

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 9.

As a reminder, this recording was made during a live broadcast so you may hear time-based references. Not all of these references are applicable to the self-paced course; they were kept to maintain a high-quality, seamless recording that best allows for the teachings to remain intact.

And now, here's Thomas.

Thomas: Hello, everyone! We had a wonderful Celebrate Life Festival, nine days with more than 1,100 people that looked deeply into healing, individual healing, collective healing.

There was also a significant number of this course who attended the Celebrate Life Festival, so there was a group meeting. It was again a beautiful example for the mass synchronicity and the healing power that the strong, coherent field can produce and how all of us are synchronizing through different methods, attunement practices, meditations, tonings, and different exercises so that there's a very strong download possible.

Review of Previous Session

This actually brings me back to the last session here, where we had a deep exploration of the light meditation, which I consider being an integral part of the healing work. We will do it today again at the beginning of the session to experiment with the light meditation because I want to look deeper today at what are the possibilities of opening traumatized areas, energetic contractions or frozen areas through higher energies, like higher dimensions.

As we said last time, we can connect to higher vibrational states and connect them through our own energetic systems, through our own nervous system to the different areas in somebody else's body-mind. And I think that's a very powerful way of working. It also connects us to deeper information, as we said last time. I want to look at how the frozen wires—and I will talk about this later in more detail—how the frozen electric wires can be untangled by higher consciousness energies so that the whole nervous system of the traumatized areas can come back to its natural state, and by this, release a lot of the traumatic events stored in space and time.

We talked about the codes, the cosmic addresses, that every human being has a cosmic address and every trauma has a kind of sub-address in this address and how to address those. This will be, I think, a lovely content in this module today. Before we go to the theory, I suggest we will dive into the meditation first and then we see how we take it from there to connect it back to the healing work.

I hope that you had enough time also, even if we had a longer gap, to practice the light meditation. Of course, whenever you hit difficulties, write to us and I will include a lot of the questions that we have in the teaching modules or bring it to your mentoring group so that we see what works in the light meditation, what doesn't work.

Some of the things are easy to correct, some of the things are not so easy to correct, so there it needs a deeper look why it doesn't work. But we will definitely go deeper with the meditation every time in the next few sessions so that you get a deeper and deeper possibility to have a taste of higher states for those where it's new. Always remember, we open a channel.

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A channel, when it's open, has a lot of powerful transmission. And after we open the channel, we close it again and then we go into our life, so we don't walk around with openness because we can have some energetic disturbances from that. So, every time you do the meditation, finish it in a clean way and then go through your day. When we work with clients, we open the channel, we work, give our sessions. And then at the end of our day, we close again and then we go into our lives.

This helps us to stay grounded and it helps us to stay in the practical world as well. The power is that we always open and close as we need it, even if it's suddenly needed, so we tune in, we go up, we include the higher intelligence, and we work with it or it works through us. It's better to say it works through us. And then when it's done, so that we are still grounded in our daily life, we can come down and do practical things. And like this, the transition in life can be smooth and grounded.

If I keep my channel too open or do too much meditation without being grounded for this, most probably ungrounded even more, and that's in everybody's responsibility to take care. It's a powerful instrument, as I said last time, and we need to take care of it through a very clear and clean way of working.

Begin Meditation

Great! Let's start again with a meditative journey and then we connect it back to the next steps in the healing work. If you want, you can again sit back with an upright spine and let yourself drop into your body again first. In some former modules, we talked a lot about the inner body competency. I want to see if there's a change or a growth in my capacities, if I have a clearer and clearer impression of my inner landscape so whenever I tune in with my body, I get clearer information.

I can access deliberately the areas in my body that I choose to, and to use this course also to practice a lot because we have this field that is open, that is very supportive, that has the competence. It's easier to get into it in this collective pool and to be able to attune to every part of the body as a training. If we train martial arts, we train certain capacities. If we train playing the piano, we need to train some basic capacities. If we train healing work, it's the same.

And so, I let myself with my exhale drop into the body. Just notice first the first impressions that you get. I feel grounded right now, or I don't feel so grounded right now. I feel very relaxed. I feel overwhelmed by certain events in my life at the moment. I feel turmoil. I feel peaceful. They're all coming from different circumstances right now.

I use my inner seeing, my inner feeling, my body awareness, so that I can feel how my life energy starts sinking deeper into the body, which calms my energy field as if the center of gravity of my body drops more towards the ground.

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It gets me into another meditative or contemplative state. My stillness, my spacious daily activity is being replaced by my spacious interior. And in this change, contemplative change, it's easier to explore the subtle field.

I just check my body and see where I have tensions. I see where I have stress areas and where relaxation areas are. I see my state of openness or contraction; where my energy is grounded or uprooted. Every exhale takes me deeper into this inner field sensation, an ocean of sensations. I can choose again two areas in my body, first one, and then another one. We'll just practice fine tuning. I choose an area. I look into the area. I sense into the area through my body awareness. I synchronize both channels until I have a coherent impression of that area in my body.

I stay there, looking, sensing, deepening in the information that arises by looking in deeper. I sense deeper, finer. And then I do the same thing with another area of my body, and again, always using at least the two channels: the body awareness and the inner seeing. I sense into the place in my body. I look into the place until both energy centers give me coherent information. Even not feeling anything is also coherent information.

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And, then fine tuning, tuning in one level deeper into that area, getting more information. And then slowly letting go of that area, feeling my feet for a moment, grounding my energy, and then bringing the grounding, bringing my energy to the highest point of my head, from the ground up and move upwards to the highest point of my head. I look to my highest point. I wait until I can feel it, sense it, see it, and then I go on top of my head. I extend, like I can extend my awareness above my head. I look above my head. I lift the center of my feeling awareness above my head, at least one meter above my head.

