

# 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 7.

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. Welcome to this class tonight or this morning, wherever you are. Wherever you are already brings up one aspect of our exploration. The beauty of our exploration is also, wow, I'm literally part of a global sangha, a community of practitioners, researchers, explorers. We will talk maybe later in this course also about it.

Of course, the global virtual structure is also a structure, is a structure that is going to be developed much more in the future but we are actually also pioneering. Even if online courses in the last years are becoming more and more popular but still we are—and I think that's good not to forget—we are still in the pioneering phase to find out how we fill a global interior with awareness, not only with mindfulness but also with mindful feeling awareness.

Cognitively, I'm sure we all already understood that we are a global community but in our feeling awareness and in our subtle awareness we are not there yet as a humanity to fill our global field of consciousness and our global humanity with a global awareness. That's certainly also one aspect of our exploration how this relates to healing, integration, individual and collective trauma integration so that we are, I believe, part of a dawning future that, besides all the use of the new media in the sense of information, advertisement, whatever we use it for but that actually we are training our subtle capacities throughout the Internet or through the Internet throughout the whole world.

I think that's been a very exciting exploration that we will talk about even more and later in later modules how that can serve as a new technology, consciousness technology basically, that the external technology is being fed through the internal capacity that we need to practice because I believe every time we go into the future we also need to practice the future to become real, which leads me to the topic of last time.

## The Personal Is The Universal

Once, my base was my future. That's very important not to forget, that when we talk about coming into life; incarnating, we actually, in the first phase of our life, a lot of what is today our past, was our future. Building even the ability to move, to move our body was once my future. Now it seems to be my past.

At that time, when I wire this in myself and the open possibilities got connected more and more and more and more, and in one sense also reduced. When everything's possible and is not manifest yet, everything's possible. Then we could say, ah, we are talking in this course a lot about early psychological development.

Not really. We are exploring the mystical process of creation through early psychological, bodily, emotional, and mental development but we are exploring actually a universal principle of how, out of the divine, the whole world is being formed. Of course, it's also part of it is my world and my experience of the world, but that's just a tiny bit in the whole cosmology of creation.

But while we explore very personal and intimate developmental processes, we can say: Okay, I always can look at a person and I always can look at the personal, but I can look through the personal at the universal. As I said this I think earlier in the course, and I want to bring this to our remembering, that we in the mystical practice when we find the truth in the most unique specific it needs to reflect the universal principle, and the universal needs to find them, echo, in the most unique and specific.

In this course we are exploring very early the rules of development in order to understand more how the healing and the integration process of trauma works but basically we do this as a spiritual path because for me the path of the healer, everybody who works with healing is in an archetypal path of enlightenment, even the bodhisattva of healing in the Buddhist tradition or in any other traditions, they are the great masters of healing. Actually, for them it was a path of enlightenment, that enlightenment has the side effect of healing.

As we go along, even if it seems that we look at very personal developmental processes, for me we are building the basic knowledge. Some of us do have this basic knowledge already and, because we have a wide variety of people joining this course, some of us don't so we need to build it. But in building it we see a reflection of a universal creative process like in the Tao Te Ching is written, "And out of the Tao God is being born" or, "The Tao gives birth to the one and the one gives birth to the two and the two gives birth to the three and the many."

We are actually exploring the same process through our life because, not to forget, the spiritual path always explores the movement while it's already happening. My life is already happening. I am not waking up from outside of life. I'm waking up while I'm living. So I'm in life and I'm identified with life to a certain degree and I'm exploring the nature of life while I embody it.

That's usually a big thing because many people say in certain disciplines that we cannot understand life in the level of development that you are in. You can understand life only in the former levels of development but not the one that you are in because that's what you're identified with. The spiritual practice has a very interesting challenge that we want to awaken while we are alive. Therefore, looking into the most specific is a reflection, is an echo of the most universal and vice versa.

## Resources Available For Our Work

Here are a couple of things before we go into our initial meditation that I think are important for where we are now with our process. One is, what are the resources of our work? Certainly, one of the resources when we are triggered or when stuff comes up that we have, if we have it, is our structure, the healthy part of our structure that is already in place. For most of us, it's not that there is no structure, but that the structure has weaker points and that there is a structure already. So the structure that I have is a resource. That's the ability to contain emotional flare-ups or other releases of mostly emotional energy, of energy, but also spiritual openings that I can contain through the structure that I already have.

The next level is the relational capacity that I have and that I built already around myself. My relational intelligence, the expression of my healthy relational growth is my capacity to relate but is also reflected in the network that I have around me which is also part of my resources. If that part in me is quite healthy, I will feel embedded in a healthy social network, except I make a decision to sit in the cave. I can be highly social and intelligent in socially intelligence but I decided to sit in a cave alone which doesn't say a lot about my social intelligence, then it's a special decision that I made. Or I bought a cottage in the forest and I sit for two years in the forest, so I can still be highly relationally intelligent and healthily developed and make this decision. But for all of us, the external fabric that I have around me reflects already a part of my social intelligence that is open and functional.

So that's a resource; how many people that are support for me, are supportive for me I have around me, and that also says something about my inner structure, of course. I have the structure that I have already in place, also of course reflected in the structure around me, the relational capacity and the social network.

Then we come to spiritual aspects that I would like to mention. One is presence, mindfulness as it's called at the moment, like it's a very fashionable word. Mindfulness, it's being introduced in so many walks of life. I think it's a great tool, to practice mindfulness in my daily life becomes a resource for challenging times.

