

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 4.

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, everybody. After the tour in the US, I'm back and I got a pretty strong cold on the plane. So I hope that we'll manage to go through these two hours pretty smoothly, but if not, I'm sorry for any viral attacks here in the studio.

Exploring Attunement

So I think we will start again the exploration of our attunement. There were again some questions around attunement and especially one where somebody asked: okay, so if I can give an example of what we maybe are supposed to feel when we tune in with bones, when we tune in with certain of our emotional fields.

I intentionally keep in the teachings, the explorations at the beginning, pretty open so that I don't say a lot of what we are supposed to experience or how it looks like, or how it feels. Because we are all in a way, in our individual composition, composed by three different channels, which are feeling, seeing, and knowing. The feeling is an energetic feeling but also feeling through our body.

So it pretty much depends which type I am, so which channel of perception is my— let's say the one that I am most acquainted with or most used to. Some people, they have a very easy access to energetic perceptions through their body perception. Some people see a lot of images. Some people just know suddenly certain things, and they cannot tell how, but, "I just know it."

I would love at the beginning to keep the exploration pretty open so that we can slowly, everyone for him or herself, find a smooth entry. Even if at the beginning there is like a mixture between what do I think about it, what am I supposed to feel, what am I really feeling, and I might be in a kind of turmoil in myself for some time. Also, that my mind jumps in regularly and says, “Ah, you’re just imagining this and you’re projecting this on to the other person or on to your own body because that’s what you imagine.”

Let’s see that, what I believe is missing, especially in the Western society, is that we, from very early on, have experimental or practice places. Like the first time you went to play soccer or ride your bike or anything else – in that age, you are still pretty open to try, to fail, to try again, to find out how it works, and it’s not a big deal. Sometimes for grownups, failing or not knowing how to do it or not getting it right is a big deal. So, my perfectionism and all my conditioning about learning comes in, and then I’m already in a stress within myself to do it in the right way.

For spiritual intelligence, I believe that there are not so many practice places where you go and you do exercises but in the same playful manner. Through being playful, getting it right and getting it wrong and getting right again, so we learn and we develop our unique path. Later on, we will start to refine this because our unique path doesn’t mean that we will not end up in the same competency. So, energy is not just energy and everybody feels whatever they want, so there is a kind of a coherence and there is a kind of a competency that’s building...

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...so that we, sooner or later, come, even through different channels, to the same results. Later on we are going to refine this and we are also going to look actually, where are we arriving or where do we arrive. So, that there is a kind of a quality control also to energetic perceptions.

But for now, I’ll invite us to just experiment and to go and bring our experiments to the practice groups and also the groups of six and see in this course we have a playing field. We don’t need to be professional with each other because we are in a mutual experiment and that we can enjoy this experiment until this adds fully to our professional knowledge or our professional competencies and skills. That’s my invitation for now, but later on we will go into more and more of a refinement of these attunement skills.

So we will continue with our initial meditation and simply explore more territories, and then we continue with our theory.

Begin Meditation

So let's start again with the body. And you allow yourself to drop into the body again, always knowing that also in our daily life the body is a beautiful anchor for moment-to-moment practices. I can tune in with my body, and within a minute I can balance my whole energy field and ground myself.

And every time I exhale, I let my awareness drop into my body deeper. It's like a coin that drops into the water, that's dropping deeper and deeper every time I exhale.

The more I drop into my body, I can feel, besides the posture and movement of my breath, I can sense the more subtle, refined sensations that suddenly appear with my external senses, bringing less information so the richness of my inner world is more accessible.

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As I connect to my inner field, I again can see, feel that there are areas that are more accessible, areas that are less accessible. I can also feel how my whole field rests on the ground or sometimes our energy field fills a bit pulled up. It doesn't sink fully into the earth, into the ground. It feels like a tension. It feels like a stress.

Just to check if your whole energy field can let your weight fully down into the ground, if the base feels more tense, stressed, pulled up. Especially in challenging times we might contract our base. And then I can learn to notice this maybe chronic contraction in my base. We will talk much more about the base soon.

And see if I meet it with a loving awareness. When I'm relaxing to the tension, I just presence myself. As much as I can let my weight drop into the ground. If I notice a holding, I respect it, I align with it, relax into it, without trying too much to find out what it means.

And if my base is pretty open, then I just enjoy the pulsation of my base with the ground, the warmth that I rest in, the streaming sensations if there are, the sensations of aliveness. I will just enjoy the vessel of my life. Then I can focus for a moment on the blueprint or the basic underlying energy field where a lot of communication runs in my body. It's a kind of an underlying blueprint, an energetic field that informs my physical body.

And within my body there's a high level intelligence.

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There is a communication network that embraces all the parts of my body and make them collaborate and communicate properly. Let's focus our awareness for a moment. Let's set the intention. I tune in with this underlying communication network, blueprint. I feel how open or maybe how contracted is that blueprint. Do the different parts of my body communicate well with each other? Is the communication tuned down or more blocked in some areas?

I can literally scan my body in different places with the intention of feeling, seeing, perceiving the flow of information, almost an energetic pipe system, very fine energetic connections.

If I find areas that are less flowing, less communicating, I can, as an experiment, tune in with one of them.

