

# The Mystical Principles of Healing

## ADVANCED SESSIONS

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[00:00:00]

Digo: Hello and welcome to The Mystical Principles of Healing, Advanced Session number 1. My name is Digo, a member of your support team. Our host for today is Nicholas. And I wish a wonderful session for everyone. Nicholas, go ahead.

Nicholas: Great. Thank you, Digo. And a very warm welcome to everybody. I'm here in Tel-Aviv with Thomas and we're delighted to be back with you, and taking the first of two advanced classes in what was an incredible course.

As a practitioner, I'm sure, like many of you, the work has had a really profound effect on my practice. And actually continues to do so. It's like the material comes through more and more and more, the more I work, and also, of course, the more I work on my own process and my own shadow material.

And today's class is going to be a deepening, I think, of the connection between the healing course material and transparent communication. And as always, if you haven't been with us for a while, I remind you that you can write a written question during any time, during the class. And I will read those and present some of those to Thomas later on in the session.

So, have a great session, everybody. I look forward to being back with you, and delighted now to hand over to Thomas.

Thomas: Well, thank you, Nicholas and Digo. Hello, everybody. We are back. I'm happy we are back in The Mystical Principles of Healing exploration. For me it was important to create, in a way, a continuation, because I saw The Mystical Principles of Healing course not just as a separate course, but actually for everybody who wants, as an invitation to have an on-going exploration around healing, working with people, what works, what doesn't work, what's the intersection between mystical knowledge and modern scientific knowledge.

And we explored a lot through the sixteen modules of the course. I think that was very rich content and material that needs some time of unpacking. And at the same time, after we finished the MPH class, we did a transparent communication course. It was a short course, but I think that there are some principles that I introduced in that course that I wanted to introduce here in this community, and also some of my longer term experiences with transparent communication, as a way to apply mystical subtle competencies and contemplative knowledge in the healing process.

And so, today I will introduce a few principles, especially as designed for people that work with people, and maybe underline it with some of my

practical experiences in many of the groups.

And we will, of course, have a guided meditation, and we will also have time for Q&As, because I envision those two modules also as a possibility to have a dialogue around your experience in applying transparent communication or the material of MPH with your clients or patients - and what actually works, what's hard, what doesn't work - and that we can also explore this as a kind of a supervision.

Let's start at the beginning again with a kind of a contemplative journey to center ourselves, also to reconnect to the field. And then we will also, during the meditation, I would love to address what I'm going to talk about later, which is the capacity of my energy field, my whole energy field - and if you just look right now, as you're sitting, if we start this first as a mutual journey and then we go into a deeper meditation - like when you sit now, we said mindfulness is the synchronization of presence and awareness with our senses.

[00:05:00]

So, I sit right now here, and let's see if we can - also with open eyes if possible - get the whole body experience.

### **Begin Meditation**

So, I'm sitting here. I can sense my whole body from the bottom of my feet all the way up. As if that, and even more than that, because my body doesn't end where my feet end, and doesn't end where my head ends. But, let's start just with the body, and to sit as if our body has eyes all over, and to feel that for a moment. How do I feel if looking is not just something that I do with my eyes, but actually looking is something that I do with my whole body. The whole body has eyes all over.

And my whole body has eyes all over that are not static, but they are moving. Like grass in the wind. So, when our body is an alive instrument that constantly perceives and resonates with reality, and I presence this kind of sitting, there's witnessing awareness as my body - with eyes all over - which becomes more and more like a precisely attuned, open, instrument.

Do pay attention to how the looking - looking at the room that you are sitting in or looking at the screen which you are looking at, whatever you look at right now - if you stay for a few moments in the exploration: how do I look when my body has eyes all over? Like the whole body is full of seeing. I'm seeing through my feet, I'm seeing through my knees, I'm seeing through

my pelvis, my belly, my chest, my arms, my head, literally.

And then also, I'm sitting. I'm seeing. I'm feeling. Of course sensing through my whole body full of eyes. And then I can also feel the radius of my energy field - the radius of my awareness. When I sit in a room, how far is my inter-subjective presence reaching? How far do I reach through my energy field into the space? Is there a way to get a sense of that?

And I might notice that when I do that, like already now, I might be in a deeper inner spaciousness as well. So, if I synchronize my sense perception with awareness, usually this induces some sense of inner space, space consciousness.

**[00:10:00]**

So, there's inner space in me and there is the space - my so-called outside. And how much do I fill this space with energetic presence? Just to play a bit: how much can I feel subtle energetic presence in the space around me? And I'm looking through my whole body, I'm sensing through my whole body. Which means I feel grounded.

And then, also to try to look around in the space that you're sitting in, maybe just look - you're in a room - so that you also can more precisely see the different things in your room without losing the sense of eyes all over. So, you have eyes all over and you look around but you don't lose the full perception of your body as you look more clearly and specifically at things in the room that you sit in.

So, can I keep a body - a whole-body awareness - as I engage with my environment more specifically: so that I can see the details of certain objects in my room? I can focus onto those objects and I don't lose my inner connection to my body?

I still look at everything with eyes all over.

And then, maybe, there's a combination of looking and feeling. So when I look at certain objects in the room and I look with my body that has eyes all over, I can even sense the different materials. I can sense there's a difference between wood and metal and plastic and paper. So, there's something specific that I can address without losing overall capacity to perceive.

And when you do that and you take a look - you keep looking around - stay grounded in your body. And then when I ask you what is right now your emotional content, can you tell me easily what's happening in your emotional landscape right now, as you're feeling your whole body?

You're looking around, getting specifics in your environment, and it's easy to check in with the emotional environment, or it's not easy.

**[00:15:00]**

And then, without losing the body with eyes all over, to focus for a moment onto your mental, cognitive functions. Are you thinking a lot? Is it quiet in your mind? Is the mind open, is it more contracted?

And I am still looking at my whole body.

And let's keep looking with the whole body, and focus more on other sense perception, like temperature, subtle noises, smell.

And then, we can also add either an intention to connect to your higher intelligence, your higher self, or to connect to the light, but without losing the body full of eyes. So is there a way that I can stay present in my body, feel connected to my emotional, mental capacities, but also to my higher self, to the light, to my inner connectedness?

See if you can connect to a sense of inner light or white light. Or if that's harder, at least to open the crown and set the intention to: "Okay, I connect to my higher self and I keep the presence in my body. I'm still looking with my whole body as an instrument."

**[00:20:00]**

See how it feels when you sit. When you feel inside, connected, you still feel your body presence sitting on a chair or a cushion, on the ground. There's a whole - all the building blocks of an aligned or coherent interior, basically more and more synching up to one, to the composition of one instrument - like a whole orchestra becomes one function.

And then, let's go through a guided - stay in that inner condition - and I will guide you through a process. Best is if you choose maybe a client of yours that you are working with right now. And if you're not working with people at the moment or in general, choose maybe a person that is close to you, or one of your triad partners, (if you are still in a triad), one practice partner or a spiritual friend, or a person where it feels appropriate, to go through some - I will ask you some questions. Let's stay in this alignment, and then we simply see what arises when I ask you the question.

So, take your time to choose a person. Best, of course, is if it's a client, a client especially that you have questions around a process or the current work.

And then, imagine that person sits in front of you or visualize the person in

front of you, or in your inner image. There's the client, that person. And you are still - while you are visualizing it - you still feel your body has eyes all over. You're emotionally connected and mentally present. You're connected to the light or the higher self, with the soul, core intelligence.

And you are just looking. The beginning is just looking like when the grass gently moves in the wind. And you're vibrating with that client. And then, through your body full of eyes, you get a physical transmission. You can feel - the eyes all over - the physical transmission of that person.