Mindfulness, when we take it a bit forward, becomes inner spaciousness, becomes the ability to include and transcend, becomes the ability to have an internal equilibrium or landscape that is infused by stillness, presence, inner space, later on magnetic presence. The more I can rest at least as well in many moments in the presence itself, in the witness, I can have this. If I don't use it as a bypass, I have this available as a resource. So meditation, contemplation, prayer and a mindful lifestyle, moment to moment, to bring myself back into present mindful state of being becomes or is a resource for my integration work, for my healing work.

Definitely, and we will talk a lot about this in the near future, is how we use the resource of the higher consciousness in our daily life, and of course, in our integration work. This means when I in my meditation have more and more access to my core energy, and I will talk about this more after the meditation, so the line that we show, the will, is also our core energy, is the energy that runs through our spine.

Somebody asked the question, “Okay, how is this connected to our chakra system?” Of course, all the chakras are basically aligned along this line and expressions of this core middle line. When I develop my base, when we say that as children we build our chakra system from the base up so every chakra can be seen as an expression of a certain time of development and holds basically this information. This chakra is aligned with the middle line.

The will in the middle is equal to our core intelligence and equals also, at least for some time in our spiritual development, our soul’s energy, our motivation. At the beginning we said I feel this is motivation, deep interest and later on I will experience it as light and later on it will be penetrated by higher levels of the divine consciousness of my spiritual practice and actually transcend it. My soul needs to be transcended through higher levels of consciousness.

Now, when we look at the middle line, the more access I have in my experience right now— maybe we’ll use this also in today’s meditation—the more I feel myself in my core, it’s actually a resource. When I feel in the periphery of my energy field or my experience disturbed, but I have access to my core and I’m grounded more and more in my core from the spiritual practice, this is actually a resource for me to work on my own with my, let’s say developmental unintegrated parts.

Now, for me, as somebody that works with people and for everybody who works with people on integration processes, that’s also true for the I/thou relation because if I’m connected to the higher consciousness, that’s a resource for me to plug into the traumatized area of people that I work with, so I can actually be the connector unit between the higher light and let’s say the higher self of the person and the person’s personal experience. We will learn more about how to do that.

But before we can do that, this I can only do and therefore, I think also the course is building from the base up because if I cannot connect to you through my energy, if I can connect to your base only through my cognitive understanding but not really through my energy fully, I cannot become this connector unit. If my own experience in the base is traumatized, I’m not able to channel electricity from the higher light or consciousness to your base. If I am open, the light can run all the way through my body through the right frequency of my own base and meet your base. I believe that’s a very powerful way of healing or integration work.

## The Attunement Process

There was another question that came up that came to me about the attunement process. The attunement process, somebody asked, “Okay, what do you mean by tuning in and getting a first impression?” Now, when we work energetically and we are more and more attuned to people that we speak to; clients that come to us or if I tune in with myself, it’s the same thing. It’s the same process.

Once I want to feel my hand—and maybe we can do that together so then it’s more tangible—how do I feel my hand? I can concentrate on my hand. I set the intention to feel my hand and then suddenly I have a higher perception of the state of my right hand, for example, and so I have a first impression. But if then I go into my hand, into this first impression that I get, and let’s do this together. It’s the same like we did it last time. I look into my hand but I don’t imagine my hand. I really look into my hand and I feel my hand through my body awareness.

We have a bit of a different access or a channel how we access subtle information. Some of us have a very easy time to feel things through the body, some of us have a very visual understanding, and some of us have a kind of an inner knowing but no visuals or barely visuals and also not so much body awareness. Whatever is my access point, I will use the easiest access and then I train the other channels, as we said.

Let’s go for a moment and do the same thing, all of us, even if it sounds simple. I feel my hand. I look into my hand. Until I have at least some sort of visual impression, even if it’s blurry, and then I have a first impression. If I want to have more access to my hand, like to increase the resolution, so I tune in deeper, I concentrate more on this first impression and I let it unfold. Suddenly, I get a much deeper impression around how the energy streams through my fingers, which part of my hand is more energized right now or which part of my hand is less energized. I can maybe even see, feel, perceive if there are breaks in the energy flow through my arm, my wrists, and my hands. I get more and more subtle streaming sensations.

Of course, I can see if somewhere the energy flow is blocked or if it’s open, if some frequencies are blocked, like some layers of my energy field are less energized, so I can literally increase the resolution. Increase the resolution, this I do by concentrating onto the first impression that I get.

Some minutes ago I had a first impression of my arm and my hand, and now I have maybe a much more refined impression. We trained this already. We combine always the seeing with the body awareness and the feeling. The hara stands for the body awareness, connects to the heart, which means feeling my body awareness and feeling awareness of my body and I look into my body so that I can literally access every little corner of my body, sooner or later.

Every little corner of my body has multiple layers of energy around it, so my arm basically contains my whole developmental process, the process how I wired my physical, sensory, motoric. All my body awareness, how wired it is, is represented in my hand, and also my emotional development. If my heart is closed, my hand has less energy. If certain emotional aspects are blocked, more blocked than others, I can read it in my hand. If I hold a lot of fear in my body, I can read it in my hand. But if my energy is open, I also feel and see it in my hand. Every part of the body actually contains much more information than just the organ, the place, the part of the physical system of my body.

