

# 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 10.

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

And now, here's Thomas.

Thomas: Hello, everybody. Maybe I will give a short summary of what we talked about last time because this was a very essential part of the healing work. And then I would love to answer some of the questions because there were, as always, very interesting questions coming in and I want to address some of them. And then we take a little time to do our meditative journey. And then we will continue with the deepening of the energetic work, the clients, therapists, or healer relationship and other things that connect to it.

## Review of Previous Sessions

Just to sum up what we talked about last time, the healing work consists out of a horizontal relational competency, we said that through my energetic structure I am able to create a coherence and inner resonance and inner imagery of our mutual energetic relation, which means with the person sitting in front of me, I create an inner coherence. The inner coherence creates a more clear impression of the energetic composition of the client.

I can do this through my body awareness. I can do this through my feeling awareness, like through the heart. For many people, compassion is coming through the heart first of all. I can do this through my third eye. I like to create an inner visual impression that I can train with my own inner body competency training and then I simply extend it to another person; to circumstances. I can tune in with situations, with companies, with basically anything that appears and the energetic universe can be perceived and visualized.

If some people are not that visual, this doesn't matter at all because there are other channels like the heart; the crown. The crown is dedicated to the inner knowing. Let's say, the visuals through the third eye, the feeling awareness—like the compassion awareness through the heart, and the body identification through my body.

Whatever is my main channel because, that was a question, "If I am not so visual, what can I do?" "Does this matter?" Also, "Do, I need to see higher light?" No, we don't have to see higher light. We need certain reference experience, in our energetic experience that equals, for example, white light. If I can sense white light without seeing it, for the beginning, that's also fine. If I have just a very blurry visual sensation but a very clear energetic sensation in my body of different stages or levels in the energy realm, that's perfectly okay. We just need to come to the same results, because in the spiritual field there is sometimes a bit of a mix and a blurriness or a vagueness when it's about, "Oh, that's my truth," about a certain situation, and then somebody else has another truth about a certain situation or person.

Then we need to be careful that my truth is not covering my non-clarity. So, if two clear people tune in with one person, we should come to a very similar result, even if we describe it differently, if we perceive it differently, if we use different channels, but the clarity needs to be clarity.

Therefore, it's not a necessity to see light or be visual, and over time it's something that we want to also develop, because usually when we start to do a higher spiritual practice—we did this I think two sessions ago—then I drew circles in the crown, bigger and bigger circles of consciousness, which means higher vibrational states.

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And if I meditate on them more often, basically my whole energy system will start to resonate in a higher vibration, which means in a higher state of consciousness. Which means I see suddenly more, I feel more, the universe becomes bigger, my relationships more intense, my sensitivity increases. Literally, the space in which the world arises, and the vibrational material that I have available to create an inner casting of the world, is growing.

Let's go back to this again. It's the inner space that is growing. The transpersonal foundation that I'm resting in gets deeper and bigger. So, more inner spaciousness allows for more transpersonal information to come in, and the space of consciousness is literally growing throughout the spiritual growth of a person. But also, the pixels, it's like as if my computer gets constantly upgraded. I have a screen like now I look at the screen of my computer, but through my spiritual practice, I don't have a million pixels, I have 10 million pixels, I have 100 million pixels.

The ability to have an inner casting of the world inside of my energetic capacity is growing. I can hold a wider hologram of the world within my energetic competency, which means that more of the universe appears in me because I have more pixels available to represent a bigger part of the universe. So, what I didn't see before suddenly I see.

Some people know this. I read a book once. Two years later I read the same book. If I developed in that time, suddenly I read things that I haven't read before and they were written there before also. Of course, this has to do with my life situation. But it also has to do with the level of consciousness, the center of gravity that I'm able to hold on a more and more coherent phase.

But the client is also represented in that bigger universe and therefore, it's so important that we keep our vows as healers and therapists. I will talk about these vows today a bit more. Why it's so important that my inner space, the space consciousness, and the depth and the absorption capacity, that I'm being absorbed into stillness, and the capacity that my energetic house grows, because that means that the world will be represented in me in a much more whole and full and embracing way. That literally means that the world that I think is outside of myself is getting bigger. The game board is getting bigger.

That's something that we talked about last time that, if there is a trauma in this life, so the trauma is actually penetrating the energy field, and the traumatic impulse is getting deeper and deeper into the substance. If it doesn't get resolved in this lifetime—and there's somebody who posted this anyway on the Facebook page—the latest research about the epigenetics and trauma, that it goes into the substance, and it's actually being passed on and then it's already more hardwired in the substance.

And I need more energy in order to heat up the structure, but I also need a wider space. Otherwise, it seems like a very persistent symptom in the person's life. Because then it's not just a developmental issue, but a developmental issue is actually sitting on another energy field that is transpersonal. Therefore, if I cannot find it, it fixes the developmental issue as well. There is a fixation that is hard to resolve. Even if I go to therapy, it might be that the issue, the core issue is not going to change.

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Even if I find out what was happening in this lifetime in the childhood, because it's fixed to another energetic composition. The other energetic composition, I can only perceive or become aware of if I have a wide enough map that can be represented in me. The more personally identified I am as a healer, the less access I will have to this transpersonal map. The more I grow in my own spiritual and inner development and integration of course, then more the transpersonal map will be accessible for me.

I have space, energy and information; I need the higher energy. And we said that the more the trauma enters the substance, if I get it in the first moments I can help clear the traumatizing energy, it won't even manifest that deeply in the substance. That's after years, so I need a lot of energy to melt the traumatic crystallization, and then to restore the original flow of energy in the energetic system.

That was more or less what we talked about last time. And we said if it has a genetic transference we definitely need to include the transpersonal aspect. We said, for example, that a woman gets raped in Germany after the Second World War, the next generation has very high level of difficulties in relationship. And I need to include the sexual (the rape) trauma in the therapy here because otherwise we won't release this energy field.

I need to be able to embrace this and to touch this in the energetic matrix because it's still alive. It still is filled with energy. I need a way while the person is sitting in front of me to connect to that "other" trauma and included with my energetic awareness and even work on that as well, in order for here to release the relationship code from its blockage. Otherwise, the person might say, "Oh, it's very hard for me to find a relationship," or, "Sexually, I don't find satisfying relationships. It's very frustrating." So that the relationship code actually is blocked because of that other trauma. That's a simple example.

