

The Mystical Principles of Healing

INTEGRATING THE PAST – PRESENCING THE FUTURE

Table of Contents

5 Minutes a Day Meditation.....	2
End of 5 Minutes a Day Meditation.....	3
Begin Meditation	3
End Meditation	7
Mastering Attunement with a Client’s Energy Field.....	8
The Energetic Anatomy of a Mental Disorder	10
Understanding the Astral World.....	13
Working with the Effects of Collective Trauma	16
The Difference between a Spiritual Experience and a Psychotic Episode	20
Psychopharmaceuticals and Awakening.....	22
Homework.....	23

[00:00:00]

Host: Welcome to *The Mystical Principles of Healing*, Course Session 14.

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: Welcome to the Class number 14. It's amazing how timeless on the one hand, and how fast on the other hand time is passing by.

Actually, I wanted to start in a different way, but, given the fact that we had yesterday—and I am not so fit right now with the real facts, just some of it—that there was a big terror attack in Paris. And talking about collective traumatization, or trauma in general, it seems that as humanity we keep on re-traumatizing ourselves again and again. So, on the one hand, we are looking, “Okay, how can we work with those traumas?” But, on the other hand, it seems that more and more is being induced—especially in the last time there is an intensification again.

I would love, therefore, to start **a bit** different, to start with our meditation and not with the questions that came in, and to dedicate the first five minutes of our meditation to that event. Because I believe that, especially if you look at very strong impacts on life, traumatizing impacts or impacts that take life, there's always a big shock in the world, but this shock is actually being transferred into the other world, into the world after we leave our physical body.

The presencing, the simple presencing, and to just notice the sensations that we have, I mean for people who are not informed, there was, I think, yesterday—I just came back from the travel so I didn't follow the news so clearly—but, apparently, yesterday there was a big multiple terror attacks in Paris, where more than 150 people died, and many more got injured.

I think, we don't need to know even more facts. I think, it's enough to tune in with the events. In the subtle world, in the moment I think of an event in the world and I just have a little data about it, I can find a track and tune in with it.

I would love to dedicate the first five minutes, and then we will start with our regular meditation. I think what some of you might have heard about the five minutes a day presencing campaign in a way that you say, okay, when we hear news, when we read about news, when we hear news through other people, actually living in the time of the very technology that allows us to have this conversation, we, I believe, have a responsibility. And now we can see what is actually my ability to respond to that event. If I don't go into kind of an over drama with it, and if I don't go into a strong disassociation, but if I allow myself to feel whatever I feel, and even if I disassociate or just witness that I do that. And to dedicate five minutes to that event, and to just notice when I tune in with it, whatever reflects itself in me or in deeper aspects of my awareness, and then just stay with whatever arises.

[00:05:00]

And then we take it forward, and maybe I will say a few more words after the meditation why I think that that's important, and then we continue. Great.

5 Minutes a Day Meditation

If you want, you can sit and close your eyes, and for just a few moments give yourself a chance to presence your body, and your breath can take you deeper into the body.

Once you find yourself in a deeper inner presence, spaciousness, just dedicate a few minutes to sit and resonate with, and presence an event that recently happened, a painful event, as many other painful events happen all the time. And that our modern technology connects us to those events, so I set an intention to tune in to those attacks in Paris. And then I only witness whatever arises, whatever arises in my body, my emotions, my thoughts, my whole perception, the images that might arise or feelings, sensations. And to notice everything, not try to feel something specific. Just allow everything that arises to move through you and to presence it.

[00:10:00]

Okay. And then slowly, let's let go of that intention. Whatever we feel, presence it and say, okay, I tune out again. I let it go. I take one or two breaths. I come back to my body.

End of 5 Minutes a Day Meditation

Begin Meditation

I feel my grounding again, how I sit and breathe, my growing inner body competence...

[00:15:00]

...like that I have an easier and easier time traveling through different parts of my body, different layers of my body. I have access to multiple dimensions that compose my physical body. And to see how much time you spent until now, to really take time and to journey through different layers that compose your physical body as we practiced it at the beginning mostly, if that's a practice that has dropped off or that's a practice that's still with you.

Also the attunement to the base. We worked at the beginning a lot on the base, the structure, and to see when you get a glimpse of your base the way you are grounded, resting, safe in yourself, expanding.

When we worked on the healthy interplay as a movement between belonging and becoming, relating and evolving, energy and structure, intimacy and freedom, how this ongoing relationship between becoming and belonging plays out. And also the driving force of the will, the will that is the hidden light that is journeying through this lifetime, the motivation, the drive that flows through your core, that motivates you to express the intelligence that you express every day. It is a generator of qi, life energy, movement.

