

## THE MYSTICAL PRINCIPLES OF HEALING: A STUDY GUIDE

Dear Participant,

We warmly welcome you to the **Mystical Principles of Healing Course, Part 2**. We are very happy that you decided to join us in the continuing exploration of the synthesis between contemporary science and timeless wisdom.

If you are new to the Mystical Principles of Healing path of study, we strongly recommend that you study the material from the **Mystical Principles of Healing, Part 1** to prepare yourself. If you are a returning student, we encourage you to review the teachings from Part 1 to refresh your knowledge.

Thomas will draw upon several principles introduced in Part I without elaborating on them again. To ensure your full understanding and participation in the upcoming course, it will be necessary that you take some time to study the material and get yourself acquainted with both the content and the methods of exploration and spiritual practice that Thomas uses in his work.

### **The course material consists of the following, in both English and German:**

- 16 recorded sessions (both audio and video). Each session includes a lecture and meditation.
- 16 transcripts of those sessions including a table of contents indicating the main themes.
- A complete set of meditations

To support you in navigating the rich material of Part I, we have identified seven main principles for you. These principles are introduced in seven Review Sessions and serve as an orientation for the study material.

We recommend that you listen to the Review Sessions as you start to study the course material. They will give you a brief synopsis about what you need to focus on in your study. In addition there are two Q&A Sessions with mentors scheduled for new students which are designed to offer you the space to ask questions arising from your study of the material from the first course. Please refer to the course schedule for specific dates and times.

**Please note:** Only listening to the Review Sessions will not be a sufficient preparation to participate in Part 2 of the course. You will want to watch or listen to all 16 videos or read through each transcript to be fully caught up with the course materials.

### **How to Study the Course Material**

1. Listen to the review sessions and get yourself acquainted with the seven major principles
2. If applicable to your way of studying – create an overview for yourself of those seven principles (e.g., a mindmap) and note your first impressions.
3. Watch, listen to, or read the 16 sessions of Part I. Please note: You can quickly review subheadings in the transcripts to see the major topics covered in each teaching. If you want to focus on the topics covered in the review sessions, you can easily find them via the table of content of each session's transcript, or by using the search function (control+F) to find key phrases in the pdf document.
4. As you study, note your growing insights and any questions that arise as you proceed through the course material.
5. Spend more time with any principles or topics that resonate strongly with you.

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### Meditations

The meditations are an essential part of the course, especially because they give you a felt experience of the course content. **Please make sure you do not skip them.** We recommend that you especially practice the following meditations:

**Inner Attunement Meditation - Course Session 2**

**Meditation on the Base - Course Session 5**

**Meditation on the Core/Central Line - Course Session 7**

**The Light Meditation - Course Session 8**

**Connecting to Your Core Intelligence - Course Session 11**

**Healing the Past - Course Session 13**

### The Seven Principles

Below is a summary of the seven principles, which are discussed in the Review Sessions recorded by Hilorie, Markus, and Nicholas.

**The Archetypal Path of the Healer** with Hilorie Baer

In this review, Hilorie speaks to the nature of being called to the path of the healer who simultaneously desires to help others while also being driven to heal themselves. She speaks to Thomas' teaching about how to expand our healing capacities through both opening our heart and refining our awareness so that we become a vessel or space in which healing energy can be brought forth.

Hilorie also talks about the need for practitioners to be supported through contact with this larger archetypal field, or movement of creative, healing energy so that we can avoid burnout while dedicating our lives to service.

**Foundational Concepts About the Movement of Life Energy"** with Hilorie Baer

In this review, Hilorie explains foundational concepts to Thomas's work, including the movement of energy through our life, its fulfillment, and resolution using the metaphors of a meteorite (movement) and the enso (movement back into formlessness). She also talks about what can block that energy and how we ourselves, through living a healing path, can become part of a larger movement of healing, such that our healing becomes transpersonal.

**The Principles of a Sustainable Life and the Energetic Anatomy** with Markus Hirzig

In this review, Markus talks about energy and its definition. He outlines the anatomy of our energy bodies and how we can start to relate to these layers or levels of frequencies, and to the movement of each. When we learn to relate to and perceive these various layers, we gain new competencies as a healing professional.

He also addresses maintaining energy in order to create a sustainable life so that our energy supports our personal growth, our work and the health of our relationships.

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### **'3 - Sync' and 'The Base'** with Nicholas Janni

In this review, Nicholas speaks about bringing precision to the work with our own and others' energy in healing or transformative processes. He highlights Thomas' teaching about the aim of spiritual practice being both an expansion of the light of one's consciousness and simultaneously a deepening contact with one's own vulnerability and humanity.

Nicholas then explains in detail a core part of how practitioners can work with themselves and clients using what Thomas calls "3-Sync." He follows this with an explanation of "the base" as the meeting point between an individual's life energy and their structure, the result of which informs one's fundamental composition.

### **The Practitioners Healing Tools** with Markus Hirzig

In this review, Markus speaks about the synchronization of the energy between the physical, mental, and emotional bodies and the tools that a practitioner has to address disruptions in health from a both secular and mystical perspective.

Markus discusses how at higher levels of light, beyond thought, the movement of energy is accelerated. As practitioners, if we connect to this higher energy, we connect to the original movement or energy that creates life. Markus explains how the soul's energy "dresses" in hundreds of thousands of years of culture and in family history. He elucidates how one can connect to the higher frequency that radiates through all of these "clothes" to have a look at the actions of one's past, culture and thinking in order to facilitate the movement of energy and bring about healing.

### **Principles of Transparent Communication** with Nicholas Janni

In this review, Nicholas talks about daily life as deep spiritual practice and how transparent communication is applicable every moment to the creation of greater intimacy and awareness in both our personal and professional lives.

Nicholas also speaks about how the use of transparent communication can enhance our effectiveness as professionals when we learn how to transcend habits that keep us from being able to perceive ourselves, another, or situations clearly.

### **Working with Trauma in Individuals and Groups** with Hilorie Baer

In this review Hilorie speaks about health as a balanced movement of free life energy and trauma as a response to experiences that overwhelm this balanced movement to the point that energy in an individual, or in a group, becomes stuck and reduced.

Hilorie goes on to discuss how the healing practitioner can be taught to energetically attune to the trauma in a client's system, or in the energetic fabric of a group, with detailed precision in order to create movement and change in the trauma and shift its crystallized structure.