

The Mystical Principles of Healing

INTEGRATING THE PAST – PRESENCING THE FUTURE

Table of Contents

Begin Meditation	3
End of Meditation.....	6
Non-duality.....	6
The Cosmic Meridian.....	7
The Divine Law: Life is Sacred.....	9
Alignment with Divine Law	12
Shedding Layers and Clearing Our Own Energy.....	14
Tikkun.....	16
Our Investments of Chi Energy Co-Create the World.....	18
Chi	20
Homework.....	21

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Host: Welcome to *The Mystical Principles of Healing*, Course Session 12.

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: Yes. We are going to start today to look at a very important, let's say connection unit or, in my understanding, a very important synthesis between what we might call modern science or modern psychotherapy, psychology, and also the mystical principles. And to look how the phrase like, "I bow down to the Divine, I bow down in front of God, I bow down in order to receive," what that actually means for us in the work with people every day.

And how many things that we did until now including the light meditation and talking about some principles, how we see the connection and those with the priority of the mystical principle and the sentence, "I bow down in front of God" or "God is my first priority." Because this might be just a sentence. It might be a sentence that sounds nice.

But what is actually the energetic meaning of it and what is the meaning according to our base, according to our work, and according to real transformation of energy? I think that's a great topic to those who came up in the Timeless Wisdom Training, and I thought it's a very good fit for us, too.

Let's start right away with the meditation, guided meditation, and then we will dive into the theory more. I'm sure now we are together for some months here in this course, and we all had a chance to practice the different meditations, to look what changed actually in my inner body competence, what changed in my presence meditation, what changed in my light meditation. We had multiple layers of energy that we practice throughout these intro meditations. As I said from the beginning, this course will only make sense or make more sense and more sense through the practice.

In the last modules, we focused a lot on the light meditation which we will include from now on of course, every time in order to have to feel the effects support us. If it's still hard to practice it, don't worry. There might be different reasons, as I said already, but keep on practicing and practicing. It will eventually break through anyway.

What I'm also interested in is we open different aspects of our energetic competencies also in the theory. And now we are more and more interested in the refinement because first, we start to practice, we make some experiences, and then we want to also refine our competencies. How much refinement do I have if I tune in to myself or somebody else on their physical energy? How much refinement do I have when I tune in with somebody, when I tune in with somebody's emotional landscape, with somebody's mental landscape and mental capacity? We said we are going to talk also still about the meeting point between spiritual opening and psychosis, for example.

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That's a very interesting exploration that we are, in a way, all in to find out more about it. That's a very good research field. And in order to be really on the spot with our recognition—okay, what's going on here right now—we need this refinement in the attunement process.

Let's start again and we will walk again through some of the layers that we practiced already and see, how precise am I, what is still difficult but what also grew already, and then I see a progress in my own capacity. I'm sure many of us saw a progress in our capacity to tune in with other people. Let's explore and then we get back to the further exploration of the theory of the, "In the beginning was the Word." There was one question, if I can elaborate more of what does the sentence mean in the Genesis, and we will address this today.

Begin Meditation

Let's again take a couple of deeper breaths and with every exhale to drop into the body and feel also your chi or energy polarization. Like we have the main polarization of life energy, when we work a lot mentally or we study a lot, or we do a lot of computer work. So, necessarily, my mind will be very energized, which is good, because that is where evolution has its main stock investments at the moment. But as a practitioner, I want to be able to take that chi out of my mind deliberately and center it again in my lower belly and my base which will more and more relax my thought processes and quieten my mind.

Every time that I exhale, I let my life energy drop deeper into my base. I tune in with my body, the way I sit, the way I breathe, and I make my concentration and my attunement with my exhaling. Dropping to my chi center, I exhale. I let my life energy center itself, the chi comes down into my belly. And then I can maybe notice that my mind quiets down. I can feel the posture of my body, the movement of my breath.

And then to become more aware of the subtle sensations within the stillness, and the landscape unfolds and I can deliberately surf and dive through my inner landscape.

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I'm going to start again with my physical body, with the subtle sensations of my body, how my body feels alive. I choose different places that intuitively attract me. I see and feel, which means I use my inner seeing. I use my inner body felt sense, and I surf through my body. I feel full of information.

I can play again with different densities, different levels of tissues. I see how attunement in the body, attuning to different densities is like playing an instrument. It's like music; lower sounds, higher sounds. I can notice stress patterns in my body, tensions, and the flow of aliveness.

