

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 6.

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! I'm happy we are together again in this space of exploration. Before we go into our meditation today, I want to say a few things around where we are right now in the course.

Review of Previous Sessions

Basically, we are looking at some principles of manifestation. So what I look at is, at this point in the course, I'm looking at how come that out of nothing—which is the Buddhist emptiness, the Taoists and what some people call ultimate states of awakening, a non-dual realization—so how out of nothing something appears, and the something, the first impulse, creates a movement and the movement creates a universe.

The universe crystallizes into different aspects as, we know, and there are many more that we don't know yet, but whatever we know is crystallized structure. What we're looking at is the relation, if we call it for now like this, between the movements. Like something is becoming, as we said last time. Life is becoming something.

Since the big bang, the universe has a direction. It has an expansive direction, but that's only when we look at it through time. So I can say in time, all the the universe has a direction, the question is if that's really true, if that's an appropriate way of looking at the universe. This we can discuss later. For now, we say energy cools down and becomes like a possibility that is stable enough to be visible, to be manifest, to be a structure.

The last time, we said there is a line, and I'm summarizing this because we will need this for our meditation today. We said the will, once the conception happens, there is an explosion of energy and life creates an energetic middle-line. That's in a way the download channel for the soul's energy.

Somebody asked now, “Is everybody’s soul the same thing?” And it’s not. The level of consciousness that we call the soul is similar to all of us. That’s a subtle entity in a way. That’s something that we can only understand through our subtle senses. We cannot understand it through our gross senses.

Therefore, in order to understand the reincarnation cycle of the soul we need to be able to be awake in the subtle world in the level of the soul. Without this, it’s just mental assumptions; interpretations. It’s not it.

The mind cannot understand the soul. The mind can understand the soul once we have a reference experience of that level of light, but we cannot understand it before, because we can just talk about the soul, as we said.

So the line is in a way a kind of an elevator. The essential line that runs today through our spine is the elevator of the soul. There, more and more information is being poured in, in order to become alive. So the soul is a co-creative force that has the power to create a map, to create a landscape, and this landscape we call our life.

The soul appears in the current level of evolution, like 2015, appears in different already crystallized structures, as we said. There’s a physical body. There’s an emotional body. There’s a mental and a rational understanding. There are all the collective understandings, and then we go into the higher spiritual worlds and levels of consciousness, and either we are conscious and aware in those levels so then they are part of my daily experience, or they’re above my ceiling so then I’m not aware of it in my daily consciousness.

What is important for me is this line. We call this line a will. From the first moment of conception, the last time we said, it’s like somebody takes the electricity plug, the power plug and plugs it into a power outlet. This energizes the DNA. This energizes the whole system and the first will, the will to live, is being born. And as long as this drive is alive, it has electricity and the charge, that’s the time that we want to be alive.

The line is my will, but it's also the downloading station of the rest of the soul's power. The longer the soul downloads energy, the more it wants in the world. It wants space. It wants to grow. It wants to manifest its unique intelligence. And for this, it needs certain aspects. One aspect [is] we need a physical body. Last time, we said once the incarnation contact has been made, there is a growth process and the energy is being downloaded. And the more the energy can be received through the pregnancy, the more the energy will land and take its space. It creates space and structure for a new life.

Today, we are sitting here and one aspect, I believe, of the healing work is that we—I don't know if it really worked technically like this, that's how I imagine it—that earlier on when our phones weren't as sophisticated as they are now, there were people still sitting like connectors and connecting phone lines with each other. One aspect of healing is that I can connect the appropriate level where there's trauma, where there's any kind of healing necessary, like the unintegrated parts, the parts with recurrent loops of energy that create recurrent patterns.

Through my energy field, I can connect to your energy field precisely in the right level of development and then I can go higher into the mystical dimension and find, if it's needed, the appropriate energy that helps me to dissolve the crystallized structure that prevents movement. That's one level of the healing process.

But for this, I need to learn that I am basically a very precious instrument. And in order to become an even more fine-tuned instrument I continuously keep washing my bowl. I continuously keep washing my instrument for it to be more and more refined and sound, and for it to resonate deeper and deeper with the cosmic map.

Once again, my whole physical structure, my whole emotional structure, my mental structures, my social capabilities, and of course my spiritual structures and levels of being, they are the instrument that I'm working through. So if I sit with someone in the room, my energy field needs to be able to basically relate, touch, feel, read, perceive, and resonate with any given level from that conception on, or even before—we'll come to this as well—even before with this if I enlarge the cosmic map around the person.