We said the deeper is the crystallization, the more energy I need and, of course, we talked about the precision of the attunement of the practitioner. Then another person asked about the opening and closing after the light meditation. I said it already once in the course, but I will say it again. Yes, it's very important that we don't run around with the open vertical elevator, as we called it.

When we do the light meditation—and that's another question that gets answered also like that—that if what we do in the light meditation is not just that I imagine that I sit on top of my head and I look down (and we will do it again today), but I feel the highest place of my head. And from there I move up like as if I move from my shoulder in my arm into my hand.

When I move from my shoulder into my hand, I'm using my body awareness with a continuity from my shoulder to the hand. And the same movement we do from the highest point of my head, even if my mind tells me there is nothing, because theoretically that's true. There is nothing on top of my head but air. But practically it's not true because I'm moving basically. I learn actually to activate higher brain centers through that meditation. And this is just a reference unit to learn to meditate on my higher brain centers, and to synchronize them. Even if my mind tells me there is nothing on top of my head, yes, there is.

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I learn to walk consciously in the functions of my brain, and that's just the physical representation of higher dimensions. So, it's not only the brain, it's also higher dimensions in consciousness that are being represented in that physical antenna. It's not just imagination, it's literally tuning in and then to learn to move upwards into the higher centers of my own energy field and that's different than just imagination.

It's the same thing if I can imagine my feet or if I can really feel my feet. It's a different thing if I can imagine my feet and through feeling my feet, my imagination will sync up with my energetic condition in my feet. The pixels I use in my imagination, which means that pixels show my feet. And then I feel my feet and the pixels start to arrange around energetic condition. But the imagination alone is not what we are talking about. But we are using the same monitor, the same screen for that endeavor or for this ability.

Wherever I imagine things visually, that's also where I look when I want to see energy. But then I need to attune to something, for example, my feet and then I can see very imagined things, the energetic conditions of my feet. It's very important to ask all the questions even if they seem like very basic questions. But to find together with such a huge group of people, that we find a common language together, and that we all know what we talk about, even if it seems very simple, these are important questions. Therefore, also the mentoring calls are great opportunities to deepen those questions.

Great! Let's see. There's more. And then there was another question that said, "If I'm unconscious of the pattern so how can I identify with it?" I would say it's actually the opposite. If I'm unconscious of the pattern, it means that I'm totally identified with it. It means that it's a sticker on the camera, and I'm not aware that the camera has a sticker. I just see that all the photos are pink. If there is a pink filter on my camera, then the filter will create pink images. I look into my photo book and I see only pink images, until I realize, ah, I'm looking with my camera through a pink filter.

If I become aware that there is a filter, suddenly I become aware of the pattern so I can literally de-identify from it and include and transcend it. Maybe there was a misunderstanding but as the question was formulated when I'm unconscious of the pattern, then it means that I am fully identified with it even if it's unconscious. Then I just don't know that I'm identified with it because I'm unconscious of it. But I'm fully identified with it anyway. I call it, me. It's part of me.

In the moment I become aware of it, then that's the only chance to de-identify and to include it, then it's happening in me. I'm aware of it that it's happening and I can create more and more inner space and literally also change it. But then there is a possibility to change it because I can see it suddenly. Otherwise, it's me which means, it's part of the camera that looks at life, part of the technical equipment.

Great! Let's use a bit of our time again for an intro meditation and then we will dive deeper into the healing work and into the path of a healer.

## Begin Meditation

[00:20:00]

Well, great. Let's sit comfortably with an upright spine and take again the first moments to dive with some of your exhales. Let yourself drop into the body, to the body awareness, and also look how through your practice and, first of all, to see if you really practice in between the sessions. The second is how much more refined, now we are here together for some months.

We need to see already a real progress in a body competency, in the discernment of energies, in the richness or fullness, how I inherit my body, how I can travel through my body. Again, when I drop in I first allow my energy with every exhale to sink and move more and more towards the ground to settle. I can literally feel when I drop in that my brain wave pattern is changing. There is more inner spaciousness. There is still maybe the movement of my daily life, my impressions of my daily life, my feelings, my thoughts, body sensations.

Actually, it's easier and easier to drop in and sense how my mind quiets down. Because of having more inner space, I'm able to look at the information field of my body, more clarity, and not just fully absorbed by it. I get a first impression of, okay, I'm here. It's a day in the stream of my life, that I feel very tense today, that I feel very relaxed, which areas of my body are stressed or relaxed. Am I holding a lot of energy this point in my life? Do I feel isolated or connected?

Again, to choose one or two places that I think need more of my attention, and are a little more stressed, more tense. Tune in with those places to look into them, to sense into them. Use the body awareness. And remember that whenever we tune in with the place, there are different levels of the energy field that we need to include or where the contraction happens or the stress happens. Is it happening in the physical body, in the physical vibration?

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In the etheric vibration, the vitality, the life energy, happening in the emotional and the mental field, a certain composition? Is it happening in a higher dimension than that?



Whenever I find a place in the body, first, I need to find the right attunement, the right layer - energetic layer - where it's actually happening so that I'm not just stuck in the symptom. Tension is a symptom that I want to find out, oh, actually what is tense here? What is stressed here? Which layer of the energy field actually holds the origin of the symptom that I see? Or what is it connected to in the rest of the system? Like a tension in my hips might be connected to my solar plexus and to my heart or to another part, as a certain age maybe, or as a certain vibrational or emotional quality that is being held, certain dimension of my intelligence. When I hold back, where did I overpower?

Not to forget, every time we tune in, we set the intention. We feel into this location, sensation, symptom. And then we get a first impression. We dive into the first impression and listen and then tune in deeper. I open a space and I tune in deeper. More of the information field gives me deeper layers of information, more essential layers of information.

And then we can let go of the attunement in the body. We can bring our awareness for a moment to the feet. Sense the grounding, the connection to the ground. From that, from that inner connection, once I have a click in my grounding, I can move upwards the spine. I sense for some moments, just I tune in with the highest place of my head, top of my head, and I just sense this place and I stay there and I look there. Maybe I get the visual impression of that place. I get a body felt sense. I stay there; intensify my concentration; my attunement.

**[00:30:00]**

Once I have an alive feeling of that place and if it takes some time, you take your time. And once you feel a tingling or a live vibrational sensation, then you can just extend, like as if your body continues, and you just extend your body felt sense above your head in a relaxed way. When you feel it gets tense, just let the crown relax. And then just move upwards in the attunement.

