

# 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 13.

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

And now, here's Thomas.

Thomas: Hello, everybody. Welcome. Today we're going to continue our exploration around this cosmic meridian. I will maybe say a few things in the beginning that I touched on last time and include them in the meditation we are going to go through.

## Review of Previous Sessions

I want to talk about a few things that I touched on last time. One is the importance of the understanding of the meridian. There was a question that came in, saying more or less in my words now: What does it actually mean to make awakening one's first priority, especially if that's something that the group commits to? And how would that look like to live with a kind of monastic intensity in a culture?

I thought it's a very interesting question, because in the healing work, that's actually what we are looking for. We are looking for this very, very strong commitment to that which is higher than I am, and ultimately the commitment to the Divine, to God. Of course, we found many names for this. We can call it either God is our first priority, which I prefer, but we can also call it awakening is our first priority.

But ultimately it comes back to the understanding that moment-to-moment-to-moment I practice anywhere: I'm here and I'm available, I'm here and I'm available.

This practice, to really create in my life this availability, is crucial in order to live God as my first priority. Because if I'm not available, if I'm too busy with my past and my motivation from the past, so then I'm not available, then I'm entangled in my own thinking, feeling, body, social interactions.

This will eat up most of my computing power. If my computing power is bound in that sphere, so there is not much computing power being left to be open. We need actually open bits and bytes. We need open letters in the story of our life in order to receive the new.

## Discerning Between Individual and Collective Symptoms

There was one interesting question that said: “How can I really discern—” because two sessions ago we talked about how an individual symptom is being embedded into a collective topic. And there were many questions around “How can I discern that? How can I know that?” It’s a very interesting topic, but it’s a very large topic. There’s not just a simple answer: if you see this and this, then this is a sign for a collective.

Yes, it’s very simple, on the one hand. If our energetic reading capacity is so high, then that’s very obvious. But if my energetic reading capacity is growing right now, and I’m not really sure, then the one thing that I can do is to ask.

We’re always looking at the responsibility in circles, like circles, the closest to the core and then a wider horizon, a wider horizon, a wider horizon. If I can tune in with somebody and I feel that the core of this issue is actually embedded in an event that happened two generations ago in that family, because I get this...

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...information from the energy field of the person, then that’s one source of information, and I can read it from what some people call the Akashic field, or from the information field.

But if I’m still training this capacity, and if sometimes it works and sometimes it doesn’t work, it’s also great, because I have a closer ability. This means to ask the person. Many people know things about their past. But it’s not just to ask the person, because if I ask the person, I can also be entangled suddenly with the person in their own story. I can ask and hear them talking and talking and talking, but actually there’s not much energy to what I’m hearing.

The art is to learn a way to ask. Then the person might say, yes, for example, we were traumatized because my parents had to run away from where they were living into another country. And while the person speaks, I can notice in his or her energy the effect, the energetic effect of that event that still affects the person today.

If I, for example, see, when the person talks about this past event, that the energy in the lower part of their body disappears, and I see suddenly the person has a lot of fear in their base, because once the person talks about and from that event, I can literally see online the energetic effect in his or her energy field.

So if I'm training myself, even if I cannot yet feel if that's from a certain event in a different dimension or in a different part of the family history, I can, maybe, already sense the person telling me a story about their parents being refugees. But, actually, it doesn't have enough energy. It hasn't enough energy for that symptom to appear. So then it's a storage, like an air balloon without air. Once the air is out of the air balloon, it doesn't matter. Even if the parents were refugees, it has no effect anymore on this person's life.

But when somebody talks about an issue, and I see, wow, the whole lower part of energy disappears while the person speaks, or it shrinks and is getting smaller, and there's a lot of fear suddenly arising, then, oh, wow, this is an air balloon that has still a lot of air, and on the air balloon it is written "fear."

I look at an air balloon with big letters—because it's full—"fear." If I see that, I notice, ah, there is still a very strong resonance in this person's life, and the panic attacks or other physical symptoms are for sure related to this, because I see that it holds a lot of energetic charge.

I'm saying that one way to work with people is: I don't want to get entangled with the person's history, I'm not interested in their history. I'm interested in the energy from that history that still affects this person's experience today. That's something that I can perceive when I'm present and I'm attuned. I can feel that there are slight changes in the energy when people talk.

We described it with the metaphor—I think we talked about this already at the beginning of the course—that it's like reading the Book of Life. Whenever somebody talks about an aspect of his or her life, in the moment that they talk about his or her relationship with their intimate partner, it's like in the mobile phone you choose this kind of a magnifying glass, and then you hover it over a text message. You see it highlighted through the magnifying glass. You see the letters bigger.

That's why we ask clients how they feel, in order to see the letters big. If you see the letters big, you can read them easier. So whenever somebody addresses a certain topic in their life, the text in the Book of Life is enlarged. For me, it's much easier to access the information.

When I train myself to be online every moment, I learn to see, what actually holds energy, and what is the story. The story we can immediately let go of, and what holds energy is important, because energy means creative, means symptoms, means effects in the person's life.

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So when there is energy, I know there is something that it creates in the person's life. If there is no energy, no reason to talk about it more, because it's just a waste of time. It's like looking at the empty air balloon.

## Discerning Between Temporary Release and Lasting Adjustment

The same thing is with another question that came in, that says: When someone's energy releases, how can I know that it doesn't just come back, that it wasn't just a momentary fix, and then it just comes back, the same pattern will appear again? That's the same thing. If energy discharges, it's not yet the sign that something has healed. It's just a sign that something got touched.

I need to follow with my energetic perception and my attunement that, while the energy discharges, there is also a deeper energetic change that takes place. Sometimes people start crying, or there's a release of emotions, or there's a release of tension in the body—but that's not necessarily yet the sign that something has really healed. Somehow, the reservoir of emotional energy could be emptied, as the person in this question stated.