And also to tune in again because it's in my understanding a very important function of how information is being conducted throughout the body. There are so many systems of communication. To more and more learn and understand and reveal how information on a molecular base...

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...on a hormonal base, on the base of our nervous system, on a genetic base, how within my body and also through generations information is being communicated.

How there are areas in my body where the communication works beautifully and there are areas in my body where the communication doesn't work so well. It's reduced and creates side effects. To tune in specifically with different levels of communication. To learn from the body directly how this moment is a constant flow of so much information being conducted, so much information in movement so that I can take an objective scientific research where I can have an inner science research, subjective, very refined, inner knowing, feeling, looking and learning.

How this flow of information is connected to the self-healing mechanism of the body and what supports this mechanism the best. When is it reduced. What's the intelligence behind it.

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Maybe also to tune in or ask the question and then contemplation, how to make a deeper inner connection or maybe first a state of relaxation and an inner connection to the light supports the self-healing mechanism of the body. And you explore this in your own inner world, and you ask that question of your own energy.

Always remember that in the subtle world we set an intention and declare as the intention the clearest answer. And when we ask our energy or someone else's energy, to come with a clear question and then ask the question and we can listen, see and feel what arises.

From that attunement, we will move again gently to bring our awareness to the highest point of our head. Relax the space above the head. For some people it's simply easier just to open the crown and let light come in. If that's easier for you, just do it that way.

For the others, to look at the top of your head, listen, maybe you hear like a high-pitched sound. Maybe you feel a tingling. The more the crown opens, energetic sensations become more common.

Then you can again lift your awareness higher and connect to the level of light that is already accessible for you. If you hadn't had a chance to connect to the light yet, just move your awareness gently higher. Keep it as relaxed as possible. Look upwards and keep exploring the space above your head. Let all the thoughts that might appear off to the background, don't listen to them. Just keep moving through the layers of your mind. Just off the head there are some layers that belong to the mind and above the mind, our higher self starts.

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We need to move through the layers of the mind until the frequency changes and we connect maybe to white light or golden light.

Once you have a connection to a sensation of light, again, stabilize your concentration there. Keep your feeling awareness, your looking, your listening, the sensing in that place. And then it's like a funnel. You open a funnel and then you can maybe sense how the light starts flowing downwards into the body with a noticeable kind of increase of frequency in the body. It usually comes with a joyful and uplifting or a loving sensation. And then let it flow down all the way through your body as deep as it moves.

Then if you want, you can connect again to, in a way, the higher impulse of all of us together as a group, as a study community, as a higher impulse that has brought all of us together, and connect to that higher impulse of the group. See if you can get a sense of it and then feel it deeper. Listen to it. How it's our becoming. The higher impulses of a future that we become. It's the impact of all of the modules in our lives. It's our common intention and purpose here with this course.

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The resource of light, wisdom, knowledge, the light that is downloading itself for all of us as an upgrade, and to notice the combination between attunement to the light or to this higher impulse of the group. So, I attune to it, I get a feeling of being connected to it, and then I listen to it. I let myself be informed. I receive. I learn.

Again, let go. After you listen to this higher impulse, come back to the attunement to your higher self or the light, the highest layer that you can connect to. And see if there's anything, if you make yourself available and you see is there anything important for my life right now. If it's hard to connect to the light, you can do the same in the center of your heart.

Just ask the question in the stillness. Is there anything for me to know, to receive, to feel, anything important that needs to surface for myself or others that I'm connected to? So, ask clearly that question in your own words and then make yourself available to listen. And notice anything that pops into your minds: words, feelings, images, instant knowing.

Honor whatever arises in the silence, and then take a moment just to let go of the attunement. Just sit in and as space, silence, listening. Let the presence deepen, the spaciousness deepen. Listen to the spaciousness.

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Noticing the different degrees of stillness.

And then slowly, let's take a deep breath, a couple of deep breaths. And come back.

End of Meditation

Non-duality

Well, here we are. Today, as I said, I want to talk a bit about—it came in as a question also—"At the beginning was the Word." We want to look at the meaning of the voice, the voice that says, "There shall be light," or "light." I think we mentioned this already in the course, here and there.

But in the original creation moment, the moment of creation, when the word says, 'light', as we said already, it doesn't talk about light. It means that the word and the light is not two. So, the highest sense of communication is the 'not twoness.' When the voice in the Bible, the voice of God appeared, it means that the nondual communication is that the voice always speaks to everybody. Everybody feels that it talked to me, it talks to me, and it literally meant me.