Then you move higher until you reach a vibrational state that feels like an illumination. I think it's a bit brighter inside. Some people see clear light. Some people also feel this kind of uplifting energetic sensation, that I feel I touch something that gives me an uplifting feeling. The light can be initially white. If I go higher, it can become golden. And I just stay there.

If I sense a light, the highest light that I can reach and then I stay there and stabilize myself in that vibration, without the connection to collapse again, thinking most probably if I identify with the thought, the higher connection collapses often. I don't listen to my mind, whatever my mind says, I let it go. I sense higher, look higher, feel, listen.

And still stay connected to this higher vibrational state. If you want, you can see it. You can go one step higher. If that's hard, just stay where you are. And then as if you open your crown and you stay connected up there, and you open it so that the honey can come down into your body.

Still, the focus of that connection stays up. So one part of you stays connected on top of your head and at the same time, another part of you allows and follows the light into the body. If you can have a split focus, one stays up and one includes the body.

**[00:35:00]**

It needs a bit of a practice because maybe for many people it's unusual to do that. As I connect two parts of my body in my awareness, I can have this higher connection and my heart, for example, and my awareness.

It's like taking a shower in this higher vibration, the shower and the light. It washes my energy field. It really aligns my energy field. Again, from there, if you want, you can also tune in from that higher connection with all of us, with the group alignment in the sense of the sangha doing light meditation together. There is a supportive field that makes it easier for everyone. There is a higher field or the physical group is an effect from that higher field. There's a more essential energetic field. Basically, the whole course is an effect of it. Every group has a higher-self component.

Even if at the beginning it's harder to sense or feel, just set the intention, to tune in with it. Keep your own connection above your head, like an antenna and then tune in with the group; especially interesting for people who run in groups, who work with organizations.

**[00:40:00]**

And then you can again come back to your own field, to your own higher connection to the light, to the higher self, however you call it. If you have a question, a current question or it's some part of your life that you want clarification with, you can ask that question. You can use this open channel for some clarification. You ask it in your own words and just send it into the light or the depth of your heart, if that's easier. If you're working with somebody and you feel that you reached a limit, or if something is not moving, you can include that as well.

Slowly, you can let the energy come down, that you move downwards into your body. You let go of the higher aspect above your head. You connect to the top of your head. Bring the energy into the heart. You ground yourself. Then let's sit a few moments in silence, just in the inner spaciousness, receptive, listening space.

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If you take a stronger breath in and exhale a few times and back to your body, feel your body and slowly come back.

## End of Meditation

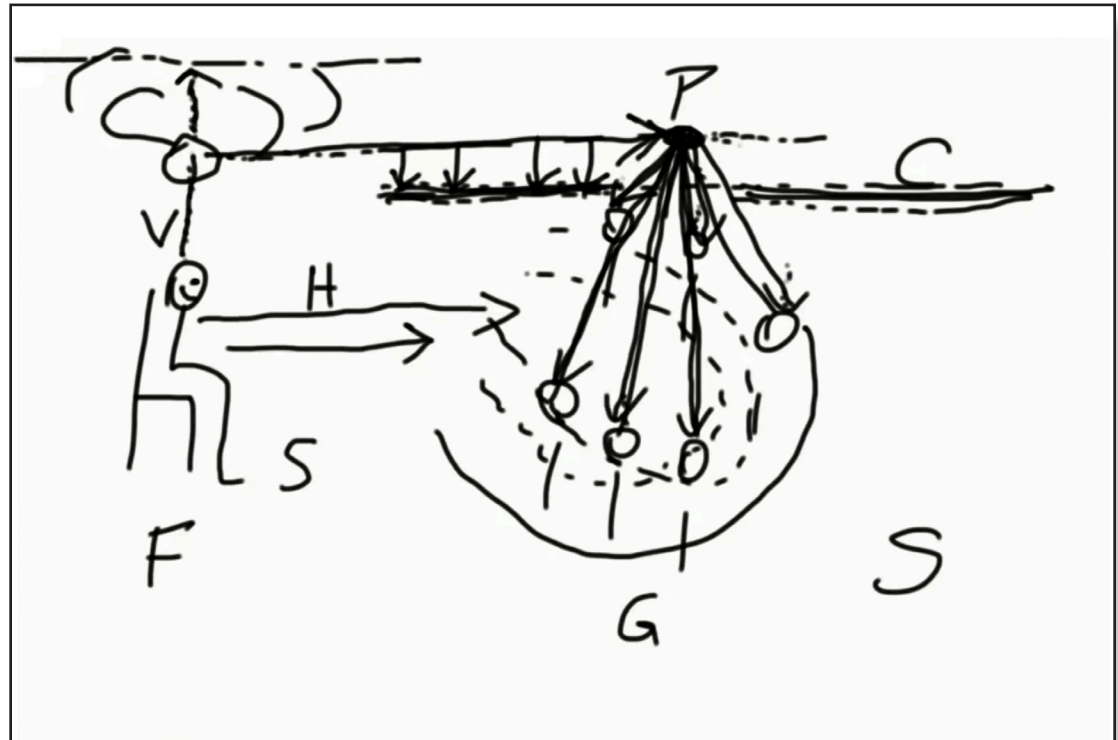
## Attuning to a Group

I will address two questions that fit to what we did right now. Somebody asked, "Is this higher alignment just on a one-on-one base, or can this be applied when there is a group of people?" The answer is of course it can be applied when there is a group of people, because a group of people is a composition of different centers of gravity, different evolutionary states, different developmental states, different states of integration.

The group is basically a coherence that the people in the room are able to create with each other that might have fluctuations once it's higher, once it's lower. The group process is of course a reflection of this fluctuation. But as a group leader, of course, we tune in with the field and we ask what's the highest potential of that field in that given moment, and we connect to that highest possibility.

Even if I can go much higher, it doesn't mean that the group can go there and that it's at all relevant for the group that I can go much higher. So we need to find out what's the highest vibrational state that represents the highest potential in that given moment for the group.

That's the same thing for an organization, a company, any kind of field, collective field, has as well. Out of the composition of the developments of the people in the room, has also an equivalent in the upper dimension that I can tune in with and that gives me the appropriate vibrational state that facilitates the process in the group the strongest. I will repeat this, and in order to make this a bit more visual because sometimes this sounds maybe very abstract, but it's not that abstract at all.



Drawing 1

If there is a group leader, they're smiling, and there is the higher connection of the group leader.