I tune in into the reduction, and get a feeling around this reduced the flow of information, knowing that attunement always means to play with finding the right frequency, the right radio station without pressure. If I feel it's hard for me to connect, I respect it, I relax into it.

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And then I can change the frequency again and tune in with my emotional body, and see if I can get a sense of the original blueprint of my emotional body. If I just focus on it, of course, they're all connected. Just for the fun of it and the training, I look at my emotional body, how it feels now. And to see if there's like a feeling of the original blueprint of my emotions, my emotional world, its maximum potential.

Maybe I will see that some areas of my emotions feel pretty healthy and it's arising in expression. I can stay pretty related to the world, and I feel like that maybe other emotional areas, I feel pretty separate. Maybe I feel fear, shame, anger. Maybe some of the areas are under-energized or overcharged, which creates an imbalance in my emotional experience. Or I might feel addicted to some emotional qualities so that I over-express them. Or maybe I feel pretty indifferent with some emotional qualities, numb.

And also to see which emotional qualities I feel very comfortable in and can stay related to the world, and which emotional qualities I retract, hold back a lot, shut down, numb, so that when I meet the world, I feel pretty separate in them. So that I learn feeling those qualities means also a certain cut in their relational ability. I feel more lonely, more separate, and my ability to communicate with the world is reduced. Therefore, I feel those areas are stressful.

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And then I can move again and just have an impression of my mental world. See a bit the difference, how when I attune to the emotional world it feels like this, and then I feel the mental landscape, it has a different flavor, which includes the activity of my mind but also the quality of my mind. I can see that my mind sometimes is more contracted, sometimes more open.

And then also the quality of my thinking will change when my mind is more contracted. I will think different thoughts. Then when my mind is pretty open, my mind is pretty creative, inspired, receptive of the future, receptive of my higher capacities. So my mind becomes a tool for my higher consciousness to work through.

My mind can stay open. I literally have a future. In the moments when my mind shuts down, I can just use past thinking patterns, hardwired thinking patterns. I won't be so inspired. I won't come up with new possibilities.

And then let's tune in for a moment with the soul. Last time we said the soul's impulse is the spark of the future that incarnates in the past of humanity.

Let's for a moment connect. Even if it's an abstract word at the beginning, let's set the intention: "okay, I tune in with my soul." Some people call it as the higher self or higher consciousness. Let's set the intention and see what happens. We allow the first impression to arise. And then when the first impression arises, we allow it to expand. Tune in with this first impression. When it gets stronger, stay concentrated for some time with it.

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If your mind comes in and thinks about the process, just let it pass through, the thoughts, and come back to the original impression...and stay there.

For some people, it helps if you turn your third eye and you look into the top of your head. And from there, you feel above your head and you stay with your primary intention of connecting to the soul or your higher self. If it's hard, respect that it's hard and come back to the original intention that's relaxed and playful. If you have some sort of sensations, impressions, just take them for what they are. No interpretations needed. Just stay concentrated with this original intention, the soul.

And from there we can see if I can feel and get a sense of the group field. Like all of us sitting right now practicing attunement. Can I get a sense of this field of mutual intention, mutual practice, exploration, competencies? I set the intention to sense the field and then I wait what's arising.

Not to forget that in the subtle world we are not as separate as we are in the physical world [of] time and space, [where] there's a different connotation. So we are actually not thousands of miles apart. We are sitting in the same subtle living room. I just need to be precise with my intentions. Then my intention immediately connects me to what I intend to connect to. No time, no distance. Just energy, information, presence. I can feel how the field is more present.

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And then I can connect to the higher impulse, or the soul, of the group. Let's see if there's a mutual higher intention that we all participate in, like the higher potential of this group, as such. And from that higher intention, I can let go of the qualities and just sit with the presence itself, the original listener in the space, stillness, timelessness, space in which all the forms and all the content arises in. Just listen with awareness into space or listening itself. The stillness at the beginning starts as a kind of an inner expansion, like a spaciousness. The more I listen to it, it might turn into an inner magnetic presence, a burning presence.

And then slowly, let's come back. Let's come back in an exhale, one or two times deeper. Let's feel the body.

End Meditation

So, here we are, more embedded in the different layers that compose this moment.

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And of course, we see that the more we do our meditation practice—meaning listening to silence and our contemplation practice attunements—we will see that our capacity to be much more precise with the different layers that compose a human being. But especially also that the underlying presence, the timelessness, the is-ness, the stillness, will be much more of a coherent, conscious background of our awareness in many more moments. Of course, that's very helpful because not only does it generate for me a higher witnessing consciousness, so I can literally witness my own structure, and through that also the structure of other people more coherently.

Spaciousness Allows New Insights

But dropping into spaciousness is actually a beautiful way how to dismantle the patterns of the past. We all know when some of these patterns can be pretty persistent and they appear as thoughts and emotions and body sensations that are habitual, that we know they are circular. They have been here and they are coming back again and again. So I think the same things, I feel the same way, I have similar body sensations.

That's one thing that we cannot say about a pattern is that it's creative or spontaneous or emergent. We were creative when we created it the first time. Therefore, it's so important—and I think I said this last time—that all the patterns that we have created are actually not stupid, but they are of the opposite, they are creative. We were creative. Our creativity learned to deal with life circumstances in the most appropriate way for us. Today, this might not be any more so suitable for us as something else. But the original creation of that thought pattern, emotional pattern, was actually creative. So to heal it we need the respect for that creativity.