## Begin Meditation

Let's do the same thing again because it's such an important tool. For some of us this seems very easy but for some of us it's not that easy at all, that the attunement when I go to another part of my body and do the same thing. I look and I feel, and I let those two channels meet; I let them meet. And then to always check if I am imagining my body awareness or if I really feel my body.

So if I go to my hips or any other part that you choose and do the same thing, I get a first impression and then I see already if the first impression is clear, if it's a bit blurry, if it's hard to feel at all, if I don't feel anything. If I chose a part of my body and I realize that I don't feel it, that I respect this and I stay there. Not feeling is a feeling.

I increase the resolution again and I tune in with the first impression deeper, dive into it like a camera that zooms in, and with my body awareness, I intensify my body awareness and zoom in. I unfold my awareness and the resolution. Whatever my mind does, I let it do its thing and I concentrate onto the energetics: seeing, body awareness, meeting, diving in, diving in, diving in, and then listening. I listen to the information that arises.



Also, I watch very carefully how long I can stay concentrated. If I feel that I drift off a lot, that's also a symptom that I recognize. Say, oh, I want to feel this area but I keep thinking of other things. I get uninterested. I get tired. Okay, that says something to me. If I set the intention to be concentrated and I cannot, it's a sign. It's part of the communication of that area.

Again, when I explore my body I carefully notice when suddenly I feel this certain sense of numbness, that I cannot tell what I feel right now, or I blank in and out. More often, even if it's just for a second, as I said, if I want to be concentrated and I cannot, I'm saying something.

Right. Again to see, do I imagine this area in my body or do I look into it and feel into it really through the body. Imagination of the body is not feeling the body, even if it feels sometimes very similar. Or some people are very used to not feel their body but imagine their body.

Especially when we work with clients, I think many of us know this, how important it is to follow the process when somebody feels an area in the body, an emotion, if that's imagination or if that's true, if there's a real sensory impulse that we pick up.

I move my attunement again to my core. We started talking before about the core and this line through my spine, the central channel. We do the same. I look into my central channel. I set the intention to tune in with it. I feel it through my body awareness and I listen to the first impression that I get. The first impression also might mean it's hard, it's easy, I immediately have some information, it's hard for me to feel at all.

Then I stay. I don't create a pressure. I stay exactly with the precision of what arises. If it's hard for me to connect, if I feel I don't get any information, beautiful. If I have a very strong impulse right away, beautiful. There's no need to create pressure onto energy. Energy just speaks what is there. I'm becoming more and more refined, respectful.

Once I have a first impression, I tune in with the first impression of the central line so I feel myself in my core. As I said, for some people that's easy. Some of us are used to rest in that place, to feel centered in our core energy. For some of us it's hard. Wherever we are is great. Just respect where we are and from there we keep learning, attuning, refining.

I also see if I get a sense of a movement in my core. My core energy is actually a river. It's a stream. It's a movement, life moving through me, like a river moving through my whole body but more than that, through my whole being.

Also, how I can feel this core energy also being plugged in to my physical body, so I feel it through my physical body. It nourishes my most crystallized expression, the deepest nature that I live through. My core energy is anchored in my physical body, if I can get a sense of that. My physical body also being one of the expressions of that energy flow. Maybe there are some areas in my body where I have more access to this central line, other areas that don't feel so connected.

In this middle line I can also connect to... The middle line is like an elevator. We said the elevator goes all the way down into my base, to my physical body also. It goes also all the way up to what some people call the higher self or the soul or the light, and many expressions of it; higher potential, connections with evolutionary impulse. I can get a sense of this as well, if I connect, get a sense through my central line of my higher self.

Let's see if we can, either through our higher self or, if it's easier, through the heart, I get a sense again of our community here, maybe also through our bodies like a holistic... I connect to the holistic impression of our sangha, a virtual field, with a lot of competencies, intelligence, skills, already manifest life potential and more life potential to become manifest.

I can tune in and get again a first impression of the field, all of us tuning in right now, and then I get a visual impression, I get an energetic felt impression of the field. Even if the first impression is very blurry, not clear at all, when you think of the field, what happens in you? You can just notice this and then feel it more.

Just see if you can feel the collective presence and the collective energy that we all hold together, create together, that that's also a vessel. That is a collective container. That's also collective structure. Of course, on the one hand, it's represented through modern technology, the Internet, but also subtle structures. There's a collective presence like an organism that becomes aware of itself. It has structure and becoming potential. Because it's subtle I need to listen more subtly.

I can turn my awareness again more to the listening itself, so now I listen to a contemplated collective body of this group. Now I can just focus onto either inner space or witnessing the part in me that listens, the depth, presence, stillness.

Keep listening for a moment to the listening itself. Notice the inner space and the deepening of the inner space, the ability to witness thoughts, feelings, body sensations to arise, but still attention, awareness with awareness itself, and listen into awareness itself.

Slowly take a couple of breaths. Come back into your body. Feel your sitting, the legs, the physical body. Slowly, let's come back.

## End of Meditation

Well, great. I want to use some time today to either respond to some of the questions that I have read or to talk a bit about, okay, when we are naturally when we look more into our base, of course, if it's integrated, it's great, any way, you feel at home. When it's not so integrated, we will start feeling things. We will feel maybe sometimes more disturbed emotions come up. Maybe sometimes we feel more numb. We will some symptoms of the unintegratedness of our base.