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Let's say this is the higher self and the different stages of the higher development and here is the group. All the people create a field of coherence, a coherence in the group, that's the value system why the group comes together in a conscious level and then, maybe there are people that have already a higher development and maybe not.

Higher development means that the transpersonal aspects are already part of the awareness. But altogether, there is a kind of a center that shows the highest possibility even if it's unconscious, even if this is not anymore in the awareness of the group or most probably, it's not in the awareness of the group. So that's the ceiling [indicating the horizontal line above the group]. That's the ceiling of the group and that's the energy that we want to contact. [Draws a solid dot above the ceiling.]

This is the energy that we can channel into the group in order to induce the strongest possible process that the structure of the group can hold. Because, not to forget, the structure of the group needs to be able to hold the process that we trigger. That's the container of the group.

All the people in a group setup are composing a structural container like a cup, and the cup needs to be able to hold the group process. So, if we channel too much light into the group, it might overload the system, it might overload the nervous system in the group, it might, of some people. Some people can deal with this easier, some people less. But from the higher self of the group leader, we will be able to connect to the highest possible potential of the group. And then there is a kind of a downloading process of higher energy into the whole group field, which will trigger personal processes.

It might be we can work with the group horizontally, so we work with the personal development of the people from a horizontal level, so we find the unintegrated parts and the unintegrated parts are being mirrored and you work on the traumas, the shadows, the group stuff. Or you work on that level, on the horizontal level which is here. [Draws a line from group leader/facilitator's shoulder level to the group.]

It's how I can feel the people in the room, that's the horizontal level. Or I include the vertical level, so I'm attuned to the group and to the structure of the group, but this needs also the group—the structure of the facilitator. Let's call this the facilitator and that's the group. The facilitator has a structure and the group has a structure. The facilitator has a horizontal dimension and the group has a horizontal dimension. I see 20 or 100 or 2,000 grownup people sitting in front of me.

And then there is a vertical connection. I connect to my higher self or to the highest self [draws a line up from the facilitator to the higher self], of course, that is possible, and then I tune in, from there, I tune in to the group higher self [drawing a horizontal line from facilitator higher self to the group higher self].

If I have this option as well, the vertical connection, this makes it of course much more powerful because then I tune into the future of what this group can become. The higher self represents also the future potential because it's above the ceiling. If this here is the ceiling, this higher transpersonal potential is not in the awareness of the group. If it's in the awareness of the group facilitator, we can use this because then I can feel already now what the group can become.

Because I am aware of it, I bring it into the room, because if it's the ceiling of the facilitator is here [draws line above facilitator's higher self] and the ceiling of the group is here [refers to the lower of two ceilings, above the group], that's the ceiling. So then the group facilitator lives in a bigger universe than the group. Otherwise, they wouldn't need to come to him or her. So that the facilitator has a higher consciousness ceiling, so sees more, is more aware of dimensions, and dynamics in the group than the group itself. And the higher we can go, the stronger it actually becomes, the more transformational will be the group experience.

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That's not only by what we see happening in the group. Whatever is above the ceiling of the group is after we see things happening where we don't know actually where they are coming from. We don't see which intelligence those affect.

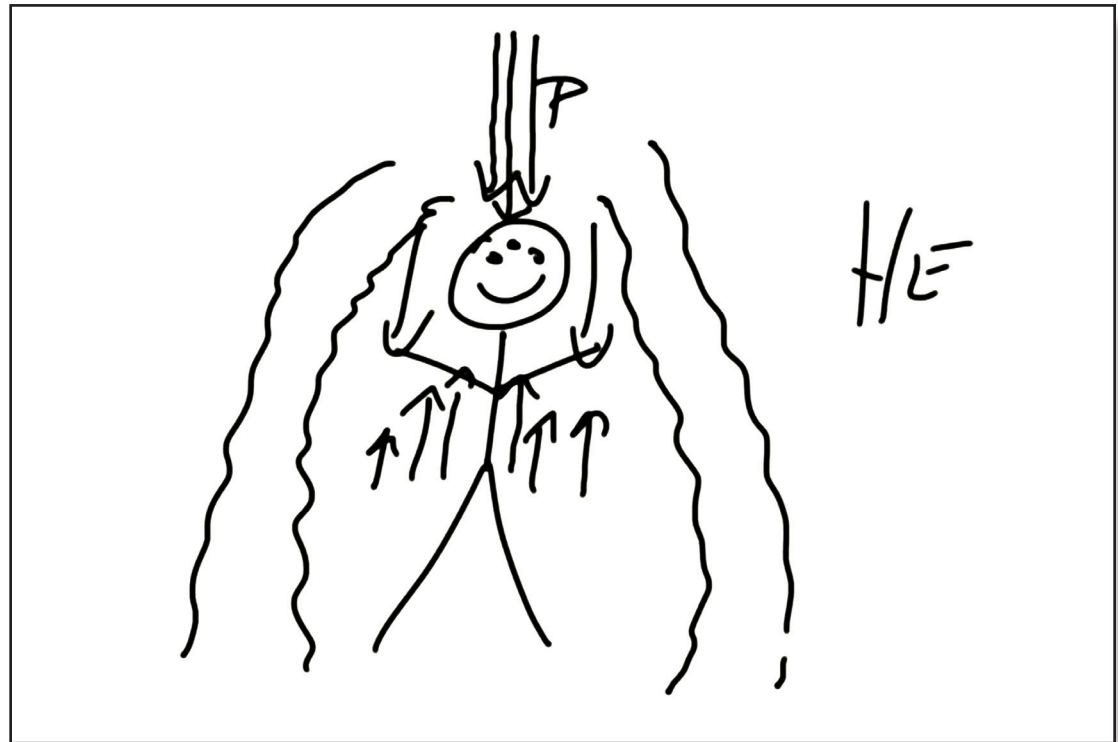
We can see a lot of healing in a group but in the group, maybe, nobody knows how that happened. There is not a horizontal awareness above the process.

That's very important. To answer that question: Yes, there is a vertical dimension to every group. And every group has a highest potential that can be accessed and I can work with the information of this highest potential.

I can feel it, I can be attuned to it, I can channel it, which means I can speak it. I can speak the highest potential back to the group.

## Activating an Individual's Future Potential via Group Energy

We can download it into every participant that sits in the group as well. So, the higher connection of every participant will be activated and if we want to see it now.



