

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 3.

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. We are back to our mutual exploration here.

Before we go into our initial meditation, as I said last time, we will use most probably often the time at the beginning of the session as a centering time but also as a mutual exploration time where we will focus on different topics, different energies, different aspects of the human being, different aspects of the great three states, which means the gross, the subtle and the causal. Eventually, all of this can lead us to a non-dual realization.

Review of Session 2

So just to remember what we dealt with last time, we started to dive in to the nature of energy. We said that energy is a way to describe movement in a very high, vibrant,—is some form of movement. The molecules in my body are moving, but also the high frequent light experience in a high subtle illumination—like when we look at the spiritual traditions we have different stages of awakening, and one of those is called an illumination—where we step into higher levels of light, the intensity of creation. However concrete, structured, dense or manifest something is, like the table that my computer stands on, or however high, vibrant, abstract something is, once it appeared in life, it has energy.

And valid only when we take the things that we do here in these two hours and we apply them to practice, we explore it, we find what is difficult, what is easy, all the insights, and we bring them together as a practice community. And I've looked through, as Nicholas said, all the questions that came in and I'm going to answer them step by step, however they flow into this course, or I will answer them separately on Facebook. But just to remember again, everything that we deal with is movement. However dense or however high frequent the movement is, its movement. Healing very often is the restoration of the original movement.

I started to talk about the incarnation process last time,—how we look at it from a mystical perspective—how we came into this life, and what are the components, because they are very important. Both components, the aspect that we—like the past of humanity or all the development that happened until now, but also the impulse that we are; the soul, the light, the intelligence, the potential that we bring. Both of those layers are very important to understand which tensions we go through in life, but also in question in my life.

We will also look at what is a question in general? What is a question? What's the nature of a question? And many people that come to healing professions come with a question. They come with an issue with something that works less, doesn't work, something where we need support. So what's the nature actually, the mystical nature, of a question?

I want to bring to our memory again that we talked about energy, which is movement.

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I talked about the crystallization of movement; which is structure, the wiring in my body, how my body is built, the structures in my body, the structures in my emotions, my thinking, the social structures that I developed in my life, all kinds of other structures when I run a company. Everything is based upon the same principle.

There is the density of crystallized energy structure. But once energy is crystallized in structure, it's more or less fixed into one possibility. So the more I go into manifestation, I become one possibility. The higher I go into energy, free energy, multiple possibilities start to open up. But once I become manifest, I, as Thomas, this body, this emotional system, this mental system is also one possibility. And now, just how much am I fixed to this one possibility?

We'll explore more what is my perceptive potential. So what can I really train? And if I get better at it, I will be more differentiated, of course within my own process. I can use even my own process as a reflectory tool for my process work, also with others, and I will be more refined in the attunement with other people. I will learn to differentiate between what happens in me and what I perceive.

We will train—and give more and more exercises how to train—the perceptive system, the attunement, in order to dive deeper into reality.

Before we go further with the theory, please bear in mind that with the theories we are building something here. So even if some of the aspects seem very simple and natural for you, we need some building blocks because not everybody here in the course is on the same page; comes from a similar background. So I will build something that we can rest on, in a way. Some of the things might be very simple, but we will raise the depths of it as we go along.

Begin Meditation

If you want, you can again sit back and sit with an upright spine. If you want, you can close your eyes and we will go again together on a journey, remembering there's a gross reality that's the physical universe that we live in; and in the moment we dive into our interior space we are entering the subtle universe, the universe of perception, the universe of energies, information, movements and different dimensions of the human being.

You might, in a meditation, end up in a very deep silence, empty presence that starts with a feeling of spaciousness that might lead us to a very, very intense absorption in the unformed realm. So we will experiment with those states.

If you close your eyes, take the first moments and let your awareness drop into the body. We start again with the simplicity of the body perceptions. And the simplicity starts with: while I'm sitting, I'm sitting in a certain position; I can feel how my body sits in that position. Another simple thing is my breath and breathing.

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I just notice how I'm breathing, how the interior perceptions start to or, are becoming more dominant. My inner world opens up. My inner world suddenly shows itself in all its colors, fragrances and movements.

Let's dive deeper into the simplicity of my body sensations. After the movement of breath, closure of my body, actually, there's a very sophisticated communication system in the body. Some different parts of my body communicate with each other, communicate with my central nervous system.

That's how I can become aware of the ocean sensation that happens actually, all the time. Most of the time it's more in the background, more in my subconscious. There's this richness. I can travel through my body and let myself explore these streaming sensations, where in my body I'm connected to the streaming movements, which parts of my body I can hardly access.

I can start again with tuning in with different structures in my body, like we did last time with the bones. I start with the bone, my upper leg, the bone of my upper leg. And then I let the first perception appear. I see that I find the right density, the right frequency, and then I go deeper so that more information can appear. I trust the first impression and then I dive into it and listen to it. I see if I can stay concentrated without drifting off and hold the frequency of attunement for some time without losing it.