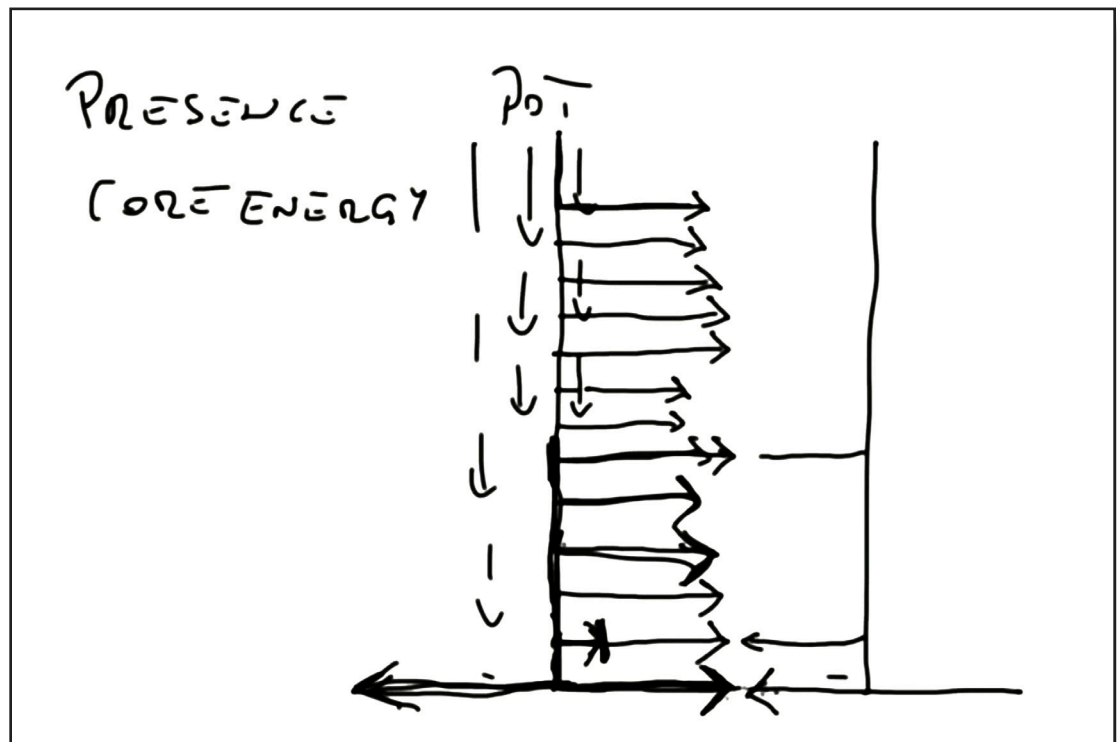
## The Development and Use of A Healthy Structure

One aspect that's very, very helpful is to remember that we have basically these four resources—for today, let's call them just four resources, which is my own structure, which is my ability to contain whatever arises in me. We can imagine this as a cable with an insulation. If you have an insulated cable, it means that the metal wire in the cable is insulated through kind of a coat. This is what it means that structure and the electricity are in a balance. The cable usually should be able to conduct the electricity that it's being made for. Of course, if I use this cable for a higher voltage electricity and it burns, that's very clear because it's not made for it.

But that's also in the spiritual practice like that. If I open and open and open through my meditation more and more higher energies and then my physical body and my nervous system cannot channel it and then I burn my nervous system, that's clear because the model wasn't made for it. I need to upgrade the capacity of my nervous system to hold higher electricity.

Therefore, in the spiritual practice, it's so important, as I live in the marketplace, to practice going up and going down at the same time, like doing my appropriate shadow work because these are most probably the areas that will scream and where the electricity insulation is anyway already challenged. When my structure is healthy, my cables and my wires are appropriately composed. We will talk much more about trauma and the traumatized areas or unintegrated areas. My cables are not appropriately insulated and so either it's frozen and numb or it's over-energized and agitated. This is part of the symptoms that I experience in those areas.

When life meets me in a traumatized or unintegrated area, how do I know? Because mostly I call this a problem. I call it a challenge. I call it a challenging time in my life. I feel that I don't have the capacity to respond to the circumstances of my life according to my core intelligence. It means - and I will again come back to my drawings here.



Drawing 1

Here's again the central line in our body which we call, this is the will or this is the core energy that we said [Thomas draws a vertical line down the middle of the page]. From every level of development, we said last time, there is a ping impulse that goes out. Out might mean even into our physical body. When I wire my physical intelligence, I wire this often with myself. So there's a ping from my core into my physical body and then a response from the physical body back into my core.

In the early moments and days of my life, that's basically also what I do. I learn to move my body. I learn to get to know my physical interior and from many possibilities I create basically, I reduce many possibilities to fewer possibilities but they get also wired, they become habits, they become pathways that seem the best for me and this is how my intelligence wires the structure.

But to know that every time I reach out there is a ping that goes out into the world that is connected to my core central channel, goes out, and then of course if there's another core central channel and there is another human being that, in a way, receives my ping like an impulse that goes out into the world and then some information comes back, and I wire my own system accordingly. Actually, my inner universe has an imprint of my external universe and that's my own universe of experiences.

We talked about this last time and how, through an appropriate contact and, of course, the warmer, the more loving, the more continuous is the contact, the more my structure gets wired and then the electricity of my core channel channels itself through the structure into the world and receives information from the world. That's called relation. I have my will. My will expresses itself through my structure. I can relate to other people's structure in a dynamic way in a good sense and then I get an impulse back.