In my understanding, there is not really another way than to train my energetic perception. Either I feel, or I see, or I know that, while the person discharges the emotion, we literally touch on that level of development, where this issue occurs. We touch the energetic matrix in a way, with the conscious awareness of the client and myself, in such a strong way, that the evolutionary energy that is stored and still fixed or fixated releases.

An emotional release doesn't mean that this early developmental energy is being touched through us. It's already a good sign, but it's not necessarily a sign that the original pattern is changing. The pattern is changing once I can see that we are able to meet the recurrent energy together, the energy of that level of development that couldn't fulfill its movement, and, therefore, it stayed like a circular energy on that vibration, maybe until now. It's just a recurrent cycle of symptoms, for example, an addictive tendency to something. And this something will be replaced, but the tendency is like an addictive tendency.

I can release the emotions around it, but as long as we don't touch, the evolutionary, the developmental energy that needs to fulfill itself is still there—like a fuel tank of a rocket. A rocket to the moon burns the first fuel tank, and then it releases it, and then it burns the second fuel tank. As long as the first fuel tank still has fuel, we need to burn it, until we reach the next. If that's not being burned, it will constantly ask to be burned in an unconscious way.

And there it is the same: only my energetic perception can help me notice the difference, so that we go deep enough, so that I can feel, ah, now we touched the developmental energy, and it started to move.

And then I can see a change in the whole—it's not just a release of energy, it's like a feeling that something is changing, and the person's energy is getting bigger. Usually, when there is an integration of an evolutionary aspect, I see the change in the person's energy. Like there's a maturing that happens that will be noticed most probably by both of us anyway.

The energetic perception doesn't need to be so highly refined because it's noticeable. Even the person is, like, "I feel bigger. I feel stronger. I feel more grounded."

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We can see a maturation in the person's energy. The person comes closer to being a grownup person. What I want to say by this is the link—and I will talk about this a bit more later, when we address more the collective aspects—the link between the individual and the collective is a fluid link, so it is best is to simply ask the person if there is anything in the past that they think is important to hear, and then, while they speak, to follow the energy, to see the effects, like when the Book of Life is being enlarged, to see the effects in the energy field, and then to work with what is alive right now. To presence the change in the energy while the person speaks, and then to go in through this entry gate.

Then we can release the energetic charge that is still connected to that event. But that's only one thing. As I said at the beginning, that's a more complex issue, because it's not only that easy.

One way to work with it is simply to tune in and to see: ah, when I tune in with the person and I feel that one or two generations ago there was a strong traumatization, and that traumatization is the base of the karmic dust, and then all the other events actually are being attracted by this karmic dust into the person's life—the experience in the second month of their embryologic development, the experience when they were two years old, and then the next experience, like the layers, archeological layers, that are basically all connected to the same energy that wants to release itself from that past. Therefore, that past has a magnetism, because it still tries to release a part of life.

## The Importance of the Meridian

Once again, we can see how important is the meridian I talked about last time. When there is a basic hierarchy—if God is my first priority, there is already a hierarchy—higher consciousness is a higher priority than my day-to-day consciousness, so, therefore, I will bow down and receive.

But what do I receive? I receive higher knowledge. I receive light. I receive guidance. I receive the inspiration of the future. And I receive the knowledge, so that, when I tune in with the person, I suddenly know things that I could not know. That's what I receive.

Therefore, there is not such an easy way to just know if it's a collective or an individual topic, and where is the connection. That's also something that my spiritual training gives me as information. If I bow down, and I continuously practice an open empty space on my screen, and I listen, I will listen more and more to my guidance, I will listen more and more to the information that appears on my screen, and from the minute that the door opens, and the person comes in, I just follow this information. All the information that appears on the screen is relevant, even before the client comes.

Some people say, "Wow, I sit down, and, even before the client comes in, or when I go to my work, I already feel who are the people that will come today. I can already tune in with the issues that are coming today." So there is a kind of an intuitive or inspirational knowing already before, and that's something that we can practice.

For example, if you are not doing this already, everybody can practice this. In my morning meditation, I take five minutes to tune in with all my clients that I'll see today, if I have scheduled clients. And I just feel, what's the topic? Just as an intuition training, I tune in, and then I see if it's true. Then I have a good reality check, because the person is going to come anyway.

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Then it's not so hard. I can make myself a note. And if it doesn't work, it doesn't mean that it's not working. I will do it again, and I will do it again, like riding the bike for the first time. We do it as long as we can stay on the bike. So I can tune in and feel the person coming, and get the feeling of what are they coming with? What's the issue today? Or what's their core issue? Which is, anyway, good, because like this I connect already to the people, and I train this reading capacity.

So, when I say, "The meridian is sacred; God is my first priority," it means that the information that comes in from the future has a higher priority, than the information of my past. The future, God, the divine, is recreating my life from the future into the past. The future, as we said, has the ability to rewrite the past, but only if I'm available. That's how I transcend the karma of my own life, so my interior becomes more and more spacious and fluid, so that more and more light can run through; and more and more light means more and more insights for every one of my clients.

My light doesn't end with me. It doesn't stay on my bank account. My light is supposed to be electricity that is flowing. So, the more light that comes in, the more needs to go out, the more service I need to do. The meridian means light from the creation itself goes out: more service, more bowing down, more service. More bowing down, more service.

That's, actually, the culture that has been asked about: if more and more people make awakening their first priority, we create, in a way, a healing field. There is nothing but an opening of fixations, because I will feel naturally inspired to serve.

