

# 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 5.

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.

Thomas: Hello, everyone. As we said last time, this time we are going to explore our base. There have been so many questions coming in, and I mentioned already once that I'm going to address these questions step-by-step when we go through the topics that relate to the question. Today I think some of the questions will be answered that were around the base and the composition of the base, and we are going to use some of the mystical principles that we already introduced.

I know that the course has a high complexity here. Many people came together that are very new to this work and many people are here in this course that already for some years studied this work and it's a mix. We will more and more synchronize all together onto the same level. If some of the things are a bit overwhelming, if there is too much information or there are things that you have a harder time to digest, the mentoring calls and also the groups of six are very good places to see and exchange and bring it in and let the exploration continue with the peers from the group. I think that's a very good thing to do.

As I said at the beginning of the course, we will need some modules to introduce the basic principles and the kind of language that I use to describe certain things. Once we will have the basic principles that we need, we will apply them more and more, especially to the healing work.

## Resonance and Coherence of Our Inner World

There's just one thing that I will mention after the meditation about the last topic, the synchronization,—or the one organ that synchronizes the rational, emotional and physical body. But before we go into some deeper teaching, let's go into a meditation together and train our capacity to explore the inner world. And especially for the healing work I believe it's very important that we are more and more grounded and precise in the exploration of our inner world, because if I'm precise in my inner world that's the instrument that I use in order to perceive the world.

Every time I relate to somebody, this runs through the clarity of my inner world. So, the precision and the time that I give, that's a training. That's part of our basic training;—that we have this inner body competency, because that's what I always need to look through. All my perception is filtered through my inner world. So the clearer I am, the more precise is also my perception of you.

And then another thing that also came up is a question: how to synchronize the rational, emotional, and physical body. Maybe this fits here. It's like a training to listen very precisely, I said this already in the course, to listen very precisely to resonances. On the one hand, my whole being is like an instrument, and it resonates the whole time with the whole universe.

And when I speak, when somebody asks me, “How do you feel?” or, “What's going on in your life, or with a certain aspect of my life?” Whenever I talk about myself, I need this inner body competency because I need to read my own energy as I answer.

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If I want to come to a high coherence between the rational, emotional, and physical body, the only way to establish this is through resonances, so that my word more and more equals my interior - and my full interior.

This is my rational capacity to express what I have to say, but it's also inclusive of the emotional and physical aspects of my words, which means when I speak, I will look at the resonance like a guitar, like a musical instrument, and I see if the word that I say has a resonance in the energy field that I described.

Whenever I read my own energy, the word needs to be more and more congruent with my energy field. What I feel and see and perceive in myself is congruently reflected in what I say. Sometimes that's not the case. Sometimes we think and interpret and talk, but it's not correlated fully to our energy. It's how I interpret my energy; it's not my energy.

And the directness and the strength and the clarity of communication is the coherence of information. When the words and the energy are not two, that's what I can contribute the most to any communication. That is the clearest that I can send out.

The same is if I work with somebody or if I listen to somebody, it's the same thing. I listen, and even if I give a feedback, if I'm not giving advice but a feedback: it's that I read the energy field of the other, like the person that I look at, and I see if what I say is congruently resonating with the energy field of the human being that I am looking at.

When I see it's not congruent there's an adjustment necessary, and that's a refinement. For this refinement I need my own inner body competency, because where I am not integrated, where there is a shadow in my energy field, I won't see the resonance. I cannot perceive the resonance in the other person. I will just guess what's happening. I'm not able to really see it and feel it.

Therefore, we do a lot of guided travels through our inner body to expand the capacity. There was a question about, "How can I learn to read a book?" and that's how we learn to read the book. Reading the book is a very high art, a refined art of a deep resonance so that the inside and the outside become more coherent. I'm able to reflect the world in my interior and I'm able to respond to the world out of this reflection, and it creates a high coherence. Everywhere where the world meets my fragmentation, I'm not able to have a clear representation of the world within me, which creates kind of disturbance in the communication.

And the more I take care of my unintegrated parts, there is less fragmentation and more seeing. And the more I see, as I said, I read the book online. I'm not talking about the book. I'm not talking about you. I am more and more attuned to you as I speak, same as I am attuned to myself.

And then I'm less and less caught up in the story of my life. I'm more and more online, as we call it, with the energy of my life. And then the reading of the book in all directions is getting very strong. Today we will use this, because as I said, we will explore the base. The base is especially involved in work with people. It's such an important kind of composition.

I want to travel a bit through some aspects of the composition now in the initial meditation, and see for us personally first how do we rest in our base. For some people, the base is very integrated and very stable...

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...and for some people, the base is a place where we are still landing. We will talk about this in theory later.

## Begin Meditation

So when you sit down and you take a moment, you can just drop in and presence in the given moment your body, your breath. Take a few breaths to synchronize with your inner world, get a first impression, and become aware of all the movements in the space, then more movements appear. Every time you exhale, the exhale takes you deeper into your body and also into the base.

The beauty of meditation is to just notice with ease, to listen. And then I see, okay, on this day in my life, that is the state of consciousness that I live in. That's the composition.

As I turn inside with my awareness, often the inner landscape suddenly unfolds. I have more information that I am becoming aware of. It's usually tuned down. I am externally active, and I am allowing all the information that I am aware of to bubble up. I feel maybe flow states in my body. I feel tensions in other parts of my body maybe.

Just at the beginning, I get a feeling when I set the intention to look at my base, what's the first feeling I get? Do I have the feeling that I really sit in my physical body? That's the first thing. Is my energy body fully connected and resting in my physical body, or is it floating in my physical body?

And see without judgment, just notice if it's good or bad. Just notice the state, the energy, the perceptive body, in the physical body, or do I feel like I sit a bit higher in my energy than in my physical body? It doesn't sit on my pelvis and my legs.

So, if there is still a room or a space to sink into the ground, I know that I live my life and it's a bit detached from my full base potential, because otherwise there is nothing to relax. So to just listen into the resting and the base of your physical body.

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Then as I just notice the energy state, I can look, okay, is my primary feeling of sitting and being and standing and walking in the world safe? Do I have an underlying feeling of safety, or do I have an underlying feeling of unsafety or fear or even indifference? I don't feel my base and so I don't even feel fear. Or do I feel sitting here; sitting in the world is safe?