I still stay there in a refined perception, quality of the bone, the density, and I can also feel how much the bone is actually energized and vital, flooded with awareness.

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Again, I place my perception into the muscles around this bone, and I see what I'm changing. How do I change to feel my muscle? What quality do the muscles have? Different attunement and the right frequency of the muscle or maybe you choose one? And then you keep your feeling awareness attuned without losing it for some time.

Again, get a feeling of the amount of vitality, the energizing effect of my body awareness on to my muscles. Somehow feeling my muscles, feeling awareness actually energizes them.

And then I take it away from the muscle and I tune in with the skin of my skin. I see if I have access to my skin. What's the frequency of my skin compared to my muscles? Set the intention, trust the first impression, and allow the [Inaudible]. For some people, accessing their skin is harder especially when touched, being touched. If there is a layer, an unconscious layer of reduced openness in the skin because of former experiences, uncomfortable experiences, it might be harder to go through it and to feel it. Maybe for me it's very open. It's no big deal. Everything is easy. I can hold the frequency [Inaudible]. So just notice that drifting off is a message. Every time I start thinking about something else, even though I set the intention to be there, it tells me something.

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And then let's tune in with the communication that runs through my body, the connectivity like my local internet, the local internet in my body, and how the whole organism is wired and there's a constant stream of information through the whole body, probably on multiple levels.

I tune in just with the information stream, the communication systems of my body. Which areas seem to be well hooked up to the broadband of my body, to the internet of my body? What are the areas where they are still working in proper connectivity?

The communication system throughout my whole body is a very important unit. Information energizes the blueprint of my body. It brings in higher levels of consciousness into my embodiment. It brings in coherence into my inner body competency, makes my body/mind system a synchronized unit. It fills my body with light, which means conscious awareness. It keeps my body well nourished.

And then we tune in with vital chi energy. Chinese medicine calls it chi. We call it life energy also. So how much vitality and life energy runs through my body, which is similar to the communication system as well. How can I feel vital chi energy, life energy of my body, vitality? It's vital to [Inaudible] life.

If you never did that before, just set the intention. Say okay, I feel the life energy attuned with life energy. Through the intention you connect with that level of your being. And then just trust your first impression. It might be a visual impression, a body-felt impression, kind of an inner knowing. And then to listen to the first impression deeper and to stay attuned to it.

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And also to explore different areas in the body. Some areas might have a flowing life energy, some areas may be undernourished or some areas overactive, or pressured, some areas frozen, [Inaudible] joyful.

Great. And then we include also again our emotional system, just in a more general way. We include the attunements, so I call it, call upon it—my emotional system—set the intention and I see what are the first impressions that arise. I tune into them, let them expand and I see those in the representation in my body. And maybe in my emotional system my emotions are more caught up in some areas, more free in others.

What kinds of emotions do I go through at the moment in my life? Do I feel very balanced—a healthy balance—between the arising of emotions and the expression and the leaving? Do I feel that I'm holding back a lot of emotions or I'm over expressive emotionally, which exhausts my energy also? Maybe there are certain emotions that I feel comfortable with and others that I don't like and chronically suppress, disassociate from.

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And then I turn again my attunement to my mental dimension and I rest there a bit to see how do I change from emotional to mental, rational logical thinking. When I sit in meditation, I can watch my thinking process, or I can be fully taken by it. There's a component of witnessing mental activity and then there is a component of being aware of the state of my mind. [Inaudible] I feel sometimes more contracted, locked.

And also to be aware of the dimension of yourself that you tune in with and how you do that. How do I tune in with my mental capacity? How do I tune in with the mental capacity of someone else? What kind of radio station do I look for with my receiver?

And then maybe let's open again our perception to the group. There's a group of many, many people around the world doing the same exercise right now, setting right now the intention to tune in with the mutual field. So you set the intention to become aware of the community of practice and research.

Even if you didn't do so much of collective attunement before, just be curious of what arises as a first impulse within the subtle field. In the 'subtle-net' we are all connected. In the subtle-net we are not so separate through space and time. We can feel each other, see each other, know each other.

This happens to the collective energy field and we presence it together to intensify attunement and presence and we feel the mutual intention.

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Also, if I become aware of how much knowledge, healing energy, interest and intelligence is coming together, professional experience and that's an energy resource, that's a subtle energy resource.

And then let's just rest a few moments as presence, as the underlying simplicity, the depth, the paper that holds the letters of life, the inner spaciousness, timelessness, the witness. [Inaudible] allow to focus my awareness into the space between perceptions. I listen to the stillness, to the inner space. Maybe there is a feeling of expansion, fluidity of the body, boundaries, inner boundaries.

End of Meditation

Let's start the theory. Today we explore some things within this meditation. I am doing this again and again also to train our attunement. I will say again a few things according to attunement.

