

# 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 11.

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: I'm happy we are back. Yes, As Nicholas said, here is holiday season. Here (in Israel) is high-energy time, which means that many people, for example, here were practicing intensively in the last weeks—their spiritual practice—and you can literally feel in the whole country a change in the energy like much more light, much more power.

Also, especially what we work with and what we addressed in the last modules, the access to the light gets also stronger when many people are practicing in a coherent field. It makes it much easier and more available for all of us.

And it's as if every human being is making him or herself more available to the downward movement, to the downward streaming of energy. Which means through prayer, contemplation, meditation, there is an opening in the higher levels and we make ourselves literally more available because we focus our attention there.

If you do this together, it's always, as we do it also here in the course, the coherence of the group, a field, a system that opens up to the light, intensifies it for every one of us. You might have noticed that you have days where it's much easier to sit, to meditate, to be quiet, where it's easier to connect to the light; other days it's harder and then you might end up in kind of a self-doubt: Oh, it doesn't work for me. It's too much effort. It's too something.

## Review of the Light Meditation

There were some questions, therefore, I'm also addressing this. Some questions came in about the light meditation. There were some people having beautiful experiences and deep openings with it, other people having difficulties with it. In my experience in the last more than 12 years that's a very normal process. Sometimes it needs just more practice, sometimes it needs to relax a bit the effort. Sometimes it might be also that there is kind of a blockage in the energy field that needs to be opened or it will melt over time.

Whenever it's hard, and one person asked, "Yeah, for me it's hard to concentrate so long and it somehow contradicts the notion in meditation of relaxation." It doesn't really contradict it; it's equally true, I would say. So, meditation and the art of meditation, in my understanding, always has two parts to it. One is the letting go, the relaxation, the opening, the spaciousness, and I will talk about spaciousness today more later.

The spaciousness needs a transcendence of the activity. My brain right now produces activity. I process the reality. I look at the computer. I look at the room. I talk about content. So, there's activity. The more I'm in the activity, the less there is space and the more I'm identified with my reality. The more I'm transcending my perception, so there is equally space and the perception.

My transpersonal self is not fully caught up in the experience, but I am consistently keeping a much deeper spaciousness as a meditative equilibrium in my internal world, and my perception arises within that greater space. Even myself is also part of my perception. Thomas arises in the preceptory space of my own consciousness.

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My interior perceptions, how my body feels, how my emotions feel, how my mental activity feels, is part of the world that I live in. What's added, as we said, we had the story about the two video projectors, one that brings in the external information, one the internal information, and both are projected onto the screen. Now we practice the screen, but through the recommended meditation practice that we suggested at the beginning of the course we also, besides the light meditation, we are still practicing spaciousness.

In the space any activity that I do fixes my consciousness again onto the activity. Until I have a coherent witnessing consciousness that goes throughout my day, in the meditation when I do a lot, it will help me to stay stuck in doing a lot so I stay identified with the activity. And then I ask myself, but where is the space? I don't have a lot of perception of inner space or awareness of inner space.

In more and more meditations, I reach a level of deeper spaciousness, which is also deeper relaxation on one hand. It's kind of a relaxation with an awareness. I will be able to live in both worlds, the world of my perception which reflects all my day and the world of my transpersonal self which is much deeper than my experience in space and time. Therefore, it always comes with a feeling of timelessness.

For this part of the meditation, it's very important to learn not to interfere with a rising of reality within me; how this room, these words, my body, my internal perception, everything that I understand right now arises within that space. If I don't interfere with it, I will eventually, over time, drop back into spaciousness and then deeper absorption, which means kind of a burning presence and silence. And from there, eventually, I will drop into the source, into a nondual awareness.

In the light meditation, though, and in many spiritual practices if you look into Judaism, if you look into Tibetan Buddhism, if you look into Sufism, Christianity, whatever, there is also always a branch of meditation that is focused on either mantras, mandalas, light, prayers, some forms that help us to transcend certain levels of our being and be able to access higher ones or more embracing ones, more loving ones, more intelligent aspects of ourselves.

In the light meditation, even if it seems like I need to learn to be concentrated; many people cannot hold the concentration on the light for longer than a few seconds at the beginning and then we draw back into thinking and we draw back into the rational level of our being. So, when there's a physical level of our being, an emotional level, a rational level, and above the rational level that is the latest, let's say, evolutionary progress in humanity, the significant mainstream progress in humanity, and above that we connect to the light, which is the driving force of new levels of evolution.