I can also look, do I love appropriate structure? Do I feel comfortable with building a structure and with the structure that I'm living in? Or do I recheck structure because structure takes my freedom? When I tune in with the structural aspect of my base, is the structure rigid? Or is the structure dynamic? I can feel very grounded and very kind of dynamic in the way of how I live my life, and I can feel very structured but I'm also rigid. It feels more like I'm too contained in my structure.

The next thing is, do I get this sense: so when I feel my base as a flowerpot, it's full of earth. Is this flowerpot appropriate for who I am? Can my soul really grow within the size of my base? Or do I chronically get the feeling that my base is too small for the potential that I can or want to live?

Do I feel nourished enough to express my intelligence? Which means that I'm able to contain the complexity of my life. I'm able to ground all the creativity and inspiration and passion. I'm able to build healthy structures for my passion, for my mission. I have the feeling that energy, heaven and earth, are synchronized, but what I have to give finds its appropriate structure in the world. Some people have the feeling I don't have enough time, I don't have enough space, people want too much from me, the complexity is too high, there is too much friction. So it's like the flowerpot seems too small to contain the movement.

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Another part of the base is my will, my basic will, and in the base, the will, first of all, is very instinctive. Am I allowed to want things and to not want things? Like a wild animal that eats the prey, am I allowed to take what I want? Or maybe I don't even feel what I want. I'm not allowed to want something. It's the healthy expression, the wanting. The will is like a fountain that arises through the base, that pushes through the base. My basic will drives my life, and it appears first as wanting. I want this. Like a wild animal that eats the prey when it wants it, it doesn't ask.

And then this first will is being refined. It's being refined, the healthy capacity to say yes and no. I want this; I don't want this. Yes. And it's a responsible yes and it's a responsible no.

If I want something and I have a movement, I have an agenda, I have a mission, I have an intelligence that I want to express. So this intelligence needs to relate to the world. If I relate my intelligence to you, to my parents early on, how much do I trust the wanting? How much do I trust the relating? Is relating safe, supportive, caring, loving, clear? Is this relating not trustworthy, always ambivalent, not easy, double messages, confusing?

If I want something, I create a structure by relating it, through relating it to the world and receiving a feedback from the world. Do I trust the wanting and do I trust the relating? And then again, see when we tune in with those different aspects, some of the aspects of the base, how do I feel in my base right now?

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And to listen, to attune, to fine-tune the exploration. Maybe some of the aspects that I mentioned are very easy. Some of the aspects that I mentioned are more difficult to feel, to attune to, to see clearly in the inner world, to feel clearly in the inner world.

And then I see if I can stay in my body, not just look at my base from up, but feel in, look and feel in to my base from the pelvis. That's different. Some people imagine their body and don't feel it. I go in my body awareness into the body, into the base, the pelvis, the feet, the legs, and I keep my body felt sense in the base. And then I look into the base. I synchronize my body with my third eye and my heart. And I see if I can stay with what I perceive, and to stay without drifting away.

And then through this I'm connecting to the base of the field, like all of us. Every one of us senses through the base, and we sense the community of studying, researching, learning, and exploring. I feel from my base or through my base, into the base of the group and then see what are the qualities that I perceive. There is an individual base, but there is a base through a "we," the "we" space.

And let's stay for a moment with the perception of the "we" base with everybody who is on the line right now, this part of the net of a bigger base, which is a bigger structure, the "we" structure.

Through my structure I can feel the "we" structure or the structure of the client, structure of the company. If I'm at home in my base, I can share a home. I can be generous. I can be inclusive, collaborative, resourceful...

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...co-creative in the physical, material world. I have enough. I have the feeling of having enough resources.

And then when you just check in with yourself, what is the emotional quality that is dominant right now? Without looking, searching too much, just to feel, okay, I tune with myself, is there a flavor of an emotion? Do I feel free or connected? Or do I feel disassociated, empty, or indifferent? Do I not feel anything? Do I drift off all the time?

And then I notice that as I sit here and I explore my base, there's still inner space. There's still a kind of an inner witnessing capacity. The fact that I can see and look at my base means also that there is a witnessing quality to it. I feel my base, but I turn part of my awareness also towards the witnessing, the listening, the spaciousness. I witness structures in my consciousness. I can feel them. Something in me is all ready bigger than what I witness; what's contained, included and, more and more transcendent. There is an inner space, presence, a sense of stillness the whole exploration is embedded in. And to rest a moment with a sense of capacity, how I can sense my base and space, presence, fulfillment.

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And if I have a hard time becoming aware of space, I just listen into the listening. I listen into the deepest place that listens. I listen into the deepest place that lives. Usually, it's easier with the listening. The deepest place in me that listens, is open space.

And slowly, let's come back. Let's feel the body, take a couple of breaths and come back.



## End of Meditation

### Finding Our Place and The Sacredness of Life

Well, so now we have more weight. Now we're going to explore part of the principles behind the base. And as I said, the mystical knowledge is very much interested in the fundamental principles how life is being created. When we talk about something sacred, we talk about life itself. Life is sacred and that every human being carries the jewel of the sacredness of life.

So it's not a question if it's there or not. It's already there because I'm alive. And being alive is like carrying a jewel. And we carry a jewel. A spiritual life is not a life where I have an accessory, and that's the jewel, and when I make love I put it aside, when I go to work I put it aside, and then I find it somewhere in the wardrobe or find it somewhere in the kitchen.

But living a spiritual life means that my life happens in the house of my practice and my life is all of it. It's being a parent. It's being a partner. It's being in the cultural development of the planet. All my passion is in the house. The mystical knowledge is interested in how do I live a life that is embedded in this house, the house of awakening.

So I walk with this jewel, and the mystical principles in a way teach me a way of living that the jewel, the sacredness of life, is actually part of every given moment that I live. That's a committed practice.

When we walk with this jewel, there are some principles that people discovered throughout thousands of years that are essential in me finding my place. And the spiritual aspect of finding one's place.—the place—is the awake state. The place is awake. The voice in the Bible is a voice that speaks and everybody and everything is included. How it is described in the Bible: the voice of God and there were Divine revelations for the prophets. So the voice that spoke, everything was included; nothing is excluded. Therefore, it feels like that the highest speaks to the most specific. Everybody feels that it speaks to me. "Ah, I also know. Yeah, yeah, it speaks to me." And everybody would say, "It speaks to me."

That's the highest congruency of speaking. So when the inside and outside are totally not two, and the up and down are not two, so then that's the place.

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And the place is when I live in a full coherence with life, and then the full coherence has a full energetic streaming. It's the zone that some people open when they go into high states in sports, when they go into high states in art—so when the personality structure in a way dissolves for some time and something transpersonal takes over.