But not to forget, because we will need this, that my will or my core intelligence, my potential is being expressed through the incarnation process and then it's being expressed through my structure. But always from my central channel electricity is running. There's electricity. The more I practice spiritually and I open my higher centers and my higher awareness, more electricity runs through the central channel and more electricity needs to be conducted through my structure.

When now a therapist sits with a client, that's the same thing. Therefore, when my base is unintegrated, I will not be able to support another human being's integration process according to my highest potential. I can maybe understand a lot about psychological or inner, physical, mental, emotional development but only when my system is able to conduct the information that I perceive, which we call "transmission," I will be able to process this according to my electricity network and also provide the appropriate information through my structure. That's what we call "attunement."

Somebody asked, "Do I need to feel somebody else? Do I need to first tune in with my own bones in order to feel somebody else?" Basically, yes, because only if I am relatively aware to a high degree in my own body-mind, therefore we do this inner body competency exercises so much, if I am aware in my own body-mind here and I can easily relate to my physical structure and express it, I can perceive the other person's subtle transmission of the physical body through my structure.

But this doesn't mean that every time I sit with somebody I concentrate first on my bones because once I am at home in my own physical body, and the bones is just one possibility according to this question. Myself, my base, therefore, we talk so much about the base because, if I am not fully at home in my base, I can have a lot of intellectual knowledge about the function of the base but actually I am not able to feel through my base the very refined layers of somebody else's base.

If I am disconnected in my own early physical development, I have a hard time to connect to somebody else's early physical development; pre-verbal development, sexual development and so on, even if I know a lot about it. But through my body and through my own energetic system, I will have a harder time to connect. Therefore, their own clarification process is so needed. In therapy, that's anyway often clear that we need a lot of self-exploration in order to do therapy and a lot of hours of therapy for ourselves. But the reason for this is also that I am able to embody and inhabit and therefore, consciously infuse through presence and core energy. These are two of our very important resources.

The central line channels a lot of electricity. Here comes my most authentic impulse. Even today, now, in this moment, the most authentic impulse. Here I go, here I rest when I want to feel a decision. Here I want to see where my energy goes in life.

Only when I rest here, it's true what somebody else asked, okay, do we actually commit to something or is commitment not anyway happening? Of course, in the central channel, when I am so connected in my core energy, my energy goes somewhere. Not, I make this decision from the separate place that I call my ego but for most of the people that's not their reality.

So then if I'm not resting in this most authentic core of my being where I feel in moment to moment what's the next step, then I am also committed to life. That's true. But for many people that's not the place where they operate from. It's more the periphery of the energy field that we operate on.

Right now as I sit here and I function from this core intelligence, this core intelligence gives me moment to moment impulses that are authentic, authentic to my core intelligence, and that, when they can express themselves through my structure, I feel in my place. My place is basically not only my early developmental process of my base, my place is a fundamental composition of the past, the present, and the future meeting right now in the core of the cross.

The Christian cross or the cross in general is a spiritual metaphor. The cross in the center where the two lines meet is empty and the emptiness reflects. Everything is there, nothing can be seen. The more I go outside of the center of the cross, I experience life as future, as past, as horizontal expansion.

But in the central line, the central line is actually, here's the authentic impulse on every new level of development. Today, I use many of the ones that I expressed already and I start building new structures using the Internet to develop subtle capacities in order to be aware of people that sit in Australia right now, is a new structure in consciousness, a relatively new structure in consciousness that is emerging right now and that turns from being a possibility into a manifest ability.

On whichever level, on the most fundamental level of how I move my hand, up to the very highest functions in consciousness that looks sometimes like miraculous abilities, all of them originate in the central channel. They are authentic expression of a human being that practices them. Their electricity uses the already grown structures to express itself and grows right now new structures. That's the leading edge of our learning. The leading edge of my learning today is a potential ability in my experience that becomes right now more manifest through me practicing it.

When I practiced moving my hand, I moved it, I moved it, I moved it and today it's a function that I don't even need to think of, that is easy, that I use every day, but it's connected still to my authentic being. Everywhere where this function is blocked, if in my early development there is a block, this impulse still comes out from my central channel but it runs into the block and creates a pressure. There's a numbness and a pressure. There's somewhere an over-energy and somewhere an under-energized area, and in the middle is an unconscious zone.

These authentic impulses, the core energy, is a resource for me as somebody that works with people because I want to, as someone that works, that I can feel potentially from my energy this early unintegrated part but I can also feel the electricity that is behind that still produces authentic impulses that go out.

If I can relate through my own energy field to the appropriate level of development, I can feel somebody's early physical development, somebody's early sexual development, and I can feel the authentic impulse behind it, behind the unintegratedness that is moment to moment appearing but it's often not anymore perceived by the person.

Actually, my own awareness becomes an invitation for the person to become aware again of that authentic impulse and to help that authentic impulse into the growth of an appropriate structure. As we said, where we—wait a moment—I will come back for a moment to you. I think now I should go back.

## Building a Structure that Holds Energetic Intensity

We saw this central line. We see all these layers of energy that become structures. We said that the leading edge of my learning today is a possible structure. The leading edge of our learning as humanity are possible structures in humanity that, through us practicing them, when we sit and we practice the attunement with hundreds of people all around the world tuning in right now, I believe we are growing a structure, a new structure in consciousness that allows subtle capacities that transcend my locality, me sitting in a place and being bound into space and time. Suddenly, I see actually, wow, I have access as a healer, I have access to everybody around the planet, not only on the planet but let's use the planet now.