When I connect to this higher intelligence it's actually now a transrational, mystical practice because every part of evolution becomes part of the ego. The ego structure is composed at the moment out of physical, emotional, rational layer of self, and everything that belongs to it—inside and outside. That's how I process my reality. That's all the functions, or most of the functions, of my processing of reality that are embedded within it.

Then there's always the openness that I said last time. We as practitioners of healing, it doesn't matter if I'm a medical doctor, a psychologist, a therapist, an osteopath, whatever I do, a nurse, it doesn't matter how I provide and follow my healing energy into the world.

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And not only for the people in the healing profession actually, but for every human being, how do I not miss the train of my own evolution? And we will talk about this today more because that's a very important aspect: how a human being stays in the flow of their development, and when we become too involved or consumed by our own life or we fall in love, for example, with the success of our own life, and we don't practice anymore enough space.

But basically, the light meditation is the concentration onto the 'new' that's arriving, the new innovative force that is arriving in us as human beings and it comes as inspirations. It comes as surprising words and sentences that we say, insights, creativity, whatever we spread into the world is actually a channel for the new.

In order to learn that that's not a coincidence but that that's a function, an ability; we need to practice the concentration. My personality might put kind of an effort into it, and still concentration means more single-pointedness. In the ideal meditation practice, I literally practice two aspects, and they flower, then my crown opens, and then I'm able to more drop into space and I'm able more to concentrate. It doesn't contradict. They don't contradict each other. They are just a couple. The husband also doesn't contradict the wife and the wife doesn't contradict husband. The man doesn't contradict the woman. We need them together to have a child.

In order for the creation process of the world, we need those two functions, even if one of them is easier for us but it doesn't matter if it's easier for us. We are not looking for what's easier for us. We are looking for what are the abilities that we need to really become the highest possible version of ourselves.

But saying that, it might be that my own neurosis puts in too much perfectionism. I get too tight. Actually, I need to practice and maybe I run against my own resistances of one thing I'm already practiced in and then the other thing is harder. There are many personality patterns that can overshadow my spiritual practice. But after all, both of them I believe are needed in order to do the work that we do. As we said, also in the listening practice, one part of the listening is space—I receive you. One part of listening is attunement—I attune my whole nervous system so single-pointedly onto you, that you, as a part of the huge reality, I see you in such a high resolution that a lot of information about your life actually radiates to me and I am single-pointed on to that one code within humanity.

The attunement is the same: open, spacious, receptive, loving, compassionate, and attuned, concentrated, laser-like and going deeper and deeper and deeper into life. For the one who asked the question, I believe it needs both. They don't contradict each other. They are a couple and they are needed both for the kind of abilities that we are exploring here.

Saying that, there were some questions around light meditations from multiple people. Someone asked, "Why is it that after the light meditation I still feel like a kind of stream, like a downward stream, even if I stopped the meditation?"

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That's pretty usual for some people that once we activate this channel in us more than we used to do—imagine you drill a hole through your ceiling into the neighbor's flat and for some reason the neighbor's flat is filled with a perfume that you really love. From the beginning, from the moment that you drilled this hole into the neighbor's flat above you, all the time perfume is coming down. Because the perfume is coming down, you come more often to this hole because you really like the perfume, and then you want eventually more of it so you make the hole a little bit bigger, and then more of the perfume comes into your flat.

When we start to do the light meditation, we taste a higher level of consciousness, and of course, the higher level of consciousness feels good, it comes with insights, it streams into my body as light, as conscious awareness. Suddenly, in my life things start to flow more. Of course, then I go there more often. So, the more I open the channel, it's like that which was waiting as the next level of my development is now coming into my life, and there are multiple perspectives on to the same thing. We can say it's insights. We can say it's creativity. We can say it's more flow in my life. We can say it's more inner body awareness, and we can say it's more energy.

The energetic aspect will simply download itself. For some people it comes in their dreams, the more we do such a kind of meditation because it's a higher subtle meditation. It might affect my dreams. It might bring up unconscious stuff. It might simply affect certain areas of my life that start to flow more. There are different effects, but basically it's the same essence. It's more energy with a higher vibration, which means a higher consciousness, higher information, bigger perspective. My old perspective opens up to a bigger perspective.

Imagine you have your flat. For ten years you lived in your flat, and you like your flat but at a certain time you think your flat is somehow too small. And imagine suddenly the construction workers come and then one guy says, "Listen, we take the right part of your flat, the wall, we take it away." Somebody carries the right part of your flat, the wall of your flat, and takes it away, so now your flat is open. Then somebody comes and takes the left wall, and then the other and the other.

Suddenly, now you realized that actually there is a much bigger flat around your old flat that you have never seen before. In consciousness evolution it's the same thing. If suddenly somebody shows you if you take this belief system, if you take this emotional contraction, if you take this spiritual belief, if you take it out, suddenly you live in a big reality.

