or I look away.

Just say yes to everything that I surface inside. Yes. What's the part of the experience that you, maybe, resist? That you don't like to have that way? Part of the experience that is not allowed to arise?

[01:05:00]

Just take a few moments to sit with the whole composition and listen. You created space for the past to be revisited and be turned, potentially, into now.

And I make space to allow the future to whisper its insight here and now. To see, if through allowing the past to appear and the future to whisper, and a connection to the situation, there's some information—something new, something small, little, tiny bits and pieces—is open to your awareness, either about yourself or something about the person, the situation, the group, that wasn't visible before. It slowly appears in the contemplative space.

And/or, if you ask the situation, even it's not clearer, what's the next step? What's the next step? Where do I put my foot down on the ground as a next step? Not in one mile. Not in ten miles. Now. The next step.

Then, slowly, let the situation go. Just notice whatever arose and let the situation go fully. And let's put our attention once more on the field that we create together. Many people, all around the world—passionate, very interested, very experienced, most probably, partly in crystallizing healing, learning about healing—presencing together a field, many, many streams of healing power cohering. Get a sense of that field through the distance, time zones. Something shared. We have a shared intelligence.

And then, slowly, take a deeper breath, and another, and another. And come back to your body. Put your feet on the ground. Let's fully let go of the energy of that situation before. Let's come back.

End of Meditation

Well, we are, again, here. Share my screen.

So, I want to talk a bit about, first of all, what we did now in the meditation—the body, emotions, mind, inner connection and presence as a holographic surface to mirror situations, circumstances, relations and, through the relaxation into the situation deeper, to allow information to surface. And then we can also invite, while we are connected to the situation, we can, kind of through a prayer, invite insights, which means we consciously connect the cosmic address of that carry-on luggage with the inner elevator, to get it to the right conveyor belt at the airport. So, to connect the light and the insight consciously, even if that doesn't happen immediately.

It might be that you do that meditation, and it's like, okay, I looked at it, maybe I saw bits and pieces, but eventually, over the course of the next hours or days, I might have here and there insights that don't seem immediately connected to the meditations, but it's also that I made space, and it allows the metabolism and the digestion of the situation to work better. And the effects we see usually a little bit later, but to invite the blessing into the moments where we feel unclear—that's a beautiful practice of self-clarification. And then, of course, if it seems like it's persistent, and I cannot solve the riddle, then I bring in a mirror that helps me to see the situation clearer.

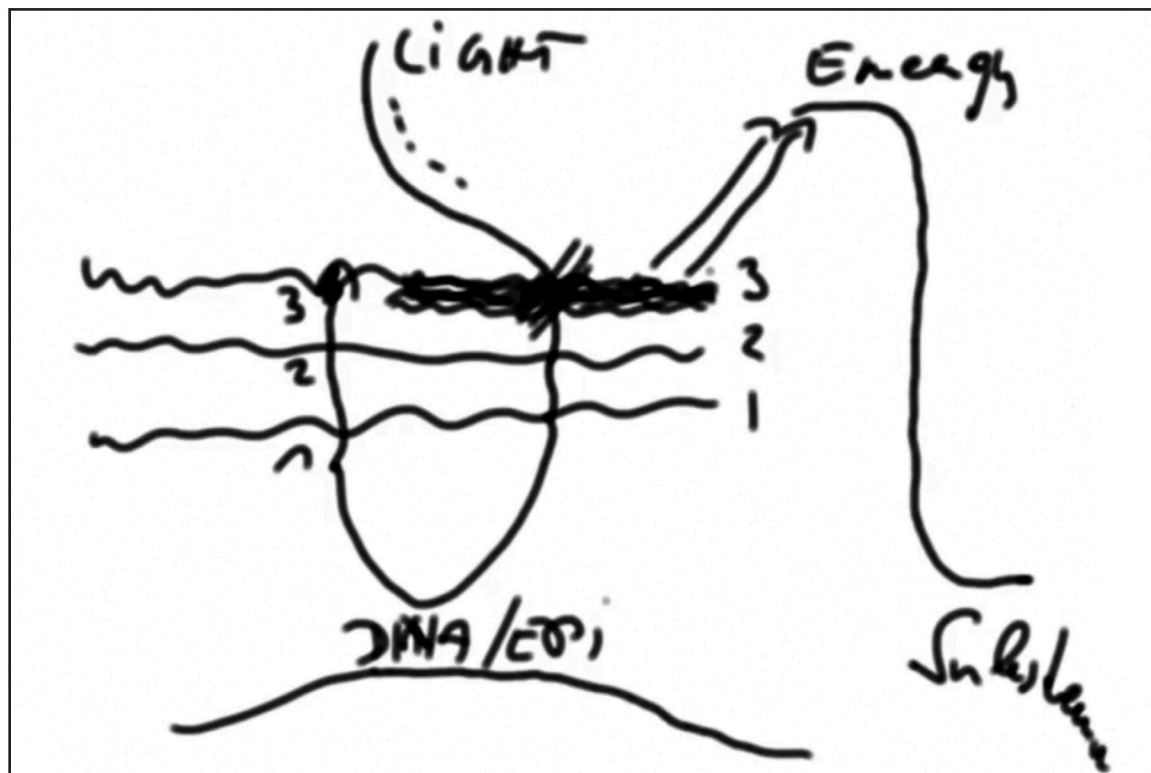
And, as a step before, I think, also writing a journal is a great practice—because while I write, I pull in information, and when look at the patterning, the patterns, I can learn, I can tune in. What I write down is energy, and when I tune into that energy, I can create a communication with the writing.