Attunement Practice and Setting an Intention

In the energy world, in the world of perception, we have the ability to train our perception for it to become a crystal clear instrument.

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But as we all know, until the fact that it becomes a crystal clear instrument, we by ourselves need to go through a clarification process. Clarification means that I will own back as many as possible parts that I suppressed; disassociated from.

Every disassociation creates a kind of an interference with my perception. So all the unintegrated parts of my energy field will not allow me to have a clear perception. It's like I look through a windshield in my car that has a kind of a distorted glass, so the street doesn't look straight. It looks distorted as well. So throughout our personal and spiritual work development, we clear our screens so that our windshield in the car becomes clearer and clearer, and the street appears more and more as it really is.

Now, in the Kabbalistic mystical tradition, as I think I mentioned this already, there is a saying that says in order to perceive the world in a certain dimension, we need to build an instrument. Without an instrument, no perception. And with an unintegrated instrument, less perception.

Now, when we do these practices, sometimes it will be very easy. Sometimes it will be harder. But that's the beauty of it. Sometimes I feel that I can stay with an internal structure of myself for a long time without drifting off. Sometimes I will feel that I tune in with something, and even if I set the intention to stay there, after two seconds I think of something else. That's already interesting.

For our work later on, when we go deeper into the process work, I will talk a lot about the dis-synchronicity that underlies this symptom. How come when I want to focus on a part in my body I'm not able to stay there? How come I drift off? Because basically, I have the potential concentration to stay with something longer than two seconds.

Now, in the attunement practice, and I said this last time, one aspect is that I want to synchronize my body/mind to become one instrument and not a fragmented instrument. I wanted my crown, my third eye, all my centers, my heart and my hara and all my centers in my body give,—they are like pearls in one chain. They are all synchronized. Usually they are not all synchronized so they are not communicating with each other in their highest performance, which gives me a fragmented experience of my life. And because for me, my fragmented experience is so normal, I call this fragmented experience my self, my small self.

Throughout the inner journey—and most of us in this course already know this anyway,—every time we integrate something, there's a higher alignment which means it comes with a higher vitality, a restoration of the communication system in my body, a better flow of energy and a better upload and download, and I will talk about this. What is my upload and what is my download? We have seen today that the upload was not so successful, so this creates trouble in the communication. This happens in my body, or might happen in my body as well, that my up or my download—and as I said, I will talk in a minute what I mean with this—is not working properly.

In the attunement practice for the meditation practice that we do, when we work on the subtle dimension—and as I said, the subtle dimension is everything from feeling my physical body up to feeling the first creation impulse in creation, the highest divine appearance, first divine appearance as like exhaling the cosmos—all of it is subject to attunement, basically.

Now, when I want to attune to something, it's like I take my receiver, the radio in my kitchen, and I attune it to a certain radio station.

[00:45:00]

Once I put 88.7, suddenly, whatever FM appears. So I set the intention to feel my leg, my bone, my muscles, my skin. I tune in and at a certain frequency, the information of that area and that specific area, my physical development when I was one year old, my sexual development when I was eight years old, my mental development when I was 13 years old, whatever, I can tune in to that specific frequency to the time when the traumatic impulse happened precisely, when the traumatizing energy was entering my body. Not to the effect of the trauma, to the exact point in time, even if it was 40 years ago, when the traumatizing energy hit my body.

So, whatever I choose, I choose the higher potential. When I give a reading to a person about the energy so I tune in with the higher self and I get the whole blueprint of the person, however high or specific or manifest I go with my perception ability, I always use the same principle, and the principle is that I set an intention and I'm clear in my intention. I set an intention. I tune in with myself or with someone else, and I let the first impulse, the first energy arise.

Listening to the First Impulse with Precision

I wait for the first impulse and I trust the first impulse, whatever it is. For some people it's very visual. For some people they know it suddenly. For some people it's very tangible. When I tune in, it's like I touch one string of the guitar. I hit the key of the piano, one key. And then I listen to the tone, to the tone, to the tone. And I can literally train this also with music. I take a keyboard or any kind of instrument that has various tunes, and I play with: How do I listen? I train to listen when there is a loud noisy restaurant and I want to listen to one person. How do I do that, listening to one person?

And then I train this capacity so that I can stay concentrated without drifting off through my mind or my own mental process. For some time I can stay there and this time I will learn to prolong. Why? Because if I talk to a client, a person that comes to me, I want to be able to hold a certain frequency that my energy filled. While I talk to the person, I want to feel that person when he or she is two years old, exactly in the time of the impact of the trauma. I want to be concentrated through my feeling awareness while I speak to the person and become closer to this place, I'm already there much before. And if I'm not able to concentrate my energy, I cannot hold this frequency clearly and I by myself will drift off all the time. So we need to train this capacity in order for it to become a brilliant tool.