The most universal, the original word, talks to the most specific. So, whenever the voice of God appeared, everybody felt it talks to me. Everything is included in the highest coherence. The highest coherence means everything in the cosmos is included in that speech, in that voice, in that word. 'Nondual' means that it's not two.

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And in the reflective consciousness in me, in my interpretations, in my understandings, in the way how I have learned things about reality, I have certain assumptions, belief systems, I have certain thought patterns with which I try to interpret my experience. Many interventions in sitting with a client, I choose to take a part to energy and the interpretation of the energy, so that often people get entangled in the interpretation of the energy itself. They get the feeling, an energetic quality, sensations in the body, perceptions, whatever, and then we attach our interpretations. So, in order to become more naked, I need to undress myself and let go of my interpretations because they are just what I've learned. They are not usually the truth.

But the word or the voice or the place is nondual. It contains everything. The divine realization, 'sitting in the temple,' means everything is included. The belly and the temple are not two. I'm in the belly while I'm in the temple. Everything is there and nothing can be seen.

The Cosmic Meridian

In this availability, we said, the way up the mountain means bowing down. In the postmodern paradigm, when everybody has his or her truth, actually, what we are saying, we are in a kind of an extended adolescence where we say we don't listen to any hierarchy because I have my truth. So, I might miss out that the water comes down the mountain, wisdom comes down the mountain. Whenever I want to make a step in my vertical development or whenever I want to become a conductor or a channel for higher intelligence to take place, I need to bow down.

Humility is one of the key elements of my spiritual practice. In my meditation, I bow down. In my prayer, I bow down. In my contemplation, I bow down. Why? Because I know that there is always a higher knowing than the knowing that I have learned so far.

But what I've learned so far is equally important because that's the instrument. The piano player that plays piano brilliantly can be played by the higher coherence. In most of the cases, untrained piano players won't play the piano; cannot be played by the higher coherence or intelligence, in most cases. There might be some exceptions, but mostly that doesn't happen. It needs our training. It needs all the knowledge that's acquired, everything we've studied, everything we've learned about healing, about the arts of healing.

It needs the ability to be played. I need to be able to allow to be played. And we talked about this already. Spiritual practice, the emptiness meditation makes me be able to see on my laptop screen this empty window where the source code can appear. There's one part in the constant listening.

But the words, "I bow down in front of the divine," or "I make the divine my first priority," or, "Thy will be done," means—and as you remember, the will is a line and my life is a circle around this line—my reality is the experience, but in the center of my experience is the essence.

The essence; my will, is the energy that runs through my spine. It's like the core energy that runs through my spine, but that it actually connects to the thousands and thousands and millions of possibilities, options, experiences, sensations, needs, desires. Everything is out there and again, supposed to be fun. So, we are playing and we are playing wholeheartedly, but eventually we want to play from inside-out, not from being entangled in.

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One aspect of the spiritual practice is to be more and more centered so that I have a clearer and clearer impression of the will—we looked at the will—and how important is the will and the becoming and the belonging in order to create a very good battery. So, if the base is developed beautifully, we have a good battery.

The battery is charged every day through chi. The battery is also my substance and the chi is the electricity in the substance so I have a good battery to go. If I live a lifestyle that is attuned, my battery charge will actually be recharged and be in the green zone basically every day. We talked about the burnout last time. What are actually the options that I can opt in to lose electricity and how can I opt out to actually be aligned, not to lose energy.

Now, I want to look at this line in the center with more and maybe also to break through an assumption that awakening is something that concerns only me. Like this me-centered spirituality that everything is about me, my process, it's about what I will get, it's about how I will be awakened, and to see that actually bowing down in front of the divine means I recognize and I honor a cosmic meridian.

I want to talk about this cosmic meridian. One other way to put it as: there is water coming down the mountain. There is a well on top of the mountain and there are rivers coming down the mountain. The path of awakening is to follow the rivers. Along the riverbeds we actually walk back up the mountain.

The meridian is the same. It's a cosmic meridian. It means that it comes from somewhere into my life. The meridian appears in my life and the meridian goes through my life and beyond my life, which means when it comes from somewhere, it appears in and as my life and when it goes beyond my life, it still continues.