Let's say for today, I am able, from that original conception impulse, I can connect to the whole line as if there's a line. The line is something that I can feel. The line is something that I can see. The line is something that I can perceive and resonate with. It's like a stick with different marks, with different imprints. And so either the energy is open and flowing so it translates itself from one stage to another, from one stage to another in a fluid process, which means a fluid development, or there are certain marks of smaller or bigger traumatizations on the way.

When we sit with someone in a room and we resonate with that person and with that person's line, like a central line, we can actually already detect or spot the different vibrational states that are not vibrating in the person's highest possibility, which means they are not fully free.

Now, for our initial meditation, I want to experiment a bit with our awareness of that line and how every level of that line created, as we said last time, a relational feedback loop, which wires some sort of structure, either a stable structure and the experience of a stable structure that we call trust, or an ambivalent or unstable structure we call maybe fear or distrust or ambivalent attachment and relating.

And so we want to see how the energy could form itself into a stable structure that creates a proper bowl. The stronger the bowl, the more energy I can download into that bowl and it will be transmitted into my environment. And so the more I practice spiritually, and I open my higher levels of consciousness so I connect to higher vertical dimensions, which we're going to experiment and practice a lot, and so if I will open myself to higher electricity I need to constantly change the original power plug.

What that means is at the beginning when the soul is plugged in, when I plugged in to my genetic code, I had a certain cable that is able to download a certain electricity. From a certain spiritual practice onwards I'll need to strengthen the structural base, but also the electricity outlet which is represented also through my nervous system needs to be strengthened because it needs to conduct more and more electricity. This more and more electricity in a way is not just metaphorical electricity. It is literally more light and more creative power that flows through my system, my whole body-mind system.

That means that one way how to strengthen my system is that I have the highest possible coherence in my body-mind, my physical, emotional, and rational self, at least. As we said, the manifestation process, the synchronization process of those three levels which we call body-mind, is as sound and as coherent as possible, because only my coherence, as somebody that works with people, is what's going to do the work. The higher the coherence that the client sits in, the stronger is the process that's going to be set off or set free in a responsible way, which means in a grounded way.

The stronger is the electricity that runs through my system, the higher is the coherence, the stronger will be the effect of my presence onto anybody that meets me. So we're going to work on the highest possible level of coherence. Therefore, we say that everybody who works with people has signed a contract that by working with people the universe gives us an evolutionary loan, which many people have experienced already as, when I sit with clients, often I'm in a higher clarity than in my private life. When I run groups I'm in a higher clarity than in my private life. So the energy that runs through me. I work on a higher vibration, on a higher state of consciousness, and that's because the universe channels more energy through my system because I said I'm going to take care of the bigger part of life.

In the moment I do that, I signed as well, that I'm going to do everything I can to be the clearest vessel I can become. Why? Because it's so important that the stronger is the energy that runs through me, the stronger is also the healing power, that this line, this elevator of the soul, is filled with the maximum possible electricity download moment to moment to moment when we sit with people, when we run groups, when we coach people, whatever we do, that the highest possible electricity outlet is available.

We are not going to use all of this all the time. It will be modulated by our experience. There was one question that said, "Is it just by sitting with people that anyway already everything is happening just through the presence?" No. Presence is very important and inner spaciousness and holding a space is very important, but also the expertise to be really fine-tuned with the energetic states of other people is equally important.

Of course, a lot is happening when I sit in a very presenced space of consciousness, because from this high level of presence creates a strong coherence. And in this strong coherence, already a lot of things are happening but that's not yet the highest potential. The highest potential is that I sit in presence and I am highly attuned like a laser, so I'm space and a laser. The laser is a highly refined, resonant system so that every aspect of you, every little ripple, every little movement, every little transmission that comes from your system finds a resonance body in my perception.

And so the more refined I can be, the higher will be the impact of my work. Let's say that again: The inner channel that we said last time, on a very basic level it's the will to survive. It's the will to live. It's the will to become something. And so on this basic level, it's a movement that goes upwards.

So when I come into life I want to develop a potential that my soul already brings, but later on in my serious spiritual practice I actually want to go beyond my soul. I want to practice to even dive through the level of my soul into a much higher awakening that's possible.

And so we have this download mechanism in the middle line and we have an upstreaming, so we are constantly streaming information back into the genetic cloud, back into the Akashic field if you want to name it like this, back into a kind of collective memory.

There's a two-way streaming that I constantly do, like what we do now with our computers. Also most of us at the moment have download streaming, but if we sit in the Q&A times we have both on our computers, the download streaming, which shows us what comes from the internet, and an uploading which brings our image to us.