And just listen gently, through your physical body. You vibrate with the physical transmission. And you just look whatever arises. Where is that person present in the body?

**[00:25:00]**

Or is the body open or is it more contracted? Or does the body radiate light, aliveness? Or is the body more reduced in the radiation, the transmission?

And stay. See if you can stay in a concentrated way with that visualization, and really vibrate. Take your time until you have a good connection, and information starts to flow, and you get at least the impression of physical body up to maybe a very clear and precise transmission: where there are fields of tension; open flow; where are resources in the body; where is open energy; free aliveness, groundedness; where is an up-rootedness; something brittle, fragile.

And then we tune in through the physical dimension into the emotional dimension, and we add that emotional dimension like transparent sheets, one on top of the other. So, we add the emotional transmission and I get a sense of: "What's that transmission, emotional transmission, that I get in my emotional body?"

And I take again the time until I'm attuned well enough to be able to give a clear statement about the emotional condition of that person. And I listen to the emotional transmission, and I allow my emotional field to dance with that transmission.

And then I do the same thing with the mental landscape. So from the emotional I go to the mental landscape. And I get a sense: "What's the mental or cognitive capacity or function? What do I get as the transmission of that mental sphere of that person?"

**[00:30:00]**

And then, the overall energy transmission, when I feel the energy field of that person, and I say: "Okay, how much is the energy field filled with

energy? Where it's reduced? Is there a way for me to sense more of the natural boundaries?" What the energy field clearly transmits, qualities where it's more reduced or maybe disturbed or contracted.

And just gently take your time. Every time you set first an intention and then you wait: "What's the information that appears in me?"

And then again the higher self, the light, the soul, the higher intelligence of that person: And as well there, take again the time to set the intention. You're still connected to your own light and from there you connect to the person's higher self. If not, then you just set the intention and see what arises.

And in that attunement, let yourself contemplate that person for a few moments as a holistic field, and see if there is any information that wants to be seen or surfaced through you as anything more to your both relation, you and that client, you and that person, that we can become aware of.

And then, let's let everything go, and let's take just two or three minutes in presence, and to listen to the space inside, silence. Let the afterglow of that exercise vibrate in you.

**[00:35:00]**

So, keep the intention and the listening - that space, presence, timelessness.

And then, slowly, to feel your body, take a couple of deeper breaths. And slowly come back.

## **End Meditation**

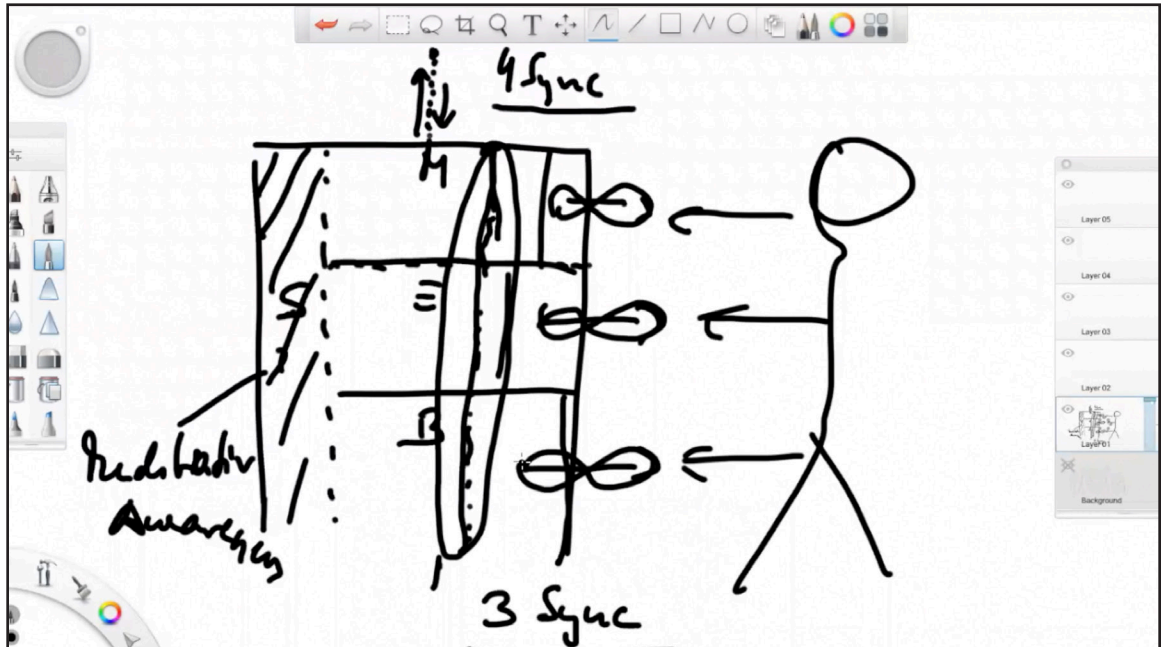
Well, we went through a journey that maybe is not that new, but I believe is a very core aspect of any application of transparent communication in the work with people, in any relation in our life, but especially in more professional relations, where we said the inter-subjectivity or transparent communication is a way of communicating and relating where my awareness includes what I want to say, what the space in between us, (which means the merging and the meeting of two energy fields and the dance of two energy fields throughout the conversation), and what happens in you or the other person or the group, or the team or the company, whatever, that we are working with.

So, that means a high-level awareness, contemplative awareness, of the whole inter-subjective space, plus everything that happens within it. We said it's space and energy or information.



### 3-Sync and 4-Sync

And in the transparent communication course, we actually called this – I will show this here - we said a very simple way to work with the synchronization between the mental information, the emotional information and the body information is that we are looking constantly at the synchronization or the de-synchronization of those three elements.



Of course, as somebody that facilitates a process I will need inner space, so therefore we said the contemplation or the meditative awareness is key. So, my daily meditation practice is key.

And here is our – so this is space and this here, all of this, [Thomas draws a straight line through the three bodies as represented in the drawing], is either a synchronized information or it's a desynchronized information.

[00:40:00]

And this, of course, has a relation outside to the world, if here is another person [Thomas draws a person to the right of the original drawing with arrows to and from that person to the three bodies on the left]. So, this other person will meet me through the mental, emotional and physical information.

So, the key elements here are space, inner space; the capacity to witness that process that I'm in anytime; then the mental information, emotional and physical information, which we call the 3-sync, the synchronization of the 3



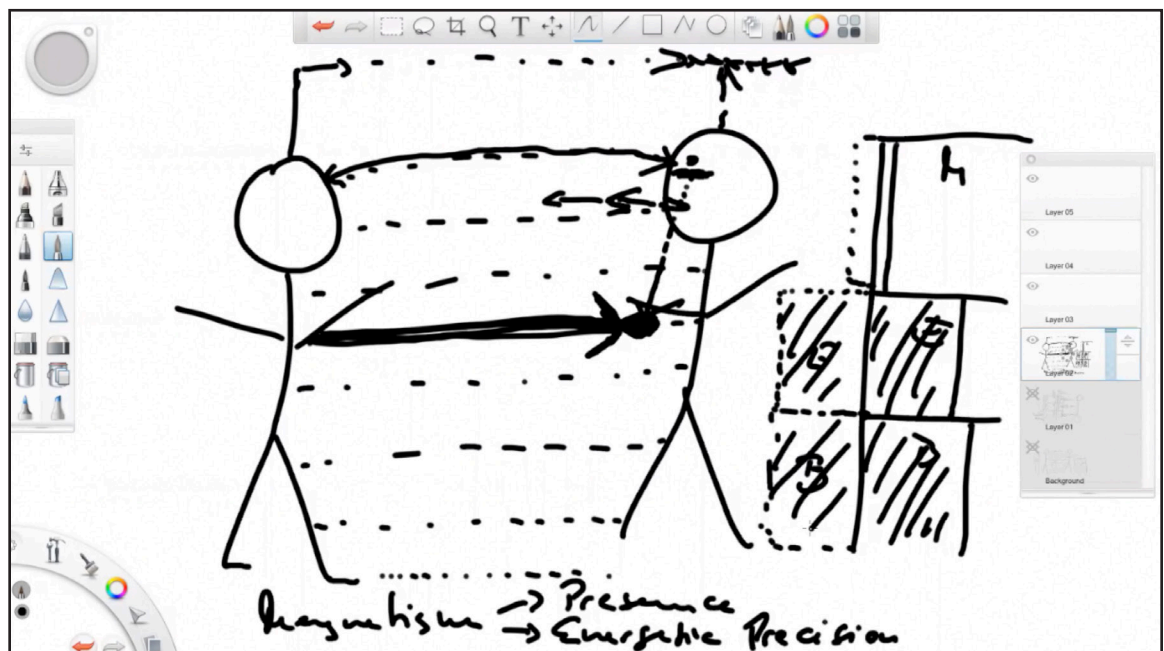
bodies.