But it's also a playground of your interests, of your longings and deep interests that you invest your life energy in, that you go for. The will is a pillar that you see reflected in people in the world, incidents in the world, that respond in the part of your mission. The same as you are part of the mission and the life's journey of many other people, where your deep interests, your competencies, your light influences many other people on their path, so the whole setup of reality is totally interrelated, resonant.

[00:20:00]

The will is a journey. The will is effective. The will is a movement. The hidden light is a movement. My life is all the time moving.

Let's tune in again with this core motivation and let's refine our energetic perception of our own core motivation. What's the unique specific core motivation that is also related to what I am here to do in the world? What's the specification of my core intelligence or intelligences?

So to tune in with your innermost motivation, the hidden light that through the spiritual journey merges with the higher light. It's called the drive to awaken, the drive to higher consciousness, the spiritual drive. But more than that, what is the unique coloring of your expression in the world? What's the uniqueness of your core intelligence as an energetic perception?

So to set the intention, okay, I tune in with my core energy.

And then to feel the qualities that are really important for me. What do I really feel drawn to and do I have the feeling that I really rest in that drive? Did I find my vocation already? Maybe I found the direction, but there is more refinement in the direction. Or am I still searching for my place, my right place in life?

And to ask yourself that question. Am I resting right now in the place that is the most resonant for my life today? Not forgetting that my place is in movement. It's going to change moment to moment to moment, but it's a movement like a river.

[00:25:00]

I'm swimming in the river of my core intelligence.

Also, can I relax into that river? And do I participate in that river?

Some people constantly try to do the right thing on their path and they could relax a little deeper, as they are anyway swimming in the river. And some people let themselves drop into the river, but they do not enough participate and move by themselves in the river. So there is a proactive and a receptive aspect in swimming in one's river. Some people put too much effort, and some people are holding back too much.

So there is a lovely adjustment that either I can go more for the opportunities that open up in my life, or maybe some people can relax more and trust that the river anyway flows. Life is anyway moving. I cannot push the water to move faster, but I can synchronize myself exactly with the movement that is the most authentic right now. That's a moment-to-moment-to-moment art.

So being in the center is being composed out of participation and receptivity, and going towards what I need to go towards, too...

[00:30:00]

...and allowing the grace to come through, allowing the new, the innovative, creative, and the higher versions, the genius, the higher light to come through, and then move with it. So one's center, one's place, and also the spiritual center is being composed out of that moment-to-moment art.

And then let's see what happens if from that place I connect to the highest point of my head and I invite and I move up to, like in the light meditation, to the light, or, if that's hard for me, I invite the light of my higher self into that exploration. So we open up the crown. We look upwards, we listen upwards, and then we move, connect to the light, as you practiced it. If it's hard to connect to the light, then just open to the space above you and invite consciously higher insights about your mission or the refinement of your mission, to join whatever you felt until now, to see the potential that is still downloading itself through you into this life.

Feel all the intelligence that wants to manifest through you, in a way, to get a sense of your future, to get a sense of what you are growing into if the future is not just tomorrow, but a new composition that you hear tomorrow, a new song that comes tomorrow. The new song doesn't have to be only different from what is today, but to add a new quality.

So let's have a moment to look into that higher consciousness future.

[00:35:00]

That might come with very concrete insights, visions, feelings, thoughts, but it might also come just as a stream of energy. Maybe your healing energy is getting intensified. So the quality that you radiate through your work and your life is increasing, becoming more crystallized so that we walk healing wherever we go, that we speak healing, we act healing, we think healing wherever we go. So our transmission is getting stronger.

Still stay open and connected to the higher self and refine that clarity or awareness. And especially when you found your path already, you think okay, I'm basically on my path. So the resonance with the potential future might be like an intensification of what's already there. It's already moving beautifully.

The higher consciousness is also a reinforcement of the power that takes us through our stuff, through our unconscious identifications and holdings. It's also the grace that shines through the ceiling of my living room, the grace that puts words on my tongue every day, that puts intuition into my actions every day, that puts clarity into my vision every day, innovation, creativity into my being every day.

So that is grace that I'm serving, that potential future that I might be part of.

And also there is this active part I attune to, this potential higher consciousness future. I open myself. I dedicate my time and my life energy to that higher will.

[00:40:00]

I surrender my own will to that higher will. And then there is receptivity of me bowing down and receiving the river that floods my being with light, with insights, with sudden knowing, with words that meet the situation, with love and the capacity to include and transcend, and the transmission that works even in silence.

Last time we looked at where we come from, the stream where the river comes from. And today we open ourselves to the potential stream that we flow into, towards, so that it becomes manifest through us, a potential world waiting to be downloaded and to be infused into the past that is still active today.