In the work that we do, it's actually the same. Higher energy means somebody shows you that around your perspective, there is a bigger perspective. When the ego is afraid to dissolve or to let go into the next level, it's just afraid to let go into the next bigger stage of myself. Because around the small flat is just a bigger, much more luxurious, much more beautiful flat, but I've never seen it because of the walls of my current flat.

My state of consciousness is like a flat. That's where the world needs to arise. That's where I allow the universe to be perceived in that bubble, and therefore that determines the size of the universe for me. That determines the size of reality for me. When we start this meditation, it's just that we connect to the bigger apartment. So, the reality that I know, that I'm identified with, is within a much bigger reality that I'm evolving into...

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...and that my perception is evolving into. So I'm building a new tool to perceive the bigger possibility. The light meditation, if it's hard—and we will do it now again at the beginning of the session—it's also possible, just when it's really hard, to go higher with the awareness above the head. One can also stay with the awareness on the highest point of the head, so I feel this place, the highest point of my head. I look at this place and I listen to that place. Because some people will notice when I'm silent and I concentrate onto the highest point of my head, I might hear a kind of a humming sound or a high-pitched sound.

If I concentrate on that sound, it actually kind of equals concentrating on the light. Some people, instead of going for the light, they go for the sound because the high-pitched sound eventually also takes me into the next stage or the higher, the bigger flat because it helps me to concentrate. Through the concentration and the intention, my whole energy field will start to vibrate higher, which eventually also gives me a bigger insight.

If it's really, really hard with the light, one option would be to just focus here. [Thomas places his hand on the top of his head.] Stay here, don't go up, and maybe just relax this part and open it and don't stress yourself with going higher. Just open it and then let the energy come down. For some people, it's just maybe also not light but the sensation of energy that comes for them, and they don't see light at the beginning, which is also fine.

Before we dive into the theory of today's session, let's again practice it. Because the interesting thing is that basically, the practice is showing me the multiple levels of the course. Through my practice, the course is also changing. What I can hear from a certain perspective, suddenly I will relisten after three months to another former module, and I suddenly hear things that I didn't hear the first time. So, the more I grow through the practice, the more I hear again in the modules that we already went through. Therefore, the practice makes the course, of course, much richer.

## Begin Meditation

So, let's jump into it. See that you sit comfortably. We start again with the body as an anchor, and we take the first moments just to drop in. Bring your awareness into your inner world. Feel your body. Feel the simplicity of how you sit, how you breathe, whatever is the state of your body at this point, this day in your life. You can be relaxed, rested, tired, contracted, stressed, open.

I'm sure you had also time to do the inner body competency practices. It's easier and easier to connect at will to the different areas in your body. To notice also the informational stream that is more at the beginning of the course, to see that the body actually communicates all the time this huge amount of information: tissues, muscles, joints, nervous system, organs, hormones, blood flow, light.

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There are so many different levels that need to collaborate. You can feel how the tension in some areas affects informational exchange, how the relaxation affects informational exchange, and of course how conscious areas in the body affect information to flow and how unconscious areas affect information to flow.

We also talked about darker areas, areas that are hard or inaccessible; areas that are brighter, more flowing, rich in sensations. So, flow a bit through your inner body landscape. Notice the different qualities. Listen especially to the informational exchange. Set the intention to listen to how information is being exchanged. See that there are different levels of how hormones communicate through the body, the nervous system. It also conducts light into different areas of the body.

The water in the body conducts information. The movement conducts information; blood flow. Now every part of the body is included in the coherence, the expression of a certain consciousness, your consciousness, your soul; how parts of the body have a harder time to receive the information how to be part of the expression of that consciousness;

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...how some areas in the body have an easy contact; they are friendships, they're good neighbors that support each other. Some parts in the body have a harder time to talk to each other, fences in between, less communication, more friction, more pressure, more emptiness.

That includes also our emotional world, of course, and our mental worlds. Both are closely related to the body. How I feel about myself and the world, how I think about myself and the world, the connection to certain areas in my body. Information flows through my physical layer, my emotional layer, my rational layer. And how these three layers conduct the bigger information of my soul, my life's purpose, my intelligence, connection to the bigger whole. On the one hand, find my place in life. On the other hand, a healthy contribution and expression into life.

You can also once more see how your base developed. Maybe it was like that anyway before the course. Maybe some healing and integration happened through the course, how you sit in your base. You have a good sense of your base. You're sitting properly in your body. All emotions and thoughts are connected to your base, to your existence, to your place, your nourishment, your power, your will.