And if we manage what we did before - that I can sit with a person and stay related consciously to the higher self at the beginning white light or intentionally as they open to the higher information in the channel - so that here information can be exchanged [Thomas draws two arrows at the top of the three bodies as represented in the drawing]. So, then we call it 4-sync: The synchronization of the three bodies with the higher intelligence and space.

So, the integration work helps me to strengthen the coherence of mind, emotions and body. And in any moment I can pay attention either inside myself, or I can pay attention in my client every moment: Where are we? Do we have coherent information - let's say 'one organ?' [Thomas draws a circle around the line he previously drew to connect the three bodies] Or do we have desynchronized information?

And so, just for the terminology, we call this from now on 4-sync, we call the three bodies 3-sync, this is space and information, and of course the relation between inside and outside of all of those.

Then, the next level that I want to bring back to our attention, that when I sit with somebody, and the person starts to talk about an issue in his or her life. So, at the moment of the initial relation, and the person starts to speak, I can first get a sense of the synchronization or the de-synchronization, either I feel it and I can perceive it, or I simply ask.



## Cultivating Presence and Energetic Precision

But then, the next step is, and therefore we did the exercise with the body that has eyes all over, because when I use my whole body function as a seeing, and I'm grounded in my body, I actually have the capacity to embrace this other person that sits in front of me, from many, many, many different frequencies. Many, many different layers of development.

So, I create in a way a magnetism through my energy field, it's like you login to another energy field, but this login also creates a very strong magnetism. So, there's a very strong magnetism. And this magnetism consists out of presence and energetic precision.

So, the more precise I attune and the more present and aware I am in the inside, in myself - so my meditation practice - I actually manage to establish a pretty well developed witnessing capacity. We said also in the MPH course that that's one level of magnetism. Presence is magnetic. Presence magnetizes energy.

[00:45:00]

But the specificity that I'm able to login into the code, or the specific energy of a person, which starts with the higher self and goes up to more abstract layers of information, I'm able to login to that code from here, [Thomas draws an arrow above the head of the figure he has drawn on the left, which points towards subtle information above the head of the figure he has drawn on the right], and I'm able to listen to the energetic transmission moment to moment, and find the right layer of information, [Thomas draws a spot at about solar plexus level on the figure on the right], where the issue arises that the person speaks about.

So, when the person speaks about the difficulty in his or her life, and while a person speaks through the whole body - and it's not just body, it's a refined training, as we did it in MPH. We said: "Okay, let's train very often subtle inner body competence. That I'm able to feel you through my bones, I'm able to feel you through my liver, I'm able to feel you through my nervous system. I get an over, under or well regulation of your nervous system; the stress points in the nervous system."

Everything is basically just a refined perception. And so, when we sit with each other that we - moment to moment, through a whole holistic instrument perception - get the fine fluctuations of the energy field of the clients, while the person speaks. So, while the person speaks, of course my mind follows the words of that person, but the rest of my energy field is already very precisely attuned and gets the fluctuations of that other energy

field.

And one simple example that I also mentioned in the course, but I want to mention it again, is when here is a problem in the person's energy field, that the person voices here as a problem, - so here is the condition to this issue [Thomas re-emphasizes the dot at the solar plexus of the figure on the right] - then, usually, if it's a condition, the inner seeing of that person cannot perceive that.

And that means also, when the person talks about it, the person cannot keep a steady relation with me. And these are subtle moments where the seeing is disconnected. And that's an interesting function, because once I'm able to find in my energy field that place - so this I establish while the person speaks - I establish a connection here [Thomas draws a line between the figure on the left and the figure on the right at the level of the solar plexus]. I find that place, where the energy originates, where either there was a trauma or there's another reason why here is a source for a de-synchronicity.

When we here again have the mind, the emotions and the body, [Thomas draws representations of the three bodies on the right side of the figure on the right], let's say the mind is over-active; certain emotions are blocked out and in this field, the body is also contracted. So, the mind has a higher activity, let's say, is over-extended. And the emotional field is retracted and the body is also contracted.

So, this of course extends itself outside, so there's a lower awareness of the emotional environment and there's a lower awareness of the environment in the physical level, for that person; that these frequencies usually don't arise in that person, which means that this person can't see all of this. This is not a reality in that function, neither inside nor outside.

## **Feeding Energy to the Source of Desynchronicity**

So, when we speak and I'm able through my energy field to connect to this while a person speaks, I find this [Thomas re-emphasizes the line at the solar plexus between the figures] and what I do is I put there an electricity cable. While a person speaks, I'm precisely feeling that place, holding it in my awareness, so that I calibrate my feeling awareness precisely to that place and to that frequency, which feeds electricity into that place.

**[00:50:00]**

With other words we could say, in the healing process, we sit with each other and while there's a seeming conversation, we in the background go

into the room that has no lights and we put electricity cables. We put a kind of an intermediate bulb, and we connect it to the electricity, and as speak, we slowly, slowly together turn on the light.

And there was one question that came in, of somebody that asked: "Okay, if the integration process really always needs the awareness of the client or the patient, or if it's enough when the therapist, the healer, the coach, whoever, has that higher awareness. Is this enough or does it need to be in the client always?" And so, I find this an interesting question, because it's a question that, in my understanding, simply - and that's also kind of like this question comes up very often - but this question is still very much based on the fact that there are two: the therapist and the client.