The other thing we talked about last time, and this I want to include in my meditation now, is that the meridian is sacred. There is something sacred in life. That's the nature of life itself. That's the essence of life itself. Committing to the bowing movement as my first priority, means that, actually, awakening is not, as I said it last time, about my lifetime. My lifetime is just a tiny little wave in the ocean, and awakening means something much bigger than just Thomas, or Peter, or Susan, or anybody else. It's that I allow myself to really merge into the river that holds Thomas, but also Peter, and Susan, and everybody else.

And only through taking personal responsibility I have access to the wider realization. So I need to take personal responsibility, and that gives me the access to the wider service, or wider awakening.

Now, we said that the meridian is like an energy line that is, like, if my life was just one painting, and the cosmic meridian just crosses this painting, it crosses thousands of millions of billions of other paintings as well. Still, it's my personal responsibility to bow down to the meridian, which means that, for example, if we participate in creation—if we become parents, or if other people do that—the container of the parents and the responsibility of the parents is part of it, because, if we honor the meridian, it means that the tissue of life is healthy, it is part of creating a healthy container that we have the responsibility to protect, to support, to provide for. And in that conscious container, life can grow.

This doesn't mean that if only people keep their personal responsibility, everything will be just good.

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What it means is that everything gets the highest possible opportunity to grow and awaken. But it doesn't mean that life doesn't bring any stuff with itself.

The container is so important, and to make that hierarchy implicit means that, even if I know that certain parents I work with cannot fulfill their function, because they were traumatized themselves, and, therefore, there is a lack of awareness, and, therefore, there is a lack of protection or providing, that's understandable, but this doesn't diminish the first responsibility. If I become a guardian of the first responsibility, from that perspective, I can include the fact that that's hard, but then the wider environment will need to find a way to support the fact that it's hard.

And not just by saying, “Oh, because their parents cannot fulfill it, that’s the way it is.” No, that’s not the way it is. That first priority is the way that is. Because that’s the ultimate way to support the tikkun, or the spiritual fixations, to open. If I stay with the experience more than with the essence, I get entangled in it.

Maybe this needed some more clarification, how important it is, because that meridian is the awakening that we are passing on. That’s the clarification that we are passing on. And that’s something that’s part of us, and we are part of it. That’s not that with my life my awakening ends, and that’s it.

We will talk more about it afterwards, and also maybe about the mental disorders we mentioned last time, because that’s one aspect that plays into it more.

But before that, let’s go on a journey together and see if you can get a deeper sense of us not being just us, but us being interconnected with this huge river of life, and open ourselves to it. Great!

## Begin Meditation

So, if you want, you can sit comfortably and close your eyes, and then take the first moments of your sitting just to enjoy the simplicity of sitting.

Let your exhale take you into the body. Now, we’re here for many months already, so we can see the progress: if you’ve had chances to practice more often, it gets easier and easier to connect to the body, to let the exhale take you into the body awareness, which means into your whole energy field, the body, the aliveness, the charges in different areas—some parts of my body more charged with aliveness and energy, some parts less.

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Let’s enjoy the accessibility of the different aspects of your body, different parts of your body, and how your growing whole body awareness, inner body competence, is actually a resource for you to respond to and perceive more clearly; for you to see people around you with eyes all over the body, to see yourself with eyes all over the body, so that there is much more sensitivity to notice, when I speak about something, or I speak to a person, then this, and this, and this movement happens in my own energy field. I can presence it more.

I have a better ability to work with myself, because I have a stronger discernment in my own energetic perception. I'm not anymore so confused when things happen, because I see, ah, now this and this and this is happening in me. It's not like a confused storm.

I feel more grounded in my body: because of my own inner work, and because of my attunement practice to my body. I can simply navigate with my inner vision, like my camera, the whole body awareness, and I can move throughout the whole body, attune to different parts of it,

feel the inner body communication. See if there are areas of reduced communication, areas with open communication. I've learned to include the numb areas in my body more, instead of rejecting them; to really align with numbness or unconscious fields in my body. I can include them, relax into them. I don't need to create a pressure to feel; I give myself permission to not feel certain things, as I can give other people permission to not feel certain things.

And I'm much more sensitive to the rhythm of my body, and other people's bodies and experiences, and I find the right speed of processing.

I find a way to more and more drop in with my breath to center my chi, my life energy, more in the belly and the lower belly, and in the base, in order to quieten my mind.

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Let's include also the emotional environment, to see if I became more courageous to literally feel life more and more, to enjoy that I'm a colorful human being, to allow other people to be colorful human beings. I'm checking my own availability—I'm available, no matter how life feels to me right now, and how this moment feels, what gets triggered.

There is this spiritual courage to own my own past, to own where I come from, to literally integrate the streams of my parents, the streams where I come from—genetically, physically, emotionally and mentally—in and as myself, and to outgrow it, so that there is less and less friction with that past, but more and more inclusion.

This comes through the willingness to be comfortable and uncomfortable, to be here and available, no matter how life will unfold. This growing love that deepens into my blueprint, my basic birth condition, my past, it still has an effect on my now.

And to see how much your parents are actually part of you. They are inherently interwoven with a lot of energy that has been passed on, and that some of those energies we might be in peace with, some of them we might reject, some of them we might be overly attached to, so there is either an addiction, over-attachment, or there's an over-avoidance.

“Respect your parents”—one of the commandments.

What's the real meaning of that? Fully embracing the blueprint where I come from.

Allow the life and the light fully into that blueprint in order to transcend it. The light of my soul...

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...wants to dive into the deepest corners of myself and my past in order to transcend it, to illuminate it, to fill it with awareness, to fill it with love, clarity, and compassion.

And also see if there are still parts, when you feel this composition that's working through you, whether it's an over-attachment or a kind of rejection, or if there's inclusion and transcendence—I include and I outgrow.

