

The Mystical Principles of Healing

INTEGRATING THE PAST — PRESENCING THE FUTURE

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Host: Welcome to *The Mystical Principles of Healing*, Course Session 1.

As a reminder, this recording was made during a live broadcast so you may hear time-based references. Not all of these references are applicable to the self-paced course; they were kept to maintain a high-quality, seamless recording that best allows for the teachings to remain intact.

And now, here's Thomas.

Introduction and Welcome

Thomas: Basically this course—of course, we have all our modules here and we will explore every time a different aspect of this work and we will build something together. Basically, the most important thing is that what we build together is only valid and valuable if we practice it. So the practice is actually downloading or installing the exploration into our life and manifesting it in our life.

One reason also why we wanted to at least offer this exploration to a big field of people and practitioners and people who work already in this dimension is because there, the exploration is directly connected to our everyday experience. Even if you don't work professionally with people, or in the healing or integration work or coaching work, the practice will make the course alive. So I will give some let's say high recommendations of how I believe, and how have seen already in many people, this exploration land and be transmitted and manifested in our life. For this we will need certain practices.

One of the practices that we are going to apply—and we need, I believe, if we say that we in one way or the other work with an expansion of our conscious awareness of our lives—and healing has a lot to do with enlarging the page so that I see what is written, what's the text that I cannot read because it doesn't fit on to the page. So if you imagine a piece of paper and there's a drawing that fits on to this piece of paper, you know, "Ah, that's it," or you see a text. But imagine the text is bigger than the paper. So then you just read what's on the paper, but you don't see the beginning of the sentence and the end of the sentence because it's outside of the paper.

Raising our conscious awareness—or awakening, or all kinds of words that we found for it—and healing, means to enlarge the paper so that we see the full text. If we see the full text, it means that we have a conscious experience. Often we have just a partly conscious experience.

So a lot of information, we call it energy, a lot of energy is actually left out from being processed consciously.

Therefore—and I think many of us here do this anyway already—we will need a regular meditation practice. We will need a regular meditation, contemplation, and prayer practice. We will combine them and we will explore them together, also how this fits into our work.

So before we start with the content of today more, I would love to also bring to our awareness—and then we'll have our meditation together to start with—that there is a community of people that came together here from literally all over the world. We are passionate about something in our life, and many of us give a lot of time and a lot of energy and a lot of love and a lot of exploration into the archetypal path of feeling. I think that's a very beautiful path because as we are walking it, we are literally diving into the depths of life.

But more so, here many people come together as a community, and this community reinforces and amplifies the quality of healing. If somebody is interested in healing, there is an intelligence that is unfolding, that is researching, that is studying, learning, putting a lot of energy into it, to more and more understand how life works, how healing works, and how we can support each other to live our life more fully and to learn to deepen our awareness into areas where we are not as aware as we can be.

That's where love works. I believe love is not what we feel when there is harmony and then we understand each other. That's the effect of love. I believe love works where life doesn't feel the effect of love and where we, through an expansion of our awareness and relatedness, we include more and more of what feels excluded—in ourselves, in culture, in life and such.

The community that came together here means also that here, many people, we are all people that carry this intelligence that explores this quality of life. There are people that are interested in other things much more. There are people that are interested in other arts, for example. They carry another strong intelligence.

But I believe when we synchronize our intelligence, there is a power. Not only do I want to explore different principles and how the mystical knowledge of thousands of years looks at healing; I want to explore also how this power impacts each and every one of us in our daily practice.

So if there are nearly 700 people, that are also are potentially supporting...every day I see a client, every day I coach somebody, every day I give a body work session, every day I'm relating and transmitting a quality of healing—through my intellectual knowledge, emotional availability, physical presence, spiritual connection, social skills – there is literally a field that I want to build between all of us that will support every one of us in our work. I think that's another exciting experiment, and we will talk more about how to build that field, that we can literally feel it as a support and feel it as a tailwind in our work.

Begin Meditation

Before we continue to deepen this exploration into some mystical content for today, let's just drop in a bit and go through a meditation and then we continue with this kind of theory.

