

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 2.

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. Here we are, Module 2.

After the last introduction to the course, this time—as most probably every time—we will have a more practical meditative entry into each module, and then we will have some theory, and then we will see how we digest this theory into our practice in our life, because many people here are working with clients every day, so there is a beautiful possibility to practice.

The Definition of Energy

Today I want to introduce something that, on the one hand, seems very simple, but, on the other hand, might be also often very confusing, which is the term 'energy.' In this course we will talk a lot about energy, and, before we go into our meditative exploration of today's intro meditation, I want to introduce this term a bit more to see—maybe there are different definitions, but here is the one I'm working with. So it's good to know what I mean when I say 'energy.' Sometimes we use this term, but we might not be always fully clear, what it actually means.

Last time I said that when we explore our own life, when we explore our own experience of our life, we are exploring everything, in a way, through our perception. Our perception is being interpreted by many functions that I have wired in myself throughout my life and—hopefully and potentially—also by my future intelligence.

But the key of the spiritual, or every developmental journey is that we are exploring our journey while we are already in it. It's not that any one of us could step out of the journey and say, «Oh that's what it means to live a human life.» The fact is that every one of us is in it. It's like as if you are in the film, and you are trying to find out what kind of film you are in, but you are an actor or an actress in the film. And you are trying to find out, «Okay, what's the movie and how is the movie being made? And who actually made the movie?»

The whole spiritual journey is looking to find out through inner and outer science—the mystical, as we said, and the scientific approach—to reveal basic principles of life. The fact that we are in it means we are always in movement. Krishnamurti already apparently said it: one thing is clear, there is one thing that doesn't change—which is that everything is changing, all the time.

In the meditation I can see this, and we will do this in a minute. I can see actually that everything that I'm aware of somehow is moving. Either it's moving very slowly or it's moving very quickly. Like a thought—a thought is a very quick experience. It's fast.

But actually, information—however physical or however subtle it is—is constantly subject to change. Some of the change takes a long time. Some of the changes are short. But actually everything that I am aware of—as awareness—is changing. Which means that when we use the term energy, and we will use it very often, then we are talking about the effect of the movement of our life—**the effect of the movement of our life.**

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One effect of the movement of my life is that I am living through a physical body. Another effect is that I have emotional experiences, I have an emotional body. Another one is that I have a mental experience, so I have also a mental body. But my physical body is actually not talking in the same language or movement as my mental body. My mental body is much quicker. I can change things in my mental body much faster than I can change things in my physical body.

So, we will explore today some of the basic principles that I think that we need to understand—and cognitive understanding is part of it—but really understand through taking in, taking in, taking in, contemplating it, until I can [inaudible] and the energy needs to discharge itself in order for the ball to rest again.

My life motivation is energy in movement. When I get up every morning and I get out of bed, something motivates me—hopefully—to get out of bed. So energy is already moving. In my dreams, in my thoughts, all the time I'm moving.

So, we want to use the term energy as 'movement.' It's like music. When you go to the philharmony, as we said last time, and we listen to music—and you listen to music—it means that you attune to the movement of the music.

So, imagine when you listen to music, you really let your perception follow a movement.

That's how we're going to relate to energy. When you tune in with your own body in the meditation that we are going to do now, or when you tune in with the body of someone else; when you tune in with the emotional experience of someone, when you tune in with the mental experience of someone, when you tune in with the spiritual experience of someone, with social structures, with companies—whenever we start to perceive subtle information, we are listening to movement.

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Energy is a description for movement. And intelligence is energy in action as well, so it's a similar term. So, my intelligence is not static. My intelligence is something that's moving moment to moment and expressing itself moment to moment.

So, whatever reaches its original movement is energy or intelligence in its highest possibility. When my energy is really free to express itself, I will feel a natural sense of happiness.

If my energy is reduced, and in the healing work we look a lot at the reduced movement in the trauma, for example—trauma is a strong reduction of the original movement—we will feel a tension, because the whole rest of my organism is actually moving, and one part of my being is frozen. It's a slow train and fast train, and in between the trains there's a rubber band. If the rubber band gets too tense, I feel it as tension in my body, I feel it as tension in my feelings, in my thoughts, in my social interactions.

This tension is with me, actually, every day. Many people come to us because of exactly that tension, that we feel a tension in our being and between ourselves and the world that is hard for us to digest.

So, when we use the word 'energy', every time we say 'energy', we are talking about a change: something that's moving, something that's changing, something that has different levels of changing or change. There are different levels of movement. It means that the energy is changing either very slowly or is changing quickly, but all of it is in a movement. Like the whole universe since the Big Bang is moving.

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There are more coherent patterns, structures **[break in audio]** railway system, but, basically even if it's very dense, it's still changing. It's not going to stay the same.

Just the time that it needs, and we will talk a lot about time in the process. We will explore what does it mean: time, and what does it mean: time for healing, does healing really need time? For this we will use often this term.

So not to forget: every time we mention energy, it's something that I can attune to. Movement is not static. I'm not looking at something static. I'm aligning with the movement. It's like listening, and you follow the music. You follow the first violin of an orchestra. You follow the piano of an orchestra. So, there are many instruments, there are many sounds, but I want to follow one. Listen to your physical body and to your organs. I want to listen to one, although there are many. Your body radiates subtle information through many organs. I want to be very specific. When I check your energy, I want to find the one that I need to feel, because there is an imbalance.

How I do that is I align with the movement. I'm not tuning in with something static. I'm tuning in with something that's moving. For our work this is a significant thing: to release my mind and my world perception from fixed things, like that everything is subject to change, and healing is often the restoration of the original movement that a human being finds back into its original movement, into its essential movement. We will explore this later.