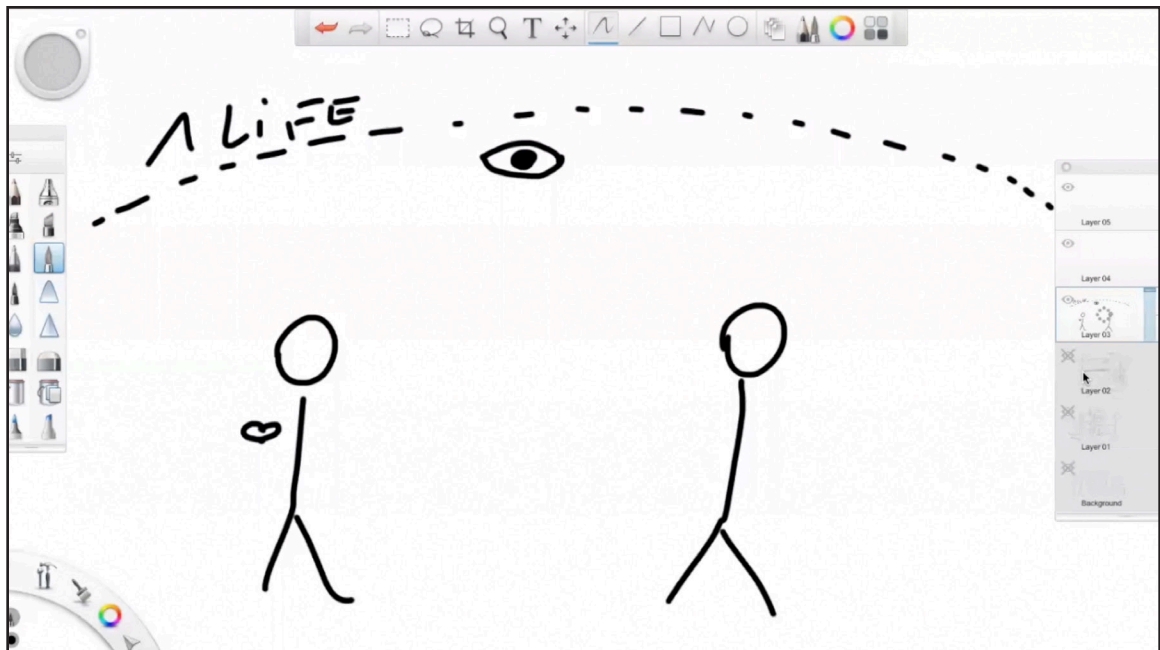
And when we go into the mystical teachings, we see that that twoness changes over time in our spiritual development. And that means that, as a system in that precise attunement, we actually are not that separate anymore, then in a cognitive empathic process.

If I try cognitively to take your perspective or you try to cognitively take my perspective - so I try to understand your view point and you try to understand my view point - and I can create an image of your reality within myself and vice-versa, that's one aspect of understanding.

And the other aspect is that we energetically become so precisely attuned that at least the strict separation between two people starts to melt, or to change or transcend itself into something new.

## **The Space of Consciousness Where Therapist and Client Emerge**

And I think the closest that we can say, is that that new aspect is when we - change this for a moment [Thomas refers to changing the image on the drawing pad to be blank] - that we have basically a system - let's keep it like this [Thomas starts and stops and re-starts a new drawing] - that we have a system that the therapist and the client become one field, kind of one life, and that this life starts to see as an eye. That life has an eye.



There's a whole space of consciousness where two people happen to emerge in. So, there's a deeper underlying presence, a transpersonal presence that hosts two human beings. The more my heart is anchored in that bigger space, the more my interior is anchored in that bigger space of presence. Actually, the energetic attunement will decide - the precision of the energetic attunement will decide - if integration happens or doesn't happen.

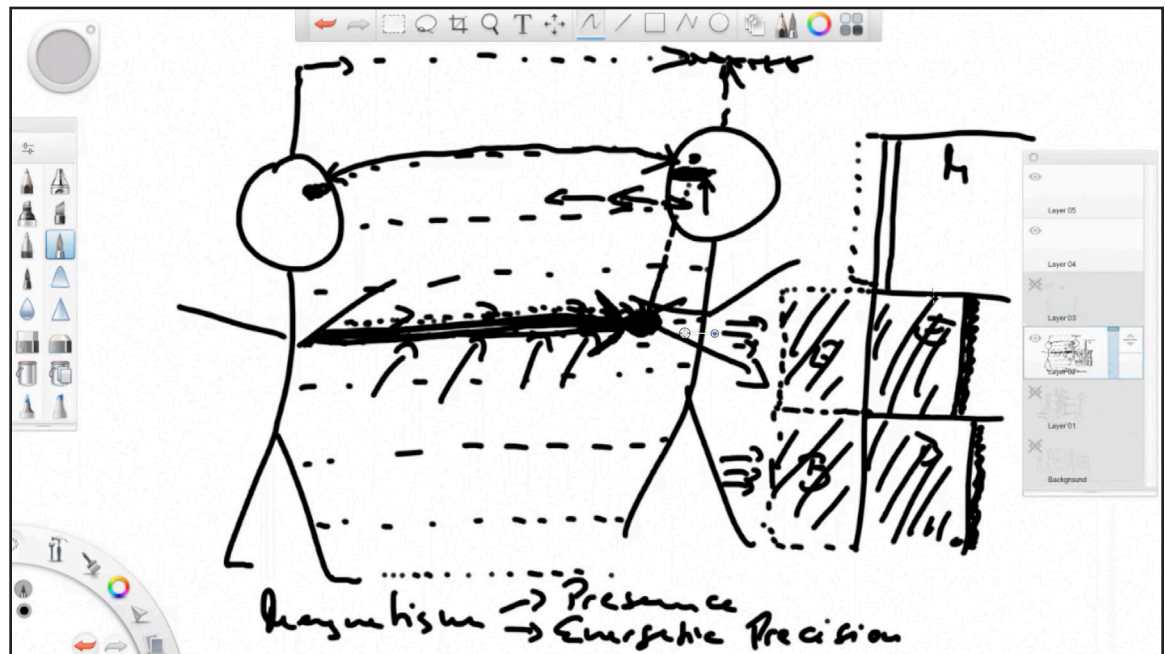
[00:55:00]

And therefore, it's not really so important where that kind of awareness process really kicks in and the system becomes aware of itself, or life becomes aware of itself. In a transpersonal perspective, it's actually not so important how that awareness happens.

Much more important is the precision of the awareness process itself, because if there is that underlying electricity here, [Thomas refers to the line at the solar plexus between the figures], there's a kind of intermediate cable that has been installed through presencing and finding the right vibration. And then through holding that, I believe it activates in the client's nervous system the space that is reduced.

So, it actually creates from the outside here [Thomas draws arrows pointing to the three bodies] a lot of impulses that come from the outside, especially to this emotional and physical reduction, and starts to send a lot of subtle impulses into that area, so that area gets activated and also held because it's embraced. And that usually induces in the other nervous system electricity,

like a higher awareness.



And like that, we could say, that if the session is well held - so if there is a good grounding, and a precise attunement - we are going to infuse that area that is desynchronized with electricity and light so that it turns on in the client's awareness, because if I can see it or you can see it, this person will be more and more invited into a deeper seeing until that block of seeing will move into a fluidity of seeing, which means awareness.

So that the holistic perception - where my body, my emotions, my mind and my higher self, so my 4-sync - are moment-to-moment-to-moment scanning the whole energy field of my client, to see the most subtle fluctuations, to see the most subtle aspects of the de-synchronization: How long does the person speak in a coherent energy? And when suddenly the person mentally, for example, still speaks but the emotional and physical presence is so reduced, or starts to be reduced, that even if it's just subtle, I already get different impulses in the different bodies?

And that, I believe, needs training. I believe that process is very refined. In obvious situations, of course it's very obvious, but in not so obvious situations, it needs the subtlety of the perception.

## Clarity of the Seen and Clarity of the Seeing

Another thing that I find very helpful in the attunement process is to look at



the energy of the eyes, the physical eyes, but also how the person can read him or herself while speaking. If there is a connection, the 3-sync also means that there's a connection between the clarity of the seen and the clarity of the seeing, as we saw it before in the image.

[01:00:00]

When I can hold a warm relation with you while I speak about myself or about an issue in my life, or I see on a subtle level that the relation is either broken in the horizontal, or it's broken in my own seeing of myself. Usually, with every issue, there is a certain percentage of seeing that cannot happen.

So that, plus the 3-sync.

So I'm sitting with you, and you are telling me about an issue, and I put in front of you the healthy option. Somebody comes and says: "Oh, I constantly have troubles with money and I don't find a healthy relation to money, and anyway, the whole way how money works in the world is anyway bad." We then put the healthy relation to money as an option in the room and then we watch: What is the energetic reaction in the energy field of the person?