So this higher light has the capacity to influence, to heal, to transcend the past that is still energized today, and to widen the blueprint of this lifetime. It's the blessing that is the reward for prayer, for bowing, for service.

You can use the time to ask questions. It's a form of prayer: you formulate a question and you let it move into that higher light. You want to clarify a part of your path, or a specific quality of your path, or potential changes, or whatever is important to you or for you. You can ask those questions and let the sentences and the words either disappear deep in your heart, or above your head in the light.

If there are more questions, ask them. Let them always move upward into the heart, until they disappear.

Once you're ready, you just rest in silence and listen.

[00:45:00]

As you sit in silence, visions, images, feelings, thoughts pop into your mind, or maybe it also stays silent, and answers to those questions will appear over time in the form of people, books, synchronicities, information in your reality.

So if things arise, that's great. If not, that's also great.

And then let's just connect to—you're already connected—to the higher quality. Let's connect to healing itself. Let's see if there is a boost of healing energy reinforcement, reinforcement of our power that runs through us when we do the work that we do every day. Let's be open and connect to that which heals, the energy that underlies the experience. Be open to be touched by it.

[00:50:00]

As a healer, as a therapist, as a doctor, as a coach, as a body worker, as a nurse, as any kind of profession that dedicates his or her life to serve other people in need, we serve most of all this power which creates healing in different forms, different qualities.

Let your whole body participate in that attunement, so that every part of who I am becomes a receiver and a transmitter, and participates in that quality within the human system, within the global system, and the universal system.

Of course, it also touches, deeper down, the river where I come from. It's a transgenerational blessing. Then slowly let yourself rest for a moment, just in presence, in spaciousness.

[00:55:00]

And then exhale a couple of times and feel your body. Let's come down again into the body, the base, the feet. Great!

End Meditation

So, let's —a few words about what we did just now, and then I wanted to address some questions, and then continue with what we started last time.

When we connect to the hidden light, every one of us has like a speciality, or a uniqueness in the energy. So for us, one refinement is to all the time to refine without any pressure, but to see if first of all I'd go with the movement in my life, and I keep changing and updating as it's part of my path. On the other hand, we have seen in the meditation that there is this interrelatedness between the past where I come from and the future that is not tomorrow, that is my potential higher update for this lifetime, for every day in my life, and that's also in a way the grace that literally puts words on my tongue, words that I cannot know.

So the blessing that comes through is, of course, also the inspiration in every moment. Every time I sit with somebody, and somebody talks to me about their life—issues in their life, it's a combination of the mastery of attunement, like every level of 2015 that I can sense, touch, perceive is part of the mastery of attunement. We train inner body competence in order to be able to touch different aspects of my body in order to touch them in other people. We become more and more open in our emotional systems in order to relate to the emotional systems in the people that we work with. And we see we become fit in the mental arena, in the intellectual aspect in order to relate to that in everybody in the world as well.

Mastering Attunement with a Client's Energy Field

And last time we tuned in with the ancestral line. If I'm more grounded in attuning to my ancestral line, I can tune in with that with everybody that sits in front of me. In the healing work the energetic competencies; that every level of development that sits in front of me can be felt and connected to through my energy—moment to moment to moment. So when a client talks about an issue, a trauma that happened when he or she was five years old, while the person speaks, my energy is already connecting to the energetic constitution of that issue, and therefore I can feel that place and create a circle from my energy, to that energy field, and get my energy—it's like two trains. It's like how can you talk in a driving train with a person in another driving train? Only when they are approximately the same speed. So you open the window, if you are in a train, you open the window and you...

[01:00:00]

...look into the other train, they also opened the window, and you have a conversation.

So the competence of communication is just the ability to tune in with the same vibrational speed. We're all trains. Human beings are not objects. Human beings are movements. So when I look at somebody, attunement means that the trains have the same speed. That creates understanding. That creates recognition. That creates intimacy. That creates love. That creates a synchronization and a coherence. So that's the place of the highest intelligence transference.

Therefore, attunement needs to be mastered, because that's the tool that I work through. That's like the cables for the electrician. That's how to create electricity connections. So whenever I tune in with somebody, that's how I make my energy field into the same pace, so that my energy field vibrates in the same vibration as the trauma in the person sitting in front of me. Therefore, I have the clearest perception, and, therefore, I have the highest capacity that that place that is switched unconscious, at least to a certain extent, will rise more and more again in conscious awareness.

So we literally become like masters in driving trains, and to find the right speed, so that the people feel happy, because they can talk to each other as long as it's needed, and then the train continues—because we are all moving in different speeds.

On the one hand, I have the ability to connect, to feel, to see. Energetic seeing means that my third eye has the capacity to vibrate in the same frequency like the person in front of me, in whichever level of development we need to look at. If this—before their birth, after their birth, in their future—it doesn't matter. We can tune in with the person's future potential.