But the term 'energy' is important for me for the meditation today, and then the next time as well, because I want to train, I want to do like an issue on meditations, where I suggest a certain path in the meditation, and then we can use the next two weeks to practice this in our daily life, and then to come back with the abilities, difficulties, insights, and then to refine it.

Great! So that's just for the beginning and then we will continue with the rest later.

Begin Meditation

So, if you want, you can just sit with an upright spine. We will go on a journey together and we use attunement to movement in different variations to train our ability to attune. Just remember again, attunement means—it's like an instrument that we are attuning to, which means we join a movement. Attunement is—we join a movement, and that's what we're going to do now.

If you want, you can close your eyes and just let your awareness drop for some moments just into the simplicity of sitting—the simplicity of sitting. Every time you exhale, you let your awareness drop deeper into the body sensations.

When I turn my awareness to the inside, I immediately see: wow, actually, there's so much more information than there is in my regular waking consciousness. When I'm busy with my life, with the external world, out of good reasons, I dim down my inner world experience, which is also good to do, because we have to be aware of our external life.

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But which also means that, actually, I want to be able to use all the information that there is, if I need it. I don't have to do it all the time, but if I need it, I need to be able to access it. So, when I tune in with the movement of my breath, my body posture, maybe immediately I see: wow, there are areas in my body that are very easily accessible. There are others, where it takes some time for information to appear. I keep it in this dropping movement, and I dive into the ocean of sensations that my inner world consists of.

So, as I dive through my breathing, I'm aware of the way I'm sitting. I can also become aware of the areas where I feel a lovely streaming movement, and the areas where I feel like patterns of tension. Just exploring my physical body as flow and movement and holding and tension. I see some areas are more tense. Some areas are more open.

I can also attune to the movement, and then I will feel the joy of life energy moving. Everywhere in my body there is streaming, and I tune in with it. There is also kind of a joyful underlying quality that comes with streaming movement.

And then I tune in with the more dense or tense areas of the tension patterns in my body, and I see if I can do that with as little resistance as possible. I could say yes to the tension, with the curiosity. Maybe it's even a bit uncomfortable to do that. I'm becoming a friend of the tensions that I focus on.

I explore it already with the eyes of change or movement. One part of my body is moving. Another part of my body is reduced in its movement.

And then, from there, let's play a bit with the physical body first and let's say, okay, I want to become more skilled in accessing every little detail of my body.

[00:20:00]

So, my interior competency, my inner body competency, means that I can access the information of every part of my body.

We start with bones. So choose a bone in your body. It will be good to choose maybe one that is a bit bigger. And to do what we started with. See if you can attune to the quality of the bone, so that my perception can notice the uniqueness or the unique energy of the bone, the unique movement of the bone. Play a bit with attunement, like you're looking for a radio station with your radio receiver, until the music is clear. Find the right density, until you get a real clear feeling, or maybe even an inner image in the feeling of that bone. If you can see the bone and you can feel the bone, and have two channels of perception joining.

If that's too hard, let's start with just sensing the bone. Once you get an impression, stay with it. Stay concentrated on that perception... Stay concentrated on that perception. See if you can stay with the quality of a bone without losing it by thinking of something else, by being distracted by the exterior world, or whatever. Let's see if you can stay concentrated on the bone.

Every time my mind wants to think about something else, my concentration stays with the bone.

And then I change and I feel into any bigger muscle in my body. I choose one muscle, and I tune in with it. I feel it. And I see if there is a subtle difference in feeling a muscle and feeling a bone. And, actually, how do I change, what kind of function do I use to change from a bone to a muscle? How do I switch? It's the process of switching. I can go forth and back and play a bit with the switching. It's the switching.

See if you can stay concentrated with the switching, or with either one of them. If you start thinking about other things, come back. If you want to experiment, you can also see if you have an inner image and the body sensation. If that's too hard, you can just use body sensations.

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You feel the difference in the tissue. Of course, there's a rational difference, but what's the experiential difference—what is the subjective perception that is different between a bone and a muscle, a bone and a muscle?

Great. And then you let go of this. Let your perception—let go of it. You can exhale a moment. And then you choose an organ in your body. Choose an organ, and do the same thing. Attunement is as if you listen to a unique instrument that plays a melody. Every organ has a unique melody, has a unique feel to it. Feel it until the perception gets clearer. If it's harder at the beginning, everything is fine, but stay with the beginning of the perception, even if it's not clear right away. It doesn't matter at all.

Let the first perception concretize. Let it expand. Keep listening, listening, listening, listening.

Now, you just change to another organ for a moment. You switch to one other organ... It's the same thing, you set the intention. You let the first impression appear. You have the first impression—you dive into it and you let it expand. You listen to it and let it expand, until the first attunement opens up to a whole field of information.

If your mind jumps around, let it do its movements. Come back to the perception.

And then we let go of it. Exhale for a moment. And then let's tune in with our brain. Let's see if I can get a feeling of my brain. Is there a way to the subjective perception...

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Once we have our first impression, let the impression intensify. Listen to it and let it expand. Even if you doubt at the beginning if it's imagination or perception, don't worry. Let's drop this for a moment and stay with whatever is the first thing that arises, and you trust the first impression, and then you listen to the first impression and let it become more clear.

If you want, you can also include your spine, your spinal cord, and just feel what's the difference when we tune in with our nervous system. We feel our nervous system.

We can also see if there are certain qualities like activation, relaxation, tension. Just stay for a moment, concentrated.

Then slowly you can let go of it again and take a short rest. Take a breath. Let your whole perception system relax. Enjoy the spaciousness that appears when we let go of perceptions, like there's a lot of inner space.