In a way, I believe when we look at the genetic code, it's like a cloud, like a computer cloud. So from the moment there is a conception, the genetic code gets activated and then from that moment on, we are living in a constant upward/downward streaming, from the most profound physical dimension up to the highest refined dimensions, all the time. That's I believe an underlying communication system that life has in the collective body.

For us I believe it's very important to become this refined instrument, and it starts with this line. It starts off with my will and it goes through the evolutionary stages of the will. Ultimately it becomes a bowing movement to thy will, because I want to surrender my life to the bigger Divine, to the bigger awakening, to the bigger unification so that the higher dimension can take place through me.

What we are going to do today in the meditation, we will again start off with the body, but then we are going to go through a guided tour through this middle line and see what we find. So from the conception we go up and we will look, Ok, where can I feel myself? Where do I feel I'm at home in myself? Where do I feel: Wow, I hear this, but I have no relation at all on a perception level to that level of my development, which is also great. We just need to know it.

So that rationally maybe many of those things make sense, but energetically, I have a hard time to connect to it. Did I ever connect to my original conception moment where there is this big explosion? Did I ever experience this explosion as a middle line? Can I still reconnect to times in my development energetically that were hard or traumatizing?

And so in the moment that I do this work with people I will need to explore and also clean the chimney more and more, which many of us have been doing already for a long time. Therefore, we should have actually more access already to the different levels, and then we come back to the theory of the base.

I hope it was clear enough. I will anyway guide it so that we can take some time and relax into a guided tour, an inner tour, and everything else will be mentioned anyway.

Begin Meditation

Great! Let's see. We'll start again. We'll take a few moments just to drop in and let the breath take you deeper into the body awareness.

Just by dropping into the body, we can already sense how much at home am I in my body, how much do I feel in my body as a great, flexible instrument that is tuned, at least for most of it, where basically all the different levels of my physical body are accessible for me.

I can tune in with the different aspects. I can see my body from inside, so I use my third eye to see my body from inside. I can feel my body from inside, which connects my heart and my lower belly. Let's take a few moments to see and feel and to connect to different areas in the body with seeing and feeling until both channels give me a coherent information about my knees, my hips, my belly, whatever I choose.

I tune in. I feel it through my body, not just in my imagination. I look into this area and I wait until I have through both channels a coherent information. My vision and my body awareness meet and read physical aspects of my body. If I have a coherent impression, I go to another part of my body that I choose.

Just stay concentrated to notice if you drift off or check out, and to notice that when we hit unconscious areas in the body it's hard for us to stay concentrated. We zone out, zone in. A bit like an ongoing energetic connection of a scanner that looks through the body; visually and through the body felt sense, not just in my imagination. Some people imagine their body but they don't feel it. Again, the feet, see if the feet touch the ground energetically and if the whole weight, energetic weight, rests in the ground or is a bit pulled up.

Sometimes people in chronic stress situations pull out their energy from the ground and concentrate it in other areas where they create tension. Every time when I ground myself and I feel that my energy relaxes back into the earth or into the ground, I know that I avoid something in my life. I cannot process the full intensity yet, so I need to limit the intensity by limiting my territory, my base power, the dynamic power of my base. And to notice whenever we do this grounding exercise, Okay how much of my energy is actually pulled up and how much do I really live my life in that resting state in the ground, so I don't leave the magnetism with the base in the ground, which creates the highest level of human responsibility, the ability to respond from a logged-in life.

Of course, then I do the same thing again with my emotional world and I say, Okay, today, where am I? When I look into my emotional world, I get a visual impression. I have a body felt impression. Is my emotional field open, overloaded? Are you stressed with a lot of friction? Is one emotion predominant? Is part of my emotional spectrum chronically shut down? If so, which? Do I feel emotionally grounded? Do I feel a contraction in my emotional field or it's breathing into the ground and outwards again?

And then I look and feel into my state of my mind today. As we've said already multiple times, sometimes the mind is very open, then it speeds up to its highest creative state. Sometimes the mind is more contracted, so then it reduces possibilities. The more existential things become; the stress patterns become, usually the less possibilities the mind leaves open. The more we're relaxed existentially, it opens multiple possibilities.

It's also more receptive. The mind is a receiver of information from the higher levels. From there let's feel this middle line, metaphorically and really, as an anchor for my inner vision, my inner perception, and for me to travel, to feel this line as a line of my will, a will that evolves, a will that has different stages, a very instinctive, sexual, personal, and collective and spiritual dimensions.