I look and I sense and I see if I meet any sense of light, any sensations of light. And if not, just keep your attention up and go higher, feel higher, look higher, and to notice the sensations, sensations of white light, if they appear, or golden light, or every frequency of light you meet, feel into it and stay there. Look into it and stay there.

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In the moment, if you could stay there in the light sensation, see if you can go even a step higher. If it's hard to get a connection to the light, just keep exploring, very relaxed. And playfully explore this space above your head higher, to feel into it, to look into it even if there are no sensations of light, just to play with it.

To learn to keep one's attention above the head without dropping back into the mental process, or if there's a mental process, to let it pass through and not to attach oneself to it, so that the awareness can stay above the individual mind, and not to worry if it doesn't really work immediately. It's a matter of practice, a matter of patience for some people to really keep on practicing until the crown opens and we connect to sensations of light.

For the ones that feel connected to the light, you can even relax and let the light flow down into your body. If you connect to the light, you keep the awareness up and then you open so that the light, while you keep your focus up, the light flows down through the crown, the third eye, the throat, the chest, deeper into the body. And to feel the effect of the light when it touches your body, or in general, the effect of the meditation onto your body and your inner feeling states, if there's a change in the way you feel when you do that or if it stays the same.

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From there, you can also connect to, if you want, you can stay with your own light or exploring the higher dimensions of the light. If you want, you can also tune in with this higher aspect of the whole group here. So, from above your head, tune in with the higher self of the whole group. Set the intention and you stay with your awareness above your head. And then you go and connect to this higher channel of the whole group and see this visual, body-felt, energetic impression of the whole group container and group energy.

And then slowly come back to your own energy again from the group. Tune in first again with your own higher light. And then also to learn that you can stay connected and, for example, verbalize an insight. If there's a question, if there was an unclear moment recently, if there's a question around healing or a personal question, to stay connected and to verbalize insights, to say a question or to set an intention for clarification or something. And then stay connected to this higher vibration in yourself and let it go. Let the words move up into the light and let them disappear.

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Just sit in receptivity, in a receptive mode, and just listen. You pose a question and then you just listen to whatever arises. If nothing arises, it's fine. Maybe it will come later. If something arises immediately, listen to it. It comes in the form of words, in the form of images, feelings, sudden insights.

And then again at the end of the meditation, just sit a few moments in silence and spaciousness and let go of the higher focus. Just notice the inner space, the stillness, presence, timelessness.

Then slowly bring your energy for a moment into the feet to feel the ground. Take a couple of breaths and come back.

End of Meditation

[00:35:00]

Well, great! We did a lot of the theory around this meditation last time, so I won't repeat that, but I want to look at the relation of higher energies to the healing work that we do here.

Transgenerational Trauma

I will draw a few examples connected to the way how prayer works, so that we get a sense of the different possibilities that we have when we work with trauma, and not to forget—we said already in some former modules that when there's a traumatic impact—not to forget that our life is a movement, it is not static.

It creates a structure, but even the structure is a movement. If there's a traumatic event that hits that movement, it creates usually a distortion in the original movement. It creates a contraction, often a frozenness, so it contracts around the movement of life energy. It reduces the movement. And in the nervous system, in the mystical language, we would say the wires, these antennas, the openness of the nervous system, the wires get entangled, and the wires get entangled in a certain time in that person's life.

The entanglement happens in a certain vibration, in a certain developmental vibration. If someone has a trauma at three years old, in the developmental process in the three year old child, there is an impact. And so, the trauma needs to be accessed in that specific vibration in order to open it.

Now, we said the more something lands in the structure and the substance, the harder it is to take care of it. Why? Because it's more crystallized. So, the earlier we work with the trauma, the easier it is to clean the traumatizing energy, to take care of the contraction, to let the contraction melt so that the body's self-healing mechanism can work on the traumatized area, and clean it and keep it in movement.

The more we can keep the area in a movement, the better it is for the self-healing process. When the area freezes, the self-healing mechanism is stuck, so there's less access. There's less movement. The movement is reduced. The intelligence is lowered and therefore, there is an evolutionary purpose to this, in order to survive better. There are different reasons why evolution put this in place, but for us, it's actually counterproductive when we use, let's say, higher movement already, when we are connected to higher creative energy.

For us, this process needs to be open, open, open so that the flow and the intelligence of life can take care of that area earlier. We said the more it's wired in the substance, the harder it will be to take care of it. So, the more years it's in the system, the more it's engraved in the substance of life. And if it's passed on transgenerationally, it's actually deeply wired.

Therefore, with some people, it's easier to take care of a certain trauma or issue because it happened, let's say, in this developmental process, and it's not necessarily sitting on something hardwired already in the structure from former generations.