So I set the intention. I trust the first impulse. If I'm a very feeling person, which means I feel energies, so this goes through the center of my heart and I will train this first. I can feel how the energy flows through your body. I can feel this area in your body through my body, so I use this because this seems to be a strength of mine. If I'm very visual so I train my visual capacity first. If I'm a kind of a knower, so I will train this capacity first. So whichever channel is the most dominant in my state right now and maybe I trained it anyway because I'm already a professional. I do this since many years. So I will look that all the senses will catch up and that I will have a coherent knowing, seeing, feeling awareness of energy fields, which is nothing but the information that a body radiates. It's the whole information to that person, the storage of the past and the potential future. And everything, this is held in: presence, in unformed presence.

So I tune in, I wait for the first impulse. And then when I have the first impulse, I listen to it and at the same time I dive into it.

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The feminine aspect, as we said, of listening is receiving. I receive this first impulse. I let it in. And at the same time, I dive into it. I concentrate on it. I let it tell me its story. That's what I'm training all the time. I tune in with something, I hear the tone and then I listen to it more precisely. Last time we said a conductor that hears the third violin in the philharmonic orchestra is not playing fully on, that's a high level of capacity to hear the subtleties.

Reading the Book of Life

So once I have the first impression, it's like on my screen, the first impression arises. I tune in with it and then I let it expand, and then it's like I call the website. The first impulse is the website that you put into your browser and then the website appears. And then you can look at the sub-sites of the website: sexual development, physical development, emotional development, whatever I want to know. But I tune in with the cosmic address and I will talk more about this first, of the person, of course, and then more of myself, and with the certain frequency that I want.

It's like I go to the book of life, I go to the index. The book of life is either myself or is a person or a circumstance, a company, a part of society. I look in the index which chapter I'm interested in. I open the page 267 and I tune in with that specific quality. Last time we said a human being is a composition, so it's a book with many chapters, and I want to be able to read all the chapters as I wish if it's necessary.

When a human being comes to me and addresses a certain topic: a topic of relationship, a topic of whatever in their life, traumatization, and in the moment the person concentrates on that topic, it's like there is a backlight underneath the text, which means there's a magnifying glass that the person—through his or her own intention—magnifies for me the letters of the chapter.

So when a person comes already with an issue and is quite precise what's the issue—therefore, if somebody is very clear with what they are coming—it's easier to connect to it because there's already a backlight behind the text. So it shows this part of the book of life is magnified. It's easier for me to read. It's easier for me to attune.

I'm talking about this so much because that's a basic tool that we use, and that's, I believe, a key function, a key ability in the work with people that is very essential. The higher we go in the mystical teachings, the more powerful this tool becomes because I will get access to more and more transpersonal information, and so it becomes more and more powerful. I start training these with very simple things and then I refine them and refine them to very abstract layers of reality.

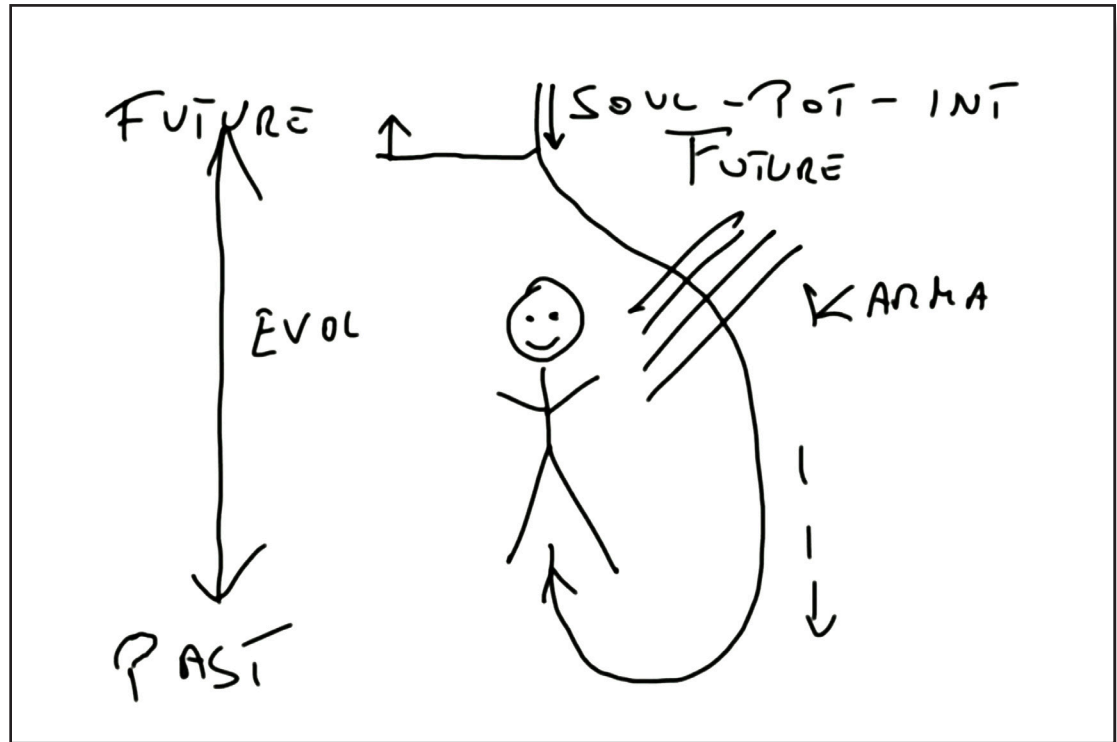
The principle was, I set an intention or the person anyway comes already with an intention so it's easy. I tune in with that quality of the person. I get the first impulse. I allow this first impulse to open up, so I receive it, I take it in, and then I attune to it deeper. And then I get a more refined or a higher resolution of the person and I can get clearer information. Great!