**[00:35:00]**

From the grounding in the base we can move again upwards through the spine to the highest point of the head. Place our attention there, listen to this place, look at this place and turn your third eye upwards. Look inside the top of your head.

Just to relax into this place, in the spaciousness of the relaxation to slowly move higher. And for the ones where it's really difficult to move up, stay at the highest point of the head. For the rest, move higher and to connect to a kind of inner illumination, white, golden, blue. Listen, look, sense to at least a meter above your head or higher.

And then when you either see, feel, or sense a light sensation or you hear these high-pitched sounds. Connect to it. Stay at the level of the light that you connected to and expand your awareness there. It's a mixture between relaxing into it and expanding, feeling it more and also the uplifting effect that it has.

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Once you've stabilized yourself there, see if you can go one step higher. And from that higher place to also connect to the whole group again. You're connecting in a way to the higher consciousness of the whole group, the course, the collective potential of this class, the healing power that it has, the whole course that we grow into.

And then if you want, you can come back to the light in your own channel. And then to clarify for yourself, always go periodically to look, okay, what is actually the real special aspect, and now mainly for the people that work with people, what's my energy really for? What's my energy really for?

Am I right now in my life in the real stream of my core intelligence? Is that where my healing power is the most effective, is that where my intelligence is...

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...most concentrated and applied in the world? In this higher connection to ask that question; we get constant refinements. Am I doing in my life what equals my current development? My highest calling? Am I on track at the moment? Am I too dispersed, or maybe also too narrow in my expression? Or, is it maybe on track and synchronized? And the same is also for everyone to look okay, am I on track with my energy in the way I live my life, I express myself, what I want to learn right now, what I want to pass on, to give?

If you want, you can even invite this higher clarity through kind of a prayer in your own words. Formulate this in your own words and let it, from this higher place of light, even disappear higher above you. If that's hard to do, send this into the center of your heart and let it disappear in the depth of your heart. But it's calling for a refinement, the clarification of the current expression. Some people will find out, wow, I'm really on track. It feels really good. It feels aligned and I'm sitting also in my specific code in the right place. I'm in the right place.

Maybe some people will find out that they give too much time to things that are not really their highest efficiency, where the energy is the most powerful, most powerfully used, to be distracted by things that are not really necessary.

Then slowly let yourself come back. Come back to your body. Feel your feet on the ground. Exhale a few times deeply, and then slowly let's come back.

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## End of Meditation

### Staying Connected to Your True Nature

Well, let's continue with the stuff that we started with last time, which connects to what we did right now. We said that the archetypal path of the healer is a path up the mountain. It's actually a path of enlightenment. It's the same as knowledge, compassion, aesthetic arts. Different paths lead up the mountain.

Healing is one of them, and it doesn't matter in which profession I find myself. Underneath there's a wish of my soul to contribute in one way or the other to healing, be it as a medical doctor, as a psychologist, as a nurse, as a therapist of some sort, a natural healer, and other kinds of professions or branches of it. But it's basically a similar tree and it comes back to the fact that my soul conducts part of the self-healing power of the human system.

Some people express the self-healing and self-regenerating aspect of the whole human system. So, it's personalized, or it's crystallized, in the soul in the person, but it reflects the ability of the whole system to take care of itself. Every one of us carries a special quality of that, and the path up the mountain from the interest, up to the practice, maybe through the teaching, up to the mastery, is a refinement of that energy, so that the more I come into the essence or the core of my true nature, the more I become like a laser. We said at the mastery level that's also the level of the miracle. That's where the energy and the creation become closer and closer and closer and closer. The more I go down, the more there is a delay, as we said. Reality has a delay in the creation.

When energy is being born out of the source and it manifests as the world's and also as my life, suddenly, we have time and space. Time and space are functions of the delay and the expansion of the world. So, what needs a lot of time in the physical aspect of life needs much less time in the emotional, much less time in the mental, and the higher I go, this gap is getting smaller. The miracle is in a way an instant creation of healing, and the further I go down the mountain, the more time and process things need.

That's great. That's a natural function, I believe, of life. But for us on the path of getting deeper and deeper into the healing competencies, it's always again and again a refinement that's needed in order to get closer to my essence. The more I feel my essence, the more I feel what I'm really here for.

Maybe my life is too full with things that I'm not here for. And I can do them because I'm an intelligent person. I have many abilities. For some people, it's good to do multiple things because that equals their intelligence and they have to do it. And for some people, it's good to be very concentrated because they are very good at the specific thing that they are doing. But that's something that every one of us needs to clarify for him or herself.