But to come back to space itself, so space itself holds—witnessing consciousness holds—the ability that I can see a pattern arising. I can let it run through without engaging with it and it passes.

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But when I'm fully identified with my structure, I cannot do this. So I need a certain amount of awareness and witnessing quality to let this happen.

In an interpersonal interaction, whenever there is a pattern that we both run, in the moment one person can allow this pattern to become space—not nourish it and let it pass through—in the moment the space is open, new information can come in. Actually, the conflict in an intimate relation argument, in the moment one person does not just jump on to the first reactivity, there is a new form of interaction that can come through. So space is actually the gate for the future to come in. I will say more about the future that later.

That's one thing. But another thing is every time I sit and I meditate and I drop in to a deeper spaciousness, actually it's a very creative space as well. So it's still in silence, but it's also very inspired, which means -- and I think many people here know this -- when I sit in silent meditation then suddenly the best ideas, the best new insights can come in within this open space. It feels like an open space where I'm not so attached anymore to my old structure. In the spaciousness, all kinds of new insights can come in.

So my inner learning channel needs a certain amount of spaciousness to be inspired. And we will talk more about allowing higher information to come in within this course.

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One way to allow new information to come in—that I say suddenly things that I don't know, that I suddenly know things about myself or other people that I cannot know as a separate individual—needs this inner spaciousness. Like a state, kind of a contemplative state, in order to let the rain of light come through, the rain of new insights come through.

So the meditation practice is very good because it allows me to witness my structure, it allows me to be innovative in interpersonal interactions, and it allows me to have new insights, new information come in, which is also perceived by some people or called by some people as inner guidance, inner connectedness. So that I suddenly more and more know the next step in my life. And if I have a fluid translation of energy into structure, I will be able to translate it into my life. So there is a receptivity: one hand is receiving, one hand is acting. I receive new insights and I become those new insights. I translate it into my life.

Becoming a Walking Answer

Just a short summary of the last sessions, we talked a lot about that the soul is basically an impulse that comes in. The soul is free energy. The soul dives into humanity basically. Humanity means all our collective stuff, family stuff, individual stuff. So, we actually descend into a preformed field. So like a spark of light that holds our intelligence and that is a driving force in our lives, that's our deepest motivation. That's the will to live. That's life wanting to live. It's a pure Yes! It's still connected to the divine energy that is a pure Yes. Therefore, when we are aligned with the core of our soul, we feel in a flow, because it's a pure Yes. But this Yes dives into and takes on the structure of life. It takes on different layers of life. They're also called karmic circumstances.

The deeper the soul dives into humanity, the more manifest we become. When somebody asks, "What is the cosmic address?" And someone else asks, "What is?" Eventually, we will become the walking answer. The person wrote, "Yeah, but I perceive myself at the moment much more as a walking question."

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That's true and that's the beauty of it. Saying that we eventually turn into an answer, a walking answer, means that we really enjoy the time that we come up with our most urgent questions. Because asking questions is in a way also the engine for our spiritual practice. It's the engine for our soul diving through its karma, because questions only arise where we feel separate from life. So, it's diving through the karma in order to turn different layers of our karma into light.

So in the practice in the marketplace, where we don't sit the whole day and meditate in a cave or in a monastery, the questions are very important because they are connected to the impulse of our soul diving—through our lifetime—through the past, and transforming the past into now through questions. The questions will drive our life. The difficulties that we have, the stuff that we deal with, what does it do? It lets us dive deeper. If something doesn't work in my life, I'm looking for answers.

The power that I have to look for answers, to find the right people, to find folks, to find therapists, to find teachers, to find whatever I need in order to resolve a question... to meditate many hours, to contemplate my life—this power is what we build on in the healing work, and that's our soul.

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If the light is way too buried that somebody cannot invest the energy, then it's very hard for the person to even find the right person to help. But the fact that somebody finds a therapist that can help means that the soul has enough power to connect to the light of the therapist. This is just the light in the person reflected in the outside. So that's the future of the person. The future is not tomorrow, but the future is the higher development, what we can develop into, that tomorrow is a bigger tomorrow.

Every Person Has a Cosmic Address

The soul has a mix with the past, has a love affair with the past, and the outcome is our life. We are all in this unique composition, the energy that incarnates, the whole intelligence that comes in, and the past condition—represented through our family system, represented through our time, our social system, our humanity as such, all the unresolved traumas that we get born into in the different areas of the planet. There is a high level of complexity, but the whole thing has a unique composition, and this unique composition is like our cosmic address. It's like our IP code.

One way to connect to this cosmic address is through a name. If I know the name of a person and somebody that knows this person, usually somebody connects to me with this person's name, so I can have the energy and the name connect to each other and the connection unit is in a way the cosmic address. So everybody has a unique code, and once we get to know of that person somehow through some circumstances, we have this code. The attunement process can be very precise, the more we train it— and I'm sure some of us do this anyway—connect to this code.

That's the same thing, like when somebody comes into a couple's therapy and one partner comes to the therapy and now the person talks about the partner and everything that works, or doesn't work. So why should I rely only on the person's information? I know already that what the person tells me just shows maybe the psychological makeup of this person and their experience of the relationship, so a unique perspective of that relationship.

