

The Mystical Principles of Healing

INTEGRATING THE PAST – PRESENCING THE FUTURE

Table of Contents

Working with Energy After a Suicide.....	2
The Importance of Cultivating Spaciousness	5
Begin Meditation	7
End of Meditation.....	10
Transgenerational Trauma	10
Creating a Collective Vessel to Process Collective Trauma	13
Energetic Healing of Transgenerational Trauma in a Client.....	16
Summary	22
Homework.....	24

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Host: Welcome to *The Mystical Principles of Healing*, Course Session 15.

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. Yes, I think we had some very deep topics that we looked at in the last sessions, especially around mental disorder in the subtle world, and how to navigate in the subtle world.

First of all, I want to say something about the voice. As people who work with people—this includes everybody from a doctor, to a nurse, to a psychotherapist, a psychologist, a body worker, a coach, and all the other professions that I don't name—that are using, in the mystical perspective, healing energy, that their soul is part of a kind of a restoring or healing energy within the human system. So that we feel called to work in this sphere means that there is a deep interest. Our hidden light has a deep interest, which means that the soul feels a calling to work in this dimension of life.

We're not interested in—maybe also, but not as much interested in—computer technology or cars or whatever, but we are somehow being drawn to do the jobs that we do. We talked a lot about the mechanics of it, the energetics of it, the sustainability of it. We talked a lot about the capacities that we need and we said, okay, the generosity of the future, as I would call it, is an important aspect. What does it mean, the generosity of the future? It means that we are, in a way, allowing more and more of the higher consciousness, the higher intelligence, and the higher knowledge to take over our life.

That's a very courageous endeavor. And that means that, in the spiritual scene sometimes, that's a bit misunderstood that, okay, we don't need to learn anything, we don't need to know anything, anyway, everything comes to me. That's a bit of a misunderstanding of what I'm saying. What it means is that with all our knowledge, and all our competencies and everything that we learned, we become an instrument that the higher consciousness, or, as we call it also, the divine, uses the piano that we are as a piano player.

So I want to talk at the beginning of this session, because I want to take this into our today's meditation. Same as in the last meditation, we said let's connect to the energy that works through us, the energy that drives us. Every human being is a tiny fraction of the reflection of the whole, so we reflect one aspect of the whole as incarnated human beings.

So the healing power, the healing transmission that comes through us is a very important aspect, and however I use it, whichever functions I need to use, whatever knowledge I need to learn and study in order to be a vessel, a functional vessel that can transmit this energy, I'm part of the horse that the energy is riding on as the healing transmission.

Now, with that healing transmission comes the fact—and there were multiple questions about, okay, how do I do that? And we said there are two dimensions to how I do that. One is in the energetic world, there's a high precision. There's nothing like oh, maybe, maybe not and maybe it's cloudy and maybe...

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No, the energy is there or it's not there. The energy has a certain information or it doesn't have. What might be cloudy is my perception. Therefore, we work a lot on our perception and our presence, and our availability, and our higher connection, attunement capacity. We enlarge our landscape and map the whole time in order to be able to navigate in the subtle world.

Working with Energy After a Suicide

There was one question that came in and said okay, how does suicide affect a human being? How does suicide affect the family of a human being? Or when the parents commit suicide, how does it affect the human being? There was another question that came in and it said okay, what actually happens if, out of a very strong depression, somebody suicides and what happens to that person afterwards?

I think, these are very, very interesting questions, because, of course, there's a strong effect. But in order to find out the mystical perspective of it, it is necessary to train that capacity, to increase our capacity of attunement, because that's our study material. That's how I can study when somebody comes to me and says "In my family there was a suicide." or "My father committed suicide." And then we can see the effects of that on the person's life, but also on the whole system's composition.

But what tells me that is not just the knowledge that it has an effect; also my capacity to perceive that effect as something that is in the room with me. Of course, the knowledge is very helpful, because it gives me kind of a direction, but then the real study happens through tuning in with that and getting more and more of a feel, an energetic perception of how that field is composed within this certain condition.

So this means if someone is in a very deep depression, and again, depression in a mystical sense is a word that needs to be unpacked. What does it actually mean? Depression is a kind of symptom, it's a description of a set of symptoms, so there might be many reasons for that, but there is a kind of an inner environment that usually people create, that their inner landscape is composed out of. That's how we feel. That's how we experience life. That's what we look through. If that environment is often very heavy, very senseless, very dark, there's a lot of doubts and nagging thoughts, or there's a lack of motivation, so my life energy, my qi, is actually going down, the kind of negative thinking and the doubts and all the symptoms are getting stronger. If my qi goes down, the symptoms go up. So, when my life energy goes up, usually the symptoms go down.