Because usually, in the moment we put the healthy option there, everything is to see the whole reason why it's not implemented in his or her life suddenly shows up in the energy field. We can see suddenly the reaction of the system displays the discrepancy between that potentially healthy flow and the current situation.

This makes it even more obvious if I put that information into the room as a possibility. So, I describe how it is if the money flow is effortless, and if it works appropriately to the person's life or interior or intelligence. Suddenly, we can see how the system rejects that opportunity or that possibility.

Or if somebody is unhappy with not having a relation for a long time, you can say: "Okay, you're going to find a partner in two months," and then scan what happens immediately after we said that.

Usually, in the energy of a person, we can see exactly the reason that prevents or that is the discrepancy. And that's where we can start to work.

So, that's another option.

Either I look at the seeing capacity of the person - I found it a very helpful thing because I find in every person that describes an issue, that is a real issue - there is a certain amount of seeing that immediately gets cut when the person talks about it. So while I attune to how the person looks at himself or herself in that issue we can see how the energy is being reduced.



And we said healing is kind of a restoration of the original movement, so we are finding the reduced area. The reduced area always has a filter in the seeing, in the interior and in the exterior. The person can't see that quality in the world or can't see that quality in himself.

That's something that I can pick up energetically when I'm present enough and I'm not getting too distracted by what the person tells me. I find a healthy balance in myself to listen with my mind to the content, but not get absorbed into the mental information.

I can rest in witnessing, and I'm very attuned to the energy field on many levels while the person speaks. That's actually more of interest than the intellectual content. My body full of eyes, as a metaphor for a holistic, grounded seeing, which is a combination of seeing. As we said in MPH, I use my hara, which is my groundedness in the physical world, my heart, my seeing, and my knowing.

And that becomes one instrument or one organ. It's a kind of a spiritual organ.

[01:05:00]

The coherence of these four centers is basically the organ that we want to work with. And I believe sometimes in contemplation or meditation it's easier to go into this kind of inner coherence. But in the world, when we walk around, or when we sit with people or we sit in more complex situations or we work with couples, or we coach a team, how can I rest in that organ of this four centers, while I'm actively participating in the world, without losing those functions?

## **Contemplative Practice While Participating in the World**

I believe that a contemplative practice - for some time to just walk around in daily life and do the groceries, or any kind of simple activities, in that manner, like as we did it before. We turn on all the functions consciously. Start with the body, with the emotions, with the mind, with the environment, the energy field and the higher self.

And then I can do something simple in my life, but in a high level of inner awareness, just as a training. And then to see when I look at: "Okay, what's in my corn flakes? What are the ingredients in organic corn flakes? How much sugar is in there?" I already forgot my body, because it's activating my cognitive function.

To see how can I stay grounded in that function of looking with my body

full of eyes while I read, for example; or while I browse the internet; or while I write an email. More and more, my brain, my nervous system will be able to create a coherence around those functions, so that they are any time part of my coherent interior as I wish, so that it's a function that grew and is installed in me.

In order to summarize the first part: What we said is that there is a training, an inner training, to be more and more precisely attuned on many levels.

The second thing is that the seeing, the seeing of the person that comes to me is an amazingly powerful tool, I believe, to tune in with. How you look at yourself while you tell me what you tell me.

That's a very powerful information for me, because within that, just to re-direct your awareness to the layers that are checking out in the seeing while somebody talks about an issue - just that, if that's appropriate - is very, very powerful. And then to explore that.

And also, as an inner practice, I find it very interesting to also tune in with what people can see and what they cannot see. Even, if at the beginning, it looks like Harry Potter, like what does it mean that people can see and what they cannot see?

But if I learn to look at somebody's inner screen: So I sit with a client and then I tune in with the inner screen to get a sense - not just a cognitive, I'm not thinking or thinking about the way you look at the world - I'm literally looking at your screen. And I'm looking how the world appears on your screen.

If we said that everybody is an actor in everybody's movie: So when I talk right now, I'm appearing on your screen, but not only on your computer screen. I appear on your inner screen where your computer appears as well, and the rest of the room as well, and the rest of your life as well, and the interior information as well.

So there is this inner screen, where somebody appears or the world appears. Or our inner senses, general information about how I feel in my body, how I feel in my mind.

**[01:10:00]**

We talked about this in the course. And the interesting attunement is to train or experiment, especially in the triads or with people that are willing to practice that, how does it work to look onto somebody else's screen? How does the world look like, literally look like through those eyes, but not through just cognitive kind of guessing, but through attunement?

I feel your screen, and I get a sense how the world appears in you.

Often the world appears in other people, of course, in very different ways than it appears in us; in different structures, in different ways of seeing the world. If I can make myself more free inside when I practice this, I might be surprised how really, really different are the ways to perceive the world. And we have learned to agree on similar things.

But that's also a very helpful practice to attune to seeing, so how the seeing goes out, how the person sees that quality in the world and how the person sees the quality in one's own energy field.

If I have an issue with something, I will find that there's a certain frequency in my energy field that I cannot see, and it's also hard for me to see it. When I have, for example, your support and then you look at me, or we have the group support, and the whole group attunes to one person, (as we will do it later also when there are questions), and the whole group tunes in, we actually lend our seeing to that one person.

If one of us or many of us attune to the fact that I cannot see, it induces a strong impulse of change in my energy field. And I think that's a very powerful healing function, and it's connected to the seeing.

We said that there is the option to play with the fact that we can, if we hear an issue and we substitute that for a moment with the desire for the healthy state, and we put that as an energy - like I express that but what it means is I put that as an energy in the room, then I can see in the other energy field the discrepancy of how it is now, and what is the discrepancy to that new possibility. That gives me also even a stronger access to the energetic structure that is behind that condition.

## **Collaborating With or Transcending Transference**

There's one more thing before we go into the Q&A section - because I would love to have some more possibility to really have a dialogue about some things - is what anyway many people know in depth: Just to talk about the energetic quality of it that when I walk around and I look with my body that has eyes all over.

So, moment-to-moment I meet people or I sit with a client or I sit with a team, and there is immediately an initial transference of energy. We all know about this, I guess, that there is this transference of energy. But how much do I host and transcend that transference moment-to-moment?

[01:15:00]

Which means how much am I part of, for example, your transference and I'm collaborating with it? And therefore for example; people that stay in a group - often the outsiders - if people manage to stay outsiders or invisible in a group so it means that most of the group collaborates with that transference. In a highly aware group, basically no one would be able to stay in the function that we suffer from.

I think that's a very exciting possibility.

That when we say for example, which we hear sometimes, that: "Last week, I had kind of a difficult client." Then another person says: "Yeah, I also have this one client, it's very difficult with him."

So, we actually fixed already the possibility in the moment I agree with you - that you said something about a client and not about yourself - I'm already part of kind of a cultural shadow language.

When there is somebody in the group that many people don't want to do exercises with, the group collaborates with the shadow of the person. That means that we are not fully aware of the transference and we are not able to host it, to ground it and to transcend it.

Therefore, we will be part of that person's movie, that one day will say: "You see, also in this group, nobody wants to do the triads with me."

When I walk around and I get the energetic transference and I'm very aware, so that's an enormously helpful tool. Why? Because I have witnessing consciousness. I have more information come in through my higher connection. And I have an instrument that's highly tuned, like a violin, like one of the world-class violins. The instrument that is very, very refined, and therefore the music is very, very refined.

An energy field like this is more or less a walking answer.

So, when the Tikkun from the Jewish tradition or the fixation of energy is getting released, or unleashed into its potential, the core fixation in this lifetime gets released. So then the energy field becomes much more clear and open, and a transmitter of higher capacities.