[01:15:00]

The Interconnected Field of Transgenerational Trauma

So, that's one thing. The other thing is that I wanted to talk about transgenerational trauma a bit, because we had that sequence when we talked about epigenetic and genetic tendencies that have a probability. And the tendency means that there is an unseen field that is looking for a we-space, the social environment, that either activates it or helps rewrite it, deactivates it. So that the particle and the wave, or the individual and the collective, because we are all, if you will remember—and I will share my screen. If you remember, there are layers of information, and when the soul comes in, it picks up the information and passes it on. So, three, two, one [*numbers the layers of information, from top to bottom*]. It's now inside. One, two, three [*numbers the layers, from bottom to top*].

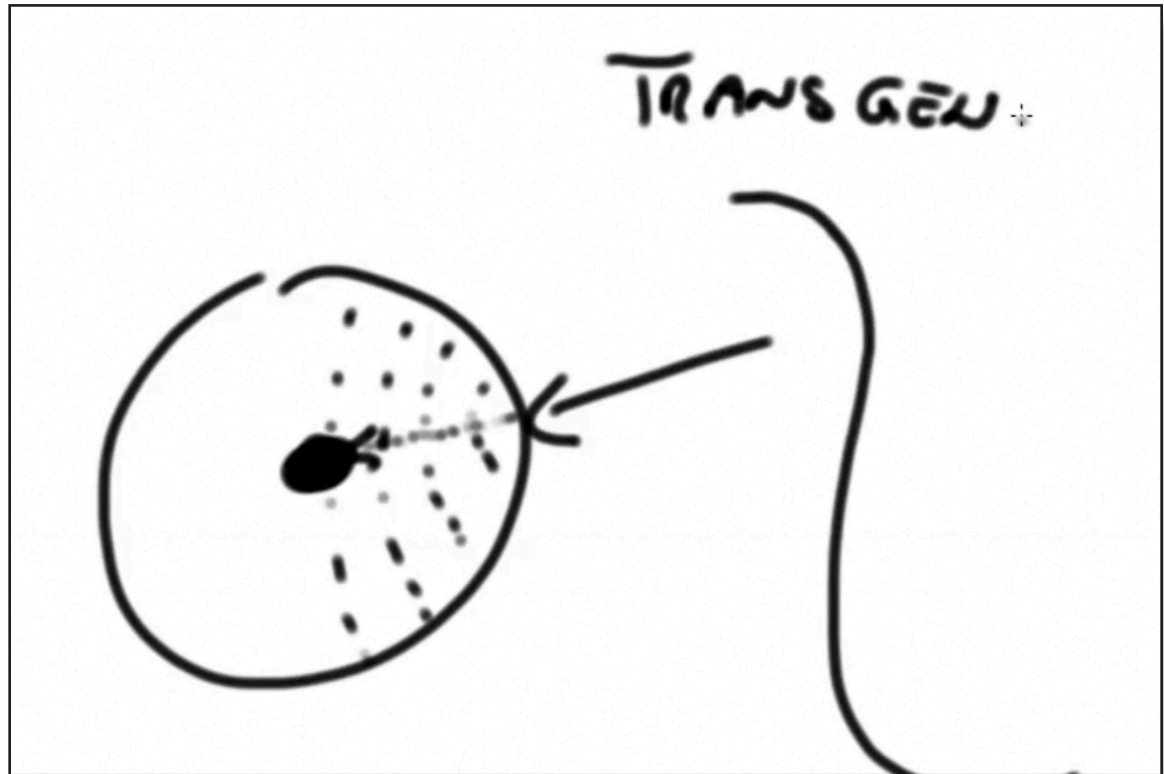
The layers where the light of the soul incarnates picks up on that. If that's filled with Holocaust information or slavery information or apartheid information, we have this insight now wired. What it means is that energy, through the transgenerational wiring, becomes substance. If that energy is here, so it's being wired now in the substance. If there is strongly dissociated material, like a dark lake in the collective bandwidth of where we get incarnated, so then we take on that information and what was before energy in a former generation, that experience, that collective trauma now is already wired in the substance. So, one generation uploads it in the whole genetic and epigenetic 'cloud' in order for us to download tendencies or more manifest symptoms.