When in my contemplation, I really listen inside, I ask for deeper guidance as we did it, and I again and again periodically refine my own understanding of my own energy.

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So that the refinement of my own energy is also needed, because as I develop and as I grow and crystallize, and as my spiritual and inner development expands, these phases might change, might move to different places. Different things are needed. If I'm going up the mountain, not always the same expression is needed, not always the same practice is needed. It's a refinement with the path.

In order for us to stay on track, or not to miss the train as we said it last time, we stay on track with our innermost evolution. Evolution is a drive through us and the more we listen to it and live from it, so we are actually in constant seamless update of ourselves. The more we get consumed by our reality, by our life, by what we have to do every day, by old things, if my addiction to my senses and to my life setup gets too strong and I lose the inner space and the inner connection, I'm more part of the life that I live in and I lose the transcendental aspect. The more I gain the transcendental aspect and I'm grounded in the world, the more I'm participating. Through my life, I'm also changing and adding something to life.

Because within the matrix, while I'm alive, it's so powerful because there we have a lot of power to change parts of life, to add parts of life, to innovate and evolve parts of life because we are living in a physical body. We are connected to the physical dimension and our energy has a lot of affect. It has a lot of magnetism of our intelligence into the world.

The refinement is needed because as long as we swim in the center of our river, we are less exhausted because we are more connected to Eros, to the fire. We are more connected that every day is so interesting because we do the things that are so interesting. So, if we follow the core interest, it's what really nourishes us.

## Aligning with Spirit and Core Energy

There is a danger, not only in the healing profession but most probably that area is one of the strongest, because we are dealing every day with crisis situations, with difficult situations, with problems of people, with very severe situations, the whole health system is already stressed by the nature of what it deals with. The whole health system has to be stressed, in a way, because the nature of what it deals with is often emergencies, health problems, and psychological issues. We are dealing with crises or difficult situations as the nature of the work, often.

And I believe the more we look into hospitals and the more we look into the health systems of people that work in the health system, it already has a strong kind of danger of being burned out because of the nature of the daily life situations that we're dealing with. Therefore, it's even more important that people that work there have the best support that they can have because of, as I said, the nature of what is underlying to the whole system, because the whole system is based upon very stressful life events. And it needs to deal and digest those life events on a daily basis. Very difficult emotional situations, very difficult mental situations, physical situations, social situations that this system needs to deal with. So it's already stressed in the core of its nature. In order for the people that work in this field to stay healthy and not be burned out...

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...because this consumes a lot of energy. As every one of us knows when we are in a stressful situation how much energy this can consume and how much we can actually be sucked into that, which is very human, and then it burns a lot of energy.

When we deal every day with people that are in those situations, there's a transmission of it, and it's actually a much higher effort onto the whole environment. So, the whole system needs to be very strong in order not to be sucked into stress all day. I believe many people, at least that I know, that work in the health system, in the core of the health system, would say that very often it's on the edge, either financially or structure-wise or with the personnel or with many different levels of the system, it's on the edge. But on the edge is the core of what we are dealing with. So, it needs a very strong practice, I believe, in order to stay healthy and balanced for our own life and so that for years, in a sustainable way, we can be this source, or well of contribution without exhausting our own battery. I think that's a very high art and that needs, I believe, a lot of energy resources that we have in our background, and it needs a lot of practice.

Most of all, it needs our own development being in its river, because the river is the main source of the water. My own nourishment is when I'm aligned with spirit. That's the highest nourishment, I believe. We have seen this in certain saints and sages throughout history, that if somebody is really aligned with his or her core connection to the river, or to the mountain, endless energy can be spread.

I want to talk today about the sustainability of this work and how it's connected to some of the mystical principles and what are the practices to keep myself healthy and sustainably participating in a system that I believe is based already and built around very stressful life situations, and these stressful life situations usually consume, as I say, a lot of energy. Therefore, people who work in the system need to be connected to the well in order that the giving is fluid, and then it's an inexhaustible source.

The source of life is inexhaustible because it gives birth to the whole universe. How can a limited condition like the planet Earth exhaust the source? It's not possible. The more I'm connected to my source, to the source, it's an endless well.

And the more I live in alignment and I fulfill my contract—as I said last time, we all signed a contract when we work with people, which means I get a loan—I can function on a higher intelligence when I run groups, when I work with people. At the same time I signed for that loan, I need to give everything to become the clearest vessel that I can become in my life. I will do everything to clarify my own energy in order to reflect the world in me as clearly as possible.

In the interaction between the therapist or the doctor or the nurse or anybody else that works with people, with the people, we said that every time I meet a person and my life energy drops in the interaction, I noticed a shadow. It seems like it's small, but it's a very good investment into a burnout.