And then we just continue with one more thing, which is our emotional landscape, and we now see, when I switch from my physical body to my emotional world, what's actually the difference, and how do I switch. Of course, on the one hand, everything is connected. On the other hand, I changed something in my perception to only tune in with my emotional bandwidth. I can see if my emotional body is open, if it's more contracted. If certain qualities are open or contracted. If I feel very inclusive of my emotional world, or if I'm being selectively inclusive, or partly exclusive, or selective, especially with emotional states like fear, anger or shame.

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I give myself a moment to just rest in more refined awareness of my emotional state. I got a first impression, and now I let the first impression expand. I can play a bit with what's the difference to my physical sensations, if there is at all.

And then I can let go of my emotional landscape and come back to the inner spaciousness. Just for a moment I get that feeling of my mind, my mental landscape, and I see what's the difference if I feel my mental state, the state of my mind.

I can let it go again, and just get a feeling of us as a group. There are so many people worldwide, but at the same time they're attuned to the same or similar purpose, motivation, intention.

So, let's get a feeling of us, even if it sounds maybe abstract at the beginning. In the subtle world we are not that far apart. In the world of perceptions, we are not that far, we are not that separate. I can get a feeling of my Sangha, my group of studying, researching, practicing.

Again, do the same thing. You set the intention. Intention gives a first impression. Trust that first impression. Let it expand by listening to it, feeling into it deeper.

Feel that field that holds so many qualities, so much competency, feel the power, intelligence, different competencies.

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There is a subtle connection, where we are all contributing to that subtle field. We're feeding it and benefiting from it. And then I can let go of that as well and just become aware of awareness itself. Awareness is aware of the collective perception, as well as of my mental perception, my emotions, my body. There is awareness itself witnessing presence, timelessness, simplicity. I'm aware of the fact that I've perceived. Let's just stay with that awareness.

Just resting with awareness, as I'm aware of my thought processes, my feelings, my body sensations. Keeping a spaciousness, which more and more turns into a burning magnetic presence, emptiness, where I'm just here in a very profound way.

Let's allow that presence, in a way, to stay, as we slowly come back. Take a deep breath, feel our body.

End of Meditation

[00:45:00]

Good! Great! So we are going, like we did today, to choose one bandwidth of our experience, and we will explore it deeper and deeper. And then we will use the two weeks—and I'm sure there are some people in the course that are very skilled and trained to be perceptive of body functions, body structures, physical structures, and there are some people that are using and practicing this less. In order to come more and more to the same page, even if that's already something that we are using anyway, let's include it in our practice for two weeks.

And I will always give some new things to practice, in order to see that, on the one hand, I can have more knowledge about healing arts and about different aspects of our psychological, but also our spiritual development, but also I can become more and more of a tool, an alive, living, walking tool—or ability—of healing. So, I can have the meta-perspective and the knowledge, and I can become more the energy itself.

So, we are going to explore more and more how that works, what that means, and how these inner acrobatics work. It's like becoming an acrobat: an inner acrobat of consciousness, in a way, so that my interior is becoming more and more fluid, less and less fixed on my own experience, so that I can easily and more skillfully attune to whatever level of being—in myself and another person, a group, a social structure, a cultural structure, a kind of an organizational structure, because I'm able to host this dimension in myself clearly.

We said last time that one of the functions of listening is that I can have you in me as clearly as possible, like the moon has a reflection in the lake in the middle of the night, in a still water. My energy field is so open and flexible, that I can have more and more possibilities of life, possibilities of the body's emotional worlds, experiences, mental capacities, spiritual levels of development represented in myself with less and less interferences, which creates understanding, compassion, love, and ultimately sends out a very strong impulse of healing.

In my practice I want to, of course—and we all know how important it is—to release and integrate my own contractions, traumas and conditionings, in order to be as big of a space as I can become. We have seen last time that there is consciousness itself: witnessing awareness—that's the subject of our spiritual practice. Therefore, the meditation practice is so important for our work, because I need to have more and more moments as witnessing, more and more moments as a witnessing consciousness itself. So that witnessing becomes, actually, an underlying current in my life. Many people experience this when they give sessions, when they work with people. This quality becomes stronger. Sometimes, when we are involved in our own life, it goes more to the background, because the identification gets stronger.

But eventually we want this to be an underlying current 24/7. That's the best. Therefore, the meditation practice that we suggested last time is very important.

The Anatomy of Our Energetic System

But then, now, today, we want to go into the anatomy, in a way, of the energetic system, to see, what are the skills that I believe we need to develop in order to skillfully dive into, accompany, and help evolve certain energetic conditions or structures.