Drawing 3

So, from one generation to the next, there's a potential, that's what we say in the mystical teachings, that when there's an energy field, and the event outside that is being experienced as traumatizing happens, trauma goes into the substance and crystallizes itself here. So we say that, in the energetic understanding, that the energy more and more manifests itself and becomes matter.

And if that matter is also in the transgenerational transference, it's being passed on from one generation to the next, but it's inside as a tendency now, or a stronger manifest issue. And because I have been born here, I will live in a social environment that has that tendency as well. So it's in me, and there's a tendency around me to confirm it. So, from the I and the we—the we has that information and the I has that information—here's it's inside and here you see it, again, outside because we've been born into the same matrix, the same grid. So the people around me, many of them also carry this.



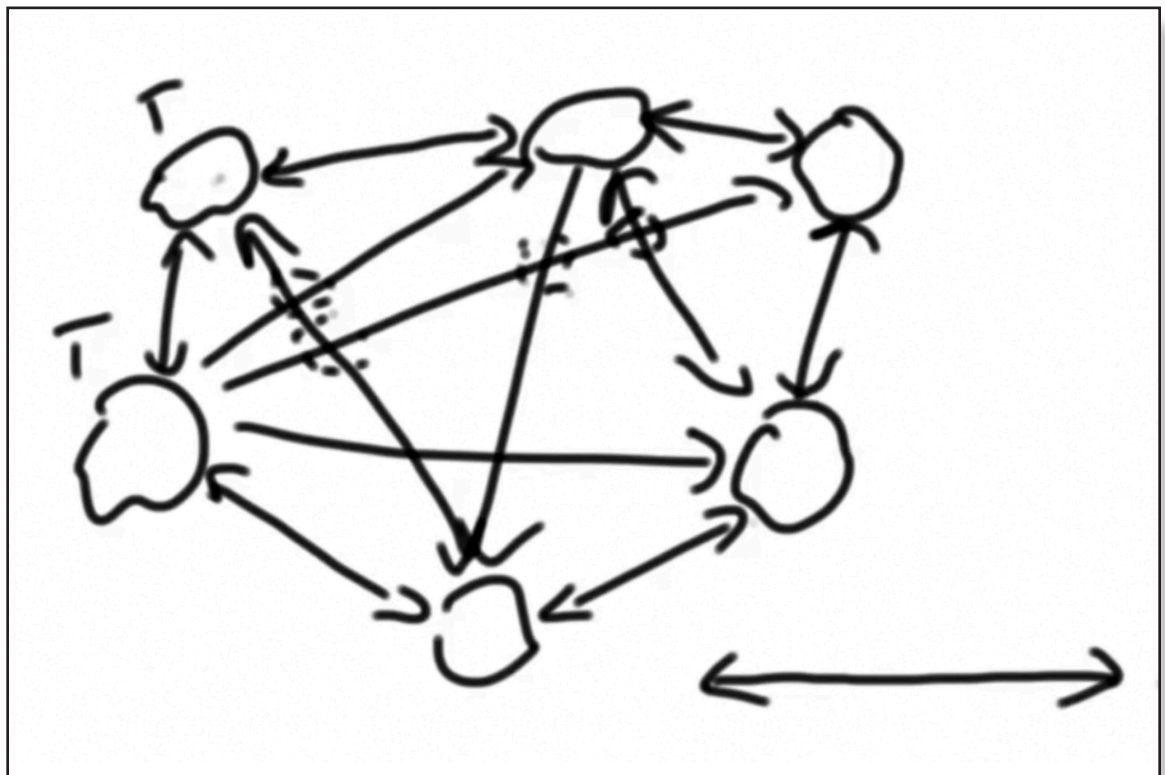
Drawing 4

[01:20:00]