So my third eye starts to vibrate in the same speed like the person's future potential. And then I get suddenly that future potential talks to me through the window, because the trains are in the same speed. I suddenly hear—ah, that's your future potential. That's your core intelligence. That's the level of development, because the trains are in the same—if I drive too fast, I don't hear anything.

Then I say how can I know the future potential of a person that I'm separate from? How can I know that? Yeah, because when they are driving the same speed, I hear what they are saying. If I'm too fast or too slow, I don't hear anything, I don't see anything, I don't feel anything. So that's mastery.

But then it seems that I can do it. I, I, I, I can do it! But no. The only competence that I can develop is I can be much more skilled in 2015 and the potential upgrades of our time. The rest is service. The rest is bowing down. The words that are being put on my tongue, they are not in my power.

I can talk a lot from my intellectual mind, I can give a lot of interpretations to people about what I think is happening, but the true healing happens when my interior landscape, and especially my ceiling, become more translucent, when suddenly drops of light can come in.

In the meditation that we did when my will surrenders to the higher will, suddenly I get downloads of energy, suddenly I say things that I cannot know. I surprise myself more and more often. That's where the true healing comes in. That's where we suddenly end up in situations that we have never planned before, that we didn't think of before, that are the right emergence in the right moment.

The Energetic Anatomy of a Mental Disorder

Last time we started to talk about mental disorders. Now, when we relate to each other, we relate to coherent energy fields. We need some sense of coherence that allows us to understand; some sense of coherence. Last time we said there is structure, there is energy, and the relation between structure and energy, there is healthy development. When energy is not being anchored in the structure, it starts to move into movements that are actually not so beneficial for the person's life, because the person, him or herself, will feel an imbalance, a constant imbalance.

[01:05:00]

So the lack of inner coherence in their own experience will create a suffering, because we will try to anchor life, but it seems like we are not able to.

And then there are inhibiting aspects in our brain, and that the spiritual practice is actually to create an environment—a sangha, for example, a community of practitioners, is an environment, a mystical university is an environment—where we learn to actually de-inhibit the internal potential through an external reference that helps us to do that.

Same when we learn art, play the piano, science, social work, we have an environment that helps us to de-inhibit the inner potential in order for it not to be just an overloaded and overwhelmed aspect of ourselves, but to learn to ground ourselves in that capacity.

We said that taking drugs can open that, but often, not always of course, but often it happens that people create, in a way, imbalances in those inhibiting factors, and they are often dormant, and later on—through stress or through a strong spiritual practice—might be reactivated.

And suddenly the person has an opening in the energetic or astral world that is too overwhelming or disturbing, and then there is a disorientation, in the good sense, or many different forms of disorientation, so that my coherent processing of reality as I know it in myself, or my identity feels disturbed to a certain extent.

Of course, the same thing can happen through traumas and dormant layers or breaking points in my own structure, and then through external events they get activated—or genetic pre-disposition; which is nothing but, when you remember, the light going through the karmic dust, taking on the karmic dust, when it ends up in the substance it has of course a reference to the karma in the substance which is the DNA.

We are being born into a family that has the genetic predisposition which is just aligned with the karma that we got born into; collective shadow, family traumas in the generations before, and so on.

Now, when we come up, we find then now we are in it. We are in the DNA that has that genetic predisposition, and now we find sometimes or often we find external experiences that seem to activate that.

So wherever is the source of it, what it comes back to, in the mystical understanding, is that very refined system. And the human body, as we all know, is such a miracle because it's such a refined collaboration. It's like an orchestra, and every part that is not tuned has an effect on the whole composition.

From very slight disturbances up to very strong disturbances that in my inner opening, I have no reference anymore—who is me, who is not me, what's coming in, what's my voice, what's another person's voice. So there are shades of confusion that might lead up to sometimes what we call a psychotic episode, or a strong psychosis, or any kind of mental disorder.

But what we want to come back energetically is to find a way how to— find back into a certain level of coherence, so that the deep pain that is also in going through that experience, and especially of often not being able to communicate one's own experience to the external world in a way that it creates a coherent impression.

Many people who work with psychosis also know that if I just trust my energetic perception;...

[01:10:00]

...so I feel a feeling that there's nothing to hold, there's nothing to grasp, I feel a confusion that I might want to reject in myself.

So one aspect of the energetic work is first to ground that feeling that I want to reject myself, because I want to have an order here, I want to have something that I can relate to, I want to have a clear conversation, but actually there is no clear conversation in this moment. So I will try to restore the order, which means I don't want to feel that way also, I don't want to have this confused feeling in myself as somebody that is confronted with a person in a psychotic state.