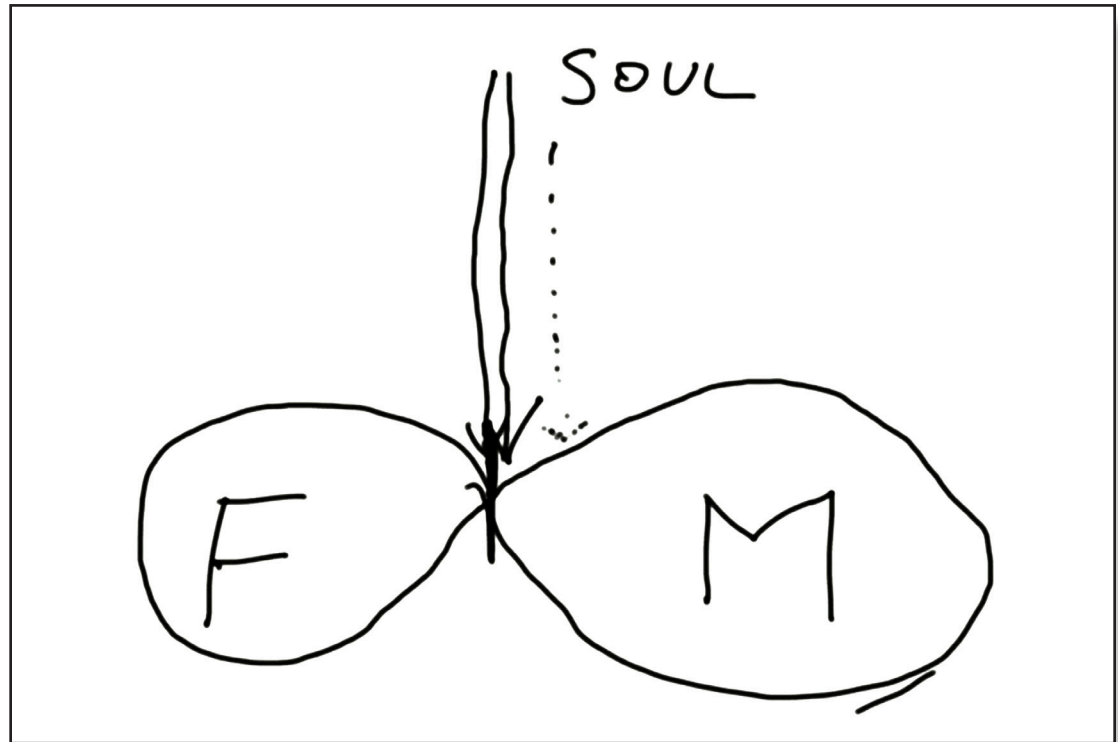
Of course, some of us notice when we sit with people, that suddenly I'm not there only as a person. There is deeper flow state that happens. And then a lot of transformation happens.

What we are going to look at with the basic principles, when we respect them, it creates a base that is healthy in all dimensions. It's healthy right now. It's healthy rippling out into the past and it's healthy rippling out into the future. That's the place. The place contains the future and the past of humanity now. They come together in this moment.

So, however much is included in my life will feel coherent, I will say I'm in a flow. Areas in my life where I don't have an issue, it's in a flow. It's developing, it's growing, but I would say I'm in a flow. Areas where the energy is held, where the principle doesn't work fully because it's blocked or reduced, so I will see the side effects and this we call karma.

## The Base

Now, in the base, we started already in the last modules to talk about energy and structure. So now I'm going to switch the screen again to the drawing.



Drawing 1

For today, we could say here that if this is a father and if this is a mother, then there is a relation. [Thomas draws the letter “F” on the left and the letter “M” on the right and draws a figure eight around them..] (It’s not fully equal but this is my drawing skills on this pad.)

And now we have here a line—that’s the soul [Thomas draws a line with an arrow pointing between the letters]. And that’s the structure. Whenever an incarnation process happens is that there is a father, there is a mother, so there is a structure, and the structure magnetizes a new future, which is the soul. In the meeting, in the conception, there is a moment of connection. A conception is like a burst of energy that creates a line. So the conception is the line, is a connection. It calls a soul that connects to it, but it creates already the middle line of my life, and this middle line runs right now through the center of my body. It conducts a lot of energy but there is a middle line that appeared from the first moments of the conception. And from this the original blueprint is unfolded.

What we want to see now is that the soul is energy that's the future. The soul is the intelligence aspect. That's the future that comes with me. That's what I can give to the world. If it's unleashed that's what I give the world. That's what I call my mission. That's what I call, "I found my path." That's what I call, "I'm on track."

That's a, "Yes." The soul's energy is a, "Yes." It reminds us to the "Yes" of God, the "Yes" of creation, the "Yes" of when something is purely creative and people are at a very creative moment, there is a "Yes." Like a creative moment or a moment of insight, you say, "Yes." There's a flavor of joy, of uplifting energy. There's a flavor of revelation. It's a, "Yes."

And so my soul is a "Yes," but it dives through hundreds of thousands of years of humanity. And part of this humanity is also my parents. And so when there's the first connection, we already have a middle line. And what is a middle line? A middle line is a will. From that moment on, I want to live.