So what we can say is that, it's interesting, if more people around me carry, let's say, these are the tendencies [*draws circles and labels each with a "T"*], these tendencies—there's one person, here's one person—every tendency lives in somebody. It's an unconscious spot now, a wired transgenerational transference, so we carry this inside. So, the conscious self says hello to the conscious self, but this part says, "Oh, hello, what's your name?" And they say, "Hello, what's your name? And, how are you? How do you feel? Where do you come from?" [*Draws arrows connecting the circles to each other.*] So, these unconscious thoughts here, they have a party while we sit in a room and have a group or go to school or do work in a company. Those parts, they get to know each other, and while they get to know each other, they create fields of interference—here [*highlights the areas where the arrows intercept*]—or super-imposition.

So, those trauma tendencies create wave patterns, like when you put a lot of drops of water into the water so you see many waves, and they create patterns on the water surface. So, those elements create a field. And the stronger the field, the more coherent it is, or the more stable is that field. It becomes a stable field or trauma agreements in the culture. So we see each other in the world, and we see the people, and we see the parts that are visible to us. But we, maybe, do not see so clearly how the trauma structures and the shadow aspects that are around it, or the strong conditioned aspects, also create an unseen field that has a stability.

And that also lives in a certain vibrational level. This exists also on one or multiple, most probably multiple, vibrational layers. It's like at the beginning, floating pieces of paper with information on a certain carrier wave, modulating a carrier wave. So, the higher is the density of those aspects, the more the field will stabilize itself through those shadow structures.



Drawing 5

Now, if I take this one level forward and I say, okay, I have here self-contact. This is the healthy self-contact, this is me, my inner world and the flow of energy through my core [*draws a vertical line*]. And then we said, there are circles of intimacy that I experience the world through. That's my hologram. That's me and myself. That's me and my family. That's me and my friends and my closer community workplace. That's me and my bigger community, and that's me and my global community [*draws arrows pointing, from the center, to the respective concentric circles*] That's something that's only potentially arising at the moment—the global community—but it's getting stronger and stronger.

And I said also yesterday in this other course that we are living in a time where the global developments through the technology that we use right now— we are expanding that part, so the whole aspect of this field here [*highlights the outer, "global" circle*] is coming much stronger into our awareness. It means, first of all, that I need to learn something. I need to learn how to use the technology. I need to learn what's all the new developments. And they are very, very fast. And I need to know how to activate my Zoom in order to participate in a online class like this. So, there are very practical steps to that.

[01:25:00]

But it means that I spend time. I, for example, spend time, four hours a day, with this new emerging level. But this means what I spend before, maybe 20—to make it more obvious, maybe 24 hours here [*writes "24" at the "friends and community" level*], but now I spend only 20 hours in the three—my further community, my workplace, my family. If I hang out on my mobile phone one hour a day and I spend it less with my family, it has consequences. So, the global development needs to manifest itself through all the other layers, because they need to rearrange. Because something needs more energy, the other parts need to be able to align with it. So that's one thing. There's an actual evolutionary manifestation pressure to become a global citizen.