Even, if you want, you can open—if you're comfortable with it—you can open your stream of the river even more and include one or two generations before: your grandparents, your great-grandparents. Maybe do it up to the great-grandparents. See, what it means to allow your awareness to touch the vastness of the river where you come from, the energetic stream that has been passed on—tendencies, evolutionary habits, qualities.

See, which parts are more bright, shining. There are parts that are more dark, or less illuminated, or unconscious.

Again, notice how your own energy field responds to this invitation, and respect every step. Respect if there is a stop, a resistance, a curiosity. Everything has its space. If you go numb, be numb. If you have a lot of information come up, look at it, feel it. Respect the process.

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Again, if you widen the stream, you will see, what parts maybe you're overly attached to and identified with, what are the parts that you reject, that you don't like, that you try to get away from.

Enjoy also your own growing energetic capacity to feel, to see, to attune with. If you find spots that interest you, tune into them deeper, as if you were flying into them. Or feel them more precisely, and look at the information that's actually stored there.

Stay open to all kinds of sensations that might arise. Notice the quality. Maybe it's very distant. Maybe it's very connected. It's warm. It's open. It's loving. It's cold. It's empty. Be friendly with any quality, with every quality that arises.

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And then you can just allow everything that has been shown to you to be presenced. I recognize everything that I see, I feel. I include it in my energetic perception.

And then let's move the awareness from that place and go to the highest place on our head, above our head. Connect again to this place. Maybe there is a kind of energetic tingling, like a streaming. Maybe there is a sound. There is activity. And you look there, you feel there, and then you move your energy slowly up, higher, on top of your head. So you connect to the light, if that's possible for you. If not, you just move your awareness higher and you open yourself up.

You relax into the space above your head and you just feel. When there is a sensation of light, you connect to it. You feel it. You stabilize yourself there. You can go higher, if possible. If not, you stay in that vibration of light and expand up there. You make yourself wider. You relax.

As this higher vibration flows down through your central nervous system, or your main channel, into the body, notice the change of vibration, how it affects the way you feel. Let it expand also back into your roots. If you want, you can reinforce that through a short prayer to a place, in the highest place where you can go.

So if you're connected to the light, feel the light and say a prayer there.

Invite some clarity. Maybe there was something unclear. Maybe there was something that needed support as you explored your own roots. Invite a healing clarification. Invite that healing into your past—more conscious revelations, more integration. Whatever you sense is important, invite that quality into whatever you experienced in the first part of the journey.

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And every time you formulate these words, you send them into the light even higher, and you repeat it two times.

Whenever you are ready, just let the prayer go, and sit in receptivity. Just receive light, but maybe also information, insights. Like being part of this bigger river, you open yourself to the so-called future, or higher consciousness, and you can feel the river where you come from. If there's anything important that needs to be shown to you, or that you can become aware of, now is an open space for it.

And then, for a moment, let everything drop away, just notice the spaciousness, the depth, the deep unformed presence underlying this moment.

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And then, slowly, let's come back. With a few inhales and exhales bring yourself back to you now, today, your body sensations of today, emotions, thoughts, presence.

And then let's continue. Good.

## End of Meditation

The meditation that we have done today, of course, can be extended, if you want, and you feel that it's appropriate for you, this can be extended, or with a practice partner it can be extended. It can also be applied in a way, for example, that you can tune in with each other's line of energy, just to practice the energetic perception.

If there are any committed clients, you can also sit in meditation, or maybe you first ask for their permission, if it's needed, and then you tune in if there's anything that's important to know. Let's see if this is something we can practice, because I will talk in pieces about the connection between the collective and the individual.

One piece is, of course, the lineage, where we come from, the physical lineage we come from, and the hardwired information, like the information that is in the DNA—maybe next time we will practice a bit feeling into the DNA—that we have these streams in every cell in our body. It's connected. It's information that is hardwired in the body.

In order to work with predispositions or information that is stored in that stream of information, we need a perception around it. We need to learn to feel it, to attune to it, so that we become like a fine-tuned laser to find the right information in that code.

We have seen that, when I, as a human being, am not able to fully embrace with my love, when my heart doesn't embrace my lowest energy centers, when my heart doesn't embrace the blueprint of where I come from, I have unconscious areas with either over-attachments, so I'm over-attached to certain tendencies, or I'm over-avoiding or rejecting them. If that information cannot be fully included, it's hard for the light to enter that area.

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Light, we said, is like electricity, and when the electricity of my soul wants to transcend, when the conscious awareness wants to transcend the past, it needs me to take full responsibility for my past. To embrace the past is to create the connection, the cable, from the future into the past.

So if there are certain attributes in my patterns that I reject still today, and I'm reactive to towards them, I will not be able to transcend them, because rejecting them means being attached to it, the same as like being overly addicted to them. If I reject something, or if I overly attach myself, I cannot include and transcend it.

Including doesn't mean I need to agree with it, or do the same thing. Including means I energetically have the capacity to include it and to outgrow it. So, in the meditation I might still find places, where I resist my past, and therefore it stays a persistent issue in my present life, and I'm not able to channel higher consciousness into it, because it's locked. It's an area that—when I say dark, I don't mean evil, I mean dark as unconscious. It's an area that, when I go on a journey through my body, I see, wow, this area is not accessible for me. There are areas in my body/mind that are hard to access, and there might be areas in this stream of my ancestors that are still unconscious and hard to access.

Great! So that's the one thing.

## Working with the Shadow and Unconscious Patterns

The other thing I said last time that I wanted to reinforce is that the shadow—now that we are talking about shadows—we might hear sometimes: okay, that’s your stuff, like, your shadow is your issue. I know, we talked about this, and still I want to reinforce that, in my understanding, the shadow is not a personal thing. It’s something that I need to take responsibility for as a person. I need to work on my stuff, which means I need to integrate the energies of my own development, but my environment is part of my shadow.