[00:55:00]

So that's the basic tool that we use in all of the classes and how I can learn to navigate in the subtle-net—we call it subtle-net, the whole subtle information—more skillfully. Of course, at the beginning, some of the things will be easier for me. Some of the things will be harder for me. But it doesn't matter because I'm on a learning path and I will expand this into a certain level of excellence throughout my life.

Life Energy

And now, given that, we will continue our exploration from last time. And for today I have two things, one that I want to come back to and one that is something that I believe is very important in our work, that is life energy. So I will go through this too. For this, I will again use our lovely drawing board to show you my real age. It's displayed in my graphics. So here, you should be able to see our board.



Drawing 1

[01:00:00]

The Soul and Karma

We said last time that this is my soul, and my soul is an impulse. My soul is my potential. My soul is my intelligence. My soul is the incoming impulse that brings in an update to life. The next generation is always a potential update to what we have right now.

And the soul, what happens in the cycle of incarnation, as we said it last time, with the Zen circle, is also happening in small moments. The same principle happens when I have a new insight, when suddenly a new idea comes to me or something essentially new, not just a recombination of what I know already but suddenly, voom! Suddenly, I have this new impulse and it's an update to my life.

So the soul is the download. The soul is actually—I'm downloading myself from the future. The soul is also the future. I will explain more about this when we talk about time, the mystical perception of time. The future is not tomorrow. The future is if tomorrow is an updated tomorrow. So if I develop until tomorrow, then tomorrow is the future. If not, then tomorrow is not the future, but the recreation of today. It's a pattern. It's a cycle.

So the soul is basically the future that comes into humanity in order to update something. It's the potential update. But it's not yet sure that I will really embody my soul's potential. Through my life, I need to download my soul's potential through this body/mind, and this body/mind is a composition of the future and the past. Because in the moment the soul descends and downloads itself, it goes through karma. There is dust on the lens. It's, at the beginning, very subtle. The more it comes down, it becomes more dense and the density becomes a lifetime.

The density, as we said, is hundreds of thousands of years of physical evolution, thousands of years of emotional evolution, many years, hundreds of years or thousands of years of mental evolution and social evolution. So the impulse of the soul needs to go through all the levels, takes on all the levels. At the beginning it was a drop of light and it coats itself into subtle bodies, it coats itself into a mental body, into an emotional body until it becomes a physical—the most dense is the physical body—it hooks itself into the physical body and it becomes a lifetime.

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In the moment the first connection at the conception is made, the downloading process happens and the physical body develops. All the bodies develop. And the downloading of the soul creates a lifetime.