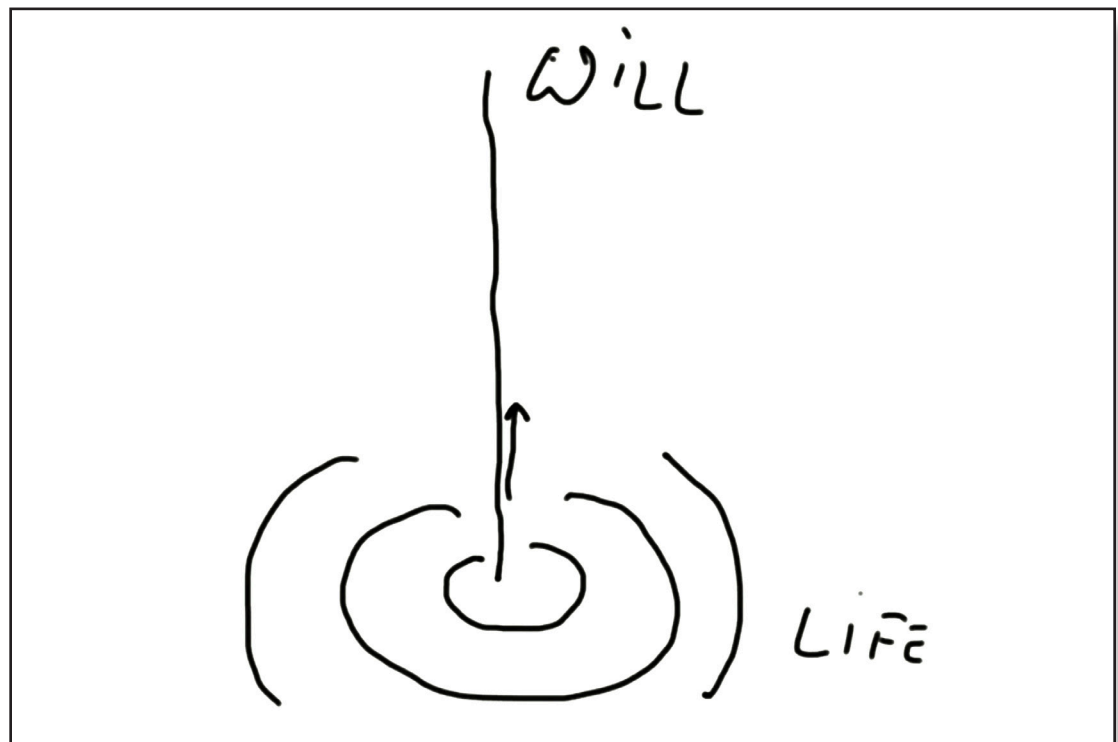
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I want to stay true to my most original spiritual vow that I want to live. And so life has an inherent wanting to live, and that's what we call will. That's what we call motivation. But that's also the power of my soul that updates the past. The next generation always has the potential update to the former generation. There's the potential bigger reality in their hands in order to update the current reality.

So, the soul lands in the structure. We say that we need a healthy balance between the structure and the soul. When this energy comes down, not only is it suddenly connected to the structure of the mother and the father through the genetic code, it's connected to the mother's body. [Draws a second arrow down, to the middle of the figure eight.] It's connected to something that gives the structure for it to build a whole life. We will talk about what is beneficial, what supports a healthy structure to grow that is sustainable into the past and into the future, of course, within this moment, and what might block it.

What creates the base that I'm sitting in today is the structure of the mother and the father and their relation, because the soul can only come in in-between. The soul needs the space in-between because the space in between the masculine and the feminine is eros. That's eros. [Draws a vertical line between the father and mother.] The soul comes through the channel of eros, and eros is only in the space in between. The update of life comes through the inner spaciousness, and the eros is happening in between the polarities. There is an electric fire and that's where the soul comes in.

When we look at the base, we need to look at the structure of the parents, of course, the structure of the time that we live in, the structure of the society. It has circles. It has bigger and bigger circles that influence it. But we also need to look at the relation. We need to look at the quality of relation because the quality of the relation equally is the space aspect of the landing, and it contributes to the base.

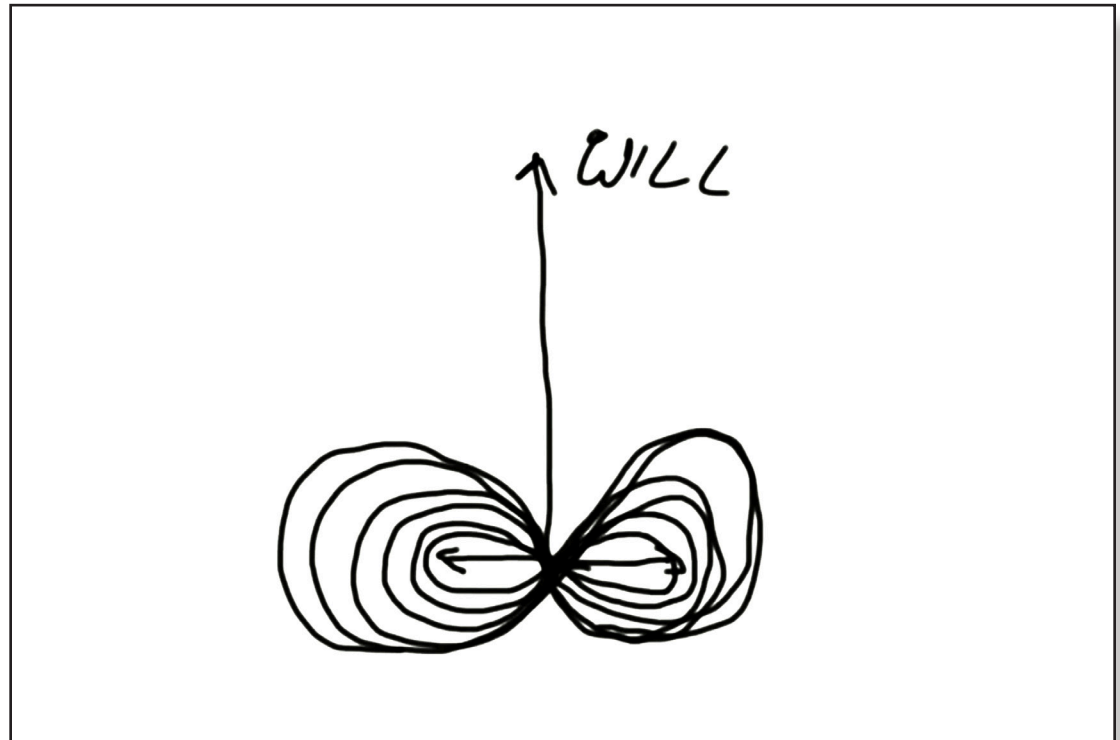


Drawing 2

## **The Will and the Energetic Impulse of the Soul**

Whenever I said there is a conception, immediately there is a middle line. There is a will. And this will wants to live. This will stays true to the sacredness of life and it begins to create a circle, and the circle is my life and the circle grows. The stronger the power that flows through my will, the bigger the structure of my life becomes. So we have the will and we have life. The will creates a life.

But the will is a movement. There is a movement. The will wants something. It has an agenda. The more the will wants something, the will needs to relate its wanting to the world.