But when I'm curious, while the person talks, I'll go to the cosmic Internet and because I have the cosmic address of the partner, it comes with the person and the name, so while the person speaks, I go into my screen, I make the window of that person a bit smaller, and I pull up the other person. I look at the person's energy. So I have the partner here and I have the person here. And then I listen to what the person says and I have the energy of the partner here. So why should I not use all the channels that I have to gather enough information?

Training Our "Screen"

If I train this, and we will do some more exercises here in the course the further we advance to enlarge our screen. The screen is basically what you look at right now. This is where I appear, but the words appear. The room that you sit in most probably, the computer or whatever you look at appears. So you don't see me right now. You see your screen and I appear on your screen, not just on the computer screen. The computer appears on your screen.

The screen is where I visualize things. The screen is where I see reality, where all my perception like -- we said this last time -- the projector, the video projector projects my internal and my external sensory input. Everything that I perceive inside and that I perceive outside is being projected right now onto my screen.

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We all know this. Sometimes when we are very disturbed inside, my screen is full of me and not so much of the outside world. Therefore, I might feel very disturbed and I cannot feel the other people anymore so well.

If I train it, so I will train that consciously I can play with my projectors and I can stay related to the world even if I am very triggered, and that there is a higher fluidity and dynamic in my screen awareness. And then I can use my screen in a way for surfing in the subtenet as we call it, like the subtle informational field. So what I do with my body, when I tune in with my muscles, those certain areas in my body, where do I see and feel my whole body is being projected on to my screen. When I tune in with you, you appear on my screen.

So the screen is in a way like -- imagine it's like your computer screen, and when you look at your computer screen, you might see what you see right now, but basically you see just pixels, pixels showing certain programs, certain videos, certain graphics. So my screen, my inner screen also has just pixels that basically can show whatever they want to show. Usually they show my life.

But if I train it, then I have two USB cables. Either I plug one into me so my pixels show more programs from my inside, or I plug it in when I'm very concentrated and I listen to someone in a very loud restaurant somewhere. So I plug my USB cable outside, I'm very concentrated so I don't feel myself so strongly, I feel the other person more so that I understand what he or she is saying.

But I can take my USB cable and plug it into a cosmic address. And then I plug it into the cosmic address, and my pixels start to display the information of the energy field of that person, not only that person, that circumstance, that company, the part of society, that collective unconscious material or collective consciousness structures. So it doesn't matter. I just need to be aware what I'm plugged into. Where is my USB plugged into? Because this will determine what arises on my screen.

The screen is usually something that runs as normal. So we see the world and we think we see the world.

But basically, for mystics, the screen can be a highly trained surface. So when you look at somebody and while you look at the person's physical appearance, the screen displays a lot more information on the subtle level if we train it, if we want it to. I'm sure some of us know this anyway, but that's a beautiful thing to practice. So there is this screen and we will do more exercises to play with the screen.

The Cosmic Code and the Light of the Soul

So we said that the energy that comes in, that incarnates together with the specific life circumstances, they form a cosmic code. This code holds basically all the information about this lifetime. It's like a book. So you go to the cosmic library. There's the person's name on the cover of the book and you take the book out. That's the cosmic code. You open the book, you have an index, and then you tune in -- sexuality, money, intimate relationships, body, whatever—all the different layers of energy fields that compose that person.

So, if I'm clear with my intention in the subtle world, I tune in with that person. As we said, I allow the first information to appear. And then I have basically access to the whole field if I want to. That's especially easier when the person sits in front of me and talks about a certain issue because then the person opens his or her book already on the right page.

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So I don't even need to go to the index and look for the right page, because the book is...somebody tells me about their relationship – boop: relationship, 264. And the person, because everybody that comes to sessions, in principle, are very nice and lovely people, they open, they put a backlight onto the energy that they talk about. So not only is the page open in the book on the right page; I also see the right paragraph with the light, like in a mobile phone. You see it with a magnifying glass. So, whenever somebody talks about an area of his or her life, the energy field is highlighted in that information.

That's pretty cool because that's much easier to attune because the person concentrates on this internal part, so it adds awareness. And my attunement has it easier to tune in with the person's quality.

For us, it's just very good to know that the light, the soul that comes in shines a light onto the person's life. The more structures are in between that in a way function as a block, that block the movement or reduce the movement, the more shade we will see in our life, the more in these areas we feel disconnected. We feel more separate. When we meet light through these areas, we feel less able to answer to those areas, because we feel limited.

But the light of the soul, therefore, it's so good to include, to tune in with the higher energy of a person every time we start the session, because that's what we work with. That's the driving force of the person's life. That's also the power of healing. That's in a way the energy that collaborates with me. That's the energy and the person that knows its original intelligence, that has the potential answers to every question that appears in the person's life. That's the future of the person.

So when some people already make it to a therapy session, most probably, not everybody, but most probably there is enough driving force to at least look and most probably overcome, like a deep traumatization. Or to find a way with it that takes us at least some steps forward.

Because the energy brought us into a context that is potentially very supportive. That's the soul's energy. That's the inherent intelligence that makes it into that place. That's what I communicate with. And in between there are layers of stuff, there are layers of the past.