Drawing 2

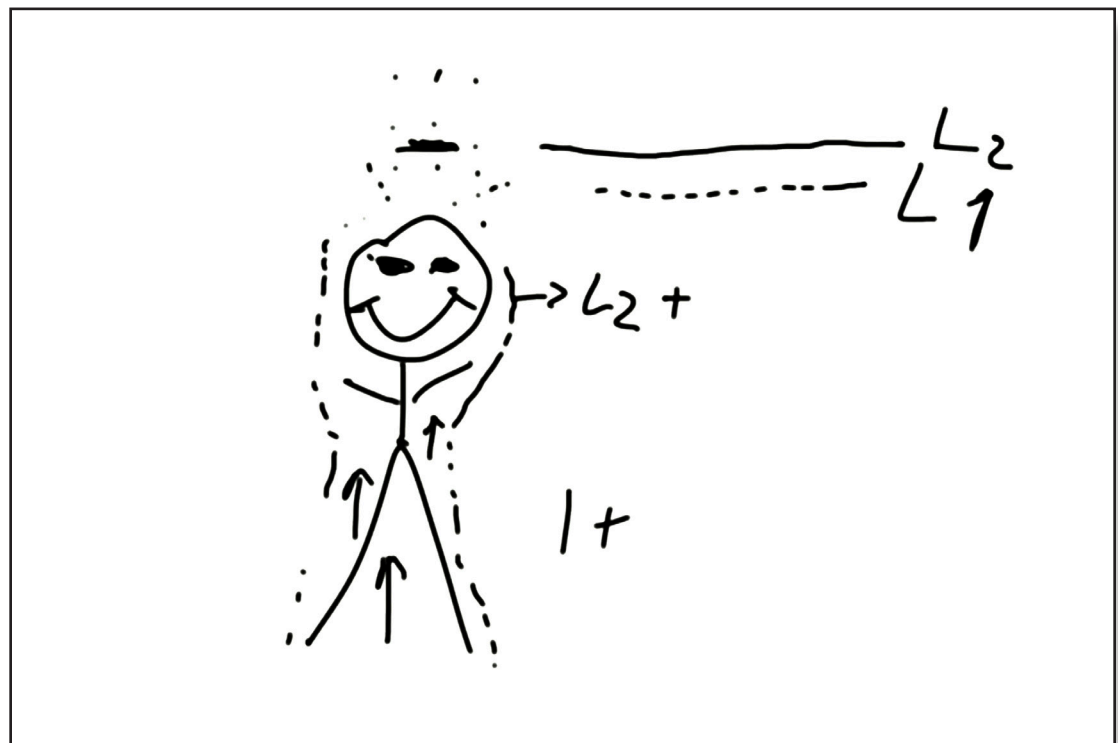
That's the participant now of the group, very happy because he or she gets right now a download, which activates the energy field of that person more than the person is activated usually, which brings up stuff, unconscious stuff. But which downloads more intelligence. More of the future potential of that person is being activated, if the person is aware of it or not.

This enlarges the energetic capacity of that person for some time and brings up—the person, in that moment, literally sees more and feels more than usual. The person is in an elevated state, in an activated state. And the consciousness of that person in that moment is higher than when the person lives at home.

Because of that, the person will have more and more insights in this activated state, and more insights than the person can have usually. But what this does is it activates unconscious locked energy parts. And this unconscious locked energy parts can be integrated and become an upward stream, and that again facilitates a higher evolution.

By that person being in this group that has a vertical download, it activates the energy field of that person. The person operates on a higher energetic level— more clarity, more feeling awareness, more light coming into the energy field of the person.

It brings up more unconscious material, more held-back energy, more information even so the person can feel him or herself more in that moment, so finds a deeper connection to the authentic core. That again, with the integration process that happens in this time that the person is in that group, it will speed up the evolution.



Drawing 3

Now, when that person goes home, the same person, now she smiles even more because it's operating its high from the energy. But when the download stops, after the group, they close the channel, the download stops, the vibration goes a bit down so that the person comes back to his or her original vibration. Plus, the energy that is being set free, it raises. So, here was the level of consciousness before. This was level one. That's how the person came into the group. Now, that's the actual new level, level two. [Draws a line higher than level one.] This equals the energy field here, level two. [Draws an arrow pointing sideways from the head.]



The person is more integrated, so there is an integration plus. And there is a plus in the energetic vibration. The person, in a good sense, goes home more integrated and more life energy is available for their own evolution, which raises the bar of the level of consciousness.

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The person does not only go home with a higher integrated energy field, he or she also goes home in a bigger universe. The universe literally grew. When the person comes home, this might create a shock, like a gentle shock or sometimes even a bigger shock, because the person sees now more at home than when the person left. The other people still at home operate on the former energy field usually. So, this needs what we call the second test. It needs the manifestation of that process at home because otherwise this activation might jump, at least partly, back into the old habits.

So, that's the second test. We will talk about the second test still more. But from an energetic point of view, this happens through the higher transpersonal dimension of a group process. [Thomas refers back to Drawing 1.] We call this also transmission, activation. But we work in the groups with the vertical download. Without the download, we can also do the horizontal work with a group. Many group leaders do horizontal work, which can also be very powerful, especially if the group leader is very integrated and has a strong capacity to work on a horizontal level.

But the group energy won't be as hot. By hot, we mean it will not be so activated from the higher energy, so, it's not so fluid. It doesn't have as many possibilities as it has with the vertical connection. Therefore, I think, that the horizontal and the vertical expansion of the group facilitator is basically the optimum that we can offer in the group work.

## Grounding and Closing the Channel

Another person said, "Okay, if I work now with the group, and how do I close the channel?" How to close the channel is easy because when we go up like we did it now and we learn to be stabilized in the higher dimension, I keep my awareness up while I run the group. If we then go to lunch, then we bring the awareness again down, as we did it before.

As I said it before, we go up. We keep the higher connection up. And then, when we go to lunch, we get the energy down. We go down from up. We feel our body. We come back into our grounding.

At the beginning, it's a process that we should do regularly and precisely, like to come down to close the channel, to feel the body and then to go to daily activities. Whenever I need it, I can activate it within a fraction of a second.

But when I walk through the city and I don't need it, because I am functioning then in a higher vibrational state, specially if I'm not fully skilled and acquainted and at home in it, I might run into difficulties because my energy field is open and it means that I am opening my nervous system to many more impressions. If I am not used to that, I might get overwhelmed. I might feel disturbed in my life. I might have all kinds of emotional disturbances.