Any moment, everybody has a cosmic address and if I know your cosmic address through your name or through your photo or whatever, I have access to your energy and everybody who does the same also. That's a function that is not part of our mainstream society knowledge but it's something the more people practice it, the more normal it will become. Moving my hand today is pretty normal but it wasn't that normal all the time. Once it still was my future to use my hand as I used it today.

Where I have this unintegrated part, the wires, the cable as you remember, the cable with the insulation is not built properly, therefore, I feel easily overwhelmed. If I feel easily overwhelmed, the metal wire is actually raw. It's too open. I think many people know this in PTSD or like after traumas or strongly unintegrated parts in our being. One option is that I feel numb and frozen. One option is that I feel overwhelmed and over-agitated or an over-electricity and/or both.

Now, in the work with it, when a lot of material comes up, we need an anchor. One of the anchors, as we said last time, is that my mental, my emotional, and my physical self, synchronize. We need to find ways how to synchronize these three aspects into one organ. One way to synchronize it is to bring as many emotions as possible back into a physical representation.

What does that mean? That whenever, for example, fear comes up—and we talked about this in one of the Q&A classes—when a lot of fear surfaces in me either through my life or my inner work or whatever, one way is to overcome my resistance because if I don't like my fear, if I want to be without it, I have already a hard stance because I will be flooded, I will feel like walking on ice all the time and it's very slippery.

[01:10:00]

I said this I think already in the course: Either in my spiritual development or in my inner psychological development or therapy, history, maybe I might have asked the question already very often: How long will this still last? How long do I still need to work on this? How long will my spiritual path still go? When will I actually rest in peace?

But the main thing that it tells us, at least in many cases, is that I don't want to be where I am. Everybody knows this. If I am here, [Thomas holds up a pen] where is the blue line on the pen? I already asked when will I be on the other side of the pen? I know that I don't want to walk the way. If I really want to walk the way, I don't ask when will I be on the other side, because I don't care because I am interested in walking, not in skipping. But if that's too something, then I ask the question, okay, when will it be over?

For me, it's very important to hear whenever we ask the sentence that there is something that is "too" and to bring the question back to the "too," that it's not so important when will I really arrive here, it's more important what is at the moment "too:" too much fear, too overwhelming, too numb, too much pressure in my being. Too. I need to hear the "too," too much, too little, and then to bring the sentence back to, okay, what actually do I resist right now that I don't want to walk?

When walking is the enlightenment, not the arriving of the enlightenment but the arriving in the walking, stillness and movement is not "too." I am still while I move, and I move while I'm completely still. I don't ask the question, "When do I arrive?" As long as I ask this question, I know that I don't arrive because I don't want to walk.

For the process, it's very important to listen to the "too," too much or too little, behind the sentence. That's the only thing that this sentence tells me. It's nothing to do, to say about my development. It's something to say about the current avoidance or resistance in my walking. Once I hear what is "too," I can relate to it and I can bring it back into a relation.

As I said before, once I see, oh, it's too much fear or I feel too overwhelmed by fear, I see, wow, if I feel into overwhelm, mostly my wires and my structure are not able to fully process the energy that's running through the system, through the electricity network in that area so how can I increase my ability to insulate the cable? This doesn't mean to reduce the intensity. To insulate the cable means to build a structure that holds the intensity.

My body, as we said last time, is a wonderful anchor because when the emotional body is disconnected from the physical body in that area, the feelings will be overwhelming. If the feelings, they are too fast, they are not grounded, so then it floods my system. It floods my emotional system but it also floods my mind. My mind will also go crazy because my mind will all the time think how to get out of it and how to avoid it, how to survive better, how to, how to, how to, how to, how to. My mind will run on too much voltage as well and this will get more and more uncomfortable.

## Getting External Support to Strengthen the Structure

Once I know this, I see, okay, what actually supports the yin? Remember you have in Chinese medicine yin and yang. What actually supports the yin in the overwhelm to create more substance? You need more substance. And more substance means, for example, more physical anchoring; slowing down, allowing myself to feel, feeling that when I am on my own, it's too overwhelming so I need a support. I need an external anchor that somebody else's wires, somebody will be the insulating tape for some time for me to help me to insulate my own wires.

A trauma specialist is actually somebody that helps me to melt my trauma but also to help me to translate the energy back into structure and substance, that I have enough substance and resources to not all the time walk on an iced over a stream and always being afraid that the ice will break.

One aspect that I can do with myself is seeing, okay, how can I find that physical representation of my emotions in my physical body? Where in my physical body do I feel those feelings the strongest? And then to learn if I can relax the feelings into that area of my body and I can more and more relax into it.

If my own structure is enough resource for it, I can perform that. If my own structure is too weak, I will be flooded so I need to see if I can get an external support to bridge what I cannot perform at the moment myself. That's my responsibility instead of trying too long to do it on my own. Some people have the high tendency and that's also part of the symptom to try too long on their own. Some people have the symptom to too fast go to somebody and try to get rid of it that way. But sometimes we are waiting too long to get the appropriate support. For many of those developmental stages, there are enough people out there that have a very good competency in giving the support or in the sangha.