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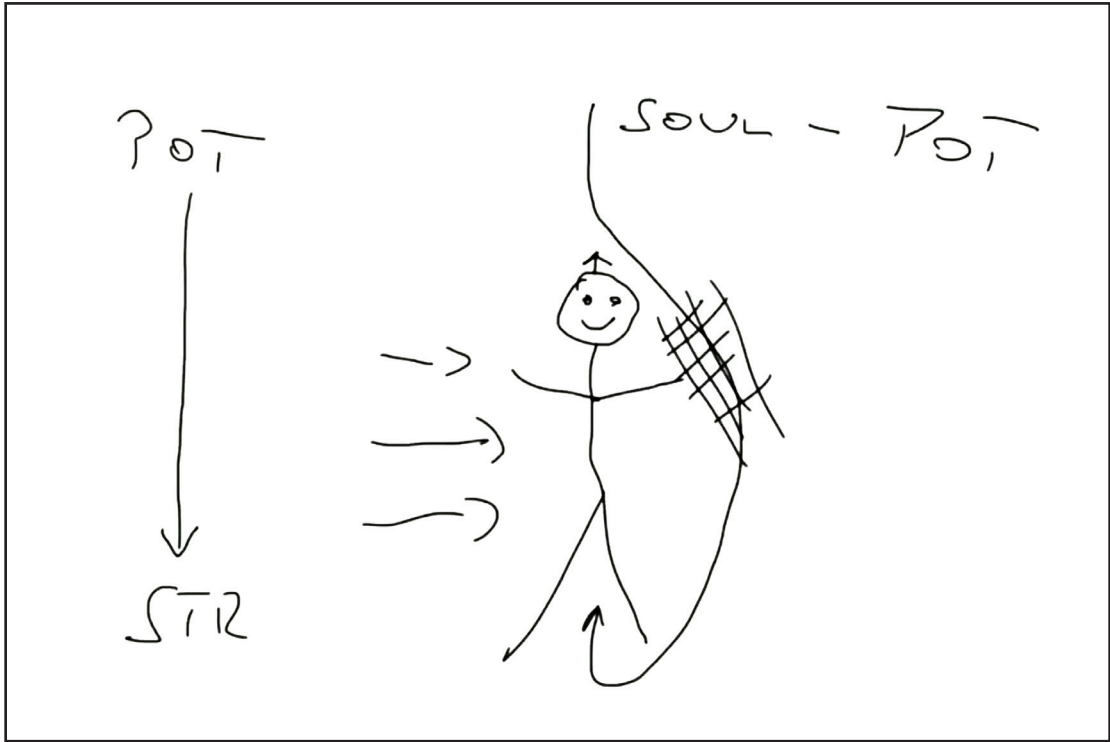
Energetic conditions are: the physical layer, the life-energy layer, the emotional layer, the mental layer and so on. I will discern them for the purpose of learning. Of course, they are all always connected. They are not separate, anyway. But for our exploration we will separate them for some time, in order to practice just one bandwidth intensively, and then another bandwidth intensively, so that we can combine them at the end into a holistic life.

So, I want to start with, and, I think, we are all aware of this, that there are three main bodies of experience: our physical experience, our emotional experience, and our mental experience. Seems so clear to us, but, actually, what I see all the time, and, I'm sure, many of us see all the time, is that there is synchronicity of these three stages of experience, although we all take them for granted. Which means, evolution developed through the physical sphere, through the emotional sphere, and the mental sphere, and came up, eventually, right now, with the rational layer, the scientific layer of life, our neo-cortex, and all the higher functions, but, actually, how synchronized and grounded are these higher functions in and through my emotional and my physical experience?

So, a lot of the work that I see that is being done in therapy, for example, is to resynchronize these three levels, so that we literally have, again, a coherent message or information sent out through our cognitive functions, emotional functions and physical body functions. We all know how good it feels, if we get a coherent message, and we all know how much tension gets transmitted, if those three elements are not synched up.

Core Motivation and the Central Channel

For the start, I will today draw a few things, and I'm going to start with this right now. So, I will change the screen now to a piece of paper, and then I will just —for you to have also some of my high artistic outputs. People who know it, know that I am not the artist in the family. But, for now, I hope you see now a piece of paper.



Drawing 1

Let's say, we talk about energy. Energy is like a comet, a comet happily flying through the universe.

So, the comet is flying that way [Thomas indicates the comet flying to the right] and it has a tail of dust, a tail of dust, let's say. It has another tail layer of dust, and it has another tail layer of dust, and maybe another one.

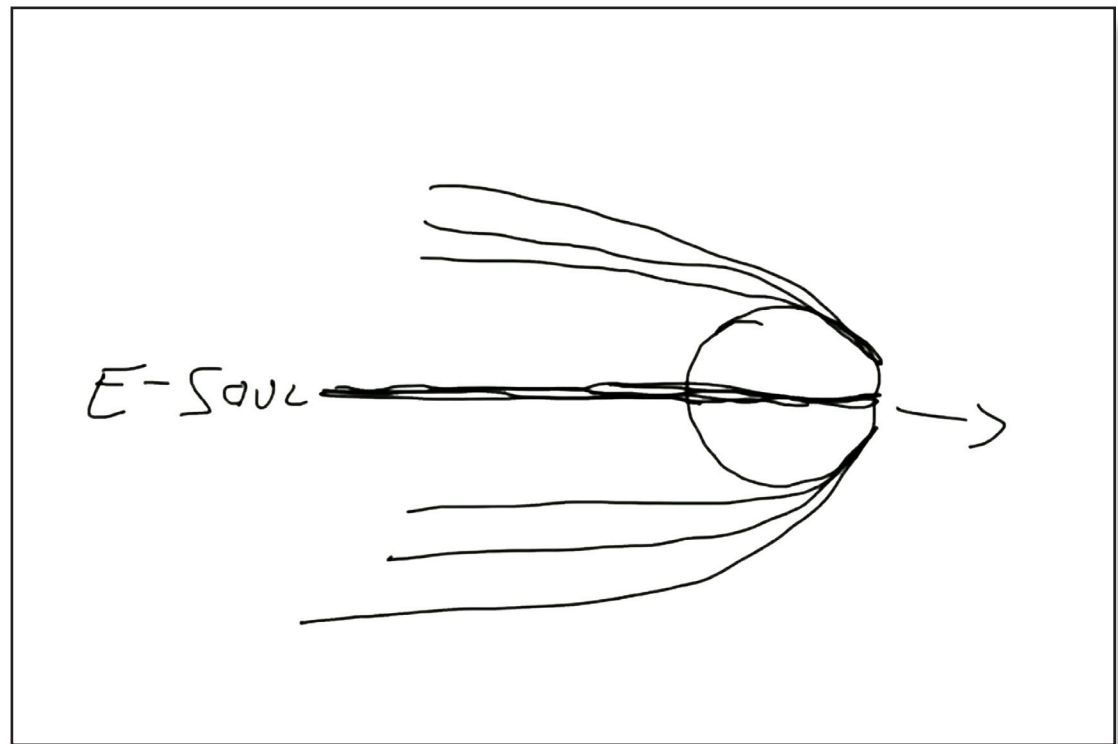
So, let's say, essential energy, what we call here in this work essential energy—here we call it essential—this is also, this equals our soul energy. That's our core motivation. In the center of our spine, in the central nervous system, there is our core motivation. [Draws a line running through the center of the comet.] That's the energy that incarnates—and I will draw another drawing afterwards, as an illumination of what I mean by incarnation, by becoming into life.