Let's go down, backwards in time basically, and feel this line, this will; which levels I can still feel and relate to, maybe some levels of my development. Some age levels are easier. I can just tune in with whatever I choose. I choose myself with 14 years or with 8 years or with 6 years, and I attune my vibration until I find the right level. I see if this age is more open, more closed, if I don't feel anything at all, if I feel a lot, but I stay in the middle line.

I just choose a few stations until I reach the moment of my birth. I tune in again. I look there, I feel there for whatever arises. I trust my first impression and then I tune in deeper with this first vibrational state that produces this first impression.

I can also feel the quality of my will and how I'm able to relate to my will. So what's the quality of my will at that time? After choosing a few spots— and I'm sure you can continue to practice this on your own if you revisit this recording, to choose different spots— then let's come back to the whole line, so from the more specific, like going to a certain time. I tune in, I feel, and I see what's the information that comes out. I feel the information.

I come back to my age today, so I feel myself right now sitting in this room. I feel the line today, until I click back into my current perception as the grownup that I am. From there I feel the whole line again as a holistic meridian that runs through my life, that goes far beyond my life.

And then for a moment, I can go the highest point of my head. I follow this line that goes through the highest point of my head. I take my inner vision and I look at the highest point of my head. I just stay there present for a moment and I let the energy above my head relax. I relax the space above my head. In a way, it feels like relaxing one's brain. From there, we can feel to follow the line that goes through my spine.

I can feel into the space above my head with the intention to connect to my soul, my higher self, to the transpersonal aspect of me, myself. Just stay with this intention for a moment and see if there's some sort of sensation that you get, some sort of impression. You listen to it. You feel it. You look at it.

And then slowly, we come back to the heart. If you want, you can say in your own words a kind of a prayer or an invitation, and just for the ones who feel that's important for them, to invite the next level of your healing capacity, your healer's capacity, the capacity as a therapist, another level of clarity, whatever feels appropriate for you. You say it with your own words. You feel the words that you say in the heart space, and then you either let the words drop into the depth of your heart or you let them rise high above your head. You choose.

And then you can repeat this two times more and at the end, you just let it fully go. Take your time. If you feel like not doing this, just pause for a moment in your heart. Everybody who feels called to do it, you do it. Take your time and whenever you're ready, you let the words fully go and sit a moment in silence, in inner space, in stillness, presence. Also a presence that is inclusive of all of us listening, tuning in, feeling, participating; to sense, to feel awareness, the intersubjective field awareness.

And then slowly come back, take a few breaths. Feel your body, click again into sitting here today. Great!

End of Meditation

There are multiple things that I want to address that are connected to this meditation that we had today, also a short word to the beginning of a prayer that we did today.

The Mystical Heart and Prayer

For some of you, prayer is something very natural and part of their spiritual practice. For others it's fairly new. Basically, what we can create in the monotheistic world traditions and mystical traditions, the 'I-thou' relationship to the Divine is a very fundamental thing, a fundamental aspect of the spiritual practice. It's often either through a deep connection through the mystical heart—so there is the physical heart then there's the emotional heart and then there is the whole energetic heart chakra, as some people call it, the heart center—and then when we go deeper, we dive into the more mystical heart.

And there are different stages of presence that we meet in the mystical heart—that through the space in my heart, I start to resonate with a big heart, the one heart, the unification state, like a deep, deep state of presence that some people refer to as causal consciousness, some people refer to as emptiness.

It's basically that the spaciousness in the meditation is the beginning of stillness. Like that I feel spacious and expanded, is the beginning of a meditative stillness. And then this meditative inner space actually, more and more synchronizes my being with the kind of very transpersonal, unformed state of consciousness that is experienced as a deep, magnetic, burning presence. It's different. It's not expanded and spacious. It's deep, burning absorption.

Through the mystical heart I can have access to that, but not only is the unformed space deeply absorbed, it also gives birth to energy. And so it's a deeply creative state as well. It's both absorption and it holds all the possibilities. So if I pray I can use a prayer that traditions use regularly to do their prayer practice, or I can form a relational practice with the Divine that is on the one hand intimate—I formulate my prayers in my own language and I let it drop into my mystical heart and let it disappear there—or I take it into this elevator and I pull the energy of the prayer as high as I can above my head and I let it go there.

If you feel drawn to this, as to practice this for some time, if there's something important for you, if you need more clarity for yourself, if you call in the next stage of your awakening, if you call in the next stage for your professional life, whatever is important for you, if you want more clarity in the work with a special client that doesn't feel like it's progressing, so to use the prayer as one tool.