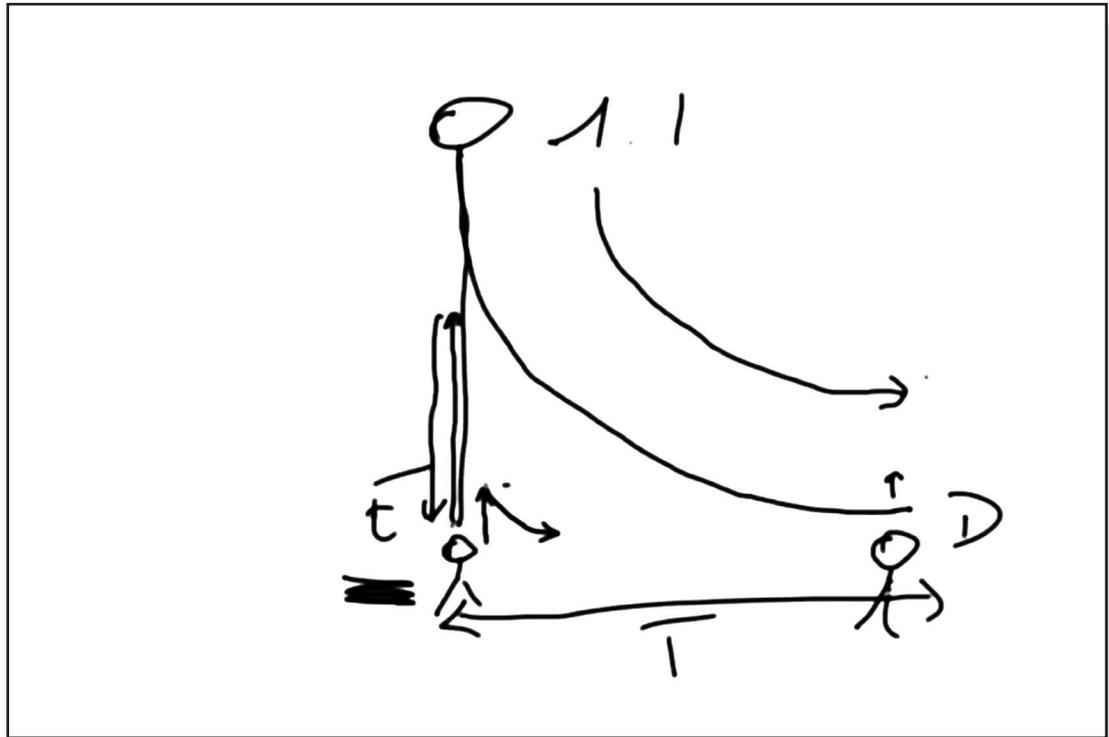
It's sometimes an issue that seems like a developmental issue of this life at three years, but it actually sits on a deeper transgenerational trauma that is underneath, so it's much harder to take care of it through conventional therapy because you can work on this, but it won't release the energy because it's connected to something that is much deeper rooted.

My thesis is—and that's not something that I can prove scientifically, as I said— that some of the things are already hardwired somehow in our genetic material and they are being passed on through the energy...

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...but also through the substance in the transgenerational trauma. So, the more something is engraved in the substance, it actually has a stronger gravity, which means it lasts longer.

The Manifestation of Energy in Space and Time



Drawing 1

For this, we need to see and understand—I will share my drawing pad with you—that there is a kind of delay. So, from the source, there is the creation impulse. When the energy descends from the source into manifestation, it actually creates a delay, and this delay creates space and time. From the original essential movement, this is the essential movement and this is the delay, and this here is time. [Thomas labels three lines in the drawing with “E,” “D” and “T.”]

When we speak a prayer—here is the human being [draws a person at bottom of the line labeled “E”]—when the human being speaks a prayer, the prayer goes up to the extent that the person can go up. The prayer goes up and then the answer of the prayer comes with a delay, usually. The closer somebody is to the essence, the faster the answer comes down.

The less we are connected to the essence when the human being is here [draws a person at the end of the line labeled “D”], it takes longer. So the prayer goes up only a bit, or not at all, and then there is a longer delay.

When I'm closer to the essence through my spiritual practice, when I set a prayer or when I invite higher energy from up, it actually unfolds its effect faster. For some people, they pray and pray and pray and pray, send the energy up, and with the delay in our world—it looks like after a few days or after a month or after some months—suddenly we see an effect appearing in our life.

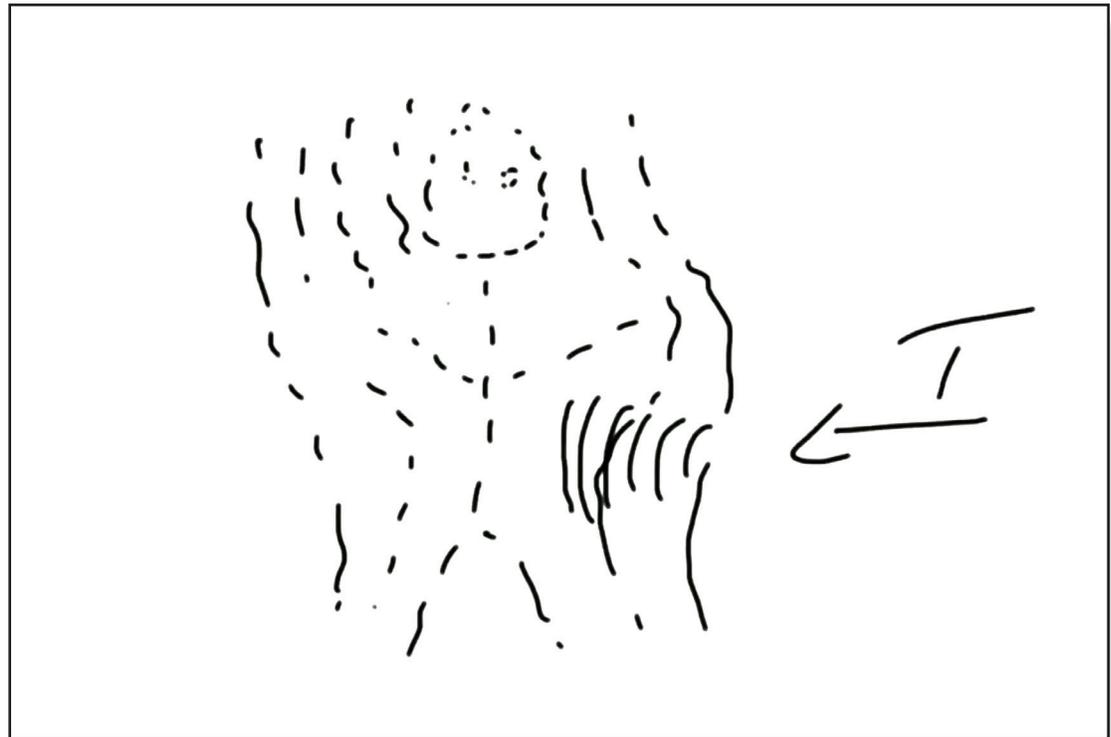
I'm praying for a teacher. I'm praying for a healer. I'm praying for somebody that can help me with my issue and I really want it. I invite it into my life and it doesn't come. One day, suddenly, life circumstances compose it that I meet the right person. So, with being more essential—and that's also why we want to talk about the archetypal path of the healer because that's very important in order to understand the miracle, the immediate healing, the miraculous healing. Or, things have a delay.