Karma Is Unintegrated Energy

And we said already that the past is only the past—not the story of the past—the past is only the past, in the mystical understanding, when it holds energy. The past is only the past because it has energy. We still think of the Holocaust because it holds unresolved energy that comes up as feelings and thoughts and body sensations that do not fit into the current moment. But they come up because they are screaming for an integration.

So every circular energy, every energy that's not being integrated, as we said last time, that has been postponed, is the karma for the next generation. If we postpone energy in our life, we just add it to the waiting list for the next generations to incarnate through. So that's not the sustainable life, as we said it, and we connected this to the life energy and to the substance.

A karmic past is postponed experience that hasn't been processed properly at that time, and either in my life or in the life of somebody else, has been postponed. So it still holds an energy.

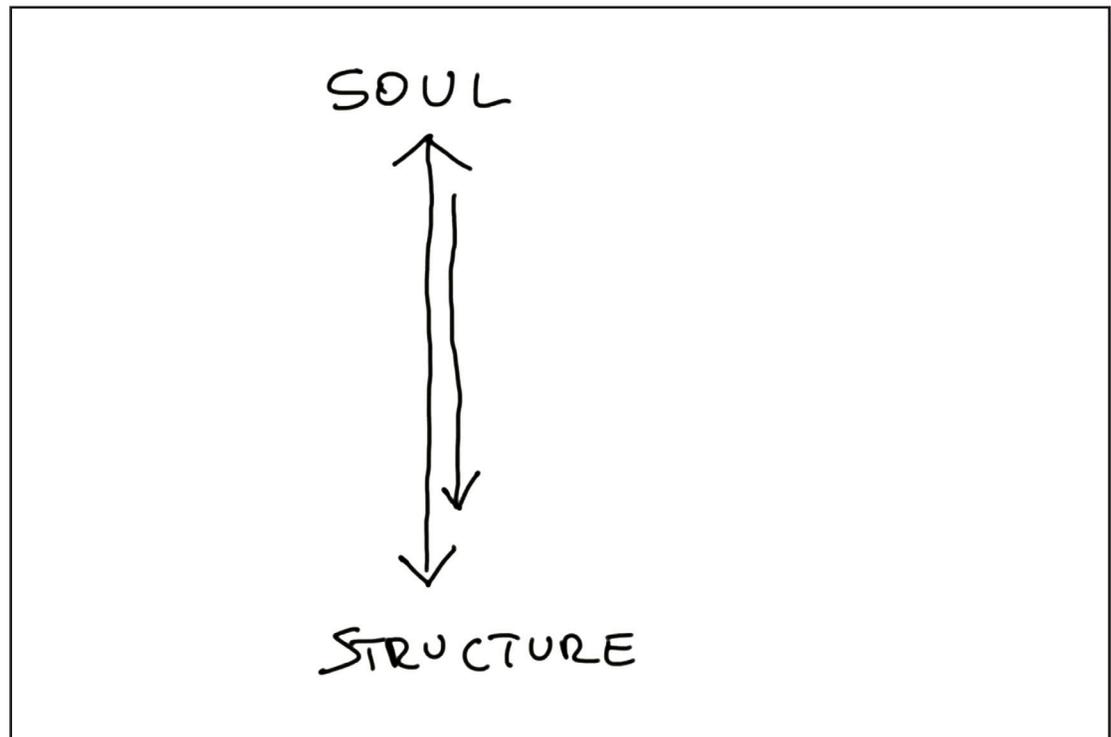
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The past loses its power, its power to influence my life once I integrate its energy. But that's very important because when we work with people and we look at the past, we just look at it because we want to connect to its energy. We're not so interested in the story. The story is just an entry gate to the energy.

So, when I talk about the past, I'm not so interested in the story. I'm interested in the energy that is left over, a residue, within that story, because that's what the person suffers from. That's for the unintegrated stuff that appears again and again.

Now, we said that the unintegrated energy is screaming all the time for attention, through feelings, body sensations and thoughts that don't fit into the moment. Last time we said that the life energy is an indicator. Every time we run into an unintegrated part, we see that the life energy drops. Every time we don't leave the energy of the moment, we see that the life energy drops. Every time we postpone energy, the life energy drops.