Part of my responsibility is to learn to discern this. If I am too overwhelmed or flooded too often, I will need to look for external support. That's part of my yin. What do I do if I go to a trauma specialist or to any other specialist? I actually strengthen my structure because he or she can only be a specialist if the structure is in place. So then I relate to the structure and I feed my own structure and I insulate in a way— not suppress— insulate the cables so that structure and energy comes into a higher balance in me and I can process the intensity of my own experience but I have a reliable structure to express my authentic impulse.

When we come back now to this drawing here, [Thomas refers to Drawing 1] [1:17:55] we said the inner line, the potential line, the middle line here [Thomas draws several arrows down the page] is a conductor of my core intelligence of the energy of my soul and it expresses itself through the structure here and relates it to the world [Thomas draws a horizontal arrow out from the structure] but also receives it from here, from the other person [Thomas draws an arrow pointing back at the horizontal arrow coming from the structure]. This is the other person.

I need this structure, this wire to be at its best in order to express my authentic being to the world so I can express my energy completely and then keep quiet as it's written in the Tao Te Ching— which means I express in the moment my energy fully and then I rest in peace. But if I don't express my energy fully and it gets stuck on the way, then it's a leftover energy. It's actually a moment to moment karma that will bother me. Then I think of this moment a lot afterwards, I feel still things and so I get bothered. This means my wires weren't able to fully relate this to the world or to receive what the world relates to me so that the original feedback mechanism, when we talk about feedback, that's actually what we do already all our life is feedbacking with life.

We send out impulses like a ping. In technology I think it's called a "ping." We send out an impulse and we receive an impulse back. We send out an impulse and either we get a warm impulse, we get a hard impulse, we get no impulse back and this wires my internal universe of the world, like a kind of a casting of the world inside of myself.

## The Transmission of a Healer

The electricity is important because in the spiritual progress, the central line is so important because in the spiritual progress we will go higher and higher in the electricity power supply network, which means that with the higher awakening, my nervous system, my body, my emotional system, my mental system, all of them will need to channel a higher electricity and transmit it to the world. That's very important and that's also why healing can become so powerful because much more electricity is being channeled through the appropriate wires and a part of the transmission.

The transmission of a therapist or a healer works from the moment that people sign up. The moment you sign up to a very powerful therapist or a healer or, you are one and people sign up to you, that in the moment there is an energetic commitment to meet, the energy works already. The transmission of the person works. The more powerful is the transmission, the stronger is the effect even before they meet. The meeting is just the cherry on the cocktail or on the whipped cream.

Every part of the physical body, the nervous system transmits higher states of awakening, of consciousness all the time into the world. Wherever is the meeting, it will be received or not received. Sometimes when the wires are blocked, this energy cannot be perceived so then we cannot feel the transmission of another person. But because we have a blank unconscious part, I cannot feel the person's transmission in that area.

What we are training here is to learn to, in a way, download our higher development; use our own body-mind system as an antenna, as a very clear and clean tool, always more clean and more clear a tool, to transmit the higher stage and state development that we rest in through our life into our environment and to learn to perceive the same thing out of our environment, which also answers the question more of the feeling and attunement of other people.

In the integration area, I can only perceive where I'm integrated in. I need to practice to use the levels of my own structural development so here's the central channel, here are all the levels of my development, and through every level of my development I relate to the world. I feel and express and therefore I am able to feel somebody else's development in my central channel and then I have an authentic connection to the person's level or state or state of integration in this level of development.

We will need this and therefore it's also not possible to just have a theory class about healing because in the theory class about healing, things sound fine but they don't work. If my energy is not prepared and is not a conductor for the energy, I will not be able to do these things. If I want to do these things, like healing from a higher level of connection and plugging into somebody's traumatic area from a high level of electricity, then my system needs to be open. If my system is not open, there is no way how to perform this and then I cannot be the appropriate relational station so people will come to me longer than actually needed because I am not integrated in this place fully.

We will talk more about the path of healing of the healer later in the course, what are the different stages in the archetypal enlightenment path of the healer and how they work together so when are the thresholds of changing from learning into being a practitioner into being a teacher into being a master? We will talk about this later in the course.

## Summary

For today, some of the things to summarize, what I said up until now, I'm sure that for some people it's easy material and it's easy to digest, for some people it brings up more stuff because there is more stuff, and then we need to discern: can I stay with whatever when I start looking at the map of my base and suddenly I see, oh, in my own attachment phase, in my own physical structural phase with my parents and my own continuity of relation that I had to learn and grow, where I meet my own traumas, so then I see, ah, stuff starts surfacing.

Can I handle this myself? To ask myself this question and/or do I need an external support and then also really to take responsibility and look for an external support because it's the fastest way to integrate stuff that's surfacing. If I can do it on my own, to see if I can synchronize, if my emotional body is anchored in my physical body, or if my emotions have a high level of activation and I am not able to ground this energy anymore in my physical body. And then to see if I can locate the intensity, for example, of fear in my body, where in my body do I feel the fear. I see if I can stay there at least for some seconds and then I can extend this maybe for a minute.

It will be hard at the beginning maybe sometimes and then I can practice and learn to re-relate my fear into my physical body, stay in this area of my physical body with my feelings, feel them, and learn to relax my nervous system back into the physical aspect of this area where the fear arises until the fear as an energy starts to change its vibration, turn into heat often, relax the area that I tune in with relaxes, widens, creates a bigger vessel and the energy can move through it more smoothly. Maybe I do it with one layer of the fear and then I think it's gone and then it comes back but this doesn't mean that it didn't work. If the fear comes back, it just means that the next, once I have this experience of a small or bigger release and the melting, then the next layer of the same thing appears.