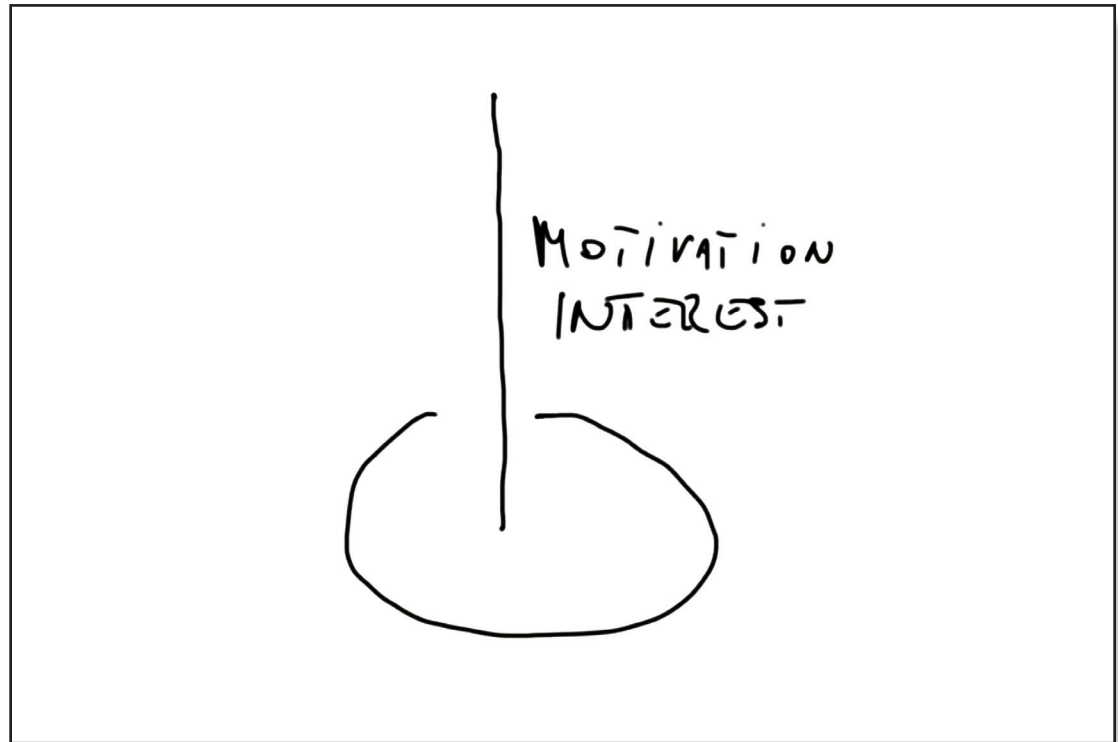
So we are actually living in the tension between the past and the future. There is a tension; the soul and the past of humanity. All of this, as you can see right now, is held in presence, awareness. That's the paper. The paper that you see is witnessing consciousness, is unformed consciousness, is our face before face, in time. So right now, as I'm sitting here and talking or listening, I am my face before space and time. I am presence. I am the witness of this universe. I'm the witness of this moment, this talk, this drawing.

When I look out, I'm looking out through my senses, and at the same time, I'm here as presence, and I'm always here as presence, and that's never changing. It might be overshadowed by what's happening on the paper. Maybe before you didn't look so much at the paper. You looked more at what I was drawing.

So, even if we are caught up in the perception, there's still the paper. When we read a book, there's still the paper. So right now I'm sitting here witnessing this moment as stillness, as inner space, as causal awareness, and I'm aware of what's happening. I'm sitting in a studio, I'm looking at the computer screen, there's a drawing on the computer screen, my senses can sense the information, and my capacity, my inner capacity can process the moment.

There is a tension between the future and the past and that's evolution. Evolution is driven through the tension between the future and the past, between the soul and the karma. It's a healthy tension that drives us forward. Also the power in between, what drives us actually here in the soul is also eros. Eros wants to move forward.

We will work a lot with this image [Thomas refers to Drawing 1] because we see that the incoming impulse is light or higher intelligence. Some people call the layers of consciousness above our current experience, from the soul and higher, our higher self. Everything that's underneath that is our regular personality, our small self, our old conditioned self.



Drawing 2

[01:07:33]

So my current experience is composed out of the line. Let's open another page. Here, a line and a field [Thomas draws a line down the center of the page and a circle around its base]. I think we talked about this as well. So the line goes through my spine. That's the energy through my spine. That's my core energy and it creates a field and the field is my life. Every time we set an intention as a line, we create a field, a possibility, an experience, a lifetime. So when we look at this, [Thomas refers to Drawing 1] this is the same like this, this is the energy through our spine.

So as this energy evolves, it moves up different levels of development. Once this energy has been started, it will be continuous movement, and we call this line here [Thomas refers to the line in Drawing 2] also motivation or deep interest.

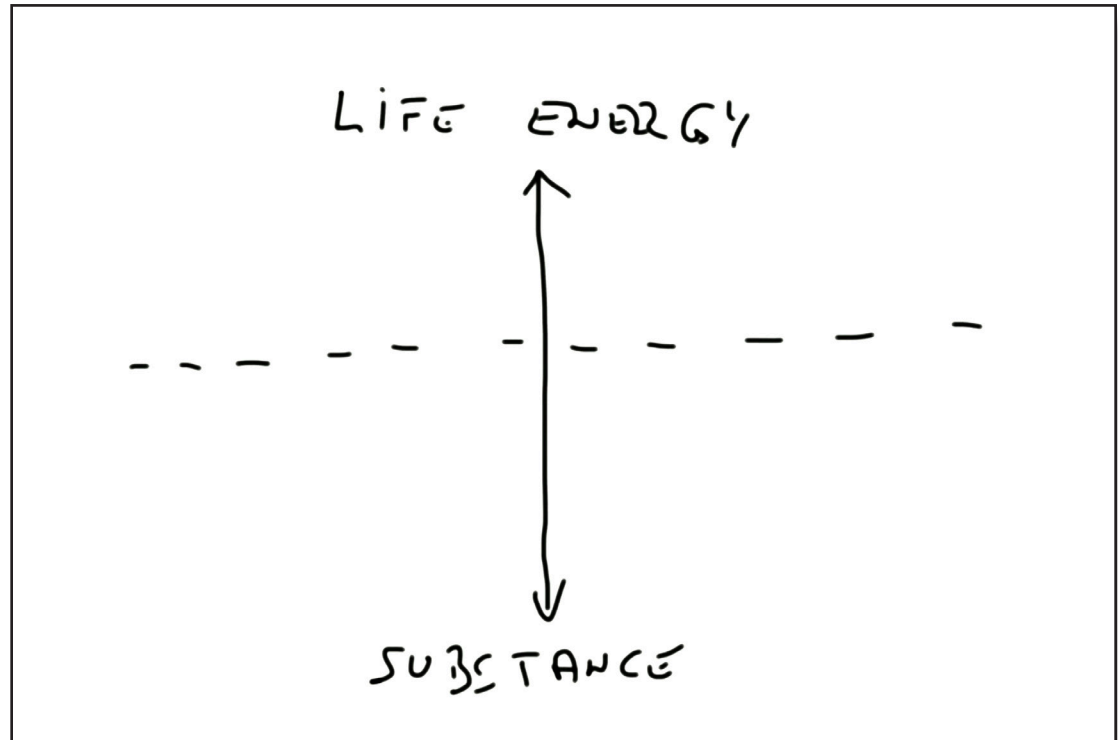
[01:05:00]