In therapy, it looks like we need to work on certain things. We go to multiple sessions and with a delay, there is an effect. It's a matter of space and time. I go for one year to a therapist and after one year, I have certain result, but the one year is part of the delay. It needs time. We say it needs time.

In our sphere, things need time because the energy needs to manifest itself into the structure. That's how the world is being born. That's how out of nothing, there is a first impulse and this first impulse is manifesting itself as the world. This creates gravity. This creates space and time. This creates the experience that we have right now as human beings.

Attuning to the Energetic Field of the Trauma

In the healing work, it's the same.



Drawing 2

This is the human being and the different energy fields of the human being. There are different layers of the human being, just a subtle idea of it. If there's a traumatic event happening and it goes into the energy field of that person and it manifests, the deeper it goes inside, and the longer it stays there, the more it's crystallized. It happens in a certain vibration, certain energy field. This energy field, I need to find out through my attunement. When somebody tells me, "Oh, three years, this and that happened to me. There was an accident," or...

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...“There was sexual abuse,” or whatever, it happens on a certain vibration. And through the attunement practices that we practice, I need to find out while the person speaks to me what is the vibration that the inner traumatic structure is actually here in place still, and this sends symptoms into the whole organism. This sends symptoms, contractions, pain, all kinds of emotional contractions into the whole organism, and that's what the person suffers from.

Now we have here this person sitting in a therapy session and here we have the therapist. This is the therapist. This is the client. We have here this therapist. Here is the trauma in this vibration. [Draws a horizontal line running through client's body]. Here is the traumatic impact that sends symptoms into the whole organism. So, the person speaks the symptoms and the therapist's energy field, the third eye, and the body awareness both need to find this energy field.

On the vibration, we see a structure of contraction in the energy field of that client. Then the therapist learns to hold the vibration through his or her own energy field attuned to that vibration in order to connect to this traumatic bubble that has an affect into the whole system.

My inner seeing, same as I apply my inner seeing in my own body, when I tune in with my own body and look: Okay, in my spine it looks like this. There's a bit of a contraction. What is the energy that I'm holding there? So, I can connect to my own body. I look into my body and I sense into my body.

The same thing I do with the client as well. The client speaks about the symptom. Here is the symptom. [Draws a bubble coming from the client's mouth with an "S" inside]. While the client speaks about the symptom, I look at the more essential structure of the trauma or the issue in that person's energy field. So, with my seeing and with my body energy field, I'm finding the vibrational state, not only the symptoms of the person, but the real thing that creates all the symptoms.

Creating a Coherent Connection to the Trauma

With my body energy field, I create a coherent connection to this trauma. I can sense this through my body. I can look at it through my third eye, so I create also here a coherence. [Draws an arrow from the third eye of the therapist to the trauma area in the client and surrounds the arrow with a figure eight]. I get to know while the person speaks more and more the inner anatomy of the traumatic impact, the vibrational state. I learn to hold it in my own energy field.

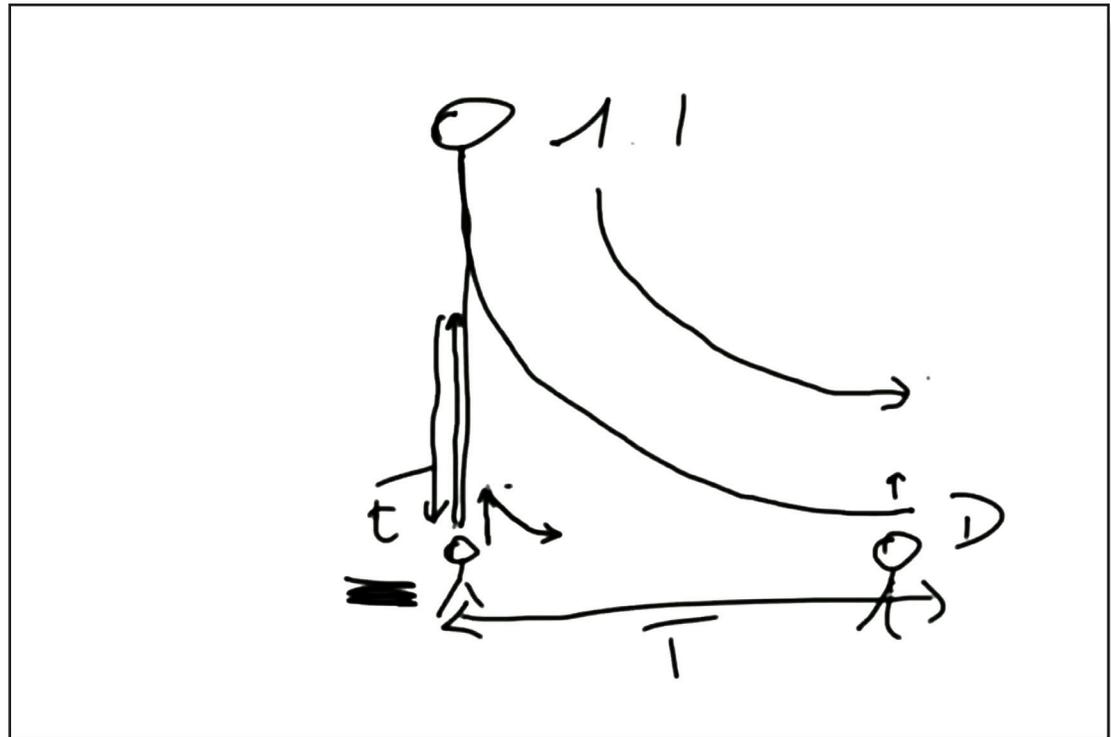
This eight movement creates a synchronicity or a coherence. So, in my energetic experience, I start vibrating with the same vibration as the person's trauma. I look there. I intensify this effect and, of course, if I'm very skilled, then through my crown, we go up here [draws a dotted vertical line from the crown of the therapist's head] and the person usually, or if the person is aware, great. If the person is not aware, we can tune in from here as well and we tune in here. [Draws a line connecting the two people's crowns.]