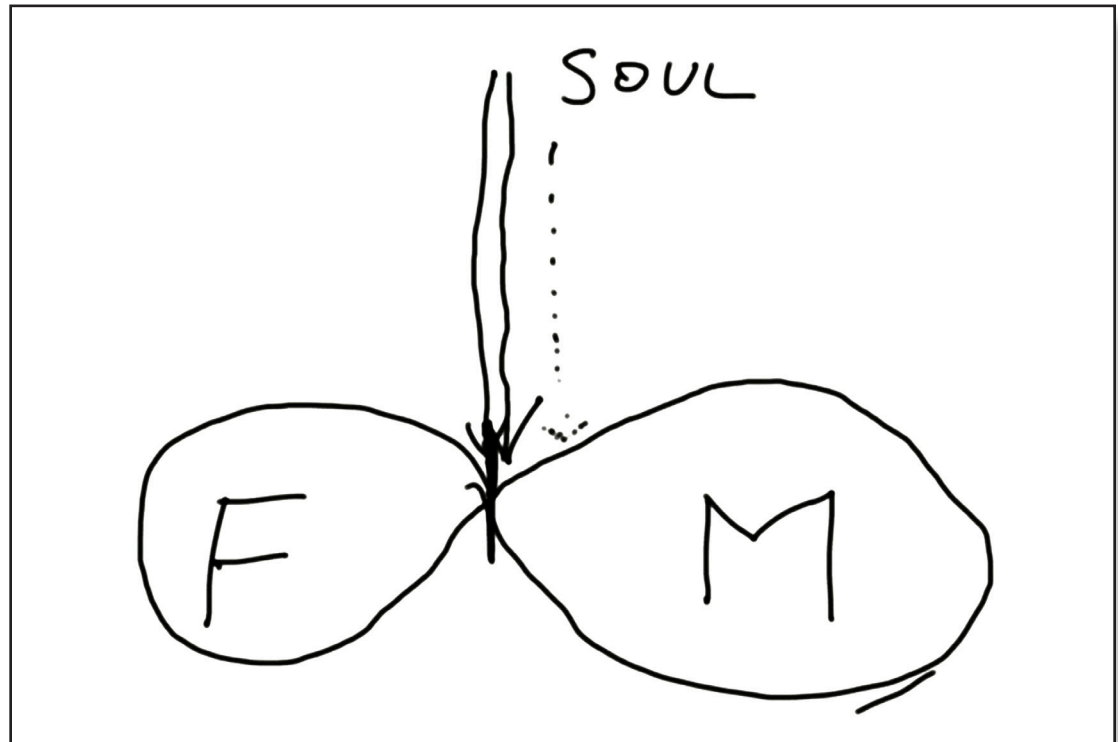


Drawing 3

There's a will and every level of will needs to be related to the world and the first relation is the genetic code of our conception. So, here we start to create the structure. It's in the beginning very small, and the more the will wants something, it needs to enlarge its space. The more I want, the more space I need for it.

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Every new impulse, every new stage of development that I go through needs a bigger and more coherent structure in order to manifest my life. That's what we are doing from that day on is to create more and more structure.



So the subtle energy that comes down is the soul. [Thomas refers back to Drawing 1.]

The soul is the subtle energy. And the soul comes down. The subtle energy hits the physical energy of the body of the parents, of the conception.

The genetic code is basically the anchoring station of the subtle world. It's the translation of the subtle world into the physical world. So we have the physical world that receives the future, the soul is the future, and the genetic code is actually the entrance gate for conscious evolution. If we're aware of this process in all the levels, there is conscious evolution. If I'm just aware of the physical reality, of, oh, a woman is getting pregnant, so then that's what I see. But I can see much more. I can see how the original first impulse of the universe is manifesting through every pregnancy, and a small part of it is the same principle working.

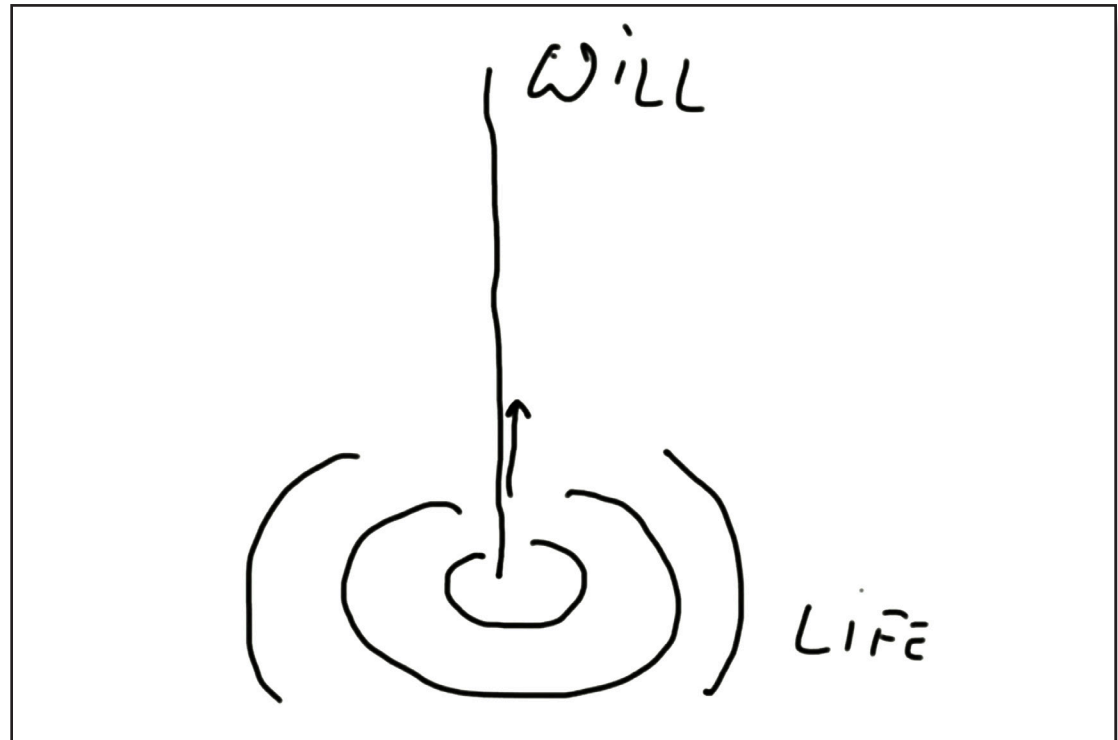
Energy is already being born; soul has an agenda, has an update, and dives into the structure through the relation. It needs a space to come in. If there is no relation there is no new spark. If I'm too stuck with my current thinking, I will not have enough space for an inspiring idea. It's the same thing. My creative eros to develop new things in my life is the same conception just on a mental level.