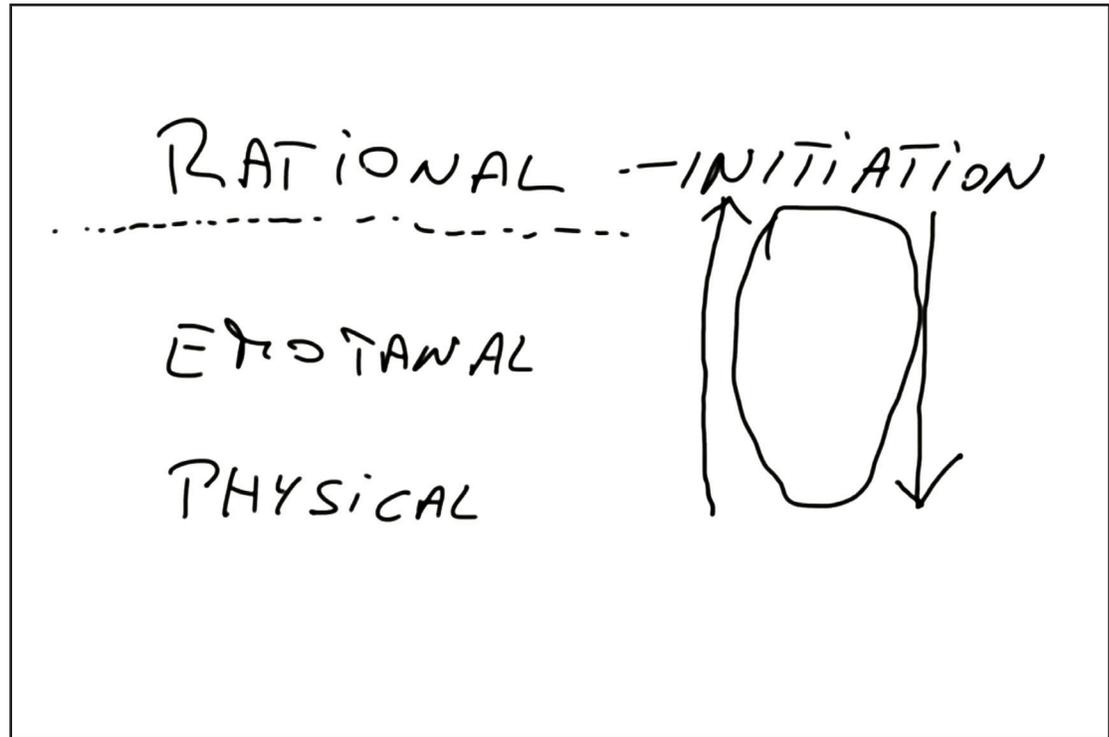
Now I will just switch for a moment to the drawing pad.



Drawing 1

We said that if here's the soul and here's the structure. [he writes "Soul" at the top of the screen and "Structure" at the bottom, and draws a two-headed arrow between them] Many people started asking about how to improve our structure. I'm going to put some attention in some modules exactly around the building of the base, and the building of the base is where we learn how structure is being built. I think we are going to do this next time.

So this time I want to have a look at the soul as basically the energy that incarnates, and dives down, into humanity. [draws arrows down from Soul to Structure]



Drawing 2

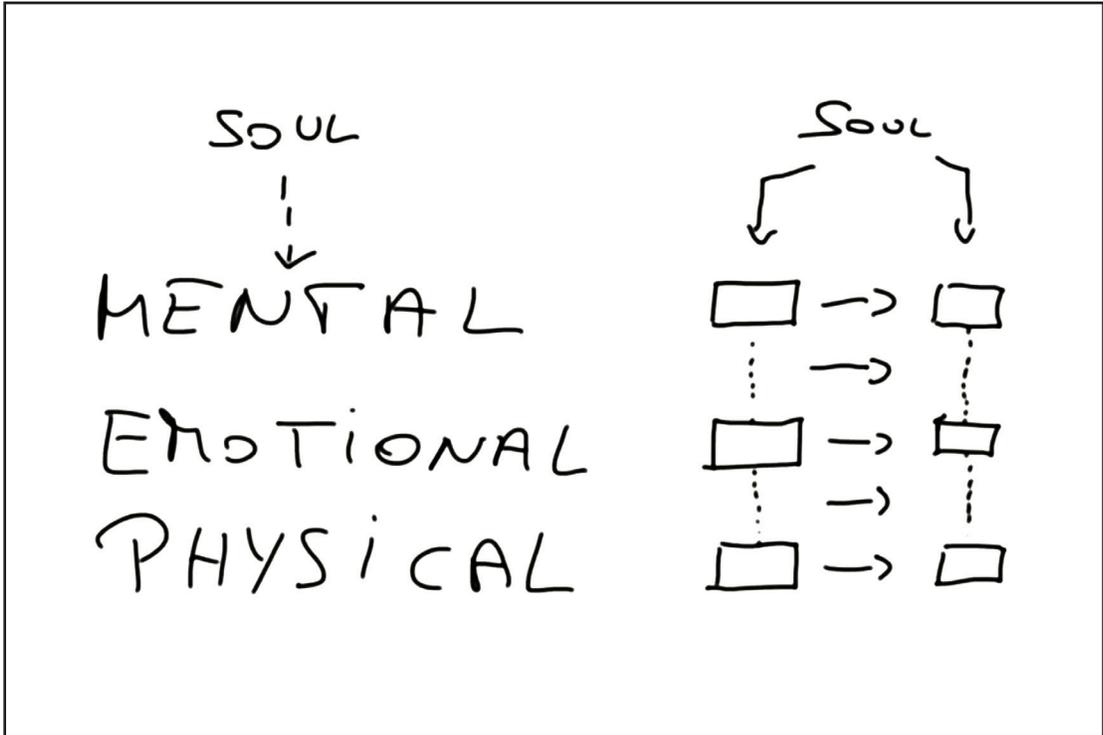
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Now, we are living at the moment in an interesting time. Because when we look at the structure, what does the structure consist out of? It consists out of mental energy, it consists out of emotional energy, and it consists out of physical energy.

So, if a human being is aligned in those three aspects, which means that the mental and emotional and the physical energy are in alignment, the person sends out coherent information to another person, that has a mental, emotional, and physical self. On top of this is the soul, and the soul actually shines through those three structures. Here on top is the soul, and the soul shines through these three structures.

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I believe a lot what we are working on is— I will come back to this image— that in evolution, life has created this amazing rational stage of development.