So if you want, you can sit back and relax. If you want, you can close your eyes. Just for a moment see, feel, and drop into whatever is present right now in your body. The body is a very good anchor for me to center myself to become more present in the given moment.

When I check in: I'm sitting; I feel my body; I feel my breath. I'm becoming congruent with my current body sensations, which means my inner awareness and the perception of my body merge more.

I illuminate more and more. I become more and more aware by looking inside how rich and vast and colorful is actually my current body perception, which might sometimes be in the big realm when I'm busy in my daily life. But actually, there's a richness in the spectrum of how my body appears when I'm silent.

Usually, when I sink into my body, suddenly many subtle sensations appear, aliveness here and there, areas that are accessible, others that are not so accessible—stress, openness, many movements.

So, sensing my physical body has a certain quality. And then I can move into my emotional landscape and see what is my emotional landscape today at this point in my life. Also, I have an awareness of what I'm changing in order to perceive my emotional world. I change my focus in order to tell what's my emotional quality: if I feel connected right now, if I feel overwhelmed at this point in my life, if I feel empty and disconnected.

And to notice also the quality of focus that I use in order to sense my emotions—that's different from my body, similar but different.

And then I move into my mental landscape and I say, "How's the quality of my mind today?"

And I watch also the focus that's shifting. How do I change from my emotions to my mind? Sometimes my thinking process is very open, inspired, and creative. Sometimes my mind is just busy with daily things. Sometimes I can feel really more contracted in my thinking process, so then I circle around the same thought processes over and over again.

So there are the thoughts, but then they are hosted through my mind that has a palpable quality, that has different states. It's not always the same state of mind.

And then I change my focus to perceptions around me, like small noises, or maybe—it depends where you're sitting—any noises, the temperature around you, the qualities around you. If you're in a room with people, the atmosphere in the room.

And I also watch how I'm doing that. How do I change from inner perception to outer perception?

Let's say that intentionally we will include in the outer perception—and even if you never did this before—we just include and then set the intention that everybody who is in this course right now, and hundreds of people listening, that somehow I can get a sense. And it's not the sense that is so clear and concrete, like the chair that I'm sitting on, but it's a subtle sense. And even if I don't connect to this or if I don't feel it immediately, that there's an atmosphere that we share even in the virtual space all around the world. There's an inner space, there is an interior all around the world.

Let's just set the intention that we are part, from today on we are by choice consciously part of the community, and of many abilities, qualities, and competencies within that community. There is already a lot of grown, mature intelligence. Let's see if we get a taste of the grown, crystallized intelligence and mutual motivation.

At the same time, we can also look once more what's actually the driving motivation for me to join this course? What is it more precisely that I wish from being part of this community? What is my wish, my desire, my longing, my interest? Maybe there are more layers to my motivation.

My motivation is connected to the intelligence that drives my capacities, that drives—for many people maybe—a very important part of our lives. To refine the clarity of the motivation is always helpful.

And then, within all the perceptions and all the contents that we looked at, there's just a simplicity of timelessness, presence. There's a simplicity of inner space, conscious awareness. There is a depth. There is a dimension of depth, presence, that hosts all content arising.

Let's stay with that simplicity of being, timelessness. Timelessness where I feel here. Within the timelessness movement might arise and the timelessness is quiet.

Slowly take a deep breath and come back to our body and to here.

End Meditation

Listening with Heightened Awareness

So today, we talk more about the mystical aspect of why did we call this course *Mystical Principles of Healing* and what is actually the terminology “mystical principles.”

Some of us know that there was a course that was called Mystical Principles where we explored what are actually transpersonal principles that have been explored by people who did an experiment. So today the “mystical” means that there is an exploration of our subjective experience that we deepen and deepen and deepen. And that we have out of lifetimes of people who did this professionally—so they gave their whole life to explore the experience that we have in order to find deeper revelations.