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If during my day my life energy drops multiple times and I get tired not biologically but energetically, I invest all the time and money into my burnout. If I'm otherwise healthy and nourished and not too much stressed out and in a good condition, that's easy because the rest of my system can buffer this, and it doesn't matter.

But if I'm already living on the edge of my energy because I'm in a very consuming job, I have a lot of responsibilities, many working hours, maybe not so much sleep, and many clients or patients, then the small change, the small portions, that I invest into the burnout might matter one day. Therefore, in the contract it's that I become clearer and clearer, means more and more in the river of my own soul's energy, of my core intelligence, authentic self, and also clearer in my own integration. Because when I meet a client where my energy field, as we said in the course already, has an unintegrated area, I can't see you fully. I can do whatever I want, but my perception cannot channel your information fully into my universe.

I will not be able to connect to you energetically fully. There will always be a reduced relation in that area. If there was a traumatic event or a very strong issue for a person and the person was five and something happened and I had a similar issue, if it's not resolved in me, I will not be able to see you there fully. I can save myself and go to my rational knowledge about this age, and I can know a lot about it, this is possible. But energetically I will not be able to perform the energetic connection that we are talking about in order to fully feel you in this place, that my nervous system will support your nervous system, that my energy field will support your energy field to become aware and turn on the light to release the unintegrated energy in order to fulfill its movement as evolution.

Therefore, I might know a lot about you there so, as I said, I can go back to my rational competencies, I can know a lot about this, but I might not lead up with you to a significant healing because the energetics of it are blocked in me and in you.

Now, on the way to do our healing—I call it ‘healing,’ it’s transferable to all the professions basically, on the way of my own process—I of course encounter many people that come as my clients or that come as patients or that come as whatever where I am working. But if I am not clear in this place, I will hear myself saying things to clients that I could have said to myself also because I know them from my own life.

## Knowing Our Place

The only thing is that now when I clarify this part, at least to a certain extent, I’m less identified and unconscious than maybe my client. This gives me more space, and then my work with the client can actually give me more insight into my own issue. So, the famous saying of the healer, the path of the healer is that everybody heals him or herself also, that’s very true because the awakening path is a 360-degree vision. That I can look at life in a 360-degree version, a kind of a holographic realization of the world, that every aspect, the one that’s once was difficult to me and the one that once was easy for me, is hosted in ever present awareness.

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This means that the mystical principle of the universal—we said that the mystical principle needs to be true in the universal, and it needs to be true and the most specific—therefore, openness and concentration. Every human being has a code. The encoded information is very specific. Only you can live your life, only you can live your contribution and therefore, only you can find out what is your highest contribution. Every one of us has the responsibility, maybe also with reflections, but we need to find out where we are the most efficient. What is our energy made for? What’s the place? And when we take that place we are actually in sync with reality.

That, of course, is not a place once we log in. That’s great. You downloaded the latest operating system into your mobile phone, it’s great you are up to date. And in four days or five days already is the first update again in order to fix all the new bugs that the new operating system has.

It's not that once we found the place we are in the place. No, once we found the place, we know that we just keep contemplating life deeper because the place is a movement. It's not a fixed position in the universe. There is no fixed position in the universe. There is always a movement. So, we find and refine through our life the deeper movement, and by refining the deeper movement we actually arrive more and more.

## Space to Listen

The next stage is that in this refinement, we also find nourishment and coming closer to the source means coming closer to the well. From there, I find my inspiration, I update my life and I continuously practice to have enough space to listen. So, if my day is too full and I get the sense that my life is becoming too tight, then I need to be very aware. I mean for some phases, this will work in phases, but if it's becoming too long that I feel I don't have enough space. I'm actually getting tighter and tighter, that's an alarm signal because then I need to look what can I actively do in order to have again space to listen.

Space to listen can be multiple things. Some people are so grounded in their deep contemplative practice that they have at least in most of their time enough space to listen. Some people need a regular morning meditation or some people need longer meditation retreats or some people need some time out, in nature or whatever, to have enough space.

Whatever we need, we need to know what we need. Where am I in my contemplative practice in order to have enough space, that the space and energy correlation in my life is in place? If the experience takes over and I'm getting too over identified with my life, that's an alarm signal for mystics. Then we need to say, okay, how can we reintroduce more space into life, so that we have again time to listen? The fact that when my practice becomes more successful and when there are many, many clients or the groups become very successful and I have less and less time, I need to always know, do I still have enough space? Is there enough access into my sphere of awareness that the appropriate higher information can land in me. As long as that's in a good balance, great.