## Crystallization

Today, somebody asked me, okay, what does it mean “crystallization?” Crystallization means,—and we will talk about in a later session more about than we talked more specifically about traumatization, how trauma crystallizes—so when there's a traumatic event and it enters an energy field, the longer it stays in the energy field, the more crystallized it becomes in the substance and the structure of the person's life. If we pass it on transgenerational, it even adds a genetic aspect to it.

It depends what is the level of crystallization and how we work with different levels of crystallization of trauma. If it's a transgenerational trauma, it means even much more than when it's in this life. It happens to me or I took it already on and I have a genetic predisposition in me. From being a subtle impulse that enters into being more crystallized and more written into the substance, we need to reverse it and bring it from the most crystallized version out, out, out, out, out, out, out and melt layer by layer if I talk about layers and melt it until the most crystallized aspect is melted.

The same is when we have high level inspirations. When we receive the future, people who are very centered and aligned, they hear changes in their lives when they are very far away. We call this the whisper. So when I hear the whisper of change, I hear it when it's on the horizon. Some people hear the change when it's a crisis so when it's very close and in front of my eyes and I cannot anymore avoid it.

But this was a whisper maybe two years ago. Two years ago if I was in a more centered place I could have felt that my life already changed but I was clinging and holding on to my relationship. I was clinging and holding on to my job, to other circumstances in my life. I tried to avoid this intuition or feeling that I had already since two years, that once I woke up and I felt something is different.

Same as the subtle whisper of change comes closer as potential manifests, as the divine impulse from being pure energy, perfect energy, how it manifests into worlds, universes, lives, structures; the same process all over, in the highest and in the most specific and unique.

In the work with people we also see, for example, when a feedback, how deep a feedback goes in. In the transparent communication, we practice a lot how can I listen, with which level of energy the person hears me right now, where the information gets stopped, and from where the response or reaction comes back. Usually, the more reactive it is, the less deep is the anchoring of the energy in the other system and the less transformational or the less healing integration is the intervention. The more it goes into the core, it can reach the authentic line, the electricity line. If a feedback goes immediately to the central channel, transformation happens online.



## Re-Writing the Past

That's also what somebody said, asked the question, "When I speak of the past, how can it be that we can rewrite the past because it already happened?" Yeah, of course. The history event already happened but the effect of this history event might be still active today so it might still limit my current experience of life.

When I say we rewrite the past is—and maybe I talked about the stranger last time—that whatever is the habit, like I believe creating strangers; that I see strangers, people that I don't know as strangers, then my understanding is an evolutionary habit. It's not the truth, it's a habit. That's wired in many of us since most probably thousands of years to do that. I believe we have the power to rewrite the wiring of an evolutionary habit that either collectively we call the past or things that happen in my own life and that wired my being. So we have the power to rewrite those wirings and fill them again with the expression of our authentic self.

Once it's rewritten, from the most crystallized manifest symptom in my body, it becomes a whisper. First, it releases the symptom in my body, in my emotional body, in my mental body, in my subtle bodies and it disappears from my energy field, I have rewritten this event. This event doesn't have any affect anymore on my limiting affect, on my immediate immediacy, on my presence in the moment. I don't have anymore advertisements overshadowing my movie.

That's what I call rewriting the past. We literally rewrite in the Book of Life this event because now we are the future of this event and we can rewrite the wirings, potentially all the wirings that we carry in ourselves. That's I think a very powerful and promising process which answers also the question of somebody else if he can integrate things as grownups or if he can integrate things also when we are children because somebody says one of her children had a traumatizing event.

Of course, how we work with it is if we can what I call, "play on the piano," from the low sounds to the high sounds in a fluid way. With children it often helps just to tune in and synchronize with the fears, for example, that are still active from a traumatizing event and that the child feels it can come with the fears. I hear the fears. I don't tell the child, "You don't have to be afraid," but I hear the fears by resonating with it. I create a synchronization, two energy fields synchronized.

Once there's a synchronization, there is the highest coherence possible in this level. Once this is established, the empathy and the receiving of the child's fear in me, finds a home in my central channel and it sends an impulse back to the child's energy field that induces a possible new possibility.

When I listen to somebody and I tune in with the person's energy field, I establish a vibration on the same level until it's so coherent, and then the person would say, "I feel heard." But what happens is the two energy fields cohere until highest maximum coherence conducts the best energy ping back into the other one's energy field.

Often, because traumas are not yet so crystallized in children because they are most recent, so then the energetic presence is often very transformational and it doesn't take so much time to release the traumatized area. But for this I need to be able to play on the different frequencies or sounds of the piano in a fluid way. I feel this in the people around me and I can synchronize my energy with this part while I speak with the person. This creates immediately more trust, feeling more received, feeling more heard, feeling like coming home. I find suddenly somebody where I can come home with my issue.

That's what I think all of us wished and are still wishing very much, that we feel deeply seen and that we can come home. But coming home means to come home into the center. By coming home in somebody else, I also come home more in my central channel. That's very transformational because we saw the two lines and then the authentic electricity line. The central electricity and the central electricity meet directly. That's usually either the most healing or the most inspirational meeting we can have.

I highly encourage to keep this going and also to do the regular meditation practice. You can also use the guided meditations from here or meditations that you do anyway already maybe for a long time; and to keep the meditation practice deepening,.

Host: And that concludes Session 7 of *The Mystical Principles of Healing*.

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