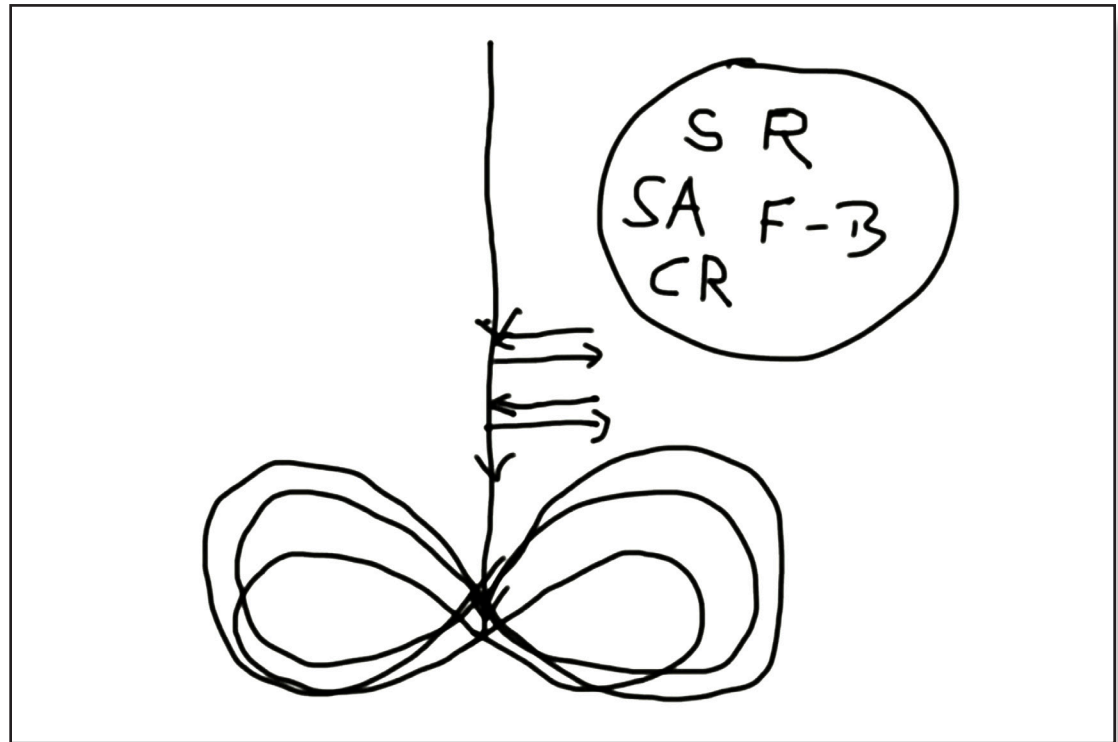
We will talk about the anatomy of prayer more, but that we use this communication that creates actually, an impulse. Every prayer that is sent creates an impulse into our higher self. This impulse finds a resonance, a descending resonance, so there's an ascending impulse and there's a descending resonance.

I want us to start working with these two levels. We work on this in the base, but we also work on this in our spiritual evolution because this opens our inner channel into a transpersonal dimension. We will need this to get acquainted with this, to get more developed there in order to be able to download transpersonal energy for the healing processes, and the prayer is a very good chimney cleaner.

It helps us to open our inner channel into the higher, what some people call the higher self or the more transpersonal stages of our being. It's also for people who feel it's not so easy to connect in the vertical dimension. We can do it also with our hearts and use the heart as a resonance body for a prayer practice.

I will say much more about the prayer later when we explore more the transpersonal stages that we use for the healing work, but for now I think that's enough to keep connecting and to start the communication and the downloading process. I'm aware some of us do this anyway already, some of us maybe intensively, but for some of us, it might be new.

The next thing that I want is again that I will start to draw some things here to continue from the last time. I will continue with the line that we started with last time.



Drawing 1

Here is the line and we explore this today [Thomas draws a line down the center of the page]. From the moment of our conception where the first time for our life there is the relation of our father and our mother and we plug in for the first time in this line, of course. That's also Eros, the erotic fire. There is the first time I plug in, in the new life that's set in motion.

The Map of Our Base

We said last time to do a map of our base. The map of our base, if there is a map, it consists out of different aspects, the structure of the parents.

So now, I want you to take a moment to feel into the structure of your parents. The structure: how developed, how healthily integrated is the structure of your parents, even if you did already a lot of therapeutic work and you changed already a lot of your original makeup. Let's just for the practice, because we need this also to feel into the parents of our clients.