If I can do this moment to moment, so maybe in one point in time this resolves my daily morning meditation, because I'm living in such a high coherence that I don't need it anymore.

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But that's only the case if I'm really moment to moment to moment, fully silent and fully in movement. Before that I need my regular meditation practice because I need to have enough windows of space or days of space or days of regeneration in order to keep my batteries high and in order to keep my inspiration open.

That's also when we sit with people. That's the same thing. The open space, the open spaciousness is the access to the information. Therefore, we said in this course also the practice of the light mediation is like a pillar. The practice of space is like a deeper listening, and I need both in order to be updated moment to moment.

The update again is the refreshment of my browser. If my computer is getting older and it's full of stuff and little programs in it, it's also getting slower. It burns more energy but it actually has less performance. Why? Because it doesn't have enough space. It's not refreshed. It's not up to date with now. For our healing practice that's the same.

## Light Activation of Life Codes

And then I want to show something—I will say something first—every human being in the mystical understanding is like a code. It's an encoded information within the programming language of the universe. This code contains all the information to my life. So when this code, through the light, is being activated more and more, it becomes more translucent, it becomes more fluid, less fixed, or, we could also say the life of a person that is more and more connected inside, has more space and more light connection, is being opened.

When you as a healer, as a therapist, as a doctor that is connected, you work every day with people, what actually happens is you help people or people in your presence find a deeper access to their own spiritual fixation. In the Kabbalistic tradition it's called Tikkun. That's where most of the energy is found, and that's where the most release is possible.

When I support this through my own practice, through my own opening, more light like water, can flow through me, and then it starts to flow around me. Last time we said whenever we open our energy to life in order for people to come to us, we extend our energy field. We say, “I am of more service. I am not anymore just me privately. I am of service to a bigger field.” Actually, I take on a higher responsibility, and the responsibility is from a relation with all those people. And then in that responsibility, there is an energetic expansion. More energy flows through me in order to be passed on.

This is not for me, but when it flows through me, all my energy centers will be upgraded so they will operate like windmills. When the wind goes into the windmills, they become faster. That’s the same with the energy in my own body, it’s being upgraded. And then the light is being passed on to other codes. Other codes start to resonate and open and also become more transparent and more light flows through them.

That which has been experienced as problems, as difficulties, slowly starts to transform into light, into life energy and development, and that actually sends an impulse also back to the healer him or herself. So, then more people are being blessed and healed, the energy on the healer is getting stronger.

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A saint, in the spiritual understanding, is nothing but an empty channel that channels a lot of light into the environment, into the rest of the matrix. And the influence grows with circles and circles and circles of souls being activated and passing their own activation on again so the whole field is actually growing.

If that’s a healthy process, it increases the connection and it increases the vertical dimension. It increases the connection. It goes higher as it goes wider and deeper. And if that process is healthy and if I take the responsibility, this means also that I keep on working on my own stuff. Even if some of my patterns, my issues, my own traumas, have been resolved to a certain extent, I will keep on refining it, keep on refining it. Maybe once it was physically crystallized, emotionally crystallized, mentally crystallized, and from being very crystallized we said it’s becoming more subtle until it’s a whisper, until it disappears on the horizon.

Once something that was very manifest in my life disappears on the horizon, the resonance of this aspect in my field is gone, which means it is forgotten. If it doesn't hold energy, it doesn't have a past. If it doesn't have a past, it doesn't obstruct the immediacy of spirit right now. Being here right now in the moment, as we said already, has nothing to do with being here at this point in time, in this minute. It means that the ever present awareness, the eternity, is not anymore obstructed by the unresolved past of humanity.

The immediacy of spirit is shining through this moment as this moment. Once an issue is really resolved, it disappears out of the subtle layers of the energy field and it's gone. Same as we said that new things come from the horizon, and they come closer and closer and one day they're actually events in my life. The healing is basically the reverse of it into the other direction.

When we take the principle of the expansion of the light, when we truly align and once the light starts to flow through us through our work, we expand health in the system. We expand rebalancing of the system. We expand, in a way, spiritual awareness in this system. We expand realignment in kind of a potential-based society and culture within the system. The more the whole system lines up to its authentic self, the more health the whole system has. And every one of us that works with people actually contributes in this part of the self-healing and alignment process of the system itself, in crystallized forms.

My life is a crystallized form of that process and everybody else's life also, and that conducts light into the system. The less I lose energy in my daily interactions with people, the more I take care, that when I work in very emotionally difficult environments, of the impact that it has on me without shutting down and becoming cynical and without dissociating or distancing myself from it, but by really being part of that system, being in the human sphere fully connected to it with an open heart. And at the same time finding my way to deal with it in the deeper and deeper awareness that I developed so that my perspective grows and I can hold multiple perspectives in my sphere of awareness. Then I will lose less energy because I learn how to process the difficulties that I encounter every day.