My environment invests chi, money into the persistence of my shadow. If my environment—and that’s also a part of what would a culture look like, that has God as our first priority—it means, also, the more awake I am, the more conscious and aware I am, the less I will collaborate with the unconscious tendencies that are not healthy or helpful for that person.

I won’t collaborate with behavior patterns or energetic patterns, where the person is circling. It doesn’t mean I’m rejecting them. It means only that I will be very clear with them.

If I invest chi, the person will feel good with me, the person will say, “Wow, he’s such a lovely guy, he really understands me.” But he really understands me can also mean just that I’m happily participating in the person’s comfort, which means, in the person’s unconscious patterns.

Because, if suddenly I am not collaborating with their patterns, there will be some sort of discomfort, there will be some sort of irritation, because that’s where I get my energy from. This pattern is an energy resource, therefore I continue doing it.

So, the moment I’m not collaborating with them, the person might say, “Oh, he is not so nice anymore. He doesn’t understand me. I don’t trust him anymore.” I need to be willing to be in that place and embrace that place, because if I can embrace the destabilization of an energetic pattern, I will be most probably part of their deeper healing.

So, if I don’t want to experience this discomfort with the person, I will participate, most probably, in stabilizing them in their pattern. Therefore, I think, the notion that shadows are personal is not so helpful...

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...because shadow tendencies can only survive in us, when the environment collaborates with them. If the environment doesn't collaborate with them, as I said last time, there are only two options: either growth, or a kind of a disconnect.

If somebody confronts me with an unconscious pattern, I can either feel the discomfort of what that means, and stay in the connection, and find a new connection—which means I've changed—or I will project this discomfort onto the other person. I will not be able to own the discomfort myself, and I will try to make it about the other person: either I make the other person wrong, or I disconnect myself from the other person, because that's a way to ease my discomfort.

As somebody who brings up those unconscious patterns, if I'm willing to stay in the discomfort myself—because, if I don't want to risk it, I will most probably play into it, because I want to keep that client as my client.

I'm not saying we should scare our clients. What I'm saying is that I need to know how much I'm prepared to be in that destabilized field, and how much I can embrace it with all its projections. If I'm not willing to embrace it with all that comes back to me, if I reject my own discomfort, I most probably won't be as effective as I can be.

But if I'm willing to be in that destabilized field with all that it means, actually, my love is bigger than my comfort. My love is bigger than my comfort. If people leave this session, and they say: "It was a great session," it doesn't mean anything, because people might say, "He really understood me," when for one hour I was just feeding patterns. This doesn't mean that it was a great session. It just says that the person likes me. But if the person likes me, it doesn't matter really.

I know that it was a good session, when movement happens, or when clarification happens, or when growth happens, or when awareness happens. "Am I willing?" is something that every one of us needs to ask him or herself periodically. How clear am I? Do I pay a price to stay more comfortable, to be more liked, to be more accepted, to be a better, whatever, person who works with people?

That price is actually a price that I also have to pay. Because, once I invest in these unconscious patterns, my life energy will also drop. So, I actually invested life energy into a cyclic movement, not into an evolutionary movement. And I want to invest my life energy into the evolutionary movement, and not into the past.

So, there's a difference: if I invest chi into evolution, growth happens. If I invest chi into the circular movement, the past will be reinforced. Therefore, I believe, the shadow is a shared community value. It's community money. If we want to participate in it, it's something that is an inter-subjective issue. Shadow is between us, not just in one person.

This means also that the culture is getting clearer. So, at a certain level of clarity, certain shadows have a hard time existing in that "we" space. At a certain level of clarity of the container, certain things are not possible anymore. They cannot be stable. They cannot live in that environment. If there is too much light and conscious awareness, certain things either need to transform very fast, or they cannot stay in this field.

That's an interesting perspective for a "we" space, for a sangha. What would a sangha look like, when God is my first priority? Because if God is my first priority, then shadow is not my first priority.

[01:15:00]

And this means that around somebody with God as their first priority, things need to get clearer. There's a kind of a contagious spreading of light. This means things need to heal, things need to integrate, things need to get clearer.

Yeah.

It is important, I think, as a "we" space practice, to ask, how am I participating in the unconscious dynamics of my environment, and am I aware that I'm doing it? Because I'm doing it only when I'm partly unaware of it. If I was aware, I couldn't do that, or it's a deliberate intervention. But if I'm aware, I cannot participate in unconscious dynamics. So if I do, I know that I need to work on that, because I'm partly unconscious in the meetings.

## The Energetic Structure of a Mental Disorder

And then the next thing, maybe we start this only for today, and then we will continue this the next time.

There were some questions that came in about mental disorders. What's the difference between psychosis and spiritual enlightenment state? How can I tell? What's the intervention? Is it helpful to take medication? There are many questions around it.

Of course, we could fill most probably its own course around this topic. Maybe that's also something for the future maybe to think about. But there are some things to learn about how the mystical knowledge looks at that, at least, and then you can see how this fits with your professional work that you are doing every day.

We said at the beginning of this course that a human being is a composition of the three great states. The three great states are: the gross reality, the subtle reality, the causal reality—causal meaning empty or formless—and then, eventually, a breakthrough into a non-dual awareness, the energy is the word, where form and formless are not two.