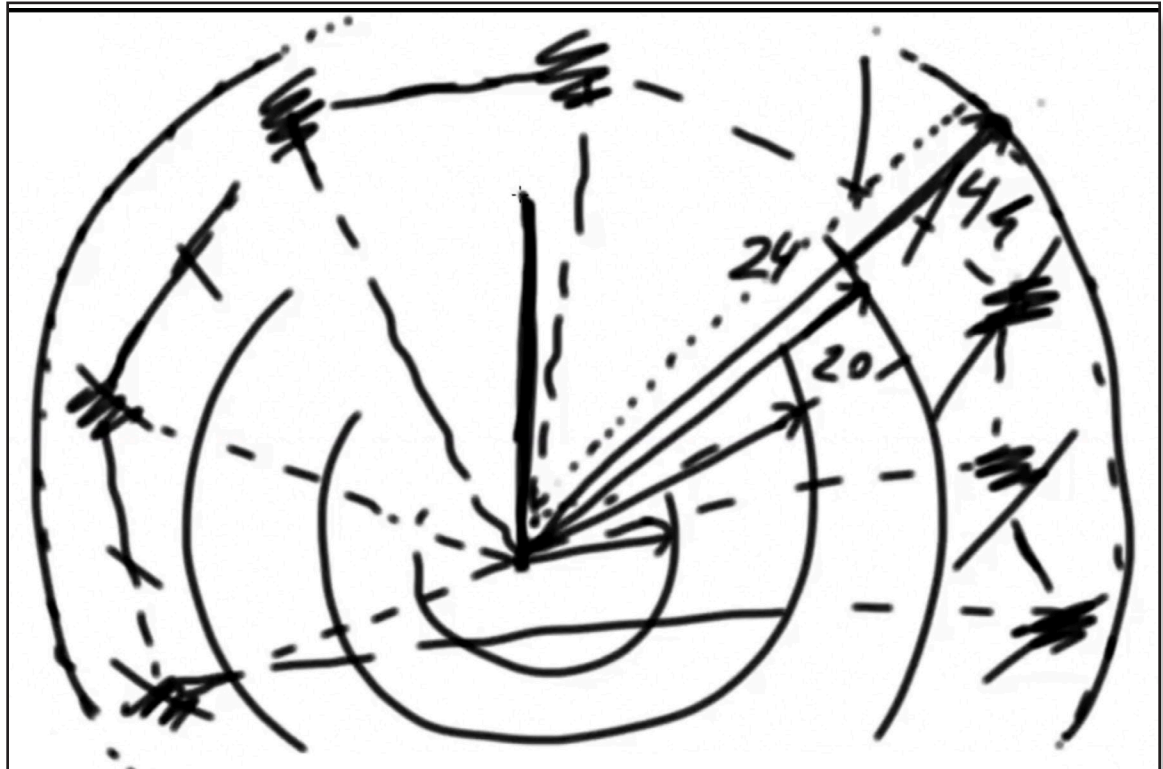
But more than that is that I'm exposed—most probably, through my mobile phone, through technology, through the news—I am exposed, many people are exposed, to the global scars, more than ever. And those global scars, I hear about them more. They appear more and more in my awareness. So actually, the global technology and the global awareness expose—I have many more impulses of global scars. I hear about Syria. I hear about atrocities that happen where women get mass raped. And I hear about many, many things that are actually very hard to digest and actually need a lot of space for me to really attend to it in a way that I can digest my experience.

Or I dissociate. And I just eat it mentally. But if I really experience it—spiritually, intellectually, emotionally, bodily—my hologram inside will get many shadow or trauma impulses that are happening right now in the world with less and less time delay. So I'm actually more and more synchronized, through technology, with the global brain. And I believe that's why at the moment we see a very strong development that is actually manifest right now on the world stage very clearly, I think, that those shadow parts communicate much more with each other, create stronger super-impositions, and create manifestations. On the world stage, as we see right now, we see more and more manifestations of the collective shadow material coming up stronger and stronger, and being manifest in front of us.

And I think that's a very interesting part, as well, when we talk about collective trauma. Therefore, I believe, when we talk about global evolution, that collective shadow work is absolutely a must at the moment, because we see the super imposition and the shadow structures that are in the unseen; not in the higher unseen but in the subconscious unseen, that we see much more as a pattern emerging in the global context.

And that's, on the one hand, very good, of course, because that's how we become aware of it. So that's a benefit, of course, but we also need to dedicate our time to turn it into conscious relation. Because deeper unrelated aspects of me, of us, of the global community are playing a bigger role on the global stage, and I believe the self-healing mechanism is also that we surface those unconscious structures together in order to turn them into growth.

So, the very technology that we use right now, I believe, is one of the biggest, strongest—seemingly, in the outer world—strongest factors that represent the spiritual dimension of the same thing. That there's a very strong energy wanting to download itself through us right now, and to bring a much deeper evolutionary step through humanity or through the planet. And the technology and that energy, they somehow have something in common.