Therefore, it's important to come down and to go into my life. And then it's also very safe. Then I open it and I close it. If I am emotionally too unstable or, as I said already once, if I feel that right now it's overloading my system because I need to take care of something in my life which is very challenging or disturbing for me, or if I feel that my structure is very challenged at the moment, or I hit by myself strong traumas, so then I can also wait with this. I don't have to do this. So, I take care of the structural trauma first and then I continue with the spiritual practice. Sometimes in our spiritual development, we might need something else.

[01:05:00]

Of course, higher dimension meditations can be great to get information. But for some people it can also be great to bypass worldly difficulties. They are not here to bypass worldly difficulties. They should help us to take care of our difficulties in our life even more. But not because it feels so good and some people go really into some bliss states because the higher light feels so good.

So, I meditate a lot on the higher light and then I'm basically in an all-time high state. But this doesn't necessarily solve my karmic blueprint. It might just elevate me out of my karmic blueprint. So, for some time, I don't feel the difficulties in my life. But if I come back, they are still there often. Therefore, it's so important to not bypass through my spiritual development, my worldly difficulties.

## Higher Beings and Spiritual Dimensions

Then another person asked the question that I also want to address, “How does this relate to the work with higher beings?” I want to say something to this. Maybe that’s very interesting for more people, because that’s something that we encounter in the spiritual world more often.

If I am meditating onto my higher alignment and I reach the first level, which we call the higher self, or it equals in a way the vessel or the container of the soul. In the development of the higher capacities of the soul, we get to know the higher realms. But not to forget, we get to know the higher realms. I said this also at the festival—spiritual practice is like being part of being on top of a soccer ball being kicked around all the time by life. And while we are flying from one corner to the other in the soccer field, we try to find out what soccer is about.

On the ball, we are living. We are having difficulties every day. We need to earn our money. We need to be in culture. So, while we are playing, while we are being played sometimes even, we want to find out what’s the meaning of life as we are living it. It’s like being on or in a soccer ball. What we are saying is we are actually going back creation into its source.

This needs to be very clear because this means also when I start to do the meditation, I’m climbing up. It’s also called the ladder. I’m climbing up the ladder back into the source. On the way there, I first meet my soul. When I meet my soul, so then I connect to the spark of light, to the impulse of light that moves this whole incarnation.

When I connect to the light, my whole universe gets another dimension of information. Especially, when we are with our development raising our center of gravity into the soul level. On the soul level, because it’s very close to our worldly experience, certain energetic qualities might appear as other entities, or entities that we can give a name to. So, people associate names to certain images and images to certain appearances.

When we can identify a certain quality of higher guides, some people talk about guides. Some people talk about other souls assisting them in their spiritual work.

[01:10:00]

Some people talk about other teachers assisting them in their spiritual work. On one level of development that's the language, and that's how we might experience it, not everybody, but that's how we might experience it. Although, in that level it might also be valuable but because what we do is we get acquainted with certain energetic phenomena that exceed the personal dimension.

Of course, that's a mine field because a lot of things can happen there. A lot of things can also go in strange ways so people can get very confused or identified with those effects. We want to get a straight way through that dimension but not to stay in this, like when you change trains, you come from the main railway station in Berlin and you take a train, and then you need to change the train. Changing the train means you exit one train, you wait in this train station where you change, and you take the next train. You don't stay on that railway station too long, because the sense of that railway station is just to change a train.

The higher dimension of the soul is just a railway station to change a train. You don't want to stay there longer than necessary because then you miss the train. Evolution is a train and if it needs to change the vibration or the train, we go through a threshold. From the soul to the higher divine dimensions, it's a threshold. But we don't want to open our tents, to build up our tents in the railway station and stay there. Why? You just need to change trains.

In the spiritual dimension, every new level can become an addiction. So we don't want to get addicted to certain things. We just want to learn about them, to realize them, and then to move on, not to stay there. In one dimension, some people work with guides. Some people get a lot of information from guides, and the central channel is taking one train, taking the next train, taking the next train, taking the next train, and not get stuck in a railway station. As long as the train system is not late, we don't need to be delayed. We can delay ourselves but then it's our choice. It has nothing to do with our spiritual path.

Here it's the same. According to that question, yes, that's a valid and relevant level. That's how we experience, sometimes, energetic qualities. But if I go higher, this will disappear. If I go higher, I come into levels of much more encoded information. If I go higher than that, then I end up in that energy and consciousness and information are not two. But that's a bit too abstract for now.

When I go higher it will be just encoded information. I don't see and feel and experience this anymore as entities or other beings. That's less and less relevant because we are entering more the programmer language of the universe and there we don't need this anymore, although it's not wrong. Experiencing certain things in one level of consciousness, even if the next level of consciousness sees it different, on that level of consciousness, it's not necessarily wrong. That's also very important because we don't negate each other's experience in the healing process and still we can grow out of one level into another level.

In order to answer these questions, even if there also is a lot of imagination involved with some people, yes, that's a relevant level and that's also a level that we 'change the train.' We learn something about this city that we change the train in, and then we continue. And we take the next train at the moment that it departs. You don't need to stay longer than needed.

## The Archetypal Path of the Healer

Great! And then one other thing and then we can move to the questions and answers is that in the archetypal path of the healer, I want to talk a bit about this because this ties into the healing work also. I talked about this briefly already and I want to continue this. We said we have different levels of energy that we all go through in one way or the other.

[01:15:00]

When I start my path, I start my path with an interest. I will show later a graphic but first to show it here. [Thomas demonstrates by holding up a pen, horizontally.] I start with an interest. Every one of us was interested in whatever we do today. With the interest is an activation of my energy field, of my core information, or my structure that is traumatized by myself, and I am looking for healing. Often it's a kind of a mix that I'm looking for healing and I also have a strong drive to heal. Or through my own path, the drive to heal is actually being stronger and strong activated.