When I want to find the structural aspect of my parents and I tune in with my father, I feel the structure, how much structure can I sense that is grounded, connected, is a healthy vessel for his life.

And then I feel the representation of the structure in me. Okay, and then I do the same thing with my mother. I tune in with her structure, with her bowl, her vessel, container, however I call it. I tune in. I get the first impression and I tune in deeper.

I trust my perceptions. Once I have a perception I bring it back and I see, okay how much of this is alive in me today, how much it's integrated in me today, or uprooted, it feels like a lack. Great! And then I let go of it. I take a few breaths, inhale and exhale. I let go of this energy and then I go to the relation.

We said we need the structure and we need the relation. We need the structure and we need the relational aspect at the point of conception. Let's have a look at the point of conception and the relation between the father and the mother, and see what arises, and tune in to the relational aspects. Of course, that's their emotional relation and man-woman relation.

At the same time, it's also an underlying space. The space is where the new energy lands. Every update needs some space where it can land, and then the relational aspect, of course, the human relation. And then I let go of it again and I will go with you through this map. This was also a question and then everybody can take this to their own practice group and continue this practice.

Another aspect is the safety. Safety. How much does the energy that I am, that is landing—I am an energy that is landing. I'm coming down here [Thomas draws arrows down the central line on the page]—and then on every new level, I need to be held in the relational field and through the structure in order to create a coherent structure, we said last time. So when I tune in with myself and I tune in with the safety of the container through my parents, when I tune in with my own life, how much do I have wired that life is safe, that the basic condition of life is safe, or the basic condition of life is unsafe?

Did my parents, through their structure and their relation, manage to give a healthy, dynamic containment to the energy that I brought?

Then there was a lot of free energy in order for me to wire an appropriate structure. Do I sit in an appropriate structure today that is safe? Any degree of unsafety that I'm meeting, I respect. I say yes to any kind of disturbance that I might find, just to get a check where am I today and what was my original wiring.

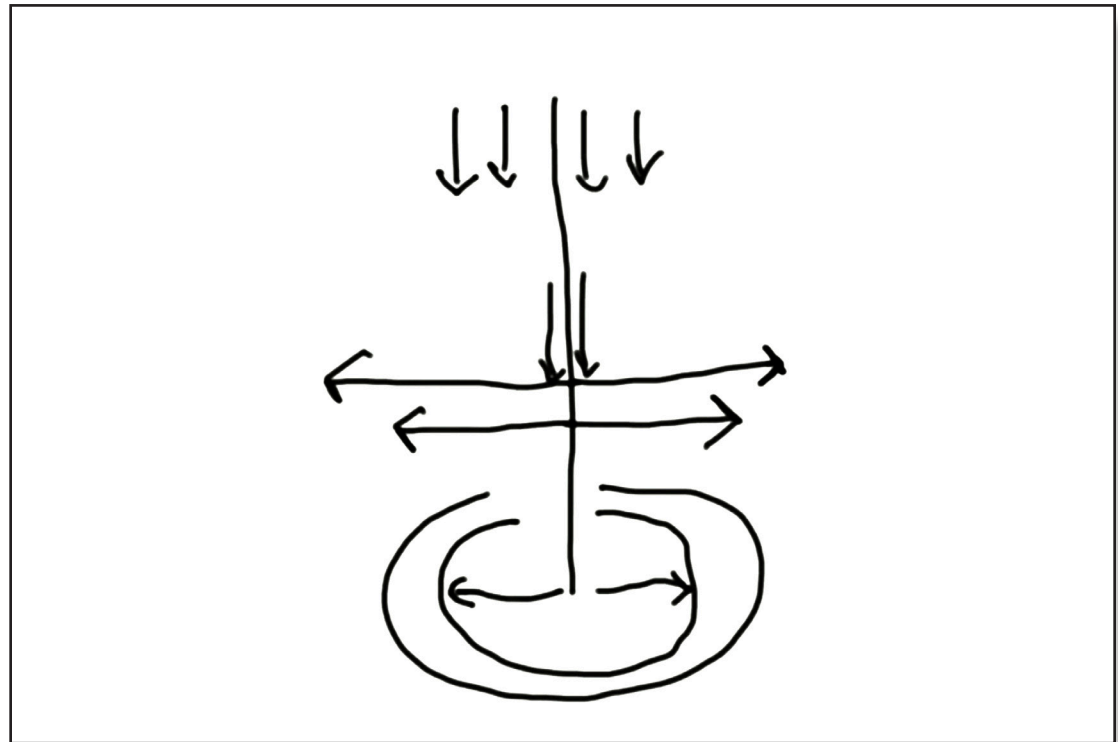
Okay, and then let go of this. I exhale two or three times. What we are doing is we are just asking from our own energy field the relevant information that we need and then later on in the triads and in the practice groups we can just deepen each aspect and look at it in a deeper way.