There are many all around the world. In different traditions, people came with very similar revelations. So I want to address some of the principles that I feel are key and crucial, and I will also introduce a kind of a terminology that we use here to explore healing and the application of the mystical principle in our work. But for this I will need to introduce some of the core principles.

There is the beauty—I think many of us know it—when we really go into meditation, there is a beauty of really resting. There's a beauty in just being. And there's a beauty, when I listen to you, that the innermost listening: I'm just...I am. I'm just here. I'm available.

So in my deepest availability, I'm listening as this resting, as the space that I experience when I go into meditation. When you sit and you just listen, like most probably right now, and you listen to the words that you hear, listening has a kind of a mindful but aware quality. It's not just listening, it's listening with a heightened awareness.

And of course, when we apply this every day in connection with people, that's something that we do anyway a lot. But we will also explore to look at the deeper aspects of listening.

One of the mystical principles is that there is something like what we call "stillness," the competency of stillness. The competency of stillness equals the piece of paper where the text is written on (and I will say more about the text).

Imagine every one of us is a text in the Book of Life. So the paper contains the text. And often when we read books, we read the letters, but we don't look really at the paper, although we're all the time looking at the paper.

But my conscious awareness is not anymore with the paper because it's with the content, which means that what I read creates a meaning in me. So the letters become alive in me and create a meaning, or not a meaning, a confusion, but they create something.

Meditation is in a way to reintroduce the paper of life—presence itself, awareness itself, the original listener. The original listener is the paper. The paper, when you write something, the paper will listen to everything that you write. The paper will contain everything you draw. Did you ever experience you wrote on a piece of paper and suddenly you checked and five letters: tick, tick, tick [gestures to indicate the letters disappear]? No, because paper simply includes and transcends.

So the paper is the original listener. And in the mystical tradition, we look at different states of meditation that deepen my consciousness within the listener, the original listener, to an enormous extent. So what many people maybe understand as listening—in the deepest meditation I am becoming pure listening.

So there is a competency that we will need and that we will need to explore, and I think many of us do this already, an exploration of the original listener, and all the gifts and all the competencies that come from it. We will look at this deeper what are the gifts and what are the competencies that the original listener holds for me.

Healing as Restoration of the Original Movement

And if I don't explore it, I won't get the gifts. But if I explore it, I get all the time gifts. There are thousands or millions of people maybe that explored this for years and years in their lives, and this includes most probably us.

And then there is another amazing capacity, and that's the capacity of movement. Actually, the beauty of life is that it's moving. Movement is beauty. Movement is clarity. Movement is healing. Movement is—the restoration of the original movement—is healing.

So everything I am is moving. My mind fixes reality to certain forms. We see certain forms, and in the gross reality this also makes sense to a certain degree. But actually, it disconnects me a bit [and prevents me] to see and realize the original movement.

What we are going to explore in this course: how can I return to the fact that I see you as a composition and I hear you as a composition, and I am listening to all the instruments that you are composed out of? Like a well-trained conductor, like somebody that can tell, when many people cannot, that the third violin didn't hit the tone.

And that's the other form...movement comes with another form of listening, which is attunement. I need to be present. I need to listen to the orchestra. Imagine that you sit in the philharmony—amazing musicians, all of them part of the world's best musicians. And then you listen to the composition, you listen to the synchronicity, and you listen to the communication that happens there. What's the communication? The communication is: aware listening and attunement, filled with a high level of competence, creates a field of communication that creates excellence. Why is it excellent? Because it's very coherent. When an orchestra plays, there's a high level of coherence and that's what creates the goose bumps.

But within the orchestra, there's a very high level of listening and a very high level of communication all the time. All the instruments actually communicate with each other all the time in a dynamic way. So the conductor hears things that many people in the audience don't. And I want to explore how in life I can hear things that many people don't hear. I can develop an excellence, an art, in attunement—that shows me information in the text that is not to read in the original text when I read it.