My life is the screen, the window where I see the meridian appear. What this means is I recognize the meridian usually as my will, and through my spiritual practice I devote my will to thy will, to the divine will. So, I listen. I start listening more and more. And as I listen more and more, more and more information I receive from the future. I become innovative, I become creative, I become an update until eventually, I have this change in motivation that my main motivation is not anymore the past but it becomes the future.

One of the great spiritual realizations is that my main source of motivation becomes God, becomes the higher consciousness, the more awakened states, the higher intelligence. I listen more and more to that and that guides my life more than the impulses from my past, my traumas, my basic conditioning, wherever I come from.

The Divine Law: Life is Sacred

Now, why am I saying all of these? Because in the healing practice, I believe that there is a hierarchy, and this hierarchy needs to, I believe, be taken seriously. What does that mean? If there is a container of the parents and the parents create a safe container for the child, one of the aspects of this meridian or of let's say a kind of a divine law, is that this container is sacred. One of the original meanings of marriage was that the original container will be sacred. Within the container there is a seed. There is a seed of life. Life is sacred as is the container that provides all that is needed for life to grow. That is sacred.

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When we have cases where abuse happens or sexual abuse happens, then in the container there is a leakage, the container is not appropriately formed. Therefore, the protection as an original responsibility for the parents, is not being kept.

We can say we all understand the fact that this container is not in an appropriate shape in order to create the protection that's needed. We can say, of course, the parents were also traumatized, therefore, the parents could also not fulfill this container. But the original, the higher priority is this meridian. The meridian says the container is sacred and we need to do everything to provide the most sacred container that we can because it's not about my awakening. My action is a part of the whole past and the whole future of humanity. Same as the meridian.

Let's say we talk about nutrition, healthy nutrition. One way to look at healthy nutrition is, how do I eat stuff that is good and healthy for me? And that's great, but in the original meaning of the meridian, it is everything that's attached to the food that I eat, because the meridian leaves my field in my life, and actually goes into the much greater and bigger picture of the whole chain of how we produce food.

Actually, if I take this seriously, then the whole meridian is very, very important in order to understand how I incorporate this environment that I support, with buying my food, for example, into my life, which means that my inner environment and my outer environment are actually not two. It might be okay if we look at the health of the person and the health of a person is in the person. But what I eat is connected to the physical gross reality around me and to the geosphere and the biosphere of the planet. But a human being is the geosphere and the biosphere and the noosphere of the planet.

One of the big dualisms that we might encounter on the way is that people say, human beings are on the planet, we are like separate particles on the planet. That's already very problematic because like this, we miss out that actually, the planet is alive through us. The hydrogen, the oxygen, the carbon in my body is the planet. In the physical world, it's actually one field of substance. It's one field of biological development. The biosphere is alive in me. I, as a human being, am composed out of it. The functions, the cells, all the many, many functions in my body are the biosphere. The biosphere is not just surrounding me. It's in me.

The mental sphere, the whole cognitive reality, the noosphere, the thought processes, science, is also one layer of me as a human being. I'm all of it and I'm animated through spirit in all of them and through the light that I bring in, I'm also updating all of them. I'm enlightening all of them.