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I integrate the unintegrated parts of my own energy field, so I lose less life energy in unconscious moments. I am more connected and taking care of my own needs. So if I'm grounded in my healthy will, then I know what I want and I know what I don't want. I took care of my boundary issues so that I have healthy boundaries so that I know where to say yes or no to.

And this channels itself back again to the beginning when we said okay, what's your unique contribution? Are you sitting in your energy or are you at the moment distracted from your energy by too many things? Do I need a fasting? Do I need to clarify my house because my house is full of stuff? If my house is full of stuff, it's a reflection of my inner world being too full or my life being too busy. If I clear the things that I don't need so the house is a healthy breathing space and it's the same with my life.

I can say yes to too many projects and then I'm over-consumed, but it doesn't mean necessarily that I'm more in my element. I might be in my element working 18 hours a day and everything is perfect. Then all the multiple projects that I take are also part of my expression, and the fact that I work 18 hours a day doesn't mean that it's bad. If that's not exhausting my battery, it's great if it's part of my flow. But if it's no part of my flow, it might be just a matter of time until I burn out.

Therefore, we don't look first at how my life should look like in order for it to be balanced. We look first at the essence. What is the understanding of the essence of it? And from there we come to how it should look like, not the other way around.

## Homework

What's the essence? Am I sitting in my element? I can ask myself those questions in the contemplation and really tune in with the different aspects of my life. That's maybe also good to do on our next call. To really look, first of all, did I find out already what's the core energy that runs through me? And the second is, how does my life look like at the moment? And all the things that are there, do they need to be there? Are they too much and overwhelming or are they in place and really correlating to my energy?

The other next thing to look at before the next time is how is the status of my life energy battery? So, me working in environments maybe that deal with difficulties, is my life energy balanced? Am I getting exhausted by it? What is needed, not what should be there, so what is needed according to my current state of development?

There is no formula of what it should look like. There is just a moment to moment finding out, in different phases of my life, what's the composition and the way I need to live my life in order to conduct this development in the best way. For some people, that kind of a timeout is already for a long time waiting and we didn't listen to it. For some people it is that we need to refine and update and see if we are still in our creative potential, which means that every day that we work we also have the surprises that we talked about last time, so that when I speak I find myself being surprised by myself. That's a very good thing to have as an indicator of how to be on track. What I would love to look at up to the next time is if the way that I live at the moment is sustainable with my calling.

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If I'm, in a way, eating my resources and burning too many resources and I am not regenerating them. And what are the different aspects of regeneration that are good for you? For some people it's, as I said, meditation and the spiritual connection is their main source. For some people it's art. For some people it's making love. For some people it's going to nature. For some people it's a composition of all of these. But there's a way that we find out what do we actually need in order to regenerate our system for it to be charged.

Of course, the next thing to look at is where do I lose life energy regularly and where is my vessel not refined? What are the issues when I work with people? Am I aware fully of my unclear zones in my energy field? Because, as we said, where my energy field is unclear I cannot see my environment clearly. I will always see my environment through distortion, and this will limit my clarity, my ability to relate, and I will experience those situations as more stressful, those sessions as more stuck or more stressful, and then after the session I feel it's a bit heavy. It was a bit of a heavy session. It was a stuck session. I got tired. I didn't hit the point. I didn't really get what was going on there. These are all symptoms of me not being fully aligned with the moment. If I lose the connection to the energy, it's already a sign that I have bumped into an unconscious area.

I think this will be lovely as a homework until the next session to clarify all this complex of the burnout energy, energy resources and energy leakages, and to see what do we need as people that work in a system that is based upon stressful or difficult life situations, in order to be refilled moment to moment. And of course, the strongest electricity network is the connection to spirit so that we see how we live accordingly so that my life is in the flow.

In the spiritual traditions the sacrifice—I mean there are many, many, many ways how to look at sacrifice—but one understanding of the sacrifice is that in order to live in higher alignment with spirit, I will need to let go, also, of some other things that do not support that higher alignment with spirit.

And for some of us this has already happened, and is happening constantly when needed. And for some of us this hasn't happened yet, which means that I need to really look at my life and see. I can distract myself with certain things but it comes with a certain expense. And the expense is basically my connection to spirit and my level of life energy. So, I think that's very good to be clarified until the next time.

And given the time, I see the time has already very progressed. Maybe I will stop here, finish here.

Host:

And that concludes Session 11 of *The Mystical Principles of Healing*.

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