Whenever I have an amazing insight, a breakthrough how a scientific research needs to work, a new project, it's the same principle. It's a subtle impulse. It's the future being received by my mental structure, by my mental capacity through the openings in my mental structure, through the space. Often, people when they relax they have good insights. When they are putting too much effort into finding a solution, it feels a bit stuck then you take a shower,—boom—then suddenly it's there. Or you go for a walk—boom—here it is. So we need the competency but also the relaxation.

The energetic impulse of the soul is the driving engine. This plugs in the electricity for a new life. It's like the mother and the father are the power outlet, and the genetic material basically is the power outlet and the soul brings the electricity. So, suddenly there is electricity, and this electricity can form a whole new life, which is that spirit. The electricity becomes manifest through each and every one of us because it lands through the empty space in the current structure and wants to update the current structure. That's how evolution or that's how development and the drive of life is constantly updating itself.

So there's spirit at work through my soul, spirit is becoming something. There's a kind of an effect that spirit has on life, and that's very beautiful.





There is, as I said, a will. [Thomas refers to Drawing 3.]

Here is a will. Here is an agenda. I want something in life. The first thing that I want is, I want to live. My will needs to be related. So the will of the soul is being related through the fertilized egg to the mother. "I want to be nourished." And there is a feedback, and the feedback creates the primary structures that can grow and grow and grow. Without the feedback; no growth. It's a very physical feedback and it brings nourishment so the whole structure can grow.

This goes on and on. So, there is a will and the will wants something and relates it so there is freedom. The will wants freedom ultimately. The will is the masculine principle that wants freedom, and the relation is the feminine principle that wants belonging.

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So I want something but I also want to belong. I want my authenticity to express itself, but I also want to belong. So I want something and I want to become something.

## Belonging and Becoming

The will wants something and we also want to belong, and that's one of the basic principles. The will needs some sort of feedback from the surroundings to wire our structure. And the structure gets reinforced by similar feedback, and it creates a stronger structure and it is being reinforced. And new structures, when there's contradiction, then there is this disruption and then there are maybe new structures. In the continuity, there is a stronger and stronger structure. In the disruptive or ambivalent relation there is a constant disruption, which creates also an effect in the structure. So the will is the agenda and the will is driven by my soul's impulse. That's the spark of light that incarnates through me.

The belonging part is the love aspect. So the eros aspect drives into the future. It's the line [holds hand up vertically]. And it needs to be grounded in the feminine aspect [crosses vertical hand with other hand, held horizontally], in the matter, matter on every level. It needs to be grounded; to be magnetized. If the masculine and the feminine are in a good balance there is eros, there is attraction, and there is a co-creation on every level. This works for a project, this works for a company, and this works for my life.

If the magnetism of the feminine is strong, it anchors the will of eros and the drive into the future. And then the whole system is updating itself fluidly. There is something new coming in, it's becoming a structure in order for something new to come in to become a structure. This is called, "flow." If a human being manages to live in this state, your life is a flow. It's like the street is being rolled out in front of you every time you make a step. The street is being rolled out in front of you every time you make a step.

If I understand, okay, I need those two principles in place. I need a healthy eros, the child needs to want something. If it constantly annoys me when it wants something—because what it wants is more space. The child comes in and it looks like it creates a tension, but this tension is good because it opens and updates life and it creates a bigger planet. It creates a bigger game board, a bigger intelligence. So it actually adds energy to the system, but the system needs to enlarge its space, and everybody who is a parent knows this, what it means the pressure of becoming a parent. It's an initiation to enlarge the structure. So I need to open my structure, which is often a stress.

It comes up with fears. It comes up with all kinds of things. But in the moment I go with it, my whole life is getting bigger, and I receive the gift of being a parent. And it often has a very positive effect. It looks like what before looked impossible, is suddenly more possible.

Also, the structure of the parents of course, also gets an update. There is literally a spiritual initiation in being single, in being in a relation, and in becoming a parent. Something is totally different after being a parent because I have been initiated into something that my energy changes. My structure needs to change. I need to enlarge my structure and roll out the generosity. And by rolling out the generosity, I expand my ego structure. It's not just me and me. I need to serve. The serving is a spiritual practice.

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If you serve your children, it's sometimes painful because you need to let go of things that you like. But this actually expands the ego structure. It looks like more stress, it looks like less energy, it looks like less resources. But actually, the spiritual knowledge says, if I really go through it, through the tension of expansion, because that's a tension of expansion that brings often a lot of shadow material, the whole structure of the parent is getting stronger. If you really go with it, it's a blessing. If we go against it, it's painful.

The initiation expands the structure of the parents, in order to be even a stronger fertile ground for this subtle energy impulse that lands, to anchor itself fully.

The more the parents go with this, the subtle impulse of the soul anchors itself deeper and deeper and deeper in matter. And this goes out through the whole pregnancy and even after, for some time, that the subtle impulse needs to anchor itself. So for some people that come to us that didn't happen properly, which creates a strong ambivalence. The energy is not fully connected in the structure; the whole electricity doesn't flow into this life, so this life will always feel reduced.

Electricity is what drives the life and updates the structure; makes the structure stronger and stronger and stronger and stronger. It energizes the system. And if only half of the electricity of the life force goes into life, we suffer from the side effects. Once I see this, wow life is based on—we call it electricity, it's metaphorical, but it's even literally an electricity—life, the sacred drive of life, is electricity.

It's like the liquid in the tree that nourishes the whole tree to blossom, and we are plugged into that power outlet. Once we are alive, that's what lets us get up every morning. That's what drives my life.

I need to see, especially in the spiritual development, who are the people that practice spiritual practice but their power outlet is not fully plugged into the matter. They are not yet incarnated fully. The incarnation process has been disturbed through trauma; through the trauma of the parents, through life circumstances, through all kinds of not respecting the original principles, relationship difficulties. And then suddenly there is only half of the energy driving life, and half of the energy wants to land the whole time.

And then people feel—one symptom of this is that I feel that it's hard for me in the world. It's hard. I have difficulties manifesting in my life. And then people go to a spiritual path. It's easier to not feel the pain and anchor the rest of my energy in life. It's easier to go the higher levels that are easier for me. But then my spirituality becomes the bypass of my life. I won't fulfill my life's mission. I won't answer my life's question, really, because the whole energy needs to anchor itself in life.

The full electricity drives my lifetime, and is also the will that wants to awaken, that wants the highest, that wants my first priority, that wants God, that wants the ultimate. The motivation is through the expression of my life to a higher recognition, to a higher wisdom, to a higher love, to a higher capacity, to be coherent with everything.