The central channel holds the essential energy of our being, and this creates a movement. As we said, the soul is not a thing. The soul is an impulse. It's a movement.

[00:55:00]

It's a spark of the Big Bang that is incarnating into life, that's coming into life and creating a form. I will close this for a moment and open another one.

Evolution: The Interplay of Potential and Structure



Drawing 2

When energy comes into life—some people know this drawing already—here is our happy human being. As I said, I'm not the skilled artist in the family, but I do my best. Doesn't look like it, I know.

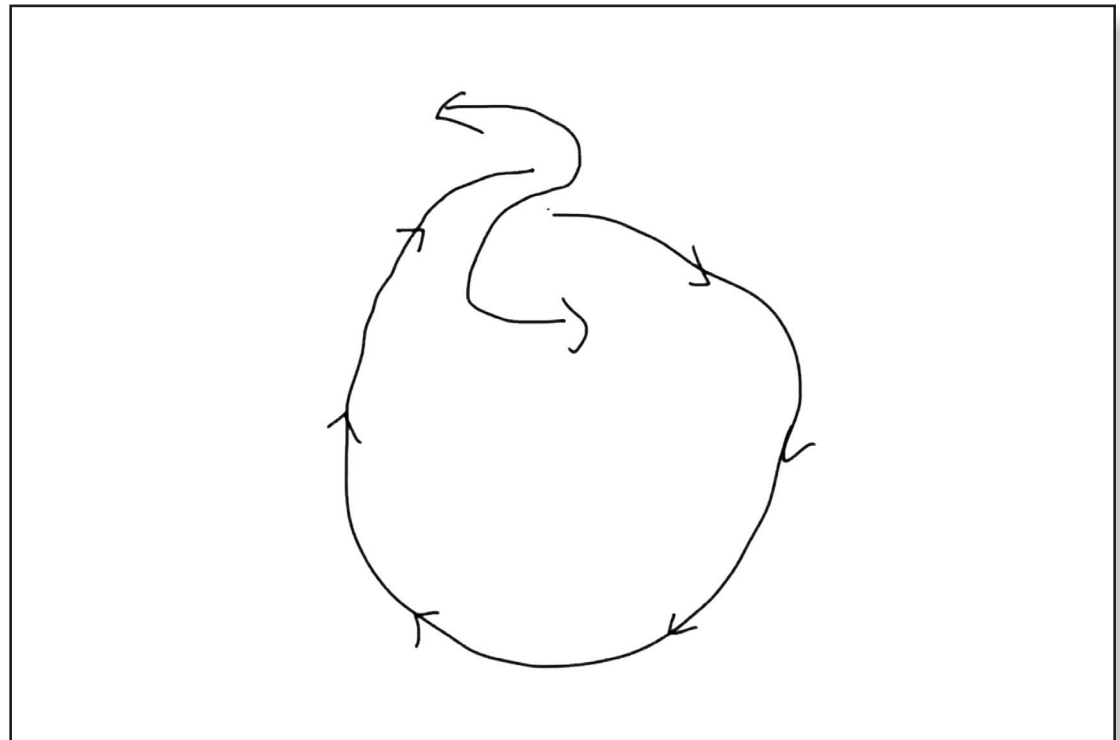
So, that is our soul that incarnates, [Thomas draws an arrow] and it incarnates through a karmic layer. [Draws a grid across the arrow]. I will explain this more, what this means.

So, the new—this is also called potential [referring to the soul]—dives into hundreds and thousands of years of life. The insight, which is the new spark, the soul, is an impulse of light that dives into the structures that human consciousness built up through hundreds and thousands of years of life. At the end, eventually, we start growing, we start developing, and we find ourselves in this life.

But for our work it's very important that—here is potential and here is structure [Thomas writes “POT” on left upper side of the drawing and “STR” on the lower left and draws a down pointing arrow between them]. In the mystical teachings, we call the sphere of the human being the translation of potential, potentiality, into structure. My physical body here is already a structure. My emotional body is a structure. My mental body is a structure. Society structures, all the people that I know, my cultural contribution, is a structure. Companies that I build, the work that I do in the world, what is it? I need structures to manifest myself in the world. So, it starts with the closest, which is my body, my emotions, my thinking, but it's also what I create in the world.

The Movement of Essential Energy

The realm of the human being, in the mystical teachings, we would call **“the translation of potential into structure.”** The divine realm we will call **“where from nothing something appears.”** So, when from the sea of all possibilities, energy appears and something gets born, as we said last time.



Drawing 3

Like the Zen circle, something is being born and needs to fulfill its energy, in order to return, eventually, into nothing. That's the Zen circle, and the Zen circle is open, because here, [indicates the opening of the circle] intelligence is being exchanged. Every human system is open, as long as it's alive. It needs to breathe. Most of them need to eat. Most of them are wired by external impulses. My brain is composed out of so many things that I absorbed in the world.