So the whole spectrum of subtle awareness actually comes into play. There's the physical body, the physical circumstances, and then there is an ocean of information, and then there is stillness. Within the ocean of information, it's like when you are this conductor and you suspect, somehow you heard the third violin didn't hit the tone. And then when you want to listen to the third violin, if it happens again, how do you do that? How do you listen, when ten people speak, to one person? That's the quality that I am interested in very much, and that's also a quality that I want to explore in this course, because that's a competence. I can listen to this one violin player in you that hits the tone or doesn't hit the tone. It's another part of the excellence of listening. So the one, in the meditation, is I take the world in; the other one is that I am very attuned, like a laser.

So in the competency, the high level of competency of movement is to be fully attuned with the movement, to be an expert or excellent in moving. But in order to attune to movement, I need to move.

So the mystical exploration deals a lot with the original movement—which we can call creation—which is the power that sets the universe into movement. It's the power that sets the world into movement. We could say, "Wow, what a great power." And it's true, it's even greater than we can think of it. And at the same time, it also works through me right now. This great power is alive in me speaking and it's alive in everyone speaking.

So the competency of movement is actually what reconnects us. There are two aspects of awakening. One of them is stillness, that's the unformed part of the mystical realm. And the movement is...in the core of the movement is the most essential creative power that creates the world.

It's said that the king and the bride, the king of science and the bride of the mystical knowledge, I believe they need to marry so that we get the benefit of this marriage. So when I collect the competencies of both, the movement and the stillness, and I connect it to my experience as a human being—so these are transpersonal principles that are happening to me right now—so then I can say here I am and here is this. Thomas is sitting here and you see a person and the person has certain qualities. So that's one level.

The Evolutionary Impulse of the Soul

The next level of our exploration—that's one circle of exploration, that's one size of the paper—the next size, the bigger paper, is what many people call the soul. The soul is a subtle entity. The soul is something that is hard for me to grasp. There are many concepts around the soul, so really knowing what it is is hard sometimes. So there are different definitions of it, and there is a conscious awakening into the level of the soul and that's where we realize, "Ah, that's the soul."

So let's, for a hypothesis for today, take that the bigger paper—so there's a smaller circle that we call personality, the next circle we call the soul, and the soul is filled with a high level of movement. It drives my life. It's what I'm passionate about. It's what I'm interested in. It appears in my life as motivation. In my meditation, it more and more appears as an experience of light. It's the driving force of my life, this lifetime that I go through.

In the purity of itself, it's the gate of an elevator. So the soul is all this connected to my life, but actually, at the end of the day, there's just the door of an elevator. And then I ask myself, "Wow, now I live my life. I'm really in my flow. I expressed a lot of things of my life." And then suddenly, all I find is an elevator.

So if I step into that elevator of essentiality—so we will explore what is it to be essential, what is essentiality? Once I realize essentiality, I find an elevator. So on that day, I step into that elevator and this elevator is my elevator home—is my elevator to a realm that is not anymore the human realm.

So to have the revelation of this creative force that I talked about before and the origin of this creative force...some people call it God. Some people call it the ultimate creative impulse, the evolutionary, the highest form of the evolutionary impulse. Call it the force, the exhaling of the universe. However we call it, there's an amazing gift in this power.

So when I translate this back into my healing work, into however I call myself, there's the level of the person, there's the level of soul of our exploration, and there's a level of that which can only be revealed to me. But I can prepare myself and the revelation is very, very powerful.

Developing Horizontal and Vertical Capacities

What that means is that I have a capacity to work on the level of human beings. I have the capacity to get to know life through the horizontal relational field. And I have an ability to get to know the world through a vertical line of development.

I want to explore those two. There is the vertical line of development that ultimately is an amazing elevator. It's an elevator that shows me multiple levels of a crazy building, and the higher I go, the more powerful life becomes here. So there's a power available for my healing work that's incredible, that comes as information and as energy.

I want to explore the ability of human beings to be connected to that electricity outlet. In the mystical language we will call it kind of the electricity of the higher consciousness. It's literally often experienced as an electricity and it has a strong transformational power. Why? Because one of the principles is that the higher consciousness has the power to transform and rewrite the consciousness level that is here before.