Drawing 6

[01:30:00]

And that's why I think that—and this is what I also want to do next time—why the communication of those structures or unconscious spots in our collective, or let's call them collective, individual,. if it's a we-space, then it's individual structures being, anyway, interrelated. Why are they interrelated? Because we have been born through it. So there is anyway one layer of trauma that we have been born through, and that we crystallized. At least a splinter, a piece of the broken glass is now alive in us. And this layer of information, the collective trauma energy, the dark lake here, this dark unconscious material is being energized through my chi. So it's been reconnected to the powerhouse in order to be fed with life energy.

And that's why I said last time, or two times ago, that awakening has a lot to do with the fact that we know where we invest our chi. Because if we invest chi into those tendencies that are now wired through the manifestation of trauma in the substance—so they appear as behaviors, as tendencies in people, physical, emotional, mental, food tendencies, social tendencies, whatever—and if I am not aware what I invest my conscious chi money in, I invest it unconsciously. So I make investments, I relate to people in a way that confirms the tendency, so I am actually part of the we-structure for that “I”, to reconfirm the shadow because I carry it in myself. So I stabilize that collective shadow field with the person, without me even knowing that I do so. Maybe sometimes I feel it, maybe sometimes not.

And so, next time I want to talk more about the destabilization, or the opening of those shadow structures, and what kind of work we can do in order to work with it and bring it into our conscious awareness. I think, all of what we talked about until now is deeply important to understand the process of healing, and how we use past, present, and future fluidly, to dance through collective shadow processes, and not get stuck there.

Homework

Well, I think that's great. So, as a homework, let's say that we take the possibility, maybe you do that anyway, of making entries about challenging situations: sessions that get stuck, interactions with clients and patients and groups that you experience as difficult, where your vitality drops or you feel stuck. And to make a note and to revisit it. And to see if there's a correlation between space that you need to do your work—as somebody that is most probably spending a lot of time in resolving crises, difficulties, challenges with people—so how much space do you need in order to do your work sustainably and for a long time with a long breath, and with love and joy, because the surfacing in the well of your wisdom is just bringing out more and more and more insights into how to do that.

When we are connected to the powerhouse, the original power outlet, then our work is just welling and bubbling. And every time we hit something that seems not to work, it's an invitation to contemplate it deeper in order to bring in the light that connects electricity to that cosmic address. I think, that's a deeply beautiful process, and it's something that can go on forever.

[01:35:00]

And there is another thing we can also think about: investing time, maybe five minutes a day, for everybody who wants, to tune in with this field, with the field of our community—and before your work, if you want, you can tune in five minutes. Sit in meditation, connect to the collective field, knowing that we have many competencies in the field that are healing crystallizations, people who do healing, who work with healing.

And that we create a field where we can energetically be in each other's back, and create a social experiment: how it feels to use the collective intelligence—the whole field that we create throughout the course—as a resource for everybody, so that we all sit with you in your clinic. And you sit with us. And we feel that the intelligence and the skills and the abilities that are in the field are actually enhancing the healing capacity of every one of us.

So, if you want, but not just for a day, if you want, for maybe a few weeks, to include that, or to ask yourself if that's something that you like.

And secondly, to commit to it and really do it, otherwise the social experiment doesn't really make sense. Every morning, you start to work, you activate that connection—vertically, horizontally, and to the whole group—and then you go and work. Maybe, you can renew it, if you want, during your day, but it's enough as an intention, and then we see.

Q&A: The Gift of Trauma—Evolutionary Pressure to Pull in Light

Host: Yes, thank you so much, Thomas. There are many questions, especially many hands going up. I think, many people are feeling moved. And also, a lot of the written-in questions are deeply interested in moving to, so how do we destabilize the shadow material, the collective shadow material? And what is collective healing? And how can we ground energy of unconscious material, collective material?

It feels really timely that we move into that during the next session. I think, for today, to end, and I hope that some of the raised hands can be addressed as well, but there's a question that came in in between these sessions about, what are the gifts and the capacities that also can grow out of traumas? I think, it would be nice to address that before we move on to the healing or looking at the connection between that also.

Thomas: If you take it seriously, what we said before, then if challenges and difficulties also are an evolutionary pressure to pull in light, to pull in insights, then we have two things.

One is that, because I face a recurrent difficulty, if I really attend to it, if I say, “Okay, yes, that’s something that’s there,” and I’m not relating to it in order to get rid of it, but I relate to it because it’s in my life—and I’m not relating to it to disappear it, but to really resonate it and find out more about the situation; which is then not an ‘it’, but it’s something that I’m related to. There’s not a conflict *out there*—there is a relation to the conflict, which makes me as an integral part of it.