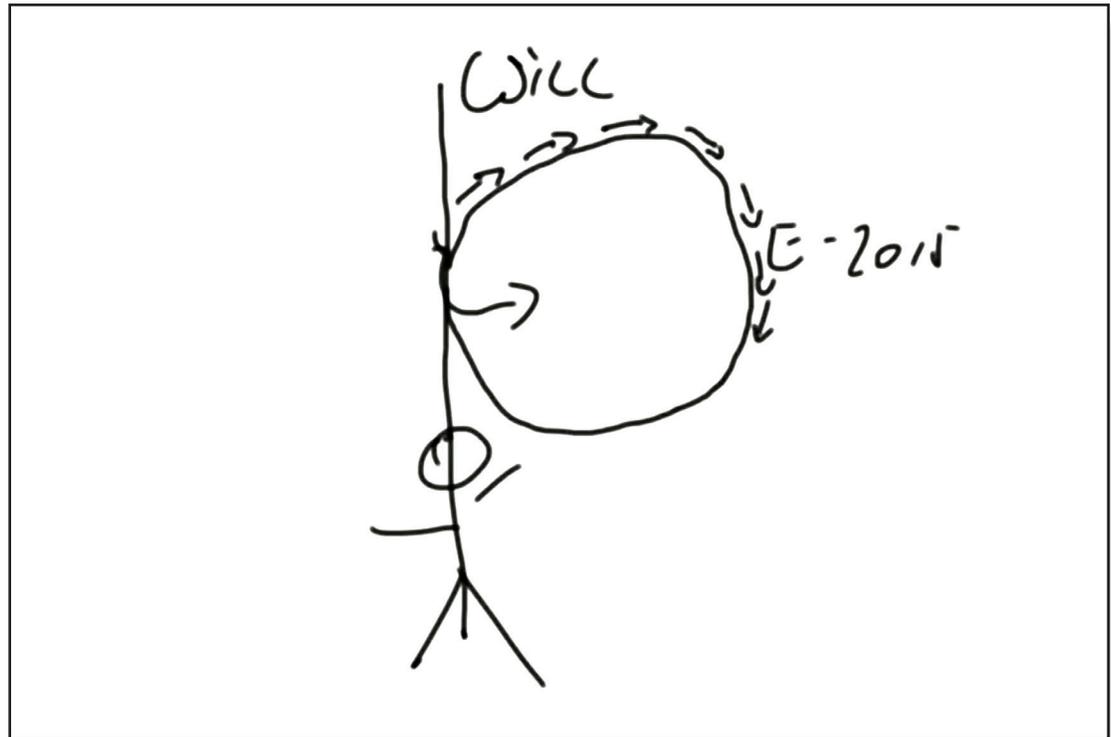
Now, we all live in a physical body, and that physical body is the place where we find ourselves when we wake up in the morning. Hopefully. Except when we went for travels and we lost our way home, but that doesn't happen so often. Usually, when we wake up, we find ourselves looking through our physical body. Our physical body is, at least it has been for a long time, part of the laws of the physical world.

As our body is part of the laws of the physical world we know, such as gravity—when a cup falls down, it falls down, and we don't argue with it falling down, because it falls down. We can think about it for ages in physics—why is that, and what is that, and find out how it works, but, basically, it works. We see it every day.

The energetic laws of creation, or the mystical principles, in my understanding, are the same. They work, we can find out why they work, but they work. Energy, if it's not fulfilled, needs to fulfill itself. If it doesn't find fulfillment, it will create side effects and symptoms. Once this energy has been processed or diluted enough, it will disappear.

Now, the fact that we look through our physical body means that we look through a very strong filter system. I believe that it's helpful to look at our brain as a kind of a super computer, a computer that has certain inhibiting factors. Otherwise, we wouldn't be able to create focus. We wouldn't be able to create concentration.

So, the brain has filters. In the mystical knowledge we call them scarves or nets, kind of safety nets, energetic safety nets.



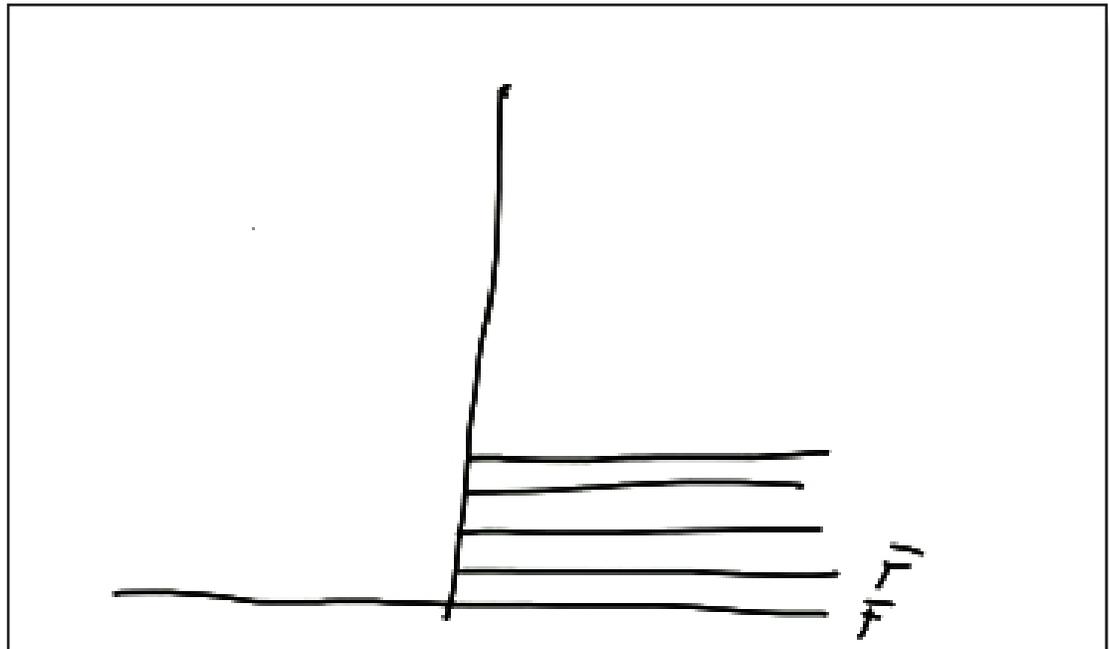
Drawing 1

We said it already that, when, in the development, we have...we said that there is a line, the will. And then there are these figure eight movements that create structure.