That's our work: How to open up energy layers where we are reducing reality within our own perception so that capacity gets more and more refined.

These were the four elements that I want to introduce this time, and next time we take this and we apply it more specifically to trauma, in the next module.

I feel it will be tremendously helpful, if that's not anyway already happening, to take the initial meditation of this time: To really walk more around with the body with eyes all over, and to train those functions in simple life situations, like cutting vegetables or going for shopping or doing something simple. And to see if I can manage to keep those functions online, as I do daily things, like in the daily marketplace.

There is the environment, there is life going on, and there is this highly attuned coherent interior that is being kept "on" in those mundane situations.

[01:20:00]

And now I would love to come to the section of the questions, and to work more on the questions and on your contributions, and then we can go deeper together.

Digo: Okay. Thank you, Thomas. And we have a few written-in questions that are coming, and Nicholas will address one for us.

Nicholas: Thank you, Digo. And thank you, Thomas, for this beautiful refinement of teaching. So, Thomas, this is a question from Questioner. I think many people may resonate with this:

### **Q&A - Our Bodies as Refined Instruments and Shadow Work**

"Sometimes I feel in my body, for instance, pain or tension, something that's related to the client I'm going to see. And I realize, after seeing the person, beforehand I just wondered why I was feeling this pain. I used to worry about this. Can you say something about this process? If there is something to integrate, or some way to deal with this phenomenon?"

Thomas: Yeah, as you said, first of all, you learned... I mean, it's great, actually, it's great - the only thing is the worry [laughs] that you need to take care of because you simply describe one way of what I described before: That basically, our bodies - not our bodies, our body-minds - are actually highly refined instruments.

That in our culture we don't use that is something else.

That we live in a culture that lives in an emotional pathology - this means we talk about feeling instead of feeling feelings - so that we live in a kind of a much more protected or over, under regulated interior that becomes the social architecture around us, is one thing.

But the other thing is that this instrument is highly, highly intelligent and

highly, highly refined, if we want it that way.

And that means that phenomena that you describe simply say that if you work with clients, from the moment you commit to a client, you are in a relation. That relation is not only the time that you spend with that client in one session of whatever - 60 minutes, or 50 minutes and that's it - but basically, you have an energetic relation with that client for the whole period of the work with that client.

And that's something interesting. That's not just the person is in the room and the person is in the room. The person is in the energetic room much more than we think. Therefore, I think the energetic competencies and the energetic impacts are something that we have to study, I believe.

If we don't want to suffer from those things, we need to study this stuff. Then we will refine our awareness, and we will even learn to work with that much more refined and we will work with that longer term relation that, in space and time, if somebody comes to you over the period of six months or a year, basically, the overarching relation is one year.

When we meditate and we go higher and we awaken to higher subtle worlds, we see that in space and time, things look like a process. But in the higher levels, that notion of space and time changes. What seems here as a process is up there in the energy field.

I'm very happy that this comes up because you are describing it in one way, but many people will have different flavors of the same phenomenon; which means if we seriously commit to somebody in the kind of healing work, integration work, therapy work, there is an ongoing connection.

I believe that ongoing connection needs clear boundaries, of course, and need also enough energetic knowledge how to work with the fact that we are actually on another plane connected all the time.

**[01:25:00]**

Which means that the session work with people that happens maybe once a week, twice a week, (whatever or however we work), is a kind of a timeline. But above the timeline, there is: presencing; there's a transpersonal witnessing capacity; and there is our higher self and above, which means the whole energy world of creation that leads to the fact that here we meet in an office once or twice or three times or however often a week or a month.

That means when those sensations land in me, first of all, it teaches me to be much more open and hosting when those phenomena arise. So, this means that - you said that there's the worry - so there's a kind of a personal

worry coming in. On the other hand, there is also information that's being transmitted.

Now the question is: "What is this information good for?" The information is good for me knowing more or having kind of premonitions already, that when we tune in with a client, or when a client is about to come, we can already, if you want to, know before what that's probably going to be about.

That's one way of channeling information to you. The other way is also how clear are the boundaries that that is a function that can be turned on and turned off as needed? That would be another question if that's something that's really bothering you, and it needs clearer boundaries.

Boundaries can be intentions. We can, when we work with people, we can also set clear intentions that, for example, we want our personal energy sphere being clear of those impressions. Or we want more and more to be attuned that when those impressions come in, that they... that we learn over time that they belong to different clients, and that's very beneficial because it's a way of channeling information to me.

That's something that, in a way, the energetic interior depends on the one hand on our shadows, of course. On the other hand, is also subject to...like there are mobile phones that you can put yourself together how you want it. There are different building blocks and you can make your own mobile phone. You don't go to a shop and buy it, you buy just the phone and then you put all the functions in that you want. You design your own interior.

In a way, energy work is a composition out of: openness - appropriate openness; the capacity to set clear boundaries - to say 'yes' and 'no'; the energy that I invite because it's very beneficial for my work; and the clarity that I need in order to live a healthy life as who I am.

And so sometimes, because of the shadow work that I need to do, there are kind of leakages or open areas in my own energy field that the wind comes in, that really disturbs my life. Or that I didn't learn yet to fully, clearly work with intentions, and say: "Okay, I set the intention in my interior that whenever I'm in my private life, I keep my energy clear. Or except in emergencies, I keep my energy clear." So this information doesn't come into my life if I suffer from that.

Some things we can work on with intentions. Some things we can work on through shadow work. Some things, if I want it, are simply very healthy information streams that this system can channel.

[01:30:00]



Maybe in the future we are going to talk more about remote healing and long distance energy transfer, and how we work with people that are not close to us, and what are the refinements of that process. I think that's all very interesting and that uses precisely the channels that you describe.

But I think these are just a few highlights that I can say now. I think if you have deeper questions you can maybe add them and then I can look at them later and maybe mention it next time. But that's a very interesting phenomenon.

Right. Okay.

Digo: Thank you, Thomas. And thank you, Nicholas, for addressing that question for us.

We have a couple of live callers. [Questioner], I'm giving you your audio permission.

### **Q&A - Asking Permission and Energy Work**

Questioner: Hi, Thomas.

Thomas: Hey, [Questioner].

Questioner: My question has a few facets to it. Kind of like a hologram, I suppose. In the work I did this morning with a particular person, not a client but someone that I know, it was very rich, all the layers coming in and creating a real multi-faceted sort of awareness of what I'm picking up that's happening or could happen with this person.

And when you spoke about those two lines of connection; one that's coming in what I'm reading or picking up, and what I'm also reading and picking up within, so between myself and the energy field - it's putting me in a situation of two, but in that exchange or in that field - reminds me of like a laser beam in a spy movie, where they go to touch the object and the invisible laser shows up on their hand that they're breaking something, that sense of how that connection is either on or gets disturbed in some way.

So I was really aware that, even though this person is at a distance... that sense of being on or connected in myself and on or being connected with the other person. Also a sense that if I tune in to them now, and if I tune in to them half an hour from now, I mean, that's constantly changing, like a reset on the computer, you know? It's going to hone in in a different way.

Thomas: Right.

Questioner: And also, that sense of the eye you drew where - while this is a process of ongoing refinement - at the same time there's a level of trusting what that overall field that we're in together will provide for; what needs to be affected or impacted or tuned into as a result of just setting that intention.

So, my question is almost around how much is shared, how much is... . For example, in my tuning in to this person today, I could really see where in the body and in the emotions and in the mental field there's a kind of constriction, and what's actually happening. And I could feel an intention in myself to want to almost - as though I could, in my own body, work with that level in the other person, by breathing, by actually - it was like I was resonant with where the energy wanted to go, and I could actually almost really direct the energy, or bring the energy there.