So the future, the higher consciousness has the power to change and rewrite what we know. We have seen this in history multiple times with the appearance of a rational age. Many things have been rewritten. Many of our books of understanding life have been rewritten. The future had the power to rewrite the past. We're not anymore living in a mythical realm or universe only, or in a universe only. So it's integrated in us in a good sense.

The rational initiation has deeply impacted our life through science and through all the revelations of modern science. This literally has rewritten our understanding of life. So that's a great example of the mystical principle that the future always has the power and will rewrite the past. But it's not only that our books have rewritten and our understanding of life has been rewritten. It also literally helps us to rewrite the difficulties that we might be in.

I want to explore the horizontal capacities that we can develop as human beings and the vertical capacities that we can develop and how literally the three dimensions can more and more be part of me living, and also me impacting the lives of many people, and me bringing my passion into the world.

So the gift of the marriage, I believe, is that we use the capacities that we found and that we are still finding and will be finding through the scientific revelation, through the fabric of the world that we know is a rational fabric. It's a fabric that has a certain quality that gives us meaning and understanding of the world, and the marriage, the infusion of the high excellence of the interior. And it's not just the interior, but the high excellence starts with the exploration of the interior—until there is a merging of the exterior exploration and the interior exploration and there is something new.

So I'm very much interested in what's the new dimension when the exterior and the interior are highly synchronized and reveal a new step.

Discovering “How It Is”

Funnily enough, our history books are full of the fact that constantly what we thought was right was just partly right. So we had so many assumptions about how the world is, how a human being is, how things work, how we look at life, and how we process life. And then we teach it in a way as: that's the way it is. Now, we are sure that that's the way it is. But actually, when we look back—like now we look back at the people that thought that the world is a disk, and we are smiling at it. How can somebody think the world is a disk?

So imagine us in 50 or 100 years looking back, smiling a bit and thinking, “Ah! That's also a way to look at life, but how can you believe that that's how it is?”

So, the fact that the fluidity—and therefore I'm talking so much about movement—that actually what we're exploring here in this course is not the way how it is, that's the way how we currently look at it. And that we enhance the capacity to find out how it is and that we can create the structures that this revelation means, in order to let them go for the next finding out how it is.

Which means that in a human relation that we are constantly finding out how it is again. And we are resting on the shoulders of the giants of the past of humanity—which means we are resting on the shoulders of everything that has been found already, that's clear—but this doesn't mean that that's the way it is. How it is, I will find out.

So the beauty, I believe, in the work with human beings is that there is a mutual curiosity and interest that lets us to find out something new, and that lets us not only find out something new but actually shows me a puzzle piece of the hologram of humanity.

Because in the mystical exploration, we are interested in the phenomena of things and in the experiences of things, but we are much more interested in that which actually is the code of that experience. What's the innermost essential aspect of that experience so that my senses are not just in the world of the experience but that my main awareness rests in the essence of what this experience right now is.

This needs a higher practice for most of the people. For some people that's easy. But for many people it's like playing in the philharmony. Once you play in the philharmony, it means most probably that you practiced half of your life to sit there. I believe that in the spiritual tradition and in the spiritual understanding, that's pretty much true. The people that I met where I believe that they have a very high level of competence, they gave their life for it.

So the gifts of the competencies that we harvest through our practice are amazing, but what I'm saying is I believe we need to invest our life. Therefore, this course is called *The Mystical Principles of Healing* because it's like a triangle, and on the top of the pyramid for me is the awakened principles, is the divine, is the highest revelation—the highest principle, whatever—and it infuses my understanding of life and relation.

So life and relation has a downward triangle, a triangle in this direction where one peak of the triangle is the past—that's where I'm coming from—and that in a way directs my relational capacities, at least to a high degree. And then there's a triangle up to the future which is the mystical triangle and the relational space.

So I am interested in how these two triangles live with each other, how these two triangles are alive right now in me as I speak. Which means that when I use the word "future," I am not necessarily speaking about what happens tomorrow or what happens in one year from now—because as I often say, one year from now might be a repetition of today—but I'm speaking about the higher development that makes tomorrow a new tomorrow, that tomorrow is not just a repetition of today.