The line through our spine is what drives us. What gives me the motivation to get up every morning, to be interested in what I'm doing, to be attracted to the things that I am attracted to. It's what most of the people, when they don't use a word like "soul" or in context where we don't want to use spiritual words because it's not appropriate, we can use "essence" or we can use the word "motivation" because it equals my deep motivation. What I'm really deeply interested in is connected to my soul, and if I live it, it will fill me with joy.

The Interplay Between Life Energy and Substance

This leads us then to the next question. What actually fills my battery of life energy and what depletes it? So when you look at your own life first, when you feel that your life energy is high, your vitality is high, what contributes to a high vitality? What are the things that contribute to a high vitality, why you feel energized, you feel happy to be alive, you feel happy to do what you do, you feel present, your body is energized, there's a dynamism?

What leads to a low life energy level? When do you feel, "I'm depleted?" Maybe you had a session with a client and you feel tired afterwards and you need a coffee. And you know it's not because of biological tiredness. It's the first session in the morning after you had already a coffee. So what reduces our level of life energy? What do I feel as depleting? Which moments do I feel as depleting?



Drawing 3

[01:11:21]

In this work here, we look at the interplay between life energy and substance. So let's see what I mean by that—life energy and substance. Life energy is basically our daily money account. So we have life energy and substance. Imagine you have a daily account. Imagine you have a business and you run a lot of money through your business and you need an account where you have cash that you can give out and come in, and it's a fluid interplay. So life; my daily life energy is basically the daily account, the cash that I'm working with every moment.

My substance is my savings account. Imagine you have a savings account and there is enough money, and it feels like a good base and a good base is something that you rest in. You feel existentially full and safe and good in your base. We will still explore what the base is, also a word that has many interpretations. We'll come later to this.

So there is substance and there is life energy. When my life energy is fluid, I'm energized and I do a lot of the things that I really love to do, or I do a lot of things and I don't resist them or I am very coherent in my own body/mind and I'm less fragmented, less frozen inside. So I will feel in multiple situations throughout my day energized.

[01:10:00]

So, if I live a lifestyle where I have a sustainability in my life energy, I will actually feed back chi into substance. I can build my substance. We will talk more when we talk about the base what actually substance is made out of and what is the substance that we have, what's the base that we got through our development. For some people they got a chronic deficit in their base, and it will be hard to fill up the base. For some people they have a proper base, but let's talk just about the life energy level first and then we add more complexity.

The life energy is what I use every day. It feeds back money into my savings account, and my savings account stays stable. So, if I live a sustainable lifestyle so that my daily account is in a good flow, then my substance will stay strong.

If I have a very challenging phase in my life and I need more money from the savings account, I can take it. Therefore, I have a savings account, but if I take too much of my savings account, I might burn my substance. And if I burn my substance, I run into severe trouble, because then it takes a long time to restore my base again, my substance again. But if I sometimes live in challenging times and I take from my savings account because there is enough, so it takes out money, but then I come back to a sustainable lifestyle and it fills it again.

A lot of our work has also to do with synchronizing myself and helping to synchronize others to a sustainability where the life energy stays high and we actually use less and less of our savings account, our substance. And I think many of us are aware of this where you can take from your substance, take from your substance, take from your substance, and it doesn't seem significant and one day it feels like a big shock because suddenly our life goes out of balance. Either we run into burnout or suddenly many things don't work anymore in my life and suddenly there is a big crisis in my life.

Then I get the real invoice or the real bill of my life standards. Because then it might be that not only did I run into a physical burnout or emotional burnout; it might be also be that this lack of substance is reflected and suddenly company collapses, all kinds of things happen suddenly in my life. Many things seem to go wrong because I didn't take care of it, and one day the whole check comes or the whole bill comes.