Drawing 3

The Rational Stage of Development

A rational stage of development comes with science, comes with the development of the noosphere on the planet, if we do not forget that most probably we can say that humans are not on the planet, but humans are a part of the planet. So, when we grow a rational stage of development, the planet grows a rational stage of development, because we are not separate from the planet. We are emerging on and out of this planet, and we are the development of the planet. So, the planet became more rational.

When the planet became more rational, it's a kind of an initiation. It's a kind of an initiation. But before that, we developed emotional and physical realities here on the planet. The planet has a physical form, the planet developed an emotional form, and the planet developed a rational form. But the rational form is what holds the most energy in evolution right now. It's because it's what we are very passionate about as humanity to develop, because that's the leading edge of our evolution. Or, not anymore the leading edge, but basically where most of the evolutionary energy finds its new expansion.

But in the mystical teachings, we see that we always have in the initiation, we have an initiation and we have a manifestation of that initiation. Now we developed the mass initiation of the rational, not everywhere, but let's say in many parts of the world. Now it's the time, I believe, one part of our current evolution is that we are manifesting this rational initiation.

But what happened sometimes, and we all know that, is that the rational can live a very split-off life. All the time, when we hear some ideas that are floating and interpretations about life that are floating around in the space that are not any more connected to anything that we can feel, so then we know we have a split-off rational. There is a rational idea, but it's not really connected to life.

When we come back to the former image here. [Thomas refers to Drawing 2] So whenever the mental or rational development and the emotional and the physical development don't display the same information, we feel a tension. The only reason why they wouldn't express the same information is because they live and need attention. My physical, emotional and mental development, if it has been traumatized in a certain area, I won't be able to send out the same information through these three channels. So either my emotional world will be shut down to a certain extent, and then my mental sphere takes over. Or I shut down my mental sphere and I'm much more operating on my emotional or physical levels.

When I communicate, I will not be able to express myself coherently, and the coherent information that I send out is the best that I can contribute to a communication, to a relation.

I'm sure many of us know this anyway, but I think that it's such an important issue in our time that we are still waiting for the rational initiation [Thomas refers to Drawing 3] to download itself fully and to create a coherent organ within life, that the rational, emotional and physical is one, is one unit.

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The downloading of the rational is fully one with the emotional and the physical. So I don't feel any difference when I speak, my mental information, my emotional information, my physical information expresses exactly the same thing. When you receive it, you won't feel any disturbances, except it hits a place in your energy field that is split. Often, in communications, we hear that split, but the split we hear only through an irritation. I'm irritated by certain small things, and I can now say, "Oh, well, I'll just skip over it," and I don't address it. But in our work, it's very important that we address it, and we all know that.

Now, the next stage [Thomas refers to Drawing 2], and that's why I put so much energy to this, is not only is it important to integrate those for an integrated life, because if they are integrated, all the areas where I'm integrated, I will be able to respond to life properly. In the areas where I'm not integrated, I will feel stressed or indifferent. Either I feel stressed or I feel indifferent, but I am not able to create a coherent relation with the world in the areas where I feel practically disconnected. The symptom of this disconnect is simply non-coherent information that I send out.

Transrational Development Is the Leading Edge

Now, the next stage is that the rational development in my understanding is not anymore the really leading edge. The leading edge of our evolution is the next thing that is already here to download itself. We could call it kind of a transrational development or we can call it maybe that the transrational development equals that our soul—our higher transpersonal potential—is becoming visible for more and more people, which comes with the higher appearance in the collective consciousness of the subtle realm, and comes with the new downloading -- with the new download of light and intense conscious awareness into the planet basically, into humanity, and in humanity through different individuals. That's what basically happens if we start to practice a spiritual practice.

I think many people know this that when we now intensively start a spiritual practice that what I call the downloading of higher consciousness into my life, because every initiation needs to be manifested, so I need to download something. I need to bring something through my current life and manifest it. I need to walk my talk.

When I now walk my talk and the new level of the soul or the transpersonal development, the transrational development downloads itself, the first thing that will happen is that many people will feel they are kind of in a washing machine because this light, the higher spiritual development, will press onto every non-coherent level in the formal development. This means everywhere where I'm not able to send out coherent information, where I am not integrated, when I practice a higher consciousness, the higher energy will press and try to bring into my awareness what I am not aware of. This means that the spiritual practice will necessarily need to surface the unintegrated areas of the levels before.

That's where I believe is where the scientific or psychotherapeutic or psychological, or medical sciences—all the sciences in the West and all the benefits that we get from it—and the mystical knowledge...

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...that (and not only sciences of the West, also sciences of the East), all the sciences together and all the mystical exploration together is necessary, I believe, in order to understand how we can use both powers to create as smooth a version of development as is possible. Because once I understand, I start a spiritual practice, I might believe I started with the romantic version: that once I start to practice higher consciousness, I will just float towards the light and I will just be immersed in light and lose all my separation at once, and I'm on this white sofa and will never have to do anything again.

But for most of the people, that's not the case. What is the case is that we go through a very strong washing machine where a lot of shadow material is being surfaced. Where we are challenged in our life, we go through development. We need to integrate that development in the current marketplace. All of this doesn't suddenly seem so easy and romantic as I expected it.