Another option would be to actually talk about the person when I'm next talking to them: "While I tuned in to you and did this whole thing... and this is the image and this is the feeling and this is the... you know, this is what came up with all of that."

And so, this is working with a person at a distance, it's not sitting face to face. So, it's around this question of where to go, what to do with all of this, I suppose. And yeah, so... hoping that paints enough of a picture.

Thomas: Right. You said at the beginning that it's not a client, it's a, what is it then, when you work with that person?

Questioner: It's a close friend, it's a person in my life who lives at a distance, but who's... yeah, undergoing quite a big transition at this point. And I am a therapist by training, so I have that layer as well, but this is actually a person in my life, not a client.

Thomas: Yeah, yeah. But the person wants you to support him or her.

Questioner: Yes. And there is that question of being, when you're in relationship with someone, how much support is love, friendship and not therapeutic.... And I don't really.... The boundaries are interesting and mutable, you know?

**[01:35:00]**

Thomas: Right. No, that's because I... it didn't arise in me clearly what's your relation to that person and what's the motivation of doing that. In the energy work, when we really work with people, then what I always do is - it doesn't matter who it is - I always want the permission of that person.

Questioner: Right.

Thomas: In the moment when I tune in with somebody and I would work with their

energy, I want their permission. I want them to say: "Yes, I want this." And this gives me kind of a free ticket to tune in to that energy and also to work with it.

And so, for me that's very important, because if that's not there, then the level of work is in a grey zone - so then we need to be careful what does it mean. Okay, we can feel people, but in the moment we really go into their energy and so it needs, I believe, a permission to do that. And it needs a clear agreement, like clear business agreements.

Questioner: Okay.

Thomas: Like you have with your clients as a therapist. Okay, there's a need. Okay, We do this together. It's an agreement. And after that, the agreement, gets again open and that's it. And everybody is energetically free.

Questioner: Yes.

Thomas: And so, I think that's an important function. And if that's clear, if the relation is clear, I think all of what you said is basically valid.

Sometimes just to sit, as you also described, that you can really feel it through your body. You, for example, feel a contraction in another person, and just because you can, we say host that in your inner awareness, but some people mix that with: "Oh, then I take the energy of that person into my energy." But that it's literally if you presence that contraction in your energy field, it sends a lot of impulses, if it's precisely attuned, back to the other nervous system to activate that unconscious field and turn it on into a conscious field.

So, that's really also a very powerful process. Just that. It sounds so simple, but if I can host your energy in me, and just presence it, so then that in itself can be a very powerful healing process, and a precise attunement.

Then, of course, what we can do is literally to connect to the light, and then if you're skilled at that, then to, in a way, download higher light from the person's soul into that energy field, which means it synchronizes more the human experience of the person with the higher potential, and helps us to clear fragments of the past, in order to live more the potential that is now possible.

But there are different ways and all of it can be part of our toolbox and then we simply choose. The first thing is, of course, a kind of a diagnosis; to read the energy field and see: "Okay, what's actually the condition of the difficulty at the moment? And what are my resources? How much open energy has

the person inside? Or how much consumed is the whole energy system in that process? How grounded is the system or how traumatized?”

So that's, of course, important.

But then, we can literally, as you said, we can just rest and sit with the person - even if the person sits thousands of miles away - and connect, for example, to a deep fear that the person has, and sit together, and presence it, and let the field melt in the relation. It's actually not really different as if the person was sitting with you in an office. Yeah.

I think that that's very exciting; what kind of new possibility of healing, possibilities of healing, that opens... and humanity, basically. We are a kind of a digital - like the same that we use now, that we talk to each other, [Thomas refers to the conferencing platform being used], is basically possible in consciousness all the time for healing. And I think that's a very exciting possibility.

Yeah. But if there is something more specific, tell me, then.

Questioner: Well, sounds like the part I'm missing in this moment was the permission part.

**[01:40:00]**

That even with close, close people in our lives, to be able to say: “Are you open to doing this together?” And it may be just one sided, but, you know... And the actual feedback of what I saw or what I sensed... it...one level doesn't really matter and sometimes could impose something if, in terms of someone thinking: “Well no.”

Thomas: Right.

Questioner: But permission to just lovingly tune in, and... because I could really feel how it was almost like there was a part of this person's body where the energy was fully moving from sort of the rib cage up. But the rest was just a tiny trickle or drip down of life force energy from there below.

And I have this overwhelming sense of wanting to just breathe into my belly and to just really continue breathing for a while and softening, you know, a whole area. So, you know, with permission to do that, I mean, I think if someone close to me said: “Would you be willing to let me...?” Yeah, I would. I mean, but that piece needs to be there. I believe in my own boundaries, and all of that kind of things. So...

Thomas: Right, right.

Questioner: So, that sense of: "Let's tune in together and help each other with some of the unseen or unfelt or unknown parts," makes a lot of sense.

Thomas: Right. Yeah, and this energetic permission is important. I mean, for example, in a Sangha, if you say: "Okay, we practice together and we give each other permission to practice together." That's great, because then we have playmates like in any other discipline or in any other work, to really refine our skills. That's great.

And with other people, there might be an energetic rebound effect or push back, if there is not a clear agreement. Then it can hurt both, in a way. Even if the intention is good, it creates kind of an interference and then it might create a disturbance in the energy.

Therefore, I'm always very clear: if you want me to support you, I need your 'yes' and if people ask me to support people that are close to them, because they are in a health crisis, I say: "I'm happy to do that, I want that person - if the person can agree." If somebody is, let's say, unconscious or in a coma or something where the person cannot agree, then there are other ways to check if that's possible, like from a higher level of energy, we can check if that's possible.

But as long as the person can say 'yes' or 'no' to that, I touch this only when the person says: "Yes, I want this." Okay, then I can give my full energy to this. And I think that's a very good, clear boundary to respect people's energies.

Questioner: Yeah. And the piece in the end of that exercise of connecting with the light and really just staying at that level of connection, I got a very clear image that this person actually - there isn't the potential issue of them seeing me as more powerful than them and could possibly do something... that they needed me... you know, that kind of thing. It was a very clear resonance of the full empowered aspect of this person and that it was... that reciprocity was really an open pathway, if...for it to be there.

There was not a hierarchical kind of potential quote "danger" of moving into some sort of territory, in that way. So, yeah that all makes a lot of sense. Yeah, thank you.

Thomas: Yeah, I'm happy we are discussing this. I think that these are very helpful and inspiring discussions for all of us, because we are all dealing with similar things. Yeah, thank you.

Questioner: Thank you.

Digo: Thank you so much for that question, [Questioner]. And we have another question live from [Questioner]. [Questioner], I'm giving your audio permission. Go ahead when you're ready.

### Q&A - Attuning Fully to the Process in Your Client

Questioner: Okay. Hi, Thomas.

Thomas: Hello.

Questioner: I think part of my question has been already answered in that last discussion, but when I'm...

Thomas: Perfect.

Questioner: [laughs] What I feel like I'm noticing - I have two clients both who have come with what seems to me as a very strong desire, this question, this desire to really connect to their own, you know, higher self.. connect to the light, the Divine and to really, you know, be healed in that, you know, in that way. And they're coming with this question, and they're interested and they're engaged in for moments at a time, and then they're pulling away in this kind of mental way and they're feeling scattered or it's almost like they've started a conversation in this area, and then they quickly change the conversation to something else, something that seems more mundane.

[01:45:00]

And this... what I sense, I guess, is inside, you know, there's a fear, there's a kind of resistance or confusion or something, that's keeping them from staying with the question and the possibility of the two of us really connecting deeply.