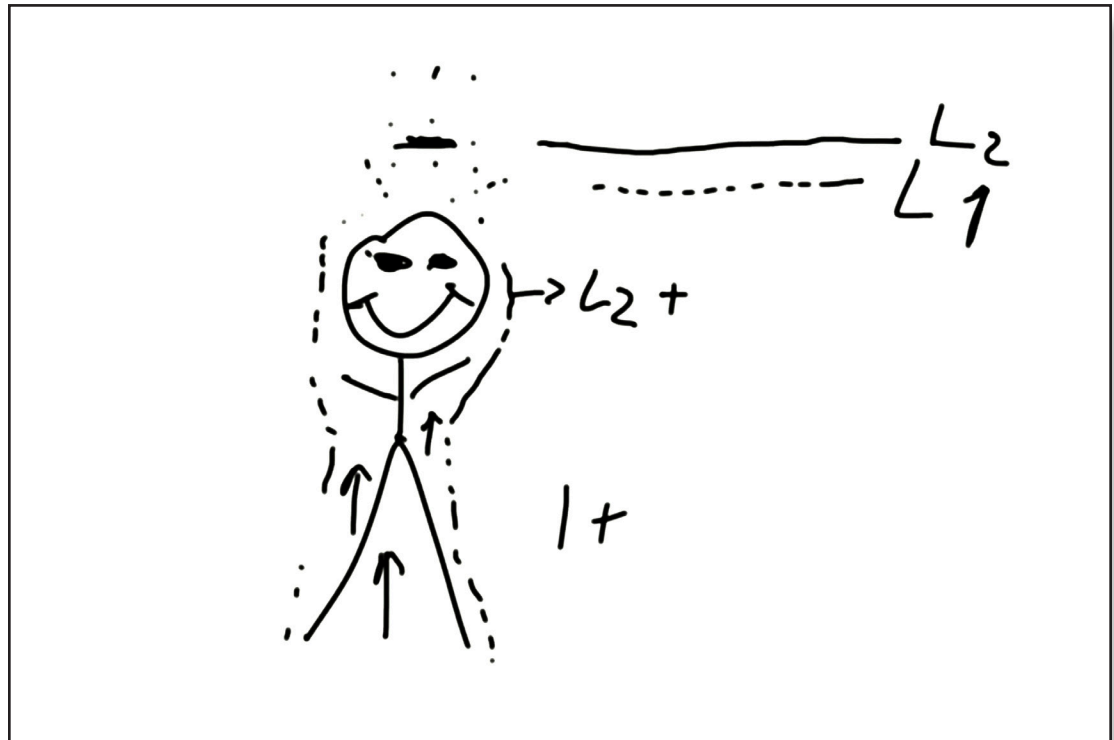
And then I might start to learn something about healing. I study medicine. I study psychology. I study therapy methods or healing methods. I go deeper into the information of life. Basically, all kinds of spiritual development is a deepening process. I look more and more through life into the essence of life. I look through the story into the essence.

In the Bible, there are many stories but the story is just a story. For the mystics, the story is just, okay, Sarah takes the camel and go through the desert. But diving through the story, we see patterns, we see deeper meanings, and we see a code. The same thing is also in the path of the healer. So, through the work that I invest many years of my life to study it, I invest hours, hundreds and thousands of hours to sit with clients and I deepen my awareness into the composition of life, my love, my inspiration, my clarity, my presence, the healing energy, the motivation.

So, the deeper I look, I am presencing the process of life in deeper and deeper layers. My efforts of presencing actually reveal and more jewels; gems, like gold. The deeper I go, the deeper I dive into the meaning and the sense of life. There is no sense of life. There is a deeper and deeper relation of the sense of life. The sense of life has something to do with how a needle goes deeper and deeper into the core of life.

Now, in the practice, in the archetypal path of the healer, that's also shown as a way of enlightenment. It's shown as I'm interested, I resonate, I have crisis myself or I have a strong interest, I learn a therapy method, I learn something, I start practicing it. I practice it for some time, I deepen it, I get better at it. And why I get better at it, because I learned to deepen my focus of awareness and my capacity to include and attune deeper into life. Eventually, maybe I teach it. The teaching is another initiation. If I teach something, I receive even more information.

But the important part is also in the levels from the moment that I start working with it. There is a certain threshold that I need to reach with my competencies in order to work with people. And then there is a next threshold when it's time to teach. And then there is a next threshold, maybe, when I master it. In the moment that I start to work with people, it's important to know—now I will draw this in order to make it a bit more clear.



Drawing 3

So the mountain starts here. Here is the beginning level [Thomas draws a horizontal line at the bottom of the page]. I have the resonance.

[01:20:00]

Then I climb up the mountain more and more. I learn it. The next threshold is that I start practicing. And then there is the next threshold—and not for everybody the teaching is really the path, but it might be the path—I teach it. That's where the teaching starts. And eventually, later on, we reach a level of mastery. It's a diving into the core of life, and eventually through the mastery, I might reach the temple on the mountain.

That's an archetypal path of enlightenment because, through the mastery, I reach the original source of the flame. In the temple it's empty, and there is a flame. The flame is the original energy of creation. That's the first impulse of life. That's where the divine intelligence exhales all possibilities of life. But if we start here with the practicing, what happens is that a therapist, or somebody that works with people, rolls out his or her energy field for somebody else to step into.

If I say I have something to give to you, I open my energy field for you to come in. The first step is to acquire some competencies that I can do that. I need some personal competencies. I need knowledge. I need all kinds of things in order to reach this level. Once I do it, I open my energy field and that's an important energetic process. I say I have something to give and I invite people into my energy field.

The important part is somebody who works with people opens his or her energy field to other people. That's already a dynamic. We all know that in the moment I stop living just a selfish life, when it's just about me and my development. I say, okay, my core tells me that that's what I wish to do, and I open my energy field. The energy field gets more open from the higher connection, there is a kind of a loan that comes down, an energetic loan.

Many people who work with people will know this that in the moment I give a session or in the moment I run a group, it seems like I'm more intelligent. I work on a higher vibration. Suddenly, I know more. I don't sometimes even know where I know this from. I might sit in a session and tell myself, oh, I could have told this to myself also because what I tell to the client I can tell to myself because it's also important for my own life.

I think many of us know this, that when we work, we might, for sometimes, we meet clients that actually reflect our own issues, just that I have more space maybe in my own issue. And therefore, I can allow higher information to come through. Even my work might be a place where I learn the most from my own life.

There is a loan, an energetic loan that comes down. Why? Because I open my energy field. If I serve and if I give and if I serve other people, my energy field gets bigger. If other people step in, I get a loan. It's so important what we said already a few times in this course, that the contract begins in the moment I start practicing, and I have already some competencies. Because for some people they start running groups way too early; they don't have the competencies and then they are in big trouble because they create a lot of energetic mess and they actually mess up their own life.