It looks like a theory, but it's not a theory. It's like the initiation into life means I need to download the whole program. I cannot download just part of OS10 or something. I want to download the whole operating system onto my computer. We want to download the whole soul into our life.

And when we download the whole soul into a life, all my abilities are open wires. Like when we look at trauma, it's like, imagine a person has a lot of open wires, and when there's a trauma, the open wires get plunged together.

[01:05:00]

They are stuck. So the electricity cannot run through it. If we release the trauma, this whole system starts to be open again, more fluid, more dynamic, more able to fully perceive life, process life, and answer to life. When this feedback mechanism is on, that's the highest learning. That's the highest progress. That's the highest satisfaction in expressing what I came for to express.

The whole electricity needs to be downloaded because then my abilities will flourish. If energy and structure are synchronized, if heaven and earth in this regard, are synchronized, the whole energy lands, I will feel the expression of it. That I feel, "Wow, the world is a welcoming place and I am here to play fully. I belong and I become something," which means I trust into the world. The world is a positive place. It's a place that I initially trust.

And if there are dangers or if there is something that I need, I will feel it. But I don't distrust the world in the first place. I am here and I'm available. I'm here and I become something. If my will is unbroken and if my belonging is open—so the love aspect of my life is the belonging and inclusive—I can include people in my actions, I can include circumstances in my actions. I belong. If I come into a group, into a team, into a relationship, I belong. I have a healthy intimacy with my environment, and I am embracing the context that I am in, inclusive of my own inner world.

And I know that I'm becoming something. I have a will, I have a drive, I have an agenda, I have an intelligence that wants to add something to the excellence of human intelligence.

And so if this cross, of becoming something and belonging, is healthy, the center is empty. The center is the place, and the place is the coherence. The place is that the inside and the outside are in a coherent intimacy. The up and the down are in coherent intimacy. And this creates the feeling of a center, of a home, of the place in my life. I'm resting in multiple dimensions in my place.

And if in a "we" everybody drops into his or her place, it creates the highest possibility of the "we," of a team, of a group, of any kind of a relationship. If the two partners are in their place, then there is relation, then there is everything that we can become. If one or two are not in their place, it creates dynamics. Not being in one's place creates karma. It's the postponing of energy, as we said, in the other module. If I am not resting in my place in life, I need to postpone constantly and I do create waves and the waves are karma, the waves are experiences that I have to grow through in order to rebalance it.

And it starts with the conception. It starts where the energy sparked. The spark puts the plug into the power outlet, and suddenly energy is running and that's life. Electricity is life. And then it's running, running, running, running, and it's creating a generator and the generator becomes a lifetime.

## Summary

If we summarize this, it means that we said there is a basic will, and the will is aligned. Therefore, it's so important in the relation to a child to be related to this original intelligence that wants something. In the relation to that will, to that drive, it creates a healthy belonging. There's a healthy belonging. I can become something, and while I become something I create a healthy belonging. And so it creates freedom and relation.

[01:10:00]

It's very important for the intimate relationships because otherwise it seems I'm in a relationship or I'm free. So I need to constantly leave relationships in order to evolve because the will is evolution. The will is eros.

If I want to become something, can I become something in the life that I'm in? Do I say in the life that I'm in I cannot become something? So it's limiting my becoming. Why? Why is belonging and becoming not in a balance? My intimate relationship prevents me from growing. Why? Why is my belonging and my freedom not in a balance? Which means I'm not in my place?

Sometimes it's time that things are over, but then I know that they are over. If things are naturally finishing the cycle, every relationship might finish the cycle sooner or later. But then it's also not a struggle, then it's a knowing that arises. It gets stronger and stronger, it can still be in a healthy place of belonging and becoming.

The base, to take it a bit forward and then, maybe we go for a moment to an experiential part of it.

## Begin Second Meditation

So if I check in with myself and I feel those two powers. I go back to my inner world and I tune in and I say, okay, I tune in with the will and I can feel my will, how it's now. And if I want I can also feel it into my past.

Do I feel at home in evolving? Do I feel at home in becoming? In the force of life that wants to explore new territories.

Do I feel at home in this power that runs through me so that I feel at home in becoming and changing and inspiration in leading maybe, in a direction?

I'm coherent with the direction of my life. I'm swimming in a river, and the river has a direction. My life is basically swimming in the river of my intelligence.

Or do I feel that my becoming is limited, that I feel either I don't have enough electricity to drive my becoming, or my becoming is like it feels that I often compromise my becoming?

At the same time, am I able to relate my will, what I feel deeply drives me, my authenticity, am I able to relate my authenticity to the world? Am I able to create a belonging, on every level of my evolution?

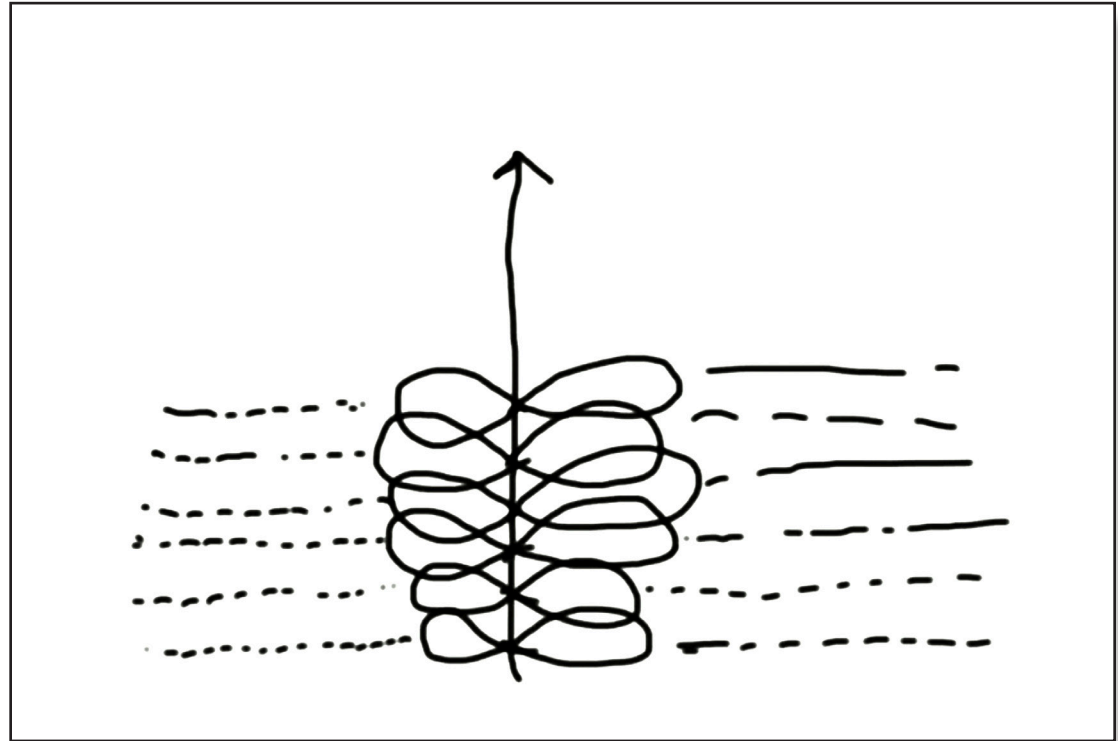
[01:15:00]