What I'm seeing now is that just staying with that fear or resistance that I feel coming up in them, staying with it and really attuning to it is probably the answer, but I think the other part of the question is like, you know, using them as a mirror. Is it some part in me that's not wanting to stay connected? That's pulling in and out, that's, you know, afraid? I'm getting confused about whether it's something I'm seeing in them or something I'm seeing in me, or is it both?

Thomas: Right. So, in a quiet moment like this one, when you're not with your clients, what is your answer to that question?

Questioner: Both, I would say. There's something in both.

Thomas: That you feel that you're pulling out sometimes and that mirrors a quality in

you?

Questioner: Yeah, yeah.

Thomas: Hmm... Yes, and I think - I mean, that question is helpful in your own reflection, and that insecurity that might come up when you sit with your clients, might lead to the fact that you might miss subtle aspects of the situation in the moment.

So, that's very interesting. I think that's good to watch. That's something that you can clarify for yourself, of course, if there's something in this that's a kind of a good question that when we are aware and we see life and we see: Ah, are these things that resonate in us as well and then we sit with them or we clarify them, or you bring them like here, you bring them in contact with somebody else. That's great.

But my sense is when you sit with that bit of an insecurity, if that's also something in you, then you might be already a bit occupied or preoccupied with your own energy, and then you are missing - your laser is not fully attuned to the process that you witness at the moment.

And of course, that goes hand in hand if it's an issue in you that's already, you know, clear that way. But I think that's not a question to ask in that moment. You know, and if you see that come up in you in that moment, I would return my energy fully to the client and what's happening in the room between the two of you.

And then to clarify that question like you do it now, in your own context, in your own private context. But I think that your energy field needs to have the full attention with the process, because most probably that's also where you're going to learn something about yourself. In seeing.

Because what's the difference between the client and you, in that sense, is that in you, there is - or in the therapist - there is the higher awareness. Even if there are resonances in one's own energy field, we assume that the therapist has a higher presencing quality, and can hold the space for the session, even if that's still a frequency that is also alive in me.

But what this does, it gives me the freedom to not just be identified with that issue, [Thomas raises his hand to cover his eyes.] but to see that issue in me, and therefore I still can see you [Thomas moves his hand out away from his face and eyes]. You know, if my hand is here [Thomas opens his hand and spreads his fingers], I can still see you on the screen, even if that issue is still in me also. But if it's like this [Thomas raises his hand again and places it over his eyes with his fingers closed], I can't see you, because I'm fully



identified with it.

But what I think - how nature is actually genius - is that life installed that function that therapists get the freedom to work on the already worked-on issues that are still resonances in their field, one step, one circle of intimacy outside.

**[01:50:00]**

When you work with those clients, even if they show you something about your resonance, your insights will come through the fact that you are allowed to contemplate that issue in the second layer of intimacy, which is your closest environment. So, you can see the issue in the “you,” and then learn something about your own resonance and clean it even more, or integrate it even more.

I think that’s a genius function.

Like with parents and children: The children are basically the piano players that play the piano of the children, and show the parents where they are not integrated. Every time a parent comes, like a mother or a father comes and says: “Yeah, with my child it’s so stressful at the moment. You know, the kid found the key that is not well tuned!” You know?

And then, for three years, they have a great relation, from three to five, it’s very stressful, and then it somehow changes again. So, in that frequency space, there was something unintegrated. And I think that’s similar for therapists that we can - or healers - that we can work on that, already in one layer outside.

It became already more of a whisper, what was very crystalized. As we said in MPH, if it’s crystalized - so it’s in my body, or it’s in my inner space deeply anchored - if I work on it, I get more free. Even if it’s not resolved, it’s already, there’s already kind of a transcendence.

Then it allows me to meet clients that have similar resonances, but the more precise I am with them, I will also heal anyway with the same process.

I think that’s a cool process, so this means, because nobody is absolutely, fully clear in their energy. So, we all couldn’t work with anybody, because if you needed to wait, you know, if you had to wait until we are clear, that would take ages.

But there needs to be a certain amount of containment that I’m able to work on that parallel, while I’m seeing people. I think that’s a very good function, because that heals the healer. But when you contemplate your client, you

will learn a lot when you keep your attention there, instead of being worried to miss something here [Thomas points to himself as if he is the therapist].

I think that's a kind of principle in the work. Does this make sense? I know it sounds a bit complicated, but do you understand what I'm saying?

Questioner: I think so. I feel like what I'm getting from it is, in a way, you know, that I can see for myself when I... you know, I jump out of relationship because something is bothering me here while we're talking. And I can notice that, and I can just come back and be in presence, and within presence and being staying in my body, to feel this resonance of whatever it is. You know, if I'm talking to you and you're jumping out of the conversation, jumping out of your body, that I can really contemplate even the sort of the mechanism that's happening in between us, as opposed to thinking it's my problem or thinking it's your problem or thinking it's something that even is a problem and needs to be fixed.

That's the way I'm tuning into it, is this sort of like honing in and feeling even deeper into this sort of thing, this sort of frozen or cycling energy or something that's happening while I'm staying in my body. That's what I'm coming up with.

Thomas: Right. And then, in the issue that you mentioned before more specifically, then I agree with you that the, for example, hosting the fear and hosting the jumping - like the changing of energy - the more you are able to host that feeling in you, it will also ground the whole space and then it will surface the issue that is underlying that symptom.

Right. So, that's for sure ... Yeah, I agree with that part.

I think you also mentioned the very important principle for everybody who works with people, because I think everybody on the line knows that sometimes you hear yourself say things, and then you know you can tell them to yourself also, because that's true for you as well.

But there is a function in that. I think that is actually a genius invention of nature; how we can support each other and keep healing ourselves and really, you know, make the resonances in our fields more and more subtle until they disappear and get forgotten.

**[01:55:00]**

Then those tendencies are not anymore part of my energy field. I think that's a very important principle in the work, also. Yeah.

Yeah, do you want to add anything or you think it's complete for now?

Questioner: It feels complete and the final word that just came to me is “trust,” and just, you know, remaining in this layer of trust. You know, that field around us and that eye of life itself will know and will assist in whatever way is needed in the moment, and just to remain trusting that.

Thomas: Right. Yeah, and also, there’s one more thing that comes to me now, while we talk, is the capacity to feel, for example: “A ha! There is a resonance of a similar thing in my field, and by me staying attuned to you, (let’s say you as an example), so then I can hold both in my present awareness.”

So, this also - again and again - this capacity to hold multiple layers of life in a present state of awareness, I think that’s the capacity that any kind of healer or therapist needs to have. If there are - of course there are unresolved issues in us - but if I have the capacity to witness this in myself, and still be able to feel you at the same time, I think if that function is established, it’s already good.

If that function gets lost, there’s nobody in the room that can transcend this. So, the therapy can’t progress there. It’s like it will not continue, because there’s not enough awareness in the room for the progress. I think that’s a good way how to put it, in a way, to how this can be simultaneously, and then it’s already enough freedom in this space.

Questioner: Beautiful. Thank you, thank you Thomas.

Thomas: Yeah, thank you. Good, thank you.

Digo: Great. Thank you, [Questioner], for your question and thank you everyone for your questions that you have submitted. We have a final word from Nicholas. Nicholas, go ahead whenever you’re ready.

Nicholas. Thank you, [Questioner] and [Questioner] for your questions. And thank you very, very much, Thomas for a wonderful first of two modules. And thank you for your written questions, some great questions, which Thomas will see and some of them for sure will be integrated into the next module.

The next session is Sunday, June 26th and we thank you all very, very much for joining us today. And look forward to seeing you Sunday, June 26th. Bye from all us, now.