How I think, I think, sometimes, that it's so unique, but, actually, I'm resting on the giant of hundreds of thousands of years of human evolution. And I call it 'me.' Which means, I think often that what I think is unique but, eventually, it's not that unique. First of all, many other people also think that way. Secondly, I am just taking on what life already developed anyway, before me. My emotional system is not so unique. Maybe it has a unique coloring, but it's not so unique at all. Life tried it out for many lifetimes already, and maybe there it, more or less, worked—or not. We don't know.

The Zen circle—and, I know, that's not a beautiful circle, but I hope your imagination can bring this into a circle. We will work a lot with this: that from nothing, as we said last time, from emptiness, as the Buddhists call it, from the sea of all possibilities, from the underlying playground of reality, something appears and is being born. It fulfills its cycle, because it needs to discharge the energy that it has. My soul has an energy.

[01:00:00]

And that energy is what motivates me every day to do what I do. The more I come closer to what I really feel is my core motivation intelligence, the more happy I will be to do what I do every day. I will say, „Oh, I am in my place. I am living the life that I want to live.“

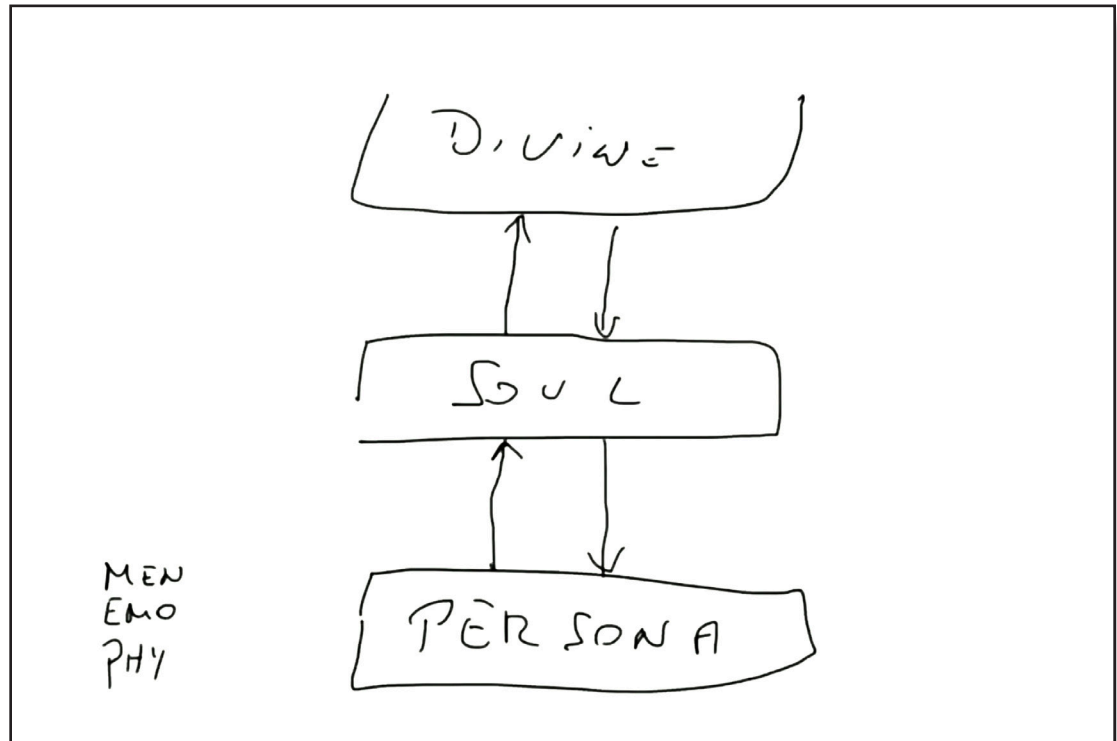
So, actually, the Zen circle represents an open circle, which means an open system. And we will come back to what that means, an open system.

[Thomas refers back to Drawing 1.]

The comet is this Zen circle, the central line, the essential energy is, basically, the Zen circle. The comet flies through the universe in a circular way.

[Thomas refers back to Drawing 2.]

Here we have the human being, and we have the human being growing, developing. But inside a human being, the soul's impulse is growing through the structures of consciousness: the physical structures, the emotional structures, the mental structures, society structures, structures of different lines of intelligence—artistic, scientific, cognitive, moral, ethical, intuitive, whatever.



Drawing 4

But eventually, the spiritual journey wants to take me beyond the soul. And here is another. (You will get all these, also, as images, because we will return to them again and again.)

We could say, basically, that here is the Divine, the divine realm. [Thomas draws a rectangular box with “Divine” written inside] Here is the soul. [Draws another box under the first with “Soul” written inside] And here is the persona. [Thomas draws a third box under the first two with “Persona” written inside]. And there are downward energy streams and there are upward energy streams.

[01:05:00]

We will work with these three dimensions. The persona is, actually, again, divided into a physical, into an emotional, and into a mental structure. But we will work with the three dimensions. These are the three big dimensions that we want to explore, because we need them for the healing practice later. And we see that they are not separate.

As I said, everything that I draw here, everything that I share here, is not the way it is, but it's the way, how we look at it now. Everything that I draw here is not the way it is—that's very important to me—it's the way we look at it now. Let's take this as a kind of a hypothesis for this course—that even if we structure certain things in order to explore them, in order to find out more about them and about their essence, after all, all those things, of course, are not separate. They are even not-two. They're all not-two all the time.