There are three levels of attunement: through my body energy, through my inner seeing, and through my crown. Here is the person's potential. [Points out the space above the client's crown.] That's usually what the person is not aware of. Here, is much more information, a bigger landscape. Here, I can learn to see a bigger map, a transpersonal map of that person. Otherwise, I need to work only on the horizontal, on this level [pointing to horizontal figure eight]. I need to work on a horizontal level, like from my human experience to the person human's experience.

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If I can learn to go up and I can hold this energy above my head while I speak to the person, I can connect to the person's creative, or to the person's future. That's the person's future. [Thomas points to the space above the Client's crown.]

Now, we go back to the first picture.



Drawing 1

We said from the first impulse, energy comes down and becomes the world. Here is a client sitting in the therapist's office. This is the world. That's the story. The story is a client sitting with a therapist, but the energy that comes down is this here. [Draws a curved line to the top of the client's head.] That's the creation of this person.

So, same as the Divine creates the whole worlds, gives space to the worlds to arise, a whole cosmos to arise, also within this cosmos is the situation of the therapist and the client.

Now, I will come back for a minute. As I said, I will show this again.

Here is a connection to a more transpersonal map. [Thomas points to his own crown]. Here is a seeing of the energetic effects of that creation when I look into the world, and through my body, I can sense and be empathic. [Thomas points to the area of the third eye.] When one body resonates with another body, there's a coherent—in the best case, if my system is very attuned and open—there is the eight-movement between those two people through the body energy field, the emotional energy field, the mental energy field and the higher energy field. They start to resonate.

Through this resonance, I will be able to have a clearer reflection of the person in my awareness and also, I will find my pixels will show the person's energy field, and also traumatic, usually, the structure that the trauma left and it is frozen.

Through my energetic identification through my body; through my energetic seeing, I create a coherent energetic field with it and I find the right cosmic address, the right space and time where this traumatic energy still hits the client's body, where the traumatizing energy is still hitting right now the person's system. That's an important, let's say small, but important detail when I say where the traumatizing energy is still hitting, because in the energetic understanding, this event—as long as it's not integrated—is still happening as if it was now. If the past and the future is not just in space and time, something that happened and something that will happen, but if it's energy, that the past is energy that's not integrated, the traumatizing energy is still part of the system of the person.

Grounding the Energy of the Trauma

While the person speaks, we can go—through touching or whatever is the method of how we connect to people—we can go and find the vibrational state where the traumatizing energy, whatever it was, still hits the system right now. That's very important because in the moment, I can connect to the traumatizing energy that connects to this system right now. We can create a mutual awareness to it because I become aware of it. The whole dyad of me and the client becomes aware of it...

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...and then we will create a higher awareness. We induce in the nervous system of the person slowly that the light and the unconscious, disassociated area will turn its light on and start feeling again out of the frozen state, the traumatizing energy and its effects, emotional effects, physical effects, mental effects and so on.

Because we are two, we create a much more coherent structure or container than if the person did it alone. If you do it together and I'm very grounded in my energy field, it gives a very strong resource to that mechanism. Now the interesting aspect is why do we do the light meditation? If I am able to perform that, that's the primary ability that I need to learn. I need to be able to create this container to be grounded in my own energy and to connect to the energetic dimension and exactly in the right vibration.

If I'm a bit besides, I might be much less effective than when I meet the person's energy field where in his or her development this trauma is happening right now because it's frozen in space and time. Therefore, it's happening right now.

Mystically seen, it's happening now, just in a different vibration. If I can meet this, and of course, sometimes this has been already worked on. Sometimes it's still actually stored pretty much the way it happened. So the energy is still held in the subconscious strongly, and then if I can create the synchronicity through my body, I create the structure that can hold it. I can see it and I can feel it. This creates a structure to hold it.

And then if I'm able to connect to the light, I can bring in more electricity that helps me to connect and melt the frozen structure. Because the frozen structure is an area in the energy field that is more empty, disassociated empty, it's an area with less electricity. It's an area with less light. It's an area with less nourishment. It's an area with less awareness.

If this person gets met by life in that vibrational frequency, the person won't be able to respond to the life circumstances according to his or her core intelligence. It will always be reduced and it will always be experienced either as disassociated empty or as stress; either as a disconnection or as a higher stress level. The important thing for us here is to see that I have a resource, but this resource I'm only allowed to use if I can build this container.

That's very important because if I'm not able to hold the container, I cannot provide the necessary grounding in order to bring down a higher vibration and connect it to the frequency of the traumatizing event and the frozenness in the client's energy field.

But if I'm able to feel it, to connect to it, to see it also, and seeing it means—some people are very skilled in seeing this a lot energetically—some people see less, but they feel a lot. The first thing is I need to be able to create a container so that it stays as a grounded process, and in the grounded process, because of this eight, the coherence between me and the client creates a container, a coherence, and the coherence is a very strong aspect of the container resource.

We are not opening things and they float in the air. We ground the energy. We open it, and as we open it, we ground it, because the energy that we open needs to be grounded. The electricity needs to go to the ground. The electricity needs to create a new structure in the person's energy field.

Therefore, the grounding is very important because it sucks the energy into the ground and helps the person to translate...

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...to clear the traumatizing energy, and to reconnect to the evolutionary state that we were in at that moment in space and time, and to allow this energy to create the appropriate structure there and continue its evolution.