And the past is where we are coming from. The past is our roots that create our life. And I think a lot of what we are going to do is to explore the tension of those two triangles, which means the tension, the eros, the tension, the lovemaking of the past with the future or the future with the past. There is eros in between, and that's the creative tension that drives a human being's life.

I know I'm mentioning many principles now and maybe that's a bit much for some people that are new. I'm sure you can re-listen to this material and we will have it also written in a transcript in order to get us familiar with some of the terminology that we are using here. Some other people might know this already well, but I need these qualities and names, and also the understanding what I mean with it, when we go deeper into let's say the anatomy of healing as I understand it.

The Importance of a Meditation Practice

This also brings us to the practice of this course. As I said at the beginning, we need—and I'm sure some of us do this anyway already—we will all need a meditation practice. Why? Because the meditation practice teaches me, on the one hand, stillness. Often, as I said, I might walk through my life and just read texts. It's like you walk on the street and you all the time read the names of the streets and the names of the advertisements and the names of what's written on people's T-shirts, and we are constantly walking through life reading texts. But often, when we read a book, we forget that we are looking at paper.

So meditation is a reminder. It's kind of a green movement to remind us that we constantly look at paper and it's a natural resource, and that the paper of this moment is equally important as is what's happening this moment. And I need some sort of practice that in the best case I always have access to both: my experience and the paper; my experience and consciousness; my experience and the original listener; my experience, my knowing, and my not knowing. If I'm cut off from not knowing, I am most probably reduced more and more to my past, which means to what I know and not anymore to what I can become.

But if I can keep—it doesn't matter if I sit with a human being, if I am in a certain situation, if I am alone with myself—and I have a healthy balance of knowing the world (the experience, all my knowledge, all the people that I know) and at the same time: I don't know, I'm space, I'm conscious awareness, I'm centered in depth, I can be while I am active. So then I am and I am active. So that I'm just active—I am and I am active, and that's not-two.

So my meditation practice will give me more and more access to the space in between things. When you look in between the letters of the book and you focus your awareness on the space in between, you suddenly see that the letters only exist because of the space in between, because of the papers. If there wasn't paper, no letters.

That's what's so fascinating in the mystical knowledge because there we know the letters only exist because of the emptiness. No letter without emptiness. So no experience, no life, without emptiness.

And that's one of the main mystical principles, and in the next module we will explore this deeper, is how from nothing—and when you read the Tao Te Ching, when we read Buddhist writings, when we look into Kabbalah, like all the core teachings in other traditions—all the core teachings of the great traditions actually relate to these two qualities: that out of nothing, something is being born; once it's born, it needs to fulfill its purpose or will in order to return again back into nothing.

That's the Zen circle. The open intelligence is the space of the Zen circle, and that's my life. This Zen circle is my life, and I will most probably spend my whole life finding out what this Zen circle is about as my life.

So when I want to deepen my expertise into healing, I believe I need to become an expert in space, presence, and availability—I'm here and I'm available—in order to find out what I am becoming, so that I know what's the paper in order to understand the letters.

That means that in my daily practice to at least spend a certain amount of time to just sit and listen. The sweetness of meditation, even if it's not always easy, is in the state of mind where I just sit and I listen and I allow whatever arises to arise—and I'm sure many here do this anyway, but it's also an invitation for people that are new to meditation—really to take...because it's an essential part of this course. If you want to develop competencies, we will need a growing inner awareness, or growing inner spaciousness, in order to support our understanding of the process of life.

When I do this every day...imagine the new computer animations, then you see—for example in the new browsers—you see all the websites that are open on my computer. In my computer it's always a lot, because I always forget to close them. So whenever I want to open a new browser site, suddenly I see all the hundreds that are still open and that slow down my computer and drive crazy all the team that works with us here with the computer, because the computer is so slow.