If I see that energetic imprint in me and I learn to presence it and I learn to actually embrace this in myself as a necessary energetic transference, I already passed the first state, because as long as I reject this I feel separate. I say oh, it's happening over there. It's out there, and there's a problem that we need to take care of. Of course, there's something that we need to take care of, but out of energetic connection, not out of a—if I reject that feeling in myself, I'm already separate and energetically not effective anymore.

In order to be able to tune in with that condition, to find out what's actually the energetic environment we are dealing with, I can do only if I cross the state of my own confusion into an energetic connection, that in its nature, will feel disturbing, will feel confusing, will feel ungrounded in myself.

So as a witness I can—ah, I notice this and I start to embrace this in myself, while I'm in contact with the a person, and I ground that energy in myself in order for my energetic quality to be able to read the energetics of that situation.

Understanding the Astral World

And then we said that the astral world—and there was one question that maybe I expressed in a way that wasn't so clear—that the astral world is not an unpleasant world, per se, and it's also not pleasant. It's all of it. The astral world is, in a way, the coloring of the TV program we look at. It has all the colors. Everything that is highly pleasant happens there, and everything that's highly unpleasant also happens there. So it just depends; what is our energetic setup?

And there was another question about thoughts and feelings. Basically, what comes first? In the energetic understanding, nothing comes first. Evolutionary wise, maybe the feelings come first, but in our human experience, basically, the thought and the energy—the thought is the horse rider, and there is somewhere a horse. If you see somebody riding, even if you don't see the horse, underneath there is a horse. If the horse is in the unconscious, you don't see the horse, but the rider is riding, is moving. So there must be some energy underneath.

So the energy of the thought, like the fearful thought, always has an energy that it rides on. Both of them together are connected, they are married, they are a couple. So energy attracts thought, thought attracts energy, so they are connected.

Therefore, in the astral world, we find everything. Even when we leave the physical body, we find the after process, after leaving the physical body, is to shed the other energetic bodies. Part of the process is happening in the astral world. We need to shed our astral bodies. So if I'm identified with my feelings, and if I'm identified with my thoughts, I won't be able to let go so easily of my astral body, so I might stay attached in it.

So now the soul, the soul's attachment is to the physical body we left.

[01:15:00]

The etheric energy dissipates, and then suddenly we are identified in the astral world, like in a dream. If I'm identified with my dream, for me the dream is real. It looks like, "Oh wow! It's so scary!" Some people wake up from nightmares, their heart pounding, they are really afraid, they need to turn on the light. Why? It was just a dream? Yeah, it was just a dream, but in the dream it looked very real. Somebody was really chasing you.

Now, when we leave our physical body, or when these filters are too open without the training and without the center, without the deep connection to the divine that gives us also a center in presence and the skill in the navigation in the astral world, what we do, the strong energy work actually needs to go through the astral as well, but go through it as a deeper center of gravity that is not just identified with the astral world. Include and transcend. So if I included and transcended the astral world, I can play in it. I can move in it, but I'm not caught in it.

So I can go into the deepest difficulties, I can bring light into the deepest difficulties of the world, but I won't get caught up in it. I will be afraid if I'm identified with it. I will be afraid to go there, to work with it, to even touch it. I will not want to have anything to do with it. But if I am not identified but I am connected to it, so I am not disassociated and have nothing to do with it, but I'm connected. I love the astral world but I'm not of it. That's the difference.

Awakening means that we look through the different layers of reality that compose our world, our universe, our cosmos, but I'm not caught up in it. There's a part that is awake, which means it is not identified with the cosmic play. So if I have a deeper spiritual awareness, which means I transcended it to some extent, I won't get fully identified and hooked in it. That's very important. In the spiritual world we also open those filters, but we also generate a deeper groundedness in a much bigger reality than the astral world. Therefore, when we leave the body, we are also not getting stuck in this place because once we are more awake, we take the elevator, the fast elevator to the divine.

If we are hooked into this, for example with what happened in Paris; many people are circling around this event, and their energy totally being hooked up into the shock of it, and that's a terrible place to be. Therefore, some healers or some energy workers, they just work on those situations, if you know how to do it, in order to support the energy to release itself because it binds a lot of energy.

Therefore, when we go to places where terrible things happened, people go to concentration camps and they see what happened there, it feels very heavy. Why it feels heavy? Because a lot of energy is still bound in the astral world that creates a strong contraction, and that slows down evolution in the world as well. If the energy world is contracted, even if you don't see it, it slows down what can happen in our world.