I know this is maybe a bit complicated, but I think when re-listening maybe to it—I know for some people it may be easy, for some people, it sounds a bit complicated—but in re-listening or reading the manuscript again and again, we will find out that it's actually not that complicated. When we do not forget that every human being is a movement, not an object, this movement can experience certain difficulties in the process of their development and in this stage of the development, usually the process of development gets frozen.

If I unleash the frozen area, first of all, I need to clean the traumatizing energy. I need to go deeper and create a coherence with the emotional aspect, the physical aspect, and be a grounded partner so that the energy of the client that gets set free can ground itself, create a stronger structure by himself or herself, and allow the rest of the evolutionary energy to continue its journey.

Rest and Reflection

Let us rest for a moment because I think that's an important aspect. When I work with somebody, I am part of the resource. I'm a structural resource and emotional resource, a mental resource, a spiritual resource, a relational resource. I am sitting with a client, creating through my body awareness an eight, a coherence. I can stabilize myself. I can learn to be concentrated in feeling a certain vibration throughout a conversation, for example.

And while I speak with that person, I can keep the coherence in my energy field with one specific vibration of that person, mostly without that person even recognizing this coherence. In our deeper training programs, we look, we learn a lot to tune in with the attunement capacity of people.

When we ask certain people that work with people to tune in with each other, we look actually, at how deep and how accurate and how concrete we can tune in energetically to create coherences because if things vibrate together, they create a strong energy field. Just often the empathy and the feeling of one another is already releasing a lot of energy, but not to forget only when the issue or the energetic condition or the traumatizing event goes up to a certain depth. If it crosses that crystallization, it will be harder just through feeling each other to release that energy.

Let's sit with this a bit to let the whole process drop in a bit deeper and to see how much this relates to your experience. Maybe it doesn't relate to your experience. Maybe it relates to your experience a lot.

See if you find your own work with people, if you find parallels to what I said to how the mystical knowledge looks at the energetic composition, the energetic process. Where do questions arise for you when you hear me saying what I'm saying? Also, how we can sense in each other, how we sense that certain areas in our energy field are open.

[01:05:00]

The wires are flexible, moving, perceiving life, corresponding with life, participating in life; how other areas of energy fields are more congested, the wires are stuck, the intelligence that these wires communicate to the world and take in from the world. The informational flow is reduced, which means my relation to the world is reduced. My relation, intrapersonal, in me, is reduced to certain areas in traumatized zones in my body won't be able to perform the same informational capacity in communication than other areas.

If I do my own attunement practice in my meditation with my own body, or if I do just the eight movement, the horizontal eight movement with my pelvis, I stand and I draw an eight, a horizontal eight with my pelvis, I can see very, very well how my body communicates.

I can see because this movement includes many parts of my body and I can see my lower legs communicate with my upper legs. The energy through my knees is reduced. The communication of the movement through my belly is reduced, through my liver, through my lungs. I can actually find out through my own spiritual and inner body competency practice where the informational flow in my body is open.

My energy body communicates information fluidly and which areas of my body actually reduce it or nearly do not convey any information. They're kind of isolation layers in my own energy field, and that's an intrapersonal reduction or reduction of intelligence. But at the same time, the same area is an inter-personal reduction of intelligence, so I won't be able to communicate myself to participate in the world in that area, and the streams of energy in my own body will be reduced as well.

The map of my life actually shows a zone that has less electricity or is overloaded. There are other zones, they're overloaded with electricity, so if somewhere is a minus, there's somewhere an over, a plus. And so, the imbalance in my body creates symptoms, but you see that those areas in my body that correlate with the difficulties in my life that I have in the world will affect my own health, but also the health of the system that I will be able to build around me as my life.

It will show up that I will not be able to build consistent, committed relationships, healthy relationships, healthy work relationships, a healthy base in my life like the environment that I need in order to develop my soul's potential, or my participation in the world is being reduced.

So the maps that I can draw, my inner map in my body, the communication map in my body and the communication map in the world will have reduced spots or overloaded spots, hyperactivity spots.

[01:10:00]

And so, these imbalances is what we work with, but my energetic awareness needs to be able to look deeper what creates the over-minus and the over-plus, how can I look into its essence because the symptom is already part of the story level. The essence of the issue is part of the more essential aspect of life. And so, what we train a lot is how we look through the story level into the essence. Therefore, that's only possible when my attunement reaches higher transpersonal levels because that's where the essence starts.

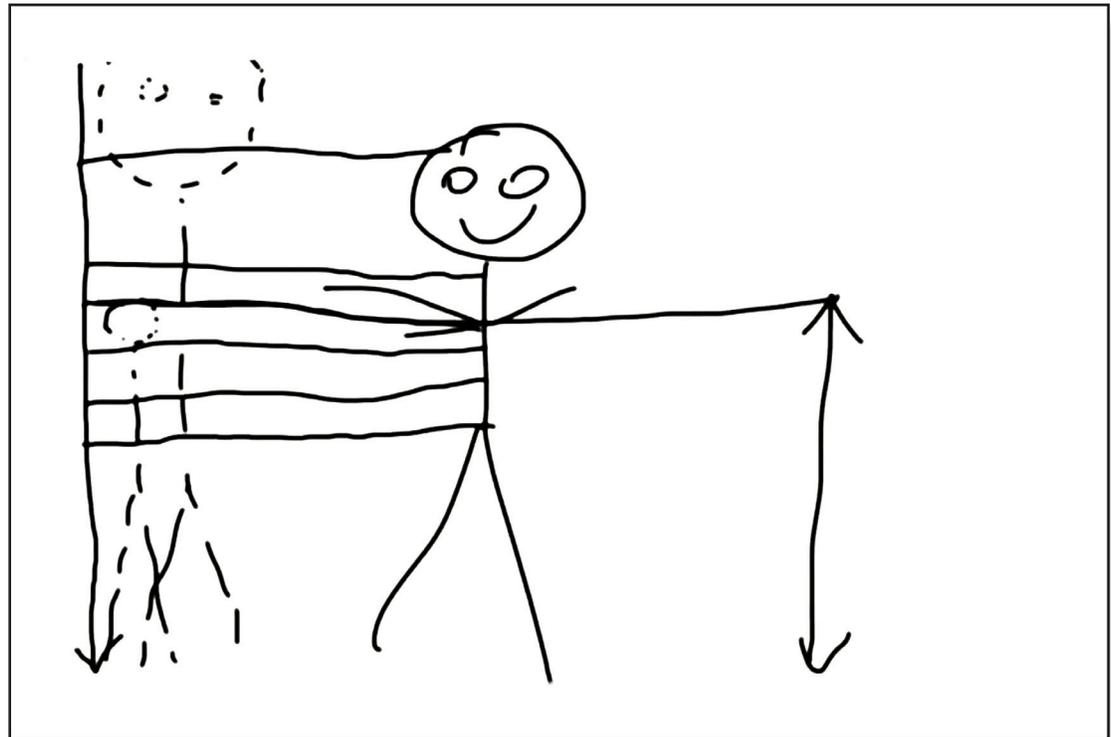
Let this sink in a bit because that was a lot of information and for some people maybe that's easy because you've heard it already, or you've worked with this already. For some people, it might be a lot. Just give a moment of stillness and to see how does this relate to my life and how much awareness do I have to look at life and see the flows of electricity, to see which systems in the inner world, which means my body, the inner world of my client's body, the inner world of the company, that I look at electricity flows in relational systems, and of course, also the outer circumstances that I look at.