But then while I see all these sheets of websites, or if I put many papers behind each other, my daily meditation is a small corridor on the side. So here's my life and here is a corridor of presence and witnessing. And because I do it every day, even if it's half an hour a day, it becomes half an hour of presence. Or in the Jewish tradition, Shabbat is—like the seventh day—means that there is one day in my process of living that I am not doing the same that I am doing every day, which means creating.

So there is one day of contemplation, there is half an hour of contemplation, that keeps fresh air—that's like the air condition system in the house. It brings in fresh air into my experience. So that when there is my daily experience, fresh air is a resource, fresh air is recharging my battery, half an hour of meditation is recharging my battery. Not only is it recharging my battery. And it doesn't matter if I'm sitting half an hour and just busy with what I'm thinking, busy with everything I didn't do, busy with everything that I wanted to say and I didn't, busy with all kinds of ideas that come to me. Or if I suddenly touched the sweetness of being, the sweetness of just being silent. But the sweetness of me being able to be silent is a sweetness that I'm able to radiate.

When I'm silent, silence radiates. So actually, my air condition system is bringing air even if I speak to someone. If I speak to someone, there's fresh air all the time. I think that's a beautiful quality because then the air in the room doesn't get used up, and you don't get tired so much, and you have a lot of oxygen which inspires the neurons in the brain.

But it's also fresh air...that suddenly that the fresh air is also that I say suddenly things that I've never said before, that I know suddenly things that I've never known before, and that I sit with a person and suddenly say things that I cannot know.

So within just sitting and being, there is the beauty of the new. Fresh air is a metaphor for allowing new inspiration to come in. I believe that's an ability. That's an ability not of me as a person, that's an ability of life. And I believe more than that – that we need this. That it's vital. For my sanity and the sanity of life, it's vital.

Because suddenly, when I do this continuous practice, more and more text fits on my paper. Suddenly I'm able to read more and more coherently what's written in the book. Before my paper was like that, always sentences were missing. How come that I read it? And then my heart closed, and then I feel this contraction, and then I don't feel grounded. But what was the sentence before? I don't know. What is the sentence after? I also don't know.

So the more I do my meditation practice, I actually enlarge it. The paper is getting bigger, and suddenly there is more space for text. So the text of life is actually showing me more information. So not only do I have more fresh air when I work and I read books, I also enjoy more the book because it tells me more. The story of life is getting bigger. So the story of the people that I sit with is suddenly bigger. I have more access to information.

So I invite all of us—I know some of us are doing this anyway already and it's not a question—I invite all of us into the experiment to create these tunnels, these tunnels beside our life experience, the tunnel of presence. For at least half an hour a day to sit and to just listen and to be mindful of the experience. To not search for stillness and for not stillness, just be with the moment to moment to moment arising of body sensations, emotions, thoughts, perceptions, visualizations, whatever comes to me.

We will see more and more how essential is this space and we will need it also to work in this course. We need this part to grow. We need a bigger corridor. We need more air. So that's one thing.

The other thing—and I'm sure also many people that are listening right now are anyway doing this or in anyway some kind of experts in it, still there is always more to discover—that what we did in the initial meditation can be practiced also. Which means that I learn to watch more of my focus. Which means when I focus on my body, that first of all I know how I'm doing—not just that I am doing it—what tool do I use? When I focus on my emotions, what happened? Why don't I feel now the body, but why do I feel now the emotions? What is the tool to do it? How do I do this change and how do I get from the emotions to my mental experience right now?

So how can I tell you what I think, and how can I tell you what I feel in my emotions, how can I tell you what I feel in my body? How come that when I feel, for example, my legs or my bones, and I have access to my bones, how do I do that? Versus I have access to my belly. What do I do then, and what's the difference to feel my liver and to feel my bones?

So to practice more and I'm sure the practice starts already with the triads and with the mentoring calls and with the groups that we have here, but also my practice in everyday life to refine the function of my focus, my attunement, and actually to practice more to play with this attunement, because we will more and more refine this throughout the course and create more excellence in the precision, like in a laser-like quality in the focus.

Great. I think that's good for now.

Host: And that concludes Session 1 of *The Mystical Principles of Healing*.

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