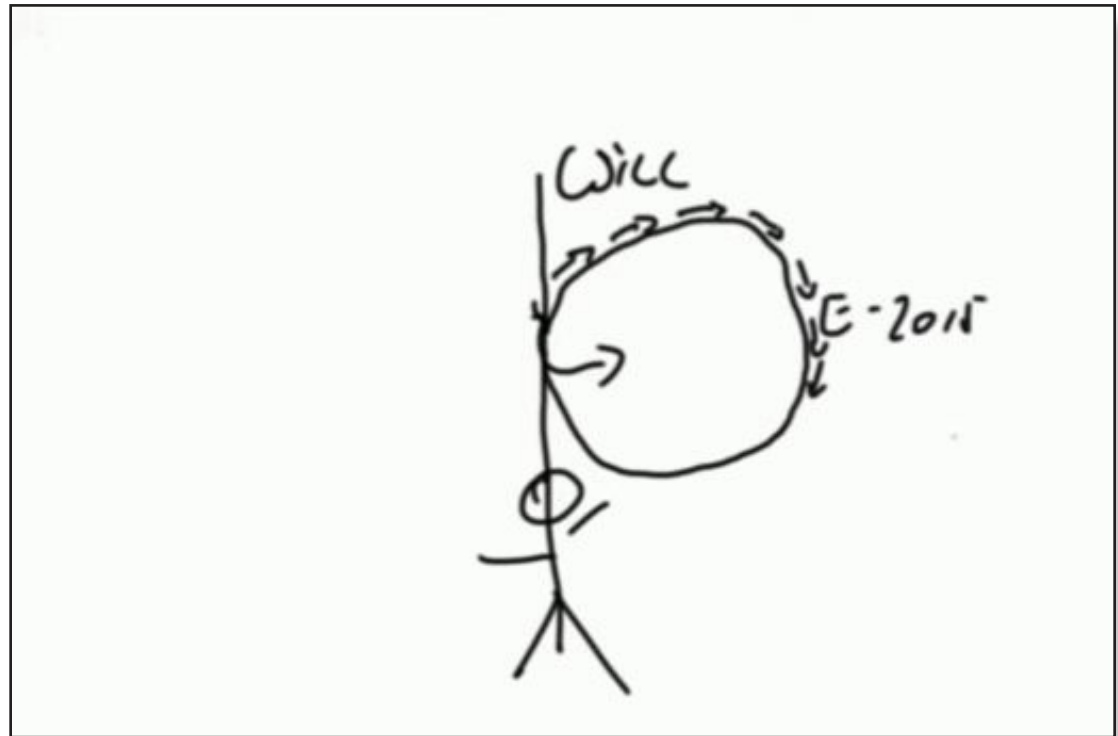
The food that I eat is not separate. The whole reality of how we produce things is being incorporated. The so-called external environment is being incorporated into my internal environment and influences my internal environment that actually, I perceive as my personal health. The people that I meet, the people that I regularly meet, it seems like oh, these are the people that I meet. No.

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This is the externalization of my internal capacity and my social internal capacity. Whatever is wired in me and conditioned in me and whatever is my level of consciousness will inform the social network that I experience as all the people that I know. All the people that I know, in one way or another, cohere with my inner landscape.

Of course, there is individualization, but it's very hard to say where is the split or where is the gap between me and it. As individualized and crystallized and healthy as I can be as a human being, I am inherently interwoven with everything that seems to be out there, as well. I am inherently interrelated with it. Therefore, the way how we awaken means also that we take this inner law, or the meridian of life, as one divine quality.

There are different divine qualities: beauty, clarity, love, compassion, but also the kind of cosmic law is a quality of the divine, which means that life is sacred and that we stay true. When we bow down, we stay true to be informed by this kind of law and of the natural universal law. And if I come back to this law—I will now draw something; I will draw the law.



Drawing 1

This is the will [Thomas draws a vertical line down the center of the page]. When I bow down, when the will runs through me, so it's through my spine, and when I bow down I receive the higher will. I actually say every time I bow down, "Thy will happen. Thy will shall happen."

The will is also the inner alignment. That's where the most universal and the most specific meet. The human being has a specific cosmic address, as we said. Everything in the cosmic being has websites of this cosmic address, and the will, the inherent flow of light, is like a meridian.

Alignment with Divine Law

When it's energized and we are standing in it, we feel energized. When somebody lives his or her life purpose, we feel energized. We wake up in the morning and there is no question, but we just want to live that life. We feel so much that that's the life that we are supposed to be living that there is no question if something is in place or not. It's a flow. This kind of center, as we said, is a movement. It's arriving fully in the movement, being fully still in the movement.

The more I get out of this alignment, I end up in samsara. I end up in the world of experiences. Here is the world of experiences [draws a circle alongside line representing the will]. Here, I go through, we said, the circle of our incarnation is we go through the deepest experiences. We find different ups and downs in the experiences, we create circular energies in the experience, unintegrated parts that create recurrent patterns. And eventually, one day this ensō, or Zen circle, finds its way home into the innermost essence of its own creation, the innermost essence of its own creation.

Now, once I see this, I see that every experience, everything that I can experience, everything that my senses tell me is part of 2015. We are all plugged in to the reality of 2015. That's where I'm plugged in. All my senses will inform me. The horizontal information that I get is 2015. The model that I live in, the body that I live in, the intelligence that runs through me...

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...the senses that inform me about technical evolutions, scientific evolutions, everything that happens right now in our world is a reality of 2015. In the mystical explorations, that's just a tiny, tiny, tiny bit. But the drop of the divine that enters this tiny, tiny, tiny, tiny bit of reality, that is just one option amongst uncountable options of being alive, is a game changer, because it's what we called the resurrection. The resurrection is when the energy comes back to its innermost essential electricity. That's when something is done once for all.