But for our exploration it's very important to dive into them specifically, and also to take the concepts that we use here as temporary concepts, in order to have the fun exploring something, and then to also be able to let them go again, because, maybe, later we will find better functional concepts that describe whatever we want to describe, in a better way. So it's not "this is the way it is" thing, but it's more like "this is the way we look at it for now—because it's helpful". But, actually, it's subject to change and to evolution. For me it's important to say that, so that we keep the freedom of movement in the concepts themselves.

[01:05:00]

So, energy—now I want to come back to this first, to here, to this one. [Thomas refers back to Drawing 1.] When the comet is moving, the movement generates different streams of energy. So, my soul incarnates, and one stream of energy that it expresses is a physicality. The more physical something becomes—look at the table in the room that you're sitting in, if there is a table. (If not, use the chair, or the sofa, or whatever. Something will be in the room.) In the most physical dimension, we say, the table has a high level of structure, and has very little dimension of free energy. So, the table is actually changing quite slowly by itself, because there is only a little free energy. The higher I go, or the less dense things are, the more free energy—which means potentiality to change—there is.

Again, it might sound a bit abstract at the beginning, but, I think, it will make sense very quickly. We said the human dimension is the translation of potential, which is free energy, into structure. That's evolution. The interplay between energy—I can show this here again. I think this is here. [Thomas refers back to Drawing 2.]

When the soul equals the potential, that's my life's potential. The structure is the structure that I anyway need to go through. We all need to learn to walk. We all need to learn to speak. We all need to develop our emotional systems. We all need to learn thinking to a certain degree. So, there is a given process that I, anyway, need to run through in my evolution.

The Coherence of Structures

But that's the structure that human life has already developed. That's not really new. It's going to be updated continuously, but there is a dimension that is not new. At the same time, in my life I'm bringing also an update, a potential update. This potential update is represented through free energy potential, here.

So the more structured things are—structure has a coherence. A table wants to stay a table, and my body wants to stay the body, and I'm happy that I, after this call, can coherently—hopefully, coherently—walk out of the studio that I sit in, and all the cells in my body will stick together, as they did when I came here. That's a very helpful function.

Another helpful function is that I didn't need to learn to walk this morning, because I can do it already. My brain has a wired function-structure to walk, and we all know that.

So, the structure has gravity, for the healing work that's an important thing. I need to know that the more a trauma is already fixed in the structure, and, maybe, after the generation that it has been passed on from, in a country where there has been a war, and the next generation has the trauma as well, as an encoded traumatic information and wired symptoms in the body—for me, that's important, because the more it's structured, the more energy I need to dissolve it. Again: the more something is structured, the higher energy I need to melt it, in order for it to become fluid, in order for it to evolve.

So, in order to change the table that is here, I need more energy to destabilize the structure, in order for it to have another potentiality, to become something new.

[01:10:00]

So, for the table, I'm happy that the table stays the table, but the hardwired trauma, I am not so happy if it stays a trauma, because then it continues to create whatever it continues.

So, if there are physical symptoms in the body, and something has been already manifested in the body, I need some sort of energy to melt the structure, because the structure wants to stay what it is. Therefore, the earlier I catch the trauma, the earlier I catch whatever the conditioning, the hardwired stuff, the more potential to become something is there. The longer it exists, the more it's already something. It became something.

That's also important for my aging process, because aging is exactly that. The free energy starts to manifest, and, maybe, not everything from my life's potential will manifest, because some things might not manifest, because they are too stuck. But the stagnation of my body, the longer it exists, will more and more want to stay what it is. We call this a kind of gravity: the gravity of structure.

Structure has a coherence, and it's great for us. All the functions that we learn and that we need to use again and again, it's fantastic, because we can rely upon them. If you create a company, and you want to rely on the people that you work with to do the work that is needed and to be responsible, and you want to rely on the therapist-client relation, because you want to rely that the therapist is still there when you need him, and that there is a trustworthy structure there. So, we want to rely on structures, but, actually, that's also the main thing that we are working with—the hardwired structures, or any kind of structures that create symptoms that we suffer from.

So, in the mystical work, we are looking: okay, how and where do I find the energy, the appropriate energy that helps me to dissolve the structural symptoms, in order for them to be able to move again? We will go much deeper into this later, but this function is very important, if we talk about mystical healing or spiritual healing, because there are different higher levels of consciousness that hold the resources to help me in the more personal dimension to change the course of my life, in order to flow and evolve into a new dimension.

Evolutionary Tension

Let's just rest for a moment and see. We talked about many things and I will come back to them again and again and expand those things, but these are the basic terms that I use all the time. Therefore, I want to introduce some of them today, and next time, in the next sessions, for us to have the basic framework that we can start to work with, because not everybody that joined this course heard those things before, and we will need these images or these metaphors all the time.

Let's just rest a bit with one thing that I said—that the human dimension is to translate potential, and the potential is a new insight. The potential is the soul that incarnates, like the intelligence that I come with into this life. But every moment, the inspiration that I have when I suddenly get something new, that's what drives innovation. That's what keeps me inspired in meditations, and suddenly I have insights, and I realize something that I didn't know before.

[01:15:00]

When we talk with each other, and we have such an inspiring dialogue, that we both go out from this dialogue, and our neurons are gleaming: that's the energy that gets me excited about new things. That's when I say something, and I know what I said just now is new, it's spontaneous. I've never said this before, and I am surprised that I said that.

That's already one aspect that shows me the progress of my spiritual practice, which is that I say more and more things that I am myself surprised by. So, an evolving life, an evolutionary life, when I can say that my life is developing, then I have to have more and more moments, where I say things, or suddenly know things that I didn't know before. I need to surprise myself more and more often. That's when I can say, I am on track. I am establishing and living in a deeper and deeper connection to something greater than my persona and my personal life.