Now, when somebody's life in the physical plane is being taken, or somebody takes it, they take it themselves, the energy body is still in the same environment. So with the energy work, what we do is to look to go to that energetic dimension and we are going to work on that inner landscape to, in a way, clear the heaviness, for example, of that inner landscape, in the other dimension, in the subtle dimension, and we help the soul to fulfill its cycle.

It's like as if you work with somebody that is in the room, but now the person is not in the room, so I can go there only with my subtle capacity. My subtle capacity lives in the world that the person is now, but not anymore in a physical body.

As we said last time in the mental disorders, the filter system is disturbed or damaged, and then all kinds of different scales of disturbances arise, because a lot of water is being brought into the room that actually normally doesn't have to be in this room.

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So I'm disturbed by the water, and sometimes my inner landscape is flooded by subtle energy that I cannot anymore discern, and I lose my regular way of functioning.

When we work with people after they leave their physical body, if they leave their physical body now, there is, in the traditions as we said already multiple times in the course, there is a way to accompany the soul, to shed the bodies in the best way that's possible for this person, because the person's consciousness usually is still attached to that world. That the physical body dropped away, and I cannot see that person anymore in the physical sphere, doesn't mean that in the subtle or in the astral world, there is not...this body is still active. The dream body is still active, and consciousness is still attached to that in most of the cases. Except, there are very highly evolved spiritual beings that are very awake already in life, so the identification with that body is already released, for most of it, so there is, in a way, kind of a highspeed elevator back to the light.

But usually, that's not what happens. If we are very identified with our feeling sense and emotional world and emotional attachments, so consciousness stays attached to that. If that world was in my life very bright, so that's very bright. If it wasn't very bright, so that's the condition that this consciousness is attached to.

In the subtle world, as we said last time, the divine plays on the keyboard of humanity also—not only on humanity, but also on the keyboard of humanity—so the music that we hear, everything that we can perceive, runs through a certain set of frequencies. If I learn those frequencies, if I learn those tunes, I can be part of composing music.

That's also when we work with family, for example, a family system where people committed suicide. We actually go first and check the energy field of the family: how much is the field actually still affected by that suicide?

Because usually, it's like if there's a beautiful spider web in the morning in the forest, you go into the forest and then you take your hand and you grab into the spider web. It actually pulls the whole spider web into a distorted position. So if somebody leaves in pain, in a strong pain, the whole pain is in the astral field of the family system.

There might be circumstances that that has resolved already, if this was many years ago, but maybe also not. So then we need to find actually the constellation, the subtle constellation, and with the higher energy to connect to the energy that we need and learn to clear up that energy field, that heaviness or this pain, or whatever is the condition there, and then help the soul to release itself and make its way back into the light.

Also, when somebody leaves the physical body, and people come together and they pray for the person, and they accompany the person on their way back, actually, after some time, the energy needs to return back in its cycle of transfiguration. If the transfiguration is coming to a fulfillment in the cycle, the field is actually clear.

The people that stay here will go through their natural cycle of grief and emotional release, but they do their process here, and the soul does the process in the subtle world, and actually after sometime the field needs to be clear. The appropriate energy work would be that the field clears itself, and the people here can continue their cycle of life, and the soul there can continue the cycle. That's of course the best.

And different traditions, spiritual traditions, develop similar but sometimes a bit different ways to do that. But my sense is that in the secular world we might have lost that quality and that knowledge of energy.

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The Importance of Cultivating Spaciousness

Why I'm saying this, and maybe I will come back to this later, is that one important aspect for it is how can I train myself to listen to the voice or to listen to the higher consciousness, or to listen to my inner guidance, to listen in the not knowing to a higher knowing?

Sometimes it seems like I have to do it, and of course I have a responsibility if I step into that kind of work, but I also have a responsibility to listen to the generosity of the future, which means that I learn that the words are being put onto my tongue, that I will allow myself to be played by a higher intelligence that I'm part of.

So I think that's a very important factor that, suddenly, in this kind of work, in the mystical work, we have the precision of attunement, and we have the openness and the humility and the bowing to receive, to receive knowledge. That's where the great work comes from, that suddenly you see a person, and suddenly you see or you feel or you know already—ah that's what it's about. Where did it come from? I didn't produce that. So where do all the great insights come from, like even before the person enters the room, suddenly you feel already—ah that's what it's about, and then the session just reveals what anyway was clear in the first second.

And how can we train that capacity? We already talked about it, and therefore, I want to bring this back into our conscious awareness that a training of freeing my screen and creating space is important, like how can I practice. We are here now for almost eight months together, and there was a lot of time to do the daily meditation practice and the daily spiritual practice with the different aspects that we said—inner body competence, light meditation, the emptiness meditations.