How do I see it in systems? There's a healthy flow of intelligence and there's a unhealthy flow of intelligence. Somehow, through the system the energy doesn't channel itself.

Seeing Personal, Collective and Transpersonal Information

Always know that the higher I go and I tune in from a higher place, so if I tune in from my higher self with your higher self, it's a more essential attunement than when I tune in, for example, as a person with another person. As a person with another person, I can receive a certain amount of information from my higher self. I have much more information, and this I will show maybe once more with the screen share. I will share my drawing pad with you.

I know this is a very interesting drawing, so the range of frequencies that I can [Thomas refers to Drawing 3.] —maybe I'll draw another one because this one is already too used.



Drawing 4

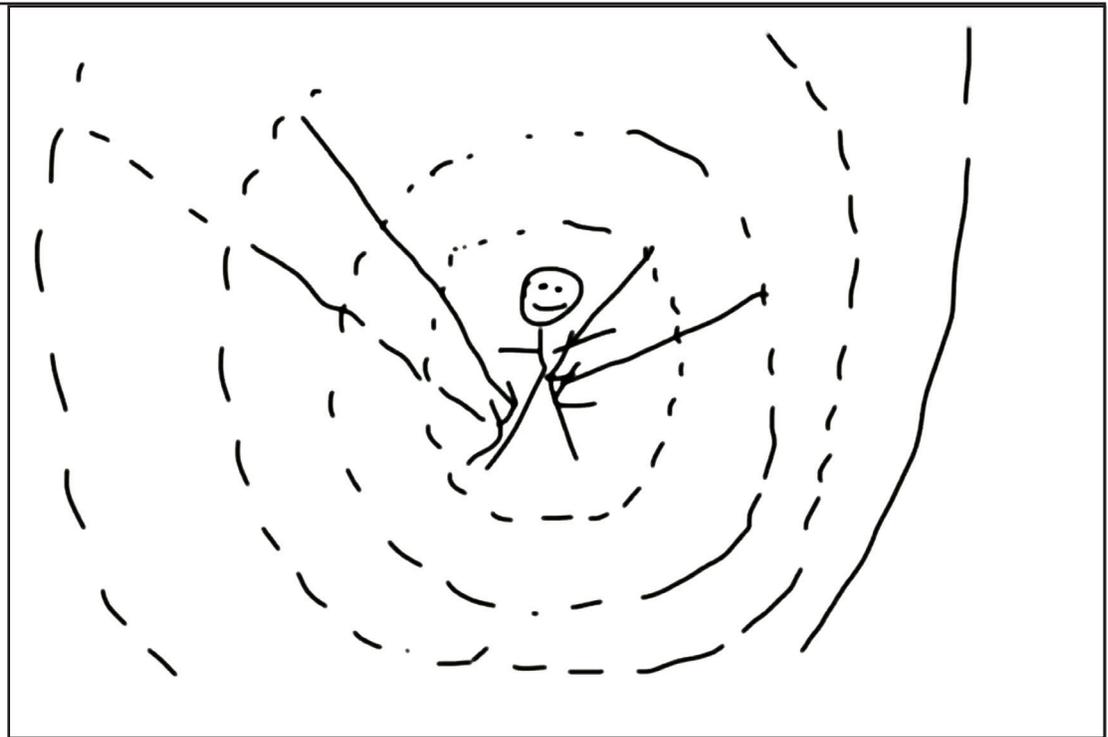
There is a range of frequencies that this person happens on; let's say the building of the base, building of the sexual energy, the whole personal development, social development of the person, higher expression, and the spiritual development.

If I as a person that works with people reach a certain vibration, that's the vibration that that person can happen in me. So the client, I see the client only until here basically. [Draws a horizontal line at the heart of the client]

That's my capacity. This is the range of my capacity of perceiving that person. The rest of that person is beyond my seeing. But if I am here, my development is like this; then my ceiling is here. [Draws a horizontal line from a taller figure down to the top of the client's head.] So, I can see that person on many, many vibrations...

[01:15:00]

...and this part of the person is not even in the awareness of that person. I can see that person beyond the awareness of that person himself or herself. So this gives me a much more powerful map.