Therefore, the more people have their inner competencies in the higher realms and know about the energetic principles and are embedded in the grounded current marketplace, that's fantastic. Because then we see: wow, we have so many tools to integrate the mental, emotional and physical aspect of our beings. This can become a vessel for our higher spiritual development, and because it's one organ, it will be updated by the transrational development. It will be updated by the incoming realization of what we might call the soul. Because as long as the soul is not something that I am really aware of, if it's something that I'm mentally aware of (I can talk about the soul, but I don't really know what it is) for me there is no soul.

Waking Up to the Subtle Dimension of the Soul

But in the moment I'm waking up to the subtle dimension of the soul and I'm able to perceive and live the soul as a higher subtle capacity, I fill it with awareness because it's a higher subtle capacity. The person is living in the soul, not the soul in the person, which means the soul has a much bigger radius of awareness than my personal individual self. So in the moment the personal individual self opens itself to the soul, the radius of my life is much bigger.

I move my center of gravity into the subtle world, and I'm waking up to all the abilities, competencies, and all the awareness that this infusion of consciousness gives me. But it needs to go in a healthy development through the rational, the emotional, and the physical self. So it needs to update my thinking, to update my feelings and to update my physical body. So that literally when I walk, the soul radiates consciously through my body, my emotions, my thoughts, and they become a kind of carrier of the higher level of development. And then the next stage of development comes in, the next download.

For the healing work, it's so important that, of course, the soul's energy is anyway in us, running through us, and we are anyway embedded in it, but mostly unconsciously. In the moment we do the spiritual practice that we started today, and we will do it next time even more profoundly, is the connection to this soul capacity or the connection to the light. It's often perceived as a kind of a quality of light. We practice it so this will be infused consciously into our own life. And then my motivation, which is the soul's drive to meditate and to contemplate, will reconnect itself consciously to the light itself.

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That's basically where in the moment this reconnection happens is where I start to be motivated more by the future than by the past, which means that the higher inner insight, the higher light has a higher motivational force than the patterns of my past. That's a great moment in the spiritual development.

But that's also what we work with, I believe, and we work with people, because I need to know the power of the soul of the person because that's actually the resource that I need in order to go with someone through the traumatized areas, through the structural strengthening and through the integration process. That's my companion. That's the force that I collaborate with.

That's also what often is the energy that we use in the healing work, in the energetic healing work itself. So that's a powerful companion. Therefore, I also talk so much about it. But it can be an abstract mental construct of the soul, kind of a philosophical construct. Or it's an alive conscious experience. It's a conscious realization that I know what the soul is because I feel it, I live it, and I'm consciously aware of it. And then it's a very powerful resource for me because then I can work and can let my body become a conductor unit to channel this energy also for somebody else. I can use it, of course, for my own development, but I can also use it to channel it through my body to someone else.

So not only do I have my capacity to tune in with the different layers of the human being in the interpersonal communication when somebody comes to me, but I have another force available that actually shines through my capacity to tune in. So then my attunement is a kind of an empathic attunement to the traumatic area, but then it's also the attunement connects the higher energy to the traumatic area, which induces growth and movement. It's a pretty powerful thing. I'm sure we are going to explore this more in depth in some of the next modules as well.

I found that there are many great questions that come in. I'm sure that some of them I will answer in a written way, and some of the answers I will introduce here during the talks. But especially, there were many questions around structure, how we improve structure, and then around the base. I am going to speak about this in the next times how we generate the base, what is the base, because there are also many interpretations of the base, so I will tell you how I look at this. And then we will also refer to some of the questions that are around grounding, around the base, and the building of the structure.

Homework

The homework for this time, if we want to call it like this, is two things: to play more in one's own meditation with the communication network in our body, so to be more attuned how different parts of my body communicate with each other. Because it's interesting how there is this amazing collaboration in my body so that my body seems to know how all the different parts, and very sophisticated parts actually, know how to work together.

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I think it's interesting to find out how in an attunement way, in an inner science way, we can find out more about this system of communication. There is a lot of scientific research how this works, and there is also a lot of inner research how it works. Of course, for the healing work, for me it's very important to see why do some parts in the body communicate, but why do they not communicate, with all the affects?

First, to get acquainted with the informational network in my body and what communicates with what and how. I learn to attune to this through my contemplation. So that's one thing. The other thing is to pay attention, and here many people have enough possibilities about the disconnect of the mental, the physical and the emotional self. So when do I encounter this? How often in daily life? Because daily life is very quick and we don't have time or it's not appropriate to address it in certain circumstances. But to raise my awareness, where do I feel that people have a coherent expression.

And when do I feel certain expressions— I mean some of the very blunt examples— that’s what I mean, it’s very clear, but sometimes it’s very fine. There are very fine subtle irritations, and we all know irritations is one way how the unconscious communicates with us, that we feel kind of an irritation. We’re also going to talk more about this.

But irritation is very lovely. If I don’t reject it, it’s an amazing friend that walks with me on the path. Whenever I feel irritated in a subtle way or in a very gross way, it’s an amazing tool. So let’s play with this a bit until the next time we see each other, the disconnect or the coherent output of one information and the affect that it has, the contribution that it has to a communication, same as the non-coherent informational output, what it creates in the communication.

Host: And that concludes Session 4 of *The Mystical Principles of Healing*.

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