[01:25:00]



Because if I open my energy field to other people, I might within one or two years be totally burned out. If I don't know what I'm doing and if I create a lot of mess, then my own energy field is getting messier and messier. Not only that, I might hurt other people. I might also hurt myself. After two years, my life might be a mess. Certain things might go wrong in my life. My life might be in troubles that I have never had before. Why? Because my own energy field is getting in a way messy.

There are some energetic principles that I need to keep in order to keep my energy field clear and not to get entangled with my clients. If I get entangled with my clients energetically, then I also start to suffer. Therefore, I need a certain level of competencies. Therefore, that's so important, like apprenticeship and learning is very important. Sometimes in our society, my sense is that it's not such a respected period. But it's a beautiful period, because here in this part of my life, I can really give myself to learn. [Refers to the space between the two lowest levels of the mountain: resonance and practice.]

Water comes down the mountain. It comes down the mountain. Arrogance and selfishness limits the flow of the water down the mountain. If I'm too arrogant and I say, "No, I don't have something to learn, I know everything," then I don't allow the stream of the water through my house, or my cottage on the mountain. And if I don't pass on what I have to pass on, I block it. In both ways, the mountain dries up and the land of culture dries out in certain areas literally.

The intelligence that comes down the mountain needs to be respected. Therefore, I need to bow down. In every level of my development, I need to know how to bow down in front of higher competencies. If I do that, I receive a blessing. If I bow down, I receive a blessing. Therefore, most of the spiritual traditions, humility is such an important part, because if I know to bow down, I'm bowing down in front of divine intelligence. More intelligence comes down and blesses me. That's a blessing. The blessing means that I receive higher initiations.

## The Healer's Contract with the Universe

I will explain why I'm talking about all of this because these are very important principles for healing as well, and for my own health as a healer. Because if I know how to bow down, I will know where I get my supervision from—many therapy methods anyway have a good supervision system—but some people might not have it or might leave it.

Because I get a loan from the universe, I also sign a sheet of paper. I sign a contract. In the moment I start practicing, I sign a contract with the universe. This contract says that in order to receive the loan I sign, that I will do whatever I can do to become the clearest vessel possible, to respect the gift that I've been given. The blessing, the higher blessing of the divine power on whichever level it appears and how much I will—I call this divine power—the blessing of the higher dimension, which means my higher development is the most precious gift that we can get.

For this I will do everything in order to become the clearest vessel possible, which means I will continuously look for people, situations, possibilities where I can learn, and where I can clear my own unclarity. Because every unclarity that I hold creates an entanglement with other people. I will not see and I will get entangled. Those entanglements are the best preconditions for a burnout. And that my own energy that I will feel a pressure in my own patterns and in my own unconscious material and it will limit my competencies.

[01:30:00]

The archetypal path means that I recognize in every level the next stage of my own learning, my own receiving, and my own giving because I said, from every level of development to the next, I change a train. In the mystical traditions, 'changing a train' means I get a new initiation. I change vibration. Once one vibration is over, my life might change drastically.

There are some people that they feel something is over and they did one job and their life changes completely. They stop doing what they did, all their education, and they do something completely new, because one phase energy is done. When an energy is done it disappears, it's over, it's out. Sometimes people radically change. If only a certain vibrational aspect of one's direction changes, that's something that I need to feel.

When I go from learning, I need to know when it's time to practice. When I practice I need to know when it's my time to teach. As I said, not for everybody it's time to teach, but for some people when it changes I need to feel that, because my next evolutionary push will come from changing the vibration. On every level, my teaching, my learning, my receiving and my giving will change. And in my own meditative practice it's so important that I listen, because sometimes people stay too long in one vibration and actually, it's like standing water.

We do the same thing. It works, even enough clients, enough money, enough whatever. But I feel my energy is not moving. I'm not excited anymore. I don't feel the same fire that I had once. It means I missed the train. I'm waiting too long in the city where I change trains, and I missed the train so I need to wait for the next one. When I need to wait for the next one without wanting to stay in that city, my energy is a bit -- I might even get a bit bored by what I do. If I get bored, if I feel that I am not reinventing myself continuously, then the download stopped. Once the download stops, I am not changing vibration anymore.

In the vertical consciousness development, if the download stops, that's an alarming sign. If I'm too long in the vibrational state that I am in now, even if my life works great, I earn enough money, I do this every day, but I'm not excited anymore. It's not a one-day thing. It's an inner feeling that suddenly I feel like I reached a plateau and the inner that I surprise myself very often decreases. That's a sign. That's a sign that I'm reaching a threshold. And that maybe I don't listen to my inner guidance or to my inner sensations or I don't take a break. I'm not fulfilling my inner spiritual needs.

What I want to point out—and we will continue with this next time—is I signed a contract. In the moment I practice, I signed a contract to do whatever is in my power to become the clearest vessel possible, and for this I receive the blessing that when I work most of the time I might find myself in a higher intelligence than when I am living in my personal life.

Some people might be great therapists, great in their work, in the healing work. But actually in life it seems like I sometimes even don't know how to manage my own relation, how to take care of my own stuff. So, I function in a higher vibration when I work and I go back into some difficulties when I am my own person. That's a blessing, this higher vibration. That's not for granted. That's a blessing.

We will talk next time more about the download because the download is an essential aspect of being on track. That's how we can sense if we are still on track. If the river actually becomes standing water, and maybe for a period that's okay, but if this takes too long, I miss the train.

**[01:35:00]**

And then it's important to look, what happened? What did I not pay attention to? What am I not aware of? Or did I fall in love with my own creation? Did I fall in love with the fact that my practice goes well that I have enough clients? Actually, when I'm really honest with myself, it's not anymore the fire that I used to have.

As long as we go up the mountain we feel a fire. There's a fire that we surprise ourselves continuously. This has nothing to do with where we are on the mountain. That's not a linear masculine thing. Some people sometimes say, "Oh, that's a masculine thing." No, I don't think so. It's an upgrading and then enlarging of the perspective, and every small detail is actually exciting. Every small puzzle that we become aware of is an exciting surprise. It's actually increasing our loving capacity to life.

Maybe this was long enough with the theory today.

## Homework

Thank you very much. I think it's good to continue the practice from last time and also look at the archetypal path of one's own development and to meditate a bit on the fact that, okay, where I am? Do I feel this inner download to actually that I surprise myself continuously? Do I hear myself saying insertions in my life? Things that I surprise myself with that I find are fresh or find this excitement in what I do. I keep digging into life, into the essence of life more and more.

Host: And that concludes Session 10 of *The Mystical Principles of Healing*.

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