Of course, that's a fantastic function, because every company, every human being, every relationship, every social context loves to have this quality more and more, and I believe that the spiritual practice shows us, actually, how to have this not randomly, but trained as a competency. So, the potential, the potentiality is the future, it is what I can become, and the structure is the hardwired past that I have already expressed, as the newspaper of yesterday. That's what I already wired in myself. These are the developmental stages that I went through. This is the gravity that creates a tension with the future.

As a human being, I will live a lot of my life in the tension between potential and structure. As I said, structure is crystallized energy. The more physical it becomes, the less free energy it has, the higher we go in the development, the more free energy it has. So, its structures are changing faster.

But there is the future potential and the structure, which is actually an already crystallized past, and in between is the evolutionary tension that gets me motivated to do what I do every day.

Maybe we just let this rest a bit with us before we go to the Q&A portion of this call. But, I think, that's a core principle that we work with. As we said, there are very positive aspects to structure. Structure is not good or bad. We just need to know how to work with it. And there is always a potential sleepiness in the structure, because structure wants to stay structure. I need to know this in the healing work, because there might be progress in the healing, and then suddenly it looks like it drops back to what it was before, because structure has gravity. Addiction patterns, thought patterns, traumatic patterns, passed on transgenerationally from our parents—they have gravity. In order to change them, we need to overcome gravity. As we all know, it's hard in our own lives sometimes to really change one pattern radically, so that it doesn't come back.

Once we understand the dynamics of structure, and how structure has gravity, and how the future is becoming, but it's potential. It's not yet sure that it really will become what it wants to become. It's a potential.

[01:20:00]

Often people come with a strong tension that they feel a strong potential, but, actually, when they look at their life, their life is much smaller than the potential they feel. And that inside there's a lot of feeling of what can be, but, actually, outside there is just a much smaller version actualized.

We will explore more and more how the waterfall of manifestation works, what the mystical principles tell us about how, from energy, structure is being created, and, of course, how we can reverse the process. So, in the healing work I sometimes say: if you take a spoon, a group is actually a spoon, and what we do, when we work with higher consciousness, is, we take a spoon, we lift it up. It's like, as if it's getting hotter and hotter. The heat is rising. The spoon becomes fluid. Then the spoon can be changed, and then it comes back and cools down, and it is a different spoon.

We will talk about this process more, but that's how we can use the higher consciousness as a very free energetic impact, in order to work with very substantial structures—to speed up the process of change through, basically, our future. So, we use the future to rewrite the past. This will be one of the things that we will learn and practice a lot: how we can actually have access to this higher consciousness, and how we can use it in our own life and in the work with other people, so that we can benefit from that higher dimension in our daily life.

Just at the end of this portion of the call, let's see. I know, that's a lot of information, but, as Nicholas said, all the modules are designed for you to not only to listen to once, but to listen to it more often, and to take—to inhale—it again and again, because we will see more and more details in it.

Reflecting on Free Energy and Structure

Let's just sit for a minute with potential and structure. So, what is your own understanding of potentiality—free energy, what we are becoming, what human beings are becoming, what bigger cultural movements are becoming; and structure—crystallized energy, crystallized potential, gravity, wanting to stay, where life wants to stay what it is. My pattern, my thought pattern, my fear pattern, my addictive pattern, my pattern that I make from you, once I know you in relation, wants to stay what it is. Where do I know from my work is the correlation between becoming, the future—and the past, structure.

We can explore it until the next talk. When we tune in with our life, in everyday life, and I'm sure many people here have the opportunity every day to explore a bit, okay: when I look at a person, how do I get access to the free energy, to the intelligence that wants to manifest, and how can I attune, how much of this potential is manifested, and what does actually manifest mean? So, when I see a person: the index of free energy and structure, and how much structure is dynamic or too rigid?

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Dynamic structures are great, because they are subject to appropriate change. But when structures get too dry, there are side effects. So when I tune with a person, is there a healthy amount of structure? Is there too little structure? Or is there too much structure, which means the whole life becomes too fixed. And what is actually a healthy balance between free energy? Because only free energy means that I cannot ground my life. I cannot bring my life on the road. Too little free energy means that I'm not inspired. I don't, actually, know, where I should go. I don't, actually, know, what I should do with my life.

A healthy balance means that I'm very inspired, but I have the ability to manifest my inspiration as my life. So, the rubber hits the road, but the driver is inspired. So, that's a cool combination. In the spiritual practice, we actually want this combination to be that way, because a too weak structure cannot hold the power of spiritual development, and too little free energy doesn't want to spiritually evolve. So, we want to have a very good balance, and we will have to look at this balance, because that's what many people come with. My responsibility is to see, who are the people who cannot do a spiritual practice—or only in a reduced form—because they don't have the structure.

So that's a very interesting topic. I think we will talk much more about that.

But we will take it now, we will let it sync. Maybe before we do that, let's have just a moment of silence to take this in and ground this information, and see what resonates for you, or what doesn't resonate for you, what leaves question marks.

And, at the end, also note that, maybe, you can—we'll talk about this next time more—but, if you want to, you can also be mindful of the field that we create, because there are so many professionals, there are so many people who carry the intelligence of healing in themselves. This is a great resource that has all of our backs, which means that, when you do healing work, and we are connected in a field, it supports me, and vice versa.

[01:30:00]

So there is a kind of a subtle field of consciousness where, when we are mindful of it, we actually support each other, and our collective intelligence is increasing our individual competencies.

Host: And that concludes Session 2 of *The Mystical Principles of Healing*.

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