And I like very much—for the people that saw it on the Pocket Project website—the dialog with William Yuri that says they’re the third side or, as we call it, the global social witnessing. It means that we are contemporary connected witnesses of our time. It means that any given conflict, any given difficulty, is also, as we said before, a matter of the whole, which says that only through restoring the relation we will find out more about it. So that’s one thing. Through relating and contemplating, we can develop, actually, capacities to resolve certain situations. We can pull in a chunk of light—which is intelligence and insight—and connect it to the seemingly difficult situation.

[01:40:00]

And the other thing, of course, is that when somebody experiences a traumatization, on the one hand, it can be that a part of my life feels more stuck or difficult, or I’m more afraid or more distant, or more disconnected, isolated, whatever, hyper-activated. But often we see, also, that therefore, as a compensation, I develop other parts much higher. So, in every situation, there’s also a skill or something that we learn that is a side effect of the original experience—and is part of it, of course.

So yes, I think it’s very important. I think, it’s an important study that, I think, people are doing anyway, but I am also very interested in. What are the skills that grow in crisis areas or in areas with war or hot conflicts, or other difficult life circumstances? What is life expressing there that it doesn’t express anywhere else? And definitely, I think, that’s a very interesting research field, so I encourage deeper research and exploration. I think it’s something that’s great to learn from.

Q&A: The Meeting of Secular and Religious Worlds in Our Conditioning

Participant: Hello, Thomas.

Thomas: Hello. Good to see you.

Participant: Good to see you.

Thomas: I can open a window and you can scream.

Participant: There's so much that is coming up in me. First of all, I was so moved by what was revealed through you to do with aging. I felt it was really remarkable. And, in a way, I feel like there is more need, at least in me, to listen and really to draw in, to do with aging. The fears, the griefs, on many, many levels, to do with death. But it's not what I want to ask you about.

I want to bring something which is to do with the feeling that I get from time to time, and it's like, in the process of downloading, it seems that whatever gets downloaded, gets stuck. When it does get stuck, I have a sense that I'm losing, or sometimes it's like I look the contact with it, as if it gets disappeared, and I cannot trace how it actually affects in the movement process. So, that's one. And sometimes it actually gets stuck in my lower part of the heart center, solar plexus, and then I have difficulties to breathe. And it feels to me that it's like—something that I could do to just let it pass through.

Thomas: How do you relate to the background of your own religion?

Participant: How do I relate to the background of my own religion?

Thomas: The source of Judaism.

[01:45:00]

Participant: It's so interesting that—it's like what comes up in me is a certain pain. I know it's a general term, but something in me became a combination of sadness and frustration, hurt, but a slight one. But it's interesting, and something in me kind of gets astonished that this is what you pick up. And as well, there's a little bit of anger. Anger not toward you, but a sudden defiance that comes up in me like, stop interfering in the future processes, something like that.

Thomas: Right. Because that's something that I also feel when you say, okay, in that area of your body, there's a density there—there's a kind of energy that swims a bit against the river, and I think that's something to explore, like how the origin of your own religion—and I believe, also, that's a milder form because you grow up in a context, and however religious or not religious you are, but there are many, many things you get just by living in the country that you live in. It's all around, anyway. Also, the vibration of the practice.

But I find it very interesting, especially for people that have difficulties—that's not about you now, but I think I want to address this as well—that have difficulties to connect to the light. I find it interesting to explore, also, what is, actually—because when we grow up as kids, you mentioned somebody told you that you come as a kid and you say, “I really want to learn to play the piano”. And your parents look at you, they laugh at you, they say, “No, come on, forget it. Learning the piano is nothing good”. And then you come again and say, “I want to learn to play the piano”. And then it's, “No, no, it's nothing, forget it”. So, the drive in the child to express him or herself and the social conditioning will bump into each other.

And so, I believe, especially in secular contexts, or in contexts where there is, also, many shadows in the religious body, it might be that our belonging—my energy needs a belonging. I need somebody to talk to, I need friends, I need a social environment to bounce off my intelligence. Like when people go to play soccer: you meet your friends, you go to play soccer. And while you play soccer, you actually learn something—or you play anything else. It's like you have an intelligence inside and outside that reinforces itself. And I believe, when we grow up in very scientific, secular contexts where a lot of the spiritual dimension—and we connect to light because we connect to God. When we connect to light, we connect to Higher Consciousness, or the process of creation.