So, from the beginning on, we create a structure, and energy becomes structure. We look into our brain, we see that many, many experiences that we have, early experiences of attachment, create safety...

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...or create a feeling of non-safety. Good nutrition, providing everything we need, creates a healthy relationship with food, and so on. There are many things that are wired in us.



Drawing 2

When we take it a step further, we can say that information has layers. So, the eight I draw now as layers of information. But the structure also gives us...these are also the filters that we talked about.

So, when a human being looks through the neocortex, as the latest hype invention—the latest models have the most refined neocortex development, and the integration with the rest of the brain.

So not only do we use the functions of it, we also look through it. It became a part of our ego structure. So, the ego became more intelligent. That's great, because we are surviving better—if this turns out to be true—but we are definitely making more progress in many fields. We developed science, we developed technology, we developed all kinds of things, so we can balance the side effects of it, and now we created this structure.

This structure is also a filter. In my spiritual work, I need to transcend this filter as well, because my ego now has more functions.

It's like if you fell in love with your new car, but your new car is that crazy car with all these gadgets inside, abilities that it has built-in and effects that it does. It's so charming, this car, that you fell in love with your car. If you had an old car, and you didn't like your car, it's much easier to let go of it. But now it's this new car that also has these crazy functions that you didn't even explore fully yet, so you hold that attachment. And now somebody says, "Give that car away. Give the car as a present to your neighbor you don't like.

And now, you say, if you had an old car that you anyway didn't like so much, you would maybe give it to your neighbor. But if it's that new car that cost a lot of money, that really excites you, and that you love, and somebody tells you to give it away, it is hard. Especially to a neighbor that you have a conflict with.

Now, the filter system is also an inhibiting factor.

So now we'll come back.

The inhibiting factor of all those filters is, on the one hand, a healthy thing, because we can focus. I'm not too disturbed by what's going on all the levels of the building that I'm in, in all the studios here, so I can concentrate on this talk. I don't need to feel what the person above me feels, and what the person below me feels, because I don't need that information, same as I don't need necessarily the information on what my liver is doing right now—as long as it's in balance, it's fine.

Now, the inhibiting factors—and, as I said, I would first give a bit of an overview, and then we will go into how this relates to the mental disorders—the inhibiting factors, I believe, also are inhibiting the qualities of our potential that have never been really addressed.

So, what I'm saying is, I believe that many people have a much higher spiritual intelligence already in place, they have a much higher energetic reading ability than they express, but it's happening behind one of those curtains. Because, as children, many of us haven't been addressed in that ability, so if there's a genius piano player, and a genius piano player has never gotten a piano, all this capacity rests behind a curtain. Even if this brain and this nervous system in this human being would play the piano amazingly, if it's not being expressed, not only is the ability resting behind the curtain, it's doing a lot of mischief behind that curtain, that the person actually suffers from.

Now, I believe that many of us have that screen that I'm talking about, where the information appears, the subtle information appears, all the time, available—to a certain extent, of course—but more than we use it. We see more, we feel more, and we have a higher energetic perception than we use, because the inhibiting quality of the brain is shutting it down, although it's happening right now as we talk.

So, I believe, in many of us there is a higher capacity, but it's being shut down—not really shut, it's faded away. It's, like, happening on the part of my screen that I'm not looking at it.

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There's a lot of subtle information all the time, but I'm not looking at it.

So, in the moment, what is spiritual practice? It is to come together and to create an environment to unleash, at least that's part of the spiritual practice, to unleash the capacity that is working in the background all the time. Why? Because I need a feedback loop with my outside in order to activate it, same as I learn to play soccer, basketball, whatever. When I play basketball, I play it with people that also love to play basketball, and so our brains sync up, and we develop a capacity that we are able to develop, because we are challenged. Spiritual communities are basically playful, curious, and researching together, and finding out together, in order to activate the part of our brains that is able to function in a coherent way in the subtle world.

Because we have so few true mystical schools, especially in the Western world, a lot of this energy, the mischief of this energy, goes to drugs, goes to substances that help us to have the experiences that we desire so much, but, actually, not in a relevant way. So, we actually induce those capacities, without having a practice surface to help us have this as a coherent lifestyle, not as a once in—or many times in—a lifetime experience.

But the desire in the background is so strong in people that have a strong spiritual intelligence, they want this so much, that if any kind of substance is the substance that gets me there, I will do it, because I have a desire. Why do I have a desire? Because I have the will. And why do I have the will? Because I have a soul. And why do I have a soul? Because the soul wants to return to the divine. And the innermost drive wants me to have these highest spiritual experiences; to feel interconnected, to feel more one, to see what I normally cannot see.

That's important, because when we look at mental destabilization, then we will need, I think, the basic understanding of the astral and the subtle world. I believe, we can be trained from early on to be coherently professional in the subtle world.

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The subtle world is, basically, as we said at the beginning, the world where we go in our dreams, and that's where we go, when we leave the physical body. That's the astral, or the subtle world.

Now, without the physical body in that world, that world becomes the real world. What I'm saying with this is, in my dreams, the nightmare that I'm having, or the very, very pleasant dream that I'm having, looks very real. For some people, the worst nightmares look so real, that they are just happy when they wake up.

When I'm traveling with my energetic body in the dream state, through the subtle world, I am totally in that world. If I am identified with my subtle world, if I'm not awake enough yet, then that will feel like reality. I think, it's very important to also understand: that will feel real, the same as when I leave the physical body.