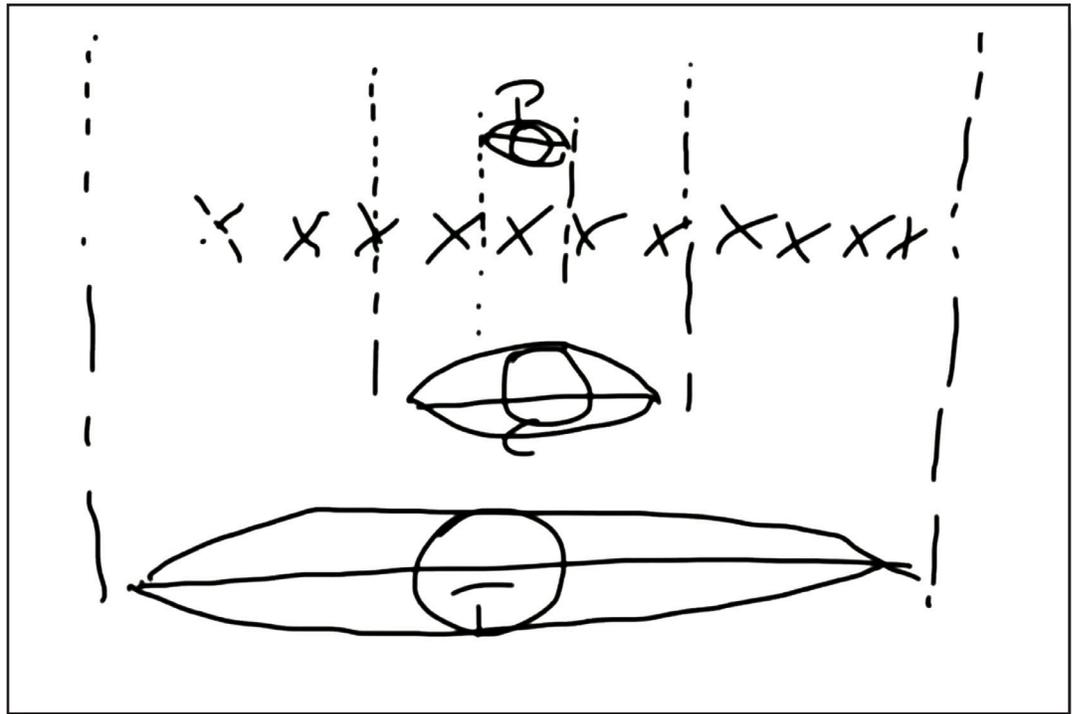


Drawing 5

If I see here the person, I have the personal map, I have the collective map, and I have the transpersonal map of that person. And so, there are different forces. There are personal forces, there are collective forces, and there are transpersonal forces that compose that person.

Mystically seen, a person is a composition in space and time out of many different forces. If I just see the personal sphere, the personal development of that person, I will be able to deal with everything that happens within this sphere. If I'm able to include the collective dimension of this person's development, I will be able to already deal with more. And if I can connect to the transpersonal, which is a much bigger sphere, the transpersonal sphere, I have a much bigger map that the person happens in and a much bigger range of origins of symptoms.

My spiritual practice is actually to increase my own map more and more so that on a personal, collective and transpersonal level, I am including another person, an organization, and whatever systems, life. And therefore, I'm able to work from a much bigger map.



Drawing 6

So the code of that person—let's say I make it more abstract—so there is a code [Thomas draws Xs across the page] and the code means many, many energetic qualities of the person. If I'm able to see a person only as a person, I have a very personal vision of that code. The code encodes the whole information of the person. If I am here, then I have a much more collective—I see that person already with much more information [Thomas draws a wider frame around the code]. The bigger my spiritual capacity becomes, the landscape of how I can see this person and see the origin of issues is much bigger.

It depends where is the eye that is looking. If I have a transpersonal eye and always given the fact that the other ones are integrated, if I have a collective eye or if I have a personal eye. If I look as a person, if I look as a person and have already a much higher capacity to include collective dimensions within a personal life, or if I have higher transpersonal dimensions included in my personal life. And so, this will give me the maximum, the bigger is the radius that I can include, the higher is the information that I have when I tune in with a person.

Next time, we will have a look at this more. [Thomas refers to Drawing 1.] We will have a look more at the delay of energy because when I work with higher transpersonal energy, my own state of integration is very important. Now I will come back.

In the moment, I'm very integrated and the transpersonal dimension of myself is landing within me in an integrated way. I will be able to stay grounded and open into a transpersonal and collective and a very personal dimension.

[01:20:00]

I can work with the very personal developmental aspects of a human being with how the human being is embedded in collective dynamics, in collective shadows, collective scars, and how a transpersonal dimension is maybe part of the others. And so, the light meditation is actually a way for me to include more and more of my own transpersonal dimension in order to become aware in it, in order to see it and feel it and be aware of it in other people.

And then not only that it enlarges my informational system so that I get much more information about people while we tune in and we talk with each other that I get much more information according to an issue, but also that I have the higher electricity available that can awaken the reduced areas of information in a system or in one human being's life and body-mind, and so, to open and unlock the wires so that the energetic wires of the person will start to move again.

A lot of the spiritual practice is that the wires start moving again, that there's an open system that responds to the entire cosmos and that participates in the entire cosmos. So the open wires everywhere in the whole system conduct intelligence. When the wires are in a healthy way open and grounded, it reduces the sense of separation. It reduces the sense of separation and I feel like an integral part of an entire universe.

When the wires are congested, I feel either disconnected or overstressed. And I feel the friction and the sense of separation that comes from the friction of energy not being able to move freely through my system, which reduces my capacity to perceive the world and it reduces my capacity to participate in the world.

Wires that are congested means disassociation and overstress. Wires open means perception increases, participation increases, and the sense of separation merges into an integral sense of coherence with the world around me, the world within me, and more the code finding its place in the bigger code, the code of the human being finding its natural place in the bigger system. That means also a deeper exchange in all directions.

Host: And that concludes Session 9 of *The Mystical Principles of Healing*.

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