When there is a pattern in life, it will recreate itself, recreate itself, recreate itself. Eventually, one day it's essentially met and therefore, it's transformed. That's the world of the miracle and that's where some things are not just getting better but actually being brought home. From a whisper, the message arose. From a whisper, creation arose. From a whisper, the universe has been exhaled. It fulfills its whole movement. Once it's being exhaled, it needs to fulfill its purpose.

All our lifetimes are the same. As big as I want it to get, and as tiny as I want to get, when energy is being set in motion it needs to fulfill its circle. And eventually, it's coming home. I whisper, whisper the whole universe to become. It's still becoming and eventually it's going to return into nothing. Once it returns into nothing, it never existed. It doesn't have a past. It doesn't have a future. It just is. The is-ness is what stays, the peace that is shining through all possibilities. The original face is what stays.

In the healing work, that's important because if the law, this line, the will is my priority, then I will, in a way, become a voice of this priority, which means I will not get fully entangled in 2015. I will not get fully entangled in what my senses tell me about the world. I have another in-flow of information. I have an in-flow. [Draws an arrow from the will line, into the ensō.] A drop of light is a game changer. The divine intervention in a system is a game changer. It's a recreation of the original blueprint.

That's what the most exciting aspect of healing is. We said when we go up the mountain, when we come closer to mastery, mastery is a game changer. Mastery is a re-creation of the moment. It re-creates the original blueprint. The resurrection of Christ is the highest enlightenment. That was the real enlightenment and that was a game changer.

Because the resurrection was that the whole karma of that lifetime actually has been resolved in an instant. That's when the highest electricity actually floods the whole circle of experiences and transforms it in order to come home. Which means to rest in peace, which means to have the divine realization, which means that the original blueprint is being erased for it to become a hole in the matrix where the light shines through. Enlightenment is a hole in the matrix that when the cosmic code is so strongly illuminated that it's going to be replaced by light.

Shedding Layers and Clearing Our Own Energy

Why I'm saying this is because in the healing work, we will find more often that we are shedding layers. We are shedding layers; so symptoms that are very embedded in the body. When we work on them, usually, if it's possible, we will be able to resolve them in the body.

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But then they might stay in other levels of the energy field still. So, we resolve it there as well, and eventually they will become a whisper and they will disappear.

Therefore, some people, they have the addiction with alcohol, alcoholism. We work our way through alcoholism, and we eventually clear our energy of alcoholism. On the way to clear our energy, one is that I don't drink alcohol anymore, but then I might feel drawn to work with people that are addicted to alcohol, or that are addicted to other substance because I feel I already resolved part of my addiction and, actually, this becomes my competency. And then, eventually I run courses or I become a therapist that works with people on addictions. That's my specialty.

Through working on it in the second person perspective, I actually clear my own energy from that tendency even more, and more, and more, until I can clear out this tendency eventually, fully, so that it actually never existed. I can clear out that energy. But on the way there, I might work on the issue and maybe more people in the course will have experiences that I worked through something, and then this became, actually, my competence.

This competence, because I cleared it in my own energy field, and I have the experience before, so I become actually, a powerful tool that the light can play on in order to provide a self-healing enhancement for my environment.

Through my presence, I will support people in their own capacity to work through these addictions and to transform them into light. First, to get clear and then to transform them more and more and more, and in a good sense, to really transform the tendency. Because I might get clear but I might still carry the tendency in my energy field. And as long as it's in my energy field, it's not yet fully cleared. Life needs to take care of things until they become a whisper and they disappear.

That's very exciting because we might see that, for example, with strong traumatization, with strong abuse—sexual abuse or other strong traumas—we might see that there is a very strong crystallization in the substance of somebody. It might affect my body severely. It might affect my emotional life severely. It's not just a more superficial trauma. It's really something that sits deeply. So, it needs time or it needs very high energy to resolve it, to make it more fluid and to make it more subtle. Eventually, the symptoms go clear out or drop away one after the other so that the energy becomes more open.

That's also for the transgenerational traumatization that we are going to look at most probably at the end of the course more. When it's engraved in the substance and it's already being passed on to the next generation, so then it is the same. So, the tendency, however deep or superficial, it's still in the energy field, will need to be cleared out. And then it takes another life or another life or another life to take care of the same tendency in life.