Or I feel I have a lot of ideas, I have a lot of insights, but it's hard for me to relate it to the world. I don't find the right people to relate it to. I don't find the right circumstances. Inside I feel very gifted, but somehow it doesn't manifest in the world. Am I able to create appropriate structures that I need in order to live my potential?

For some people, they feel more home in the belonging aspect. It's easier for me to belong somewhere than it is to authentically evolve, or maybe sometimes to detach from a level of belonging in order to become something, which means also to let go structures in life if they're not anymore serving the current evolution to sustain the original movement.

So do I compromise what I am becoming through relation? Or do I feel in a balance? Or do I not create relation properly, because I'm afraid I'll lose my freedom?

## End of Second Meditation



Drawing 4

Great! One more thing maybe in the theory aspect is that, of course the original capacity lays out a tendency, which means if the will has an agenda and the will drives my life, this eight-movement is in every level of my development. It creates actually more and more complex structures that I live in, that I look through, that I experience my life through, that I am able to create in the inside and in the outside.



## Movement at the Center

Every new level of my development: physical, emotional and mental development, has the same principle. On every level we will find this equilibrium, the place, so that this stage of my development creates a place, which is a center, which is a movement. The center is not static. The center is being immersed in the movement of my life. That's the center. It's the swimmer that swims in the river and merges, melts. The ice swimmer melts into the river. That's the place. There is no friction. There is no feeling of separation. There is a feeling of being an integral part of the web of life.

In the place, I'm at home, and now I'm a bit more to the left, a bit more to the right, then I don't feel fully at home. Then swimming is always a bit of an effort because I'm coming too close to the riverbed. There are stones. Sometimes you need to take care. Sometimes you hit yourself. In the center of the river, the swimming is the easiest. There is the flow. There is enough space.

[01:20:00]

So in the center I feel in this level of development, I feel at home. I feel integrated. That's where my highest potential of that level of development is happening. My instinctive development, my ability to say yes and no, to want something on very fundamental levels, to want something on a sexual level, to be expressive in intimate relationships, to be expressive in everything that I create in the world. Every level of development has the same principle, and that's what we actually check in the energy field when somebody comes with a question.

If the energy and the structure aspect of that level of structure in the person's life—inner and outer structures—are in a balance, which means they are sustainable. They are sustainable in the horizontal, so it's sustainable in my life. My life experience reflects a sustainability in this area of my life. I feel nourished and I give. I feel nourished and I give.

And it's also sustainable in time towards the past and towards the future. Everything needs to be sustainable in both directions. It needs to be sustainable into the future, into the past, and into the horizontal into my life. That's sustainability, which means the sustainability into the past and into the future means that my action of today will be updated in a healthy way and it's deeply connected from where I'm coming from or where I came from. So it ripples out into the past and it moves into the future.

In healing it's so important that the future, what we work with—and we will go into the practical application soon—is like that the future has the power to rewrite the past. So the higher consciousness has the power to rewrite the trauma, or rewrite prior life-circumstances or blueprints that limit my evolution. That's a very powerful tool in healing, but that's a vertical healing. So I need to be able to be connected to the future in order to invite the future into now and into the past. Many people experience this through my therapy work, through my integration work. Suddenly, also my parents seem to change. My family context starts to grow. Suddenly, my parents start doing things that they never did before.

So the future has the power to rewrite the former chapters of history in order to change it. And when the whole energy is being released that is still stored in the past, in a way the past disappears and it adds to my presence. I don't feel any more limited by the past in this area of my life. I found my place.

Great! So I think that's a beautiful point to pause.

## Homework

[01:25:00]

What I would love is that we create a map. I want everybody to create a map of the base. Today, we mentioned some of the aspects that create a base, and maybe after the module we will expand the base. I would love that all of us create a map, a visual map, and we put the parts, like the map is the orchestra and you're the conductor. So you need to look, are all my instruments in the room? Like if the violin is missing there's a problem, you need to look where it is or where he or she is. So the violin needs to come back into the room.

First, I need to look, is my whole orchestra here? And then we see how the orchestra composes a feeling of base. And we are the conductor, so we need to hear, ah, the violin or the piano or any other instrument is not fully in tune, which creates an incoherence in the base and the effects of it in my life.

[01:25:00]

But resting in one's base is a composition, so that we create every one of us a map, and we put into the map the important aspects of the base that we will go through. We started it today and we will go through it. And then everybody has a contemplation map to see, okay, if I explore this in my contemplation, which is the first address of my question. In this work here, we developed a hierarchy of questions. So the first place where I go with the question is me. I go inside myself and I see if I can find out more about the question. The first address is my contemplation, my inner exploration, my inner connection to my higher knowing, and I will look if I contemplate this topic, what would actually arise in me?

That's what we're going to do first. We will make a map and we will contemplate it as our homework: the aspects that I set today, a healthy will, a healthy belonging, how are they wired in me in different times of my life, and to contemplate a bit that in the conception somebody plugs in a plug into the genetic codes, electricity is set free, creates a middle line, a will, and more and more structure. I want something and I continuously want to expand more in my development.

The will has a drive to create space in my life. Sometimes we see anger is a kind of stuffed-up energy that didn't make enough space for the next level of freedom and development, so it stays stuck as anger. The will wants something. Am I allowed to become something and can I relate my becoming back to the world? And that we look at that and also to contemplate a bit what does it mean that the new always comes through the relation, through the space. There is the structure of the father, the structure of the mother, and then there is relation. The relation is the place where life appears.

Host: And that concludes Session 5 of *The Mystical Principles of Healing*.

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