The next level is the relation between freedom and belonging. The containment of my energy is also how much I can go out. My will can go out into the world, be curious, explore, and if I get afraid, I come back and reconnect, and go out and reconnect. I do this on multiple levels with a different range of exploration. This gives me a feeling, Oh, I'm able to explore the world. I can be courageous. I can be curious. I can be innovative. And I come back when I'm afraid and I relax my fear into the energy field of my parents.

I look at these wires in me: freedom and intimacy, freedom and safety, freedom and belonging. I check the special aspect of safety which goes beyond safety because it includes the courage, my will, and I just tune in with this aspect, freedom and belonging, going out, being received. Going out, being received. I notice every little energetic, physical, emotional, mental change from the moment I set the intention to feel it; freedom, belonging. Great!

The next level is coherence, which is connected to the one that we looked at, the coherence of relation. If I tune in, do I have the feeling that I trust into relation and relation is basically a coherent experience, something coherent that stays? This is a kind of a sub-aspect.

Let's tune in with this also, do I have the feeling that relation is coherent. I can trust in the coherence of relation, or I'm afraid constantly that relation is not being sustained. It can fall apart every second and I live in the fear that it will fall apart. Again, I check in my own energy field. I can also check, where am I today. I see what arises and then I go, Okay, what was my original wiring?



Drawing 2

And then one other point that I wanted to mention is that the will, if you look here, the will needs to expand in every level of development its territory, in order to create the synchronicity between the soul's purpose; the soul's purpose that comes in, and the structural aspect that is needed. For example, all the resources I need.

Some people don't need the same amount of money that other people need, so I need to live in the appropriate territory that equals my soul's potential. So on every level of development, I will need to enlarge my territory in order to synchronize it with the higher energy flow that comes down. The more I download, the more I will need to expand.

I want us to tune in with the territory, the land that we live in; if I feel my metaphorical land. So how after today, the base vessel is synchronized with the download of my soul so that I have the feeling for whatever that my soul's calling calls me to do, I have enough territory. The territory gives me nourishment. The territory gives me physical power. The territory is the money flow that comes, is the ability to hold bigger structures. So if I tune in with this as a metaphorical land, the up and down are being synchronized.

I look today, is my land synchronized? Also the range of my influence through my work, the range of the influence of my projects. Do my projects chronically suffer from being too tight, or are my projects expanding into the size that they need to be so that I feel, yeah, wow, I'm synchronized. I can hold the energy of my projects responsibly and they're also as big as they are meant to be for who I am. That's a different balance for each individual.

The territory also creates a kind of a magnetism to suck in the light that we need in order to co-create what we are supposed to be doing, which is basically what some people call their mission in life or their life's purpose. So we live more and more our manifest life purpose when the territory is big enough and magnetic enough to download the inspiration, the creativity, the light, the conscious awareness that we need in order to say, yes, I'm sitting in my place.

So let's look at when I call up on my land and I look at it energetically. Do I feel it's tight, it's pale, it's lush, it's open, dynamic, it's breathing, it has a healthy containment, it has a joy to create structures, physical structures so that more and more heaven and earth, in and through me, are in a good balance?

There is an appropriate balance for every cosmic address, meaning every individual.

Great! Of course the land is also connected to the nourishment. The land, if there's scarcity. Did I feel nourished, physically nourished, emotionally nourished, socially nourished? Is there a sense of nourishment that is in balance, or do I feel undernourished? Do I chronically have the feeling of scarcity, that there's not enough?

Great, so let's say these are for now the basic aspects because there was a question around how do we create a map for the base and we started off with a few aspects that we talked about right now for the practice, and then to go with the practice groups or in your own contemplation through the different aspects and to check it first in you. And then with the permission of your practice partners or other people in the sangha, you can form groups to do attunement with other people, and of course, the people who work with clients anyway every day.

So to look at the different aspects as a practice in the daily work in the subtle perception. So, when I tune in without listening to what the person tells me, and of course, I know many things, but if new people come, I make myself notes and then I check it with what the client tells me, and to train my subtle perception to feel those things more before we talk about them.