Therefore, we said at one point that, for example, suicide is a very delicate thing, because mostly people eject themselves from the physical body, where at least there was some protection, into the subtle world, and in the subtle world it's terrible. Why? Because every thought creates a reality, like in a dream. Every thought creates a reality, like in a dream. This means that, once I am caught in this world, and once I lose the protection of my physical body as an anchor, if I have a lot of negative thinking, if I feel very depressed, if I feel very bad, if I think a lot about my problems, if I am a lot in these loops, that fully will be my world there. That's not a pleasant world.

Therefore, there are different traditions related to these subtle realms. I think, a very refined description we have in Tibetan Buddhism, that these worlds are from very dense up to very bright. The whole range of the subtle keyboard is basically there.

Let's summarize what I said. I said that there are inhibiting curtains that help us to train our brain, basically, in order to fulfill the functions that we need the most, according to our core intelligence. A potential-oriented society would mean that we support each other so deeply in our potential, that all the functions that really make us happy, where we feel on track, where we feel we're living our life fully, will be supported.

As it's now, that's happening only partly. Therefore, for some people, parts of their potential are inhibited. They are not fully arising. It creates pressure. This unconscious pressure needs to find itself a different stream, or a different experience in order to satisfy itself.

We said that the astral world is a world of subtle energy. It's a world where our dreams happen. It's a world where we go after we leave the physical body. It's a world where what I think is real, it's immediately manifest. So, our thoughts or our way of living are also affecting our physical reality, but much, much slower. This means, as you remember, that when we go in creation, the more we go down, the more time and space exists, the more dense is reality, the longer creation takes, which means there's a kind of a time delay. So, something happens here, and only much later I see the effect of it.

The deeper I go into the subtle world, in the subtle world it's much faster. Something happens, and I see an effect. Something happens, and I see an effect. The more I'm awake—it's the same—the more I'm awake, the higher I'm connected, the effects are much faster. That's why the ethics of my lifestyle are so important, the clarity of my lifestyle is so important—because what I do, what I say to people, what I think, affects my life much faster.

My sense is that we will continue with this next time, so that we have at least a little bit of space for the questions and answers. But we need to see the last part that I talked about: the structure—the figure eight—and the will.

The structure channels energy. The structure is supposed to hold energy. I have an experience, but I have enough structure to digest that experience. If that structure has been destabilized or traumatized at certain levels of development, that structure is like a house that doesn't have solid walls all the way through.

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So, that house doesn't have walls all the way through, which means the structure, which is also part of my filter system, or which is my main filter system, the structure doesn't filter my certain amount of information.

For some people, that's where, in some disorders, the energy comes in. If I have a weakness in the structure, and my filters are anyway thin, and then, for example, I take drugs, or, for example, I have stressful life situations, or something happens that triggers this, the thin curtains open up, and then it's as if I had no filter.

But if I have no filter and I'm not trained to navigate the subtle world with mastery, like I'm not trained to do this, I am not trained to live coherently in the subtle world, I will just feel disturbed.

The earlier that filter system is broken, the more existential is the symptom. So, the earlier in my structural development that filter system is broken, the earlier I will feel that subtle reality as real, because in the subtle world it is real. And if my structure is not filtering it, it will feel real. But because I am not trained, and because I don't have a spiritual center, which is also important, it will flood me.

We will need to explore next time what is a spiritual center, but if my inner alignment is not the main source of my knowledge in the subtle world, the forces are very strong. Especially, the higher I go up, the stronger they get. So, if I am not going up, if I'm going down, or if some of my filters are not fully strong, my energy is not contained through the structure, and I don't have a spiritual center, so my main information doesn't come from my inner connection, I will just get lost in the subtle world, because I think that experience is real. I feel it as real. I feel that that's what it is.

It is important that where the structure is not coherent, it allows subtle winds to come into house ... suddenly, you sit in your house, and there is wind. But where is the wind coming from? Where are the open windows or the doors? So, if there's wind coming, it's cold in the house, and the cold feels real. It's really cold. But because somewhere there is a door open, and more doors are open, and all kinds of wind, smoke, gas, whatever, everything comes in, and it smells bad, it affects my life.

So, we need to look at the structural deficiency. We need to look at the spiritual center. And we need to look at the coherence of navigation in the subtle world. That's anyway important for the spiritual development, but it's also important for that function, that the healthy inhibiting factor in the subtle world is not functional anymore.

As long as I don't master that, it's as if you want to go to Everest, and you want to climb up Everest. That's great. But if you climb up Everest with the clothes that you go to your clinic every day, I don't know if that's so good. And if you go there without the appropriate training, and without the appropriate knowledge about climbing mountains, and we just, from one day to another, decide to jump into a kind of an expedition to Mount Everest. In case there is some kind of a miracle happening, that's what it is, it's great, but most of people won't succeed.

It's the same with the subtle world. Therefore, spiritual development, in the healthy sense, will create the spiritual center, and then there is no way of getting lost in the subtle world.

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But some people don't create the spiritual center and throw themselves either through drugs or other techniques into the subtle world, and then they get lost there. That's not a healthy spiritual development.

I think that's it for today. This was a lot of information at once. Maybe, some of it we will explore more, and I will come back to this next time more specifically.

## Homework

For this time, let's see that we practice, as I said before, this meditation. Maybe, if you want to expand it, you can expand it. If you want to practice attuning to, let's say, a wider stream in the line of a person with your practice partners and your practice triads, that's a great thing, and with your clients, that's also a great thing.

Explore more what does it mean to respect your parents, and don't take just literally. What does it mean energetically to fully embrace the blueprint where I'm coming from, to fully embrace the energetic field, the composition where I'm coming from, and integrate the energy that I came from.

Host: And that concludes Session 13 of *The Mystical Principles of Healing*.

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