So when we go to a place and, whoa, it's heavy, it's a difficult place to be, a lot of terrible things happened here, what is heavy is energy that is still trying to release itself and it cannot. So but what does this energy do? It connects to whatever is the closest to connect to. Energy always needs to discharge itself. If one of these filters is open, too open, suddenly energy tries to discharge itself. Energy tries to move through. Collective energy, individual energy, all kinds of stuff that is moving around in the energetic world, suddenly has an entry gate.

It looks just like water. Energy is like water. When the door is open, and outside there is a flood, the water will come into my room. It's not because the water is bad. It's because the water needs to release itself from the movement. Water is movement.

[01:20:00]

So when you stand at the riverbed, and the river is moving, if there is suddenly a wave or there's a sidearm of the river, some of the water will go there. Why? Because it's bad? No. Because the pressure of the water will push it there. It's the same in the energy world. As we said at the beginning, energy needs to fulfill its movement in order to return into nothing.

Energy always has a resonance with a similar energy. So if some souls are caught up after death in a certain energy field, after death, it will just be connected to that vibration for some time until life moves on, and things get opened up, and this energy can be released from its movement.

Therefore, some people feel at times when those filters—or when they have a spiritual opening, it might also be that some people have had a strong opening experience but then afterwards they feel very disturbed, because there is still a certain identification with one's own astral self. Suddenly it might be that I feel voices, I hear voices. I don't know what is my identity, I don't know what am I, I don't feel any more separate. I feel interwoven. And so, that early levels of development that are not individualized get activated, and suddenly I feel connected. I feel that people suck my energy. All kinds of, in a way, pathologies might arise because that coherent sense of self being disturbed.

On the other hand, the spiritual practice needs to open up this coherent sense of self in a healthy way in order to transcend it. So, therefore, sometimes those worlds are very close together. And sometimes also—some people, I believe, when they start to meditate and do spiritual practice, and especially if they live in areas with strong collective shadows, it might be that suddenly the force that is stored in the collective shadow will be accessible for me and it wasn't my whole life. My whole life I lived a very clear life, a grounded life, I did my job, I did everything, and suddenly I start a meditation practice, and I just feel overwhelmed, I just feel like I cannot handle this, I feel under stress, I feel feelings that I've never felt before.

Working with the Effects of Collective Trauma

Recently in a training program we had one of the collective shadows come up in Germany, and we had this of course more often in retreats. Usually, the process of a shadow, and I'm saying this here also with the mental disorder, because maybe this displays it better, that when we look into—like we take the spotlight and we move it towards collectively suppressed unconscious material. So, of course, if somebody resists inner content to come up in their consciousness, it comes with a contraction, it comes with a resistance, it comes with a heaviness.

So in a one-on-one session, before we go to an opening, we might meet a kind of a resistance and a counter-pressure. And now in the collective work, I discovered that every time before, for example, the issue of the Holocaust comes up in the room, there's a very, very paralyzing tiredness in the room. There's a feeling that you really want to stop it and leave the room and go away. There's a feeling you want to avoid it, you want to talk about something else, you want just not to go there.

So if you stay in that discomfort—so we meet the collective suppression, and then, later on, there might be a mass discharge. So many people in the room feel it, and there is a strong emotional release, and there is a lot of energy coming up, and images, and a connection to that suppressed material.

Now, my hypothesis is that we live in that tension in those areas—and as humanity, of course, but especially when we are being born into it, as the second generation—all the time. We're not just living there when you look at the Holocaust, it's so heavy in the room...

[01:25:00]

...but when we shift the focus, so then it's done: "Oh the Holocaust topic was heavy." Was heavy. No, it wasn't heavy. It is heavy all the time, 24/7, for everybody that lives in it. Just some people expressed the tension through symptoms, because the tension is there for everybody all the time. I think in looking at—and some people for sure do—but my sense is that many people don't fully realize how much tension is in us, in our unconscious arena all the time.

And that collective traumatizations are actually very, very painful, without us often noticing that they are very painful. We learn to fade them out. We learn to put them into the storage room in order to live our lives somehow. But that actually we have those collective shadows on us, like our clothes. So we are looking through it, having it as filters in front of our eyes, and we don't feel the pain that it creates 24 hours every day of our life.

That's, I believe, the intensity of those collectively suppressed issues, especially in war zones or in war areas afterwards, especially, of course, in atrocities like the Holocaust, and other things that we inflict upon each other.

I know we did this mediation with Paris at the beginning, because it's such a fresh new thing, but we could do this in maybe every class with other events that happen around the world that are not so much in the news, that are equally terrible, even more terrible.

My sense is that the presencing of either those events—because they cause a strong holding in the astral world, and that holding is inherently also connected to some of the mental disorders we find; that collective traumas hold a lot of energy, there is a lot of pressure in the collective unconscious, and this pressure just waits for valves, for energy fields where it can release itself, because it's a pressure.