What is my sense of the land of the person? What is my sense of this freedom and belonging part of the base? What is my sense of how the soul's energy has been anchored in the substance? Is it still floating at it, up and down, undecided, not fully landed yet, not fully in the commitment to life yet, which creates a constant tension and a lot of exhaustion?

If the energy doesn't land fully it creates a lot of ambivalence in our life, a lot of doubts, and a lot of indecisive moments, and sometimes a very strong tendency for a spiritual path because it always feels dangerous to commit. It feels dangerous to commit because it will remind us that we didn't commit in the first place.

Spiritual Bypass and Commitment to Incarnation

And so for the mystical spiritual work it's very important that we will detect in people when their basic energy is not yet incarnated, that a lot of the spiritual practice might actually be the bypass for it and is a much easier exit that people like to take, than the work to do to really dive through the difficulties in the marketplace and anchor the energy and then return to the higher spiritual levels.

That's something that we need to find out, that we need to find out in the guidance of people for whom the spiritual practice and the grounding is important, but for whom maybe to stop the spiritual practice for some time and to just focus on the landing, is actually the highest spiritual practice, because often the spiritual practice might end at a certain point and not continue the growth because of the bypassing of the original incarnation process.

And only when we fully commit do we start to transcend, because ultimately with the whole spiritual work, but also with the therapeutic work, the integration process connected to the mystical aspect is rewriting the past. So actually through the integration process, we liberate the energy that is caught up in circular patterns, which forms circular life patterns, but with the downloading of the energy, we literally rewrite a fixation of energy, the innermost fixation from which all the other symptoms actually appear.

We rewrite the karma that is responsible for it and every time we rewrite something, we send an impulse in all four directions. We send an impulse into the past towards our parents and to the past of humanity. We send an impulse into the future, like a course correction of our life. We will make different decisions. We will go a different path. We will meet different people. We will think differently. We will feel differently. So our life is a course correction. And we will send an impulse into our environment, in our horizontal sphere, so the whole cross actually, is being redesigned, to a certain degree.

This moves us deeper and deeper into our place, and the place is a sustainable way of living that includes the past and the future and it includes wider and wider circles of our environment. Our base is one aspect of the place. When we wake up in the morning and we feel in our place, we feel on track, we feel in our flow, so the base is important, but not the only aspect, of feeling in one's place. So the place is bigger than the base, but the base is part of the place, which means I live sustainably, inclusive of the past and the future.

But often when people refer to the moment in the spiritual scene, we hear, "being in the moment," but being in the moment doesn't just mean being in that moment in time, but it means being in the mystical moment. It means living a life that is inclusive of the past and the future and the horizontal expansion.

That's the meaning of the cross. Usually when the cross finds its place the center is empty. So the mystical cross, in the moment it finds its place, the center is empty. Everything is there; nothing can be seen.

Homework

The practice I said, is the prayer practice until the next time we see each other and is also the deepening of the map of the base. So the energetic reading ability of the base in me, the will, as a line. The will creates through belonging a structure, and creates itself a territory. The will grows and evolves and we will talk more about the different stages of the will, but at the moment, we say every level of the will opens a bigger level of the territory.

The will wants to go out more, which creates courage, and the will wants to belong deeper, which creates intimacy and belonging. And through the belonging I get a feedback from the world that helps me to wire a deeper territory. The territory is basically the magnetism of today, is the bowl, the vessel that magnetizes impulses from the higher consciousness into my life, so what some people call heaven and earth, up and down, are more and more synchronized, and that we explore the different aspects of what I've mentioned today, which some of it I said already last time.

The map is a lovely map to practice with and to see which, especially are now, creating the basic basics that we learned to attune to. This time in the course is still a time where we learn to attune to different aspects in different ages through my whole energy field in myself of course first, but also in other people, in practice peers, in clients so that I can pretty accurately connect to any level of your energy field quite precisely and hold my concentration there.

Through my bones, I connect to your bones. Through the vibration of my bones, I find the vibration of your bones. Through the vibration of my birth, I find the vibration of your birth. I can stay there and stay there and stay there and hold it while you talk to me. I stay in the vibration connected to your energy field and I don't lose my concentration there while I'm concentrated with what you tell me.

And so we practice this ability, that I can actually hold at my energy field any level of your development while you talk about whatever you tell me right now. That's a fluid mechanism that I use to find the origin of your symptoms, but also by plugging into your energy field in all of those levels, being it physical development, emotional, mental development and so forth.

Further, I can hold a certain level of concentration over a longer period of time until we see that the energy starts moving.

Host: And that concludes Session 6 of *The Mystical Principles of Healing*.

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