And when I feel uncomfortable even to stand in my life and be open about the gifts and the interests and energy that is in me, and it's hard for me, so I feel already the contractions—that contraction I will most probably also feel when I meditate, on a subtle level. So, that's not your case, but I think that's some people's case that struggle with the light meditation: how much do I find friends? How much can I stand on the marketplace and say, “Yes. Spirituality, mystical practice, God, awakening, enlightenment, however we call it, is important for me. I want to learn to play the piano. I want to learn about the light connection in me.” I feel that there's something that is always there. Sometimes it's a bit weaker, sometimes stronger, but there's a longing in me to be connected to the source of life; to the sacred essence of life.

[01:50:00]

And, I think, because certain contexts are more cynical than open to—that's democracy; if we talk about democracy, then we talk about that all the lines of intelligence have a meaning and an expression, also the spiritual line of development—and so I think, that's something for some people to explore. And if there are certain conditionings, through religions or other spiritual backgrounds, that are part of our life, this might also be parts in us that are internalized, or that are conflicts in us, where we feel that the light might get stuck in us.

And maybe there are other things, but that's one thing that I pick up when I tune in when you speak. I am interested in that openness, or how free is the light to really manifest itself; what kind of conflicts or tensions it brings up.

Participant: Yeah. I find it very interesting that sometimes I thought it might be a personal thing, but you took it into the collective. I find it interesting, like if I put my mind, for example, what are the collective tendencies that I might not consciously have in myself, that actually block that? Because I'm very aware of givens, you know—what actually speaks through me, what actually behaves through me in terms of the collective I'm part of? And that has many layers—'Jewish', 'Israeli', even 'woman', 'age'. It has many, many collective groups that work through one's self. You know, it's like when I'm in a different environment, which is much more allowing to the spiritual being that one is, I do not feel that solar plexus.

What would you suggest, for example, to look in? What are the tendencies?

Thomas: I would look at this, what you said—because I see a fish swimming against the river, in your solar plexus. It feels like an energy swimming against the flow of the river. And I would look at what you said, the anger towards the religious context; also, the meeting of the secular world and the religious world. And of course, I think it's also connected. There's another tent, like a triangle of your solar plexus down into your roots, like to a very existential fear.

So, there are two things. I think, there is this, there's the meeting of the secular and religious world, and there's what kind of conditioning comes through this. The anger, for example—if I explored it, what is the anger actually about? That would be the start.

And also to know that, even if in your experience it looks like this: when you sit in meditation and energy comes down, and suddenly it disappears, it doesn't really disappear. It goes in, and it somehow goes into the field on a certain vibrational level. It's like this wave. So, the light comes in and modulates a certain vibration. So, it goes out into the global field. And I think, the great thing is, we all do it together. Somebody sits in meditation here in the world, somebody has an insight on the other end of the planet, and it's so hard to connect them—but I believe they are connected very often.

When we think, oh, nothing happened through my spiritual practice—I think it's much more sophisticated and complex, that, maybe, sometimes nothing happens, might also be, but when we sit and we download, it's not just the experience. When energy comes down, it's already a blessing that reached the current state of human consciousness on the planet. And it's a portion of light that enriches the supercomputer. And the supercomputer, the bio-computer, is not just my separate body, but the bio-computer is seven billion, or however many billions, of workstations of the same computer.

[01:55:00]

So that's very, very interesting—when we see the interrelatedness or interconnectedness of everything, how your meditation—even if you have such a feeling, “Oh, it disappeared”. No, it didn't disappear. Once you feel it, you see it, and you touch it, it's already in the conscious sphere of life. Even if we never know what the effect is going to be. It doesn't need to show up just in *my* life. And sometimes, because of the time/space delay, the insight that comes in now, has an effect tomorrow, or in two days. So, suddenly, in two days I have an insight because of my meditation two days ago. Because of the time/space delay, it manifests a little bit later.

Participant: Yeah. It's beautiful what you are describing is actually of how the shadow, they kind of become friends together, and that they create webs of shadows. I think, in the same way the light works.

Thomas: Totally.

Participant: Wonderful. Thank you so much.

Thomas: There's a “Shadowbook” and a “Lightbook” and Facebook, and all kinds of books.

Participant: Thank you Thomas. All the best.

Thomas: Yeah. All the best. Thank you.