I will use the word, “life energy” for the fluidity, the fluidity of my vitality, and my vitality is again connected to my core movement. If I live to a higher degree synchronized with my core movement, I fill my battery. It’s like you have an iPhone or a cellphone and you talk on your cellphone, and while you talk, it recharges itself. You don’t use up your battery. It’s recharging itself, and it doesn’t need a time on the charger.

I said this already in other courses quite often. If I need a holiday to balance my battery loss, I think I need to look at my life because I’m not supposed to have a holiday to balance my battery. My holidays are supposed to be great fun time, time with my family, with people that I love, for traveling, for meditation retreats, for development, for doing other things. But I believe it’s not meant to be that I need a holiday for recharging my battery because I chronically lose energy in my daily life.

[01:15:00]

So, what’s actually a lifestyle that is so sustainable that it doesn’t need a holiday to balance itself? What is a life without creating more karma in order that I need to go again and again through similar experiences? It’s the same thing.

Answering My Life’s Question

When we looked before at the drawing, the drawing showed that the soul and the tension with the past, there is a tension and this tension is also— let me show this again. [Thomas shows Drawing 1] The tension is, when you turn it around which I cannot do now, when you turn this structure, the soul incarnating and coming up as an arrow into my life. When we turn it around, it’s a question mark.

So the tension between the soul, the potential, the intelligence, the karma and the past of humanity is my life’s question. That’s the question that life has through me. All the tensions, all the difficulties, all the insights, all the revelations, enlightenments that I will have in my life are represented through this structure.

The question mark is the tension of the past and the future. When I illuminate my life in this lifetime, I answer my life's question—which is not one question, like one rational question—but it's the dissolving of the tension of the past and the future into an illumination. So then I become a walking answer. I become a walking answer in my life. I will become an innovative force in my life and I answer my life's question, which means I awaken in this lifetime because I dissolve the karma.

But in moments where there is a kind of a leftover residue, I actually lower my life energy, for example, in a therapy session and I'm not fully clear what's the dynamic in this session, and we get, so to speak, stuck in the session. And after this session I feel tired, I feel depleted, and then what happened now? I have no idea how we can go on. Somehow it feels stuck. There's a lot of resistance maybe. If I end up feeling depleted after a session, that's actually a subtle creation of karma, because, first of all, I would think about this session afterwards more often. I will try to find out what actually happened there.

So, there are moments after that session that I still think of it because it didn't resolve itself fully in the moment. But this might also happen that you talk to your intimate partner, you have an argument and then you're still thinking the next day about the last day with this argument because there's a lot of leftover energy that bothers me, mentally, emotionally, physically, and doesn't allow me to be fully present in the given moment with all the people after this interaction.

Homework

Great! So, we have this question of life energy and how life energy translates itself into substance and how I live a sustainable lifestyle with my life energy. That's also the homework, so to speak, homework question to explore in yourself and with the people that you work with. What's the level of life energy that you have every day? What's the level of life energy that your clients have? What's the index of life energy and substance? So how much life energy do I find in people?

[01:20:00]

How much substance do I find in people? And I will not define substance now more. Let's keep it as a kind of an open research question and we come back to it next time again.

When I see a client, how much can I see there is a good substance, so the person actually can live through challenges for quite a long time in a grounded way so that it won't hurt the person? Other people would maybe be in serious trouble in their inner economy after a shorter time. And how life energy fills the substance, so how can I regenerate my substance? And for every one of us personally, what is the sustainability level that I find in my life? So when I look at my current life, how much do I live a lifestyle that is sustainable in many moments? So in my work, with many people in my work, I have a very sustainable session, whatever, coaching work that I do, and I don't feel depleted by my work. Maybe the opposite, I feel very charged.

Maybe with other people, in other life circumstances, in other areas of my life, I feel much easier depleted. And to make an index for yourself, so when I look at my current life, what are the areas where I often get tired, often have residues, often have a bothered heart space so that there is a leftover of one situation that I carry on into the next?

And also to feel that that's a subtle creation of karma. I will not be fully present if I'm bothered by the moment before, which is karma. When there's dust on my screen, I don't see life clearly. I'm not fully awake because I'm involved in my experience and so involved in my experience that I'm not even anymore aware of that which is always awake. So, I'm so identified with my small self that I'm not anymore wakeful, inclusive of my small self, but bigger than it.

What is true for a whole incarnation? When we said the impulse of the future needs the past of humanity and creates a special cosmic address, is also true for every given moment. The more moments I live through wakefully and sustainably, that's actually a big contribution to my life and to many people's lives.

So, that's part of the homework, and of course, the continuation of the attunement. We talked a lot about attunement today and to continue to practice that.

Host: And that concludes Session 3 of *The Mystical Principles of Healing*.

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