Usually, we personalize our incarnation process, so the soul becomes like a bit of a better me up there. My soul is going through this and this and this, means it's a bit of a better light-full version of myself, as I project this on to the soul. But the soul is—that's the point, and I said this already—is not that personal. The light, the evolutionary power that comes in and the structures of consciousness inclusive of all or including all the shadow areas, they mix and they become a cosmic address.

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Tikkun

The light that comes in and the karma that it hits become a cosmic address, and this becomes my tikkun. Because this was also another question that has been asked: so, the resolution of the tikkun is the stronger; is the light that comes in. And the light that comes in is why many people here work with people. So, the light in the client attracts the person that works with them.

The possibility of a resolution or a healing depends on the amount of light in the core that is active, that has a resonance. If we meet somebody that can really help us, it's our light reflected in the therapist, the healer, whatever, wherever we go. Our light attracts that possibility and reinforces it in order to make a transformation.

The soul is not that personal as many people see it and nor is the karma. The karma is an energy that is in motion and needs to be transformed in order that we upload onto the cloud new information that's going to be downloaded again to the next generation. So, the future and the past are always in a lovemaking process, the future, the past and the baby, is us.

Here we are, and now we are finding out how the lovemaking, is not that it happened already. No, it's happening right now. We are part of a great erotic encounter moment to moment to moment. The future and the past are always in this lovemaking process right now.

When I listen to the past in me, I listen to thousands and thousands of years of energy and evolution, human lifetimes. When I listen to the future, I listen to my higher self or the divine, and I listen to the innovative quality. The more I listen to the higher information that comes in, it helps me to rewrite the past information where I came from. Which means the level of my identification from the past that's to resolve more, and the light becomes my main source of information.

This again has an effect on how effective I'm going to be in my work. Not to forget, the client meets me because of the light, and the client meets me in order to reinforce the light, to make the tikkun, to make the transformation.

The more the power of light flows through me, the more I am informed by the higher consciousness. And not only will the map be bigger that I can address, but the intensity of light in me reinforces the intensity of the soul's light in the person in order to make his or her tikkun, the spiritual correction, and to transform the tension that this lifetime holds, into a liberation so that the original life intelligence is being unleashed.

On the way there, not to forget is also that for some people, the purpose in this lifetime is a special contribution and some sense of healing that is mostly in the personal dimension. Once it heals, of course, it has a contribution to the wider circle. But the purpose of this life is basically this. For some people, and this is also I think a very interesting aspect in the healing work, that their tikkun is a collective tikkun, which means it seems for them that their healing process is very slow. But sometimes people hold collective forces or collective traumas in their system, so it composes what seems to be a personal issue, but the personal issue, when we work on it, we release it a bit and then it reforms it again. We release it a bit; it reforms again.

[01:15:00]

Because the collective power that stands behind the issue is actually refilling the cup. It's a free refill. So, we release some of the energy; it's being refilled. We release some energy; it's being refilled. The person might be frustrated because the person might say, "Now I go 10 years to therapy but my basic pattern, my basic issue didn't change. It didn't change." This might have more reasons but one of the reasons can be that a person holds, or combines a collective tension as a personal life.

As long as this collective tension is out there, it seems it refills it. It takes much more energy and usually, a lot of light needs to come in to resolve these tensions inside. But if that person has a change, a breakthrough, these are usually people that we will hear about. These are people that suddenly, like Nelson Mandela, or people that go through a strong transformation, usually it comes with some sort of awakening experience.

But if this tikkun opens, if this spiritual fixation opens, it's usually the fixation opens and the fixation in the energetic field is released, it will cause a major social or collective transformation. Usually, these are people that have a strong impact then in whatever is their energy in the collective sphere. Usually, these are people that we read about in the history books.

The light and usually those tikkuns, need a lot of light. Those fixations need a lot of light to be transformed. So, the fixation creates a collective change. And I thought that's also an interesting aspect for our work here, to detect when the person is also connected to a deeper collective tension or to a deeper collective traumatization, that actually we are all connected somehow to this more or less, but some people have a higher percentage of that being active.

Our Investments of Chi Energy Co-Create the World

When we come back to what we said, in leaving the inner alignment; stepping out of the bowing down, being in my narcissistic life, being in my egocentric life, when I look for just about me and my senses, and my desires and my wishes, and that's what mainly informs me, I will be entangled in samsara.