So we are all basically sitting more or less in zones in the world, where our whole culture is built upon water, lakes, and only when we open the basement and we look down, we see how much water it is, but if you close the basement, we are not even aware that our whole culture actually is not built on a stable foundation, but it's built upon water that's unstable, that's moving.

Sometimes we wonder about the effects that this creates, why some of the houses suddenly disappear in the water, why some of the houses are flooded by water, why there's so much energy that appears as a strong disturbance, because it doesn't fit into the coherent reality process. So a weak structure, a very demanding life situation, a strong depletion of life energy, sometimes also when people's life energy is strongly depleted, and they suck their substance too much, also those kind of things can enter, like this energy can enter and create a disturbance, and also through drug abuse or through spiritual practice, when it's not done properly. Many reasons can lead up to kind of a flooding of our energy field with astral substance that is actually not supposed to be there. Of course the avoidance of a strong trauma and the avoidance of very difficult life situation can have the same or, as we said, might have the same outcome.

[01:30:00]

Now, for us, it's just important that we see that often, for example, in the energetic work now with it, because we look, okay, once I say, okay, that's basically more or less what it means energetically, but what can we do with it. I mean one thing that we can do with it is — or there are multiple things that we can do with it. One aspect, of course, is connected to the grounding process, so what increases grounding. Group synchronization and relation, and a grounded environment, a clear grounded environment creates a grounding. It creates a magnetism to the energy.

The other thing is that one aspect could be that I learn to tune to that filter system, and the first thing is just to tune in with many people, even if I don't know how. But I do it, because one thing I know, I know my intention, and my intention has a cosmic address. So when I say I want to tune in with this filter system of people, and then I just do it. I set this intention, when I look at somebody, and then I look at what appears to me. I do it with another person, I do it with another, I do it with many, many people. And I often say that the attunement process is like playing the piano. Some people do it as a hobby and some people do it as a profession.

If it's my profession, then, and if I know that playing the piano will determine my excellence and my practice, the way how I move my fingers, the way how I listen to music, the way I feel music and I can really embody it, will determine how I play music, I will train every day. If I want to become a great piano player, so I need to do something for it. If I want to learn about the energetic world, I will need to day and night train it. I will do this all the time, because that's what is my deep interest. So I will have a deep motivation, so I will invest whatever is needed. So I will train. I will learn to see this. I will learn to reveal and feel it what the energetic makeup of this system looks like, feels like, functions. That's one thing. The other thing is that in the practice of attunement to this astral world, I will see that in the astral world it's like an octave, it's like a keyboard of a piano.

There are very low sounds, like there is energy that is very dense. And the more dense is the energy, the more it's identified with the substance. And the more dense is the energy, the slower it moves. So if I want to feel very dense energy, I need to drive my train slowly. I need to listen to the left-hand keys of my keyboard, the lower keys of my keyboard. So in the astral world, in the energy, I attune with the very low sounds. I drive my train very slowly. I attune almost to meta, and it's dense.

Why I'm saying that is because if I want to learn to feel the astral world that embraces our physical world, I will need to learn a lot about movement, frequencies; how emotions move, how somebody feels that is caught up in a lot of hatred, and how somebody feels that is grounded in a lot of generous joy, how somebody feels who is in a lot of fear...

[01:35:00]

...and how somebody feels in a very unconditional loving state. That's different music. The unconditional loving state has a sound to it, has a music to it, has a frequency to it. The higher light that we connect to has a frequency to it. Light, white light, golden light, blue light, they are different frequencies.

But also everything [background noise] that we see has a feelable substance to it. It looks like material pieces, but they are actually only vibrational in one state. In the astral world, there's a whole keyboard from very low tones to very high tones — the whole music. So if I listen to music, I learn a lot about the astral world. Because that's also what I need, for example, if somebody leaves his current identity and goes into the astral world, this connects, for example, to a strong trauma in the early child time: there's a breaking point in the structure of the person. Through a strong pressure, a stress in their life, it disconnected and moved out from the body, and suddenly we call it a psychotic episode.

But now I need to go in the astral world and find that person in the astral world in order to connect to the person, bring him back. But if I don't know where to go in the astral world, if I don't have a reference experience or reference skill, I don't know where to go. So it seems that the person that I look at, the physical body talks things that are not coherent, says things that look very abstract or that are hard to connect to, doesn't feel the body anymore, is not connected to the stream, to the coherence of our reality, and so on. But, actually, the main energy center of that person is somewhere in the astral world, and I need to know where.

In the energetic work, I need to go and find that person and take the person, if I can, and bring them back, and then to reconnect the energy field to the physical body. I'm not saying that that's enough for everybody, but for some people in psychotic episodes, that's actually what we can do. And after two days it seems like ah, the person lands again. It's like there's a normalization of the process. It's like, it takes a bit of a time usually, but then we see that the person comes back and becomes more and more coherent, and the energy lands again in this world.