Because I will be in most—nearly all of me is informed by 2015, which means I will be entangled into that—that's all there is. There is this life, there is this planet, there is this time, and that's all there is. So, iPhones will fill my whole life because that's the only excitement that I get.

If that's what informs me, I will be entangled in it or other technical evolutions or other stuff that happens in my time, seems to be the main excitement. But the vertical development is not caught in a special time. The vertical development is what transcends space and time. That's where the meridian is being kept. That's where we come to a healthy place because the meridian is, as I said, every carrot. Every product that I buy is part of the meridian. It's part of a healthy or unhealthy environment.

The meridian is not the me awakening. It's awakening itself, which means I awaken and I care for a much bigger system than just me. It's not anymore interested in only what is healthy for me. It's what is healthy not only for me, what is healthy when my inner environment and my external environment are one field of consciousness.

[01:20:00]

That's also a different viewpoint that many of us might have already, but many people might not have, because it seems like health is just what happens in me. But no, my spiritual awakening is an affect onto everything. The effectiveness of the divine happens through us. If I don't care, I cannot say, "Why does nobody take care? Why is there such injustice in the world?" The injustice in the world is happening partly also through me. If I don't care, then I'm part of this injustice. I cannot wait for somebody to resolve it. I am the energy that needs to resolve the part that comes along my way. And if everybody resolves the part that comes along their way, we live in a healthy system.

Apparently, we don't live fully in a healthy system because there's too much me-centered consciousness that has not enough care for the whole. The meridian, if I take it really seriously, needs a lot of awareness in the fields that I'm connected to, at least as far as I'm aware of them, because they are all part of health.

Chi

It needs an extended awareness. And it means that the systems that I connect to, and of course, the world is the world because chi is the highest value in the world, like the highest value in the world. God is the first priority, and chi is the highest investment in the world because chi builds the world. In order to make a neuronal connection in us, we need chi. Chi builds the world, more or less. It builds the world that we live in. It co-creates the way we deal with everything. It builds literally our inner world and that's again co-creative in the outer world.

What I invest my chi in, what I support in every interaction, in everything that I buy, in everything that I do, that I say, that I think, is part of my stock market exchange. It's part of my stock market investments. It's part of how I literally co-create the world every second of my life. I need a lot of awareness because we saw it last time, we talked about one interaction that is informed by unconscious fields already lowers the life energy a bit.

I invest my life energy into an unconscious pattern of another person, so I help rebuild it. I help to co-create it. The shadow is, as we said, not a personal thing. We all need people that invest into our shadows, otherwise, they couldn't survive. If I have an unconscious pattern and you see and you don't collaborate with it, I cannot stay the same person. You become my evolutionary pressure for change. Because if you don't collaborate with my shadow, I need to awaken from it. Either I distance myself from you or I change. Either I will call you uncomfortable or not nice or not something.

I will externalize my discomfort on to you and then I will go away. But if I stay in a system that doesn't collaborate with my shadow, I need to change. I need to become someone else. I need to make a jump. That's so powerful because if you don't invest the chi, as we said already before, into unhealthy structures, new structures need to emerge or the only other way is to shut down a bit. The meridian holds the chi. It's actually the source of the chi. It's the source of life and therefore, it's sacred.

[01:25:00]

And as we said for us in the healing work, I mention this so much because the law, the chi, the line of the meridian, is the gateway for true liberation, and the more I will be centered in it through a very strong inner spiritual practice, the more it will affect my horizontal environment. It will literally enhance everything I do all the time. Therefore, we need a lot of responsibility and ethical alignment in it, but it's where the true transformation happens.

Homework

One of the homework parts is to contemplate a bit the 2015 system, which means how much information do I get through my senses every moment? And is there a place in me that can actually witness this information?

Because we are part of it, we are living now, so we need to participate fully in this reality. At the same time, we can be informed by a much more profound reality.

And so let's witness again. Let's put some awareness into the witnessing aspect: ah, everything that I see, everything that I feel, everything that I hear, and everything that is being channeled from my body, my emotions, onto my screen, informs me about 2015. And is there—how progressed am I already that I can sit in all this information, participate fully in it, but I am not fully consumed by it? There's still freedom, freedom to listen to the lovemaking of the future with the past and to receive the future as a higher possibility to the one that I am right now in.

Host: And that concludes Session 12 of *The Mystical Principles of Healing*.

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