The Difference between a Spiritual Experience and a Psychotic Episode

As I said, I'm not saying that it works always, because of a different energetic conditions, and there might be much more severe damages or disturbances in the energetic field, so those would actually need to be cleaned and repaired, which often is also connected to strong traumas that actually need to be worked on for the energy field to close itself again, to create a coherent processing of this current reality.

On the other hand, if we have a strong opening, it also might be that my current sense of self is being dissolved, so this filter system is radically opened, but in that sense I'm being thrown into my own source. So the spiritual experience is different, because there is actually a deeper realization of a deeper center in my own source, so that opening doesn't create that strong disassociated environment or experience, but it is actually super connected to everything. The spiritual state is super connected to everything, but is free of it. The other one is a psychotic state, it is disassociated and seemingly free or more disconnected and it seems like it is not anymore coherent.

[01:40:00]

But there's a strong difference in those two qualities. But the filter system might be open in both cases to a certain extent. And therefore, it's very important because the one when somebody has a strong spiritual experience, it might even be that some people are in a way not even responsive. They might just sit and not do anything. They might not fit into my idea of how a human being behaves.

Still it's not disconnected, I won't have the same feeling, the same disturbed feeling in myself that I have with a strong disassociated moment that I'm with. So my confusion won't happen in the spiritual opening. It's without that disconnected feeling that might arise in me, even if I don't understand that reality, because usually if somebody is in the high state of enlightenment, and it's fresh, the environment might not understand what happened to him or her, or what's going on. They might behave strange in our terms. But because I am included and transcended in that reality, I don't have the feeling of being excluded in that reality, so the feeling in me won't reflect that confusion.

If I meet somebody that is in the high state of enlightenment, I am included and transcended in that enlightenment. That's very important. I will feel a different transmission. That's not the same thing. I might not understand the human behavior, but when I check in with my energy, I don't feel the same thing that I feel when I connect to somebody that has a strong mental disorder, psychosis, or psychotic episodes, or any of those states, because it reflects immediately a different disassociation. I can feel it, and that's what's different.

So in spiritual states, all we need is to give it time, and in a psychotic state or in a strong mental disorder, it needs an intervention, urgently. It needs some sort of intervention.

Psychopharmaceuticals and Awakening

One person asked a question if we can actually wake up if we take psychopharmaceuticals, like treatment. And of course, the grace of God doesn't end where the pill starts. So that's first of all, I think, important, because especially in the spiritual scene we might meet people that reject conventional medicine, and I think that sometimes that's really a problem, because sometimes the medical interventions are very, very important, and if you reject them, it's already a sign that I'm not attuned, because if I'm attuned, I don't need to reject any possibility, per se, because I need to find out what's the best option for the given situation. If I reject one already as not working, so then I missed its contribution.

Now, a real deep awakening is much, much more than anything that arises in our physical, emotional and mental universe. Therefore, on the one hand, if you take medication for our psychological states, this won't prevent any kind of awakening experiences. It might numb my feeling, I might not feel so connected to the world through my senses...

[01:45:00]

but if there is a strong awakening waiting to happen, then it will happen with or without treatment.

But for me as a person, I might get the feeling that with a treatment I feel more disconnected, I feel more numb, I don't feel so connected to the world. This I might interpret as an obstacle in my awakening process. But the grace of God doesn't stop for anything. There's nothing that can stop the grace from happening. Therefore, I think that's a concern that is not really necessary. I don't think that that's a relevant concern.

But given the time, I see we're already very late. Maybe there are still some questions, and then we can continue in the next session, where I would love to talk also a bit more about what we talked about now, and then to go into the transgenerational trauma more. Anyway, they are very connected.

Homework

As a practice, until we meet the next time, it will be very good to maybe listen sometimes again to the meditation that we did today, and to connect to the potential future, but also to the power that we download when we work with people. That's definitely good to do again because it will strengthen this part and to see how the future actually affects my now, but, more than that, also my unresolved past.

Great! Yeah, and to play with the keyboard, to go through life and see life as frequencies, to train this muscle more, that everybody vibrates in a different frequency, emotions vibrate at different frequencies, incidents vibrate at different frequencies. To train this muscle more, so that I hear more of the music of reality, and the different colors of reality, because that's important if I want to work, especially with mental disorders, but with any kind of healing work basically.

Host: And that concludes Session 14 of *The Mystical Principles of Healing*.

This recording is protected by copyright. 2016. No part of this recording may be reproduced or transmitted in any form or by any means, electronic, mechanical, recording, or otherwise, without prior written permission of Thomas Hübl.