So we had a lot of guided meditations that everybody could revisit and re-listen to. And just to remind us that the spaciousness, and you can check in yourself: what is the degree of spaciousness? Like this tiny little window on your laptop that is never going to be filled with the applications and the programs you're using. So you do your work, and one window always shows you, in a way, the source code of your computer.

And that when we walk through life that we train not to lose that window, to have one space open that is not consumed by my current environment, by the perception of my current inner and outer environment. No matter if it's my emotions, my thoughts, my, whatever, body sensations, nor is it what the room looks like, what the current conversation looks like, what my client looks like. There's one space uncorrupted, not in 2015, timeless, ever present, on. So the training of that window is very, very important, because that's where the space of not knowing that I am committed to, is the bowing to the higher knowing, and that higher knowing, combined with my horizontal attunement precision, are an amazing couple.

Some of the questions that come in is to say, how can I know this, or how does this work? And we can talk about how does it work but especially, also, with mental disorders, for example, there's one aspect that I need to be able to see and feel the situation in order to know what is actually now going on? What is the energetic condition that I see?

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But not only my attunement practice gives me that, also my stronger and stronger connectedness to knowing that I will have more moments where I simply know things, like an instant knowing. That's something I can include in my daily meditation practice.

If I pray for it, I will invite it more and more into my life. I will magnetize that quality into my life. So not to forget that, with the prayers that we induced, like that we go into a deeper space or we connect to the light, and then we set a daily kind of invitation or intention. One of the intentions can be that I am open enough to receive a higher knowing that is not coming from my personal sphere, from my personal knowledge, from my personal (whatever) professionalism.

It uses my personal competencies, but it goes beyond that. There are suddenly things that I know about clients that I cannot know. I've never seen this person and suddenly I know things about their family system, their parents, their whatever, their lives in general, that is not part of my personal knowing. That's a function, I think, that is very, very important, and many of the mystical masters for thousands of years expressed, in a way, that function.

I'm talking to this at the beginning because that's something that we can, in a way, if it's a heart desire, that that's what I need as a mystical tool to work with people, then, in an honest invitation again and again and again, I indicate that I open myself to become that piano, that I offer myself as a tuned piano to be played on. I think that's a very important function.

So let's take this into the meditation, and then we will look deeper also on the transgenerational trauma and the collective shadows. That's still something that we want to talk about.

Begin Meditation

Again, at the beginning, sit comfortably with an upright spine and let your breath take you into your body first. Anchor the body sensations. Plug us into the world as it is right now. The body sensations give us an anchor for our presence, mindfulness, a gate into the mystical dimension.

I can notice the movement of my breath, how my center of awareness dropped slowly into my body field, and also how my structure, my base, grew through a month of exploration.

If I see myself today in my life, do I feel more grounded, more safe, more held in my own structure? Like, rooted, setting healthy boundaries...

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...feeling my direction, my generosity, my relatedness in the movement.

And to take a moment to explore again the structure, and the quality of resting in the healthy structure. It also gives a base to the current experience, stability. But a stability that is fluid enough to move with the river of life, the changes in my life, the challenges in my life.

And also how my radicality grew to face the very pleasurable moments, pleasant moments, the beautiful moments, to inhale them and to be nourished by them. But also all the moments that I find challenging, difficult, and I would love to avoid. How did my radicality grow to really commit to both as the beauty of life? In a way, to have more spiritual courage to meet the 360 degrees of life, and to learn about the beauty of life by being in it and through it, and allowing the intensity of life to vibrate in my being.

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Then to notice again the spaciousness that maybe goes more or less with you throughout your day, sometimes stronger, sometimes less strong. But there is a more and more constant spacious environment within the movement of my daily life. How much can I rest in this more timeless quality, while I live a very full daily life?

Did I learn to do my moment-to-moment practices in order to strengthen that spaciousness? Do I invest enough in my daily practice to strengthen that space? Can I focus on that spaciousness right now?

To notice the listening into space within myself, like in the mindfulness of presence that doesn't focus on the perception, but more on the space. And listen into timelessness, and to let that presence deepen.

And from that presence to connect again to the highest point on the head, to expand into the light, to widen the space above the head, to either receive higher light or to go above your head and expand vertically, whatever is easier for you.

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In a way you connect to the illumination, the light sensation or to a high-pitched sound. Then to stay there, feel it, feel the vibrational quality of that light, the feeling that comes with it. And then let your whole nervous system, let it flow down into your body, the whole nervous system if possible. Vibrate in that quality.

From there, just set the intention, if you want to, set the intention to invite a higher knowing guidance, a higher stream of information that is transpersonal into your own life, like a deeper guidance, a deeper knowing. And to say that in your own words, and then let those words either move high above your head or deep into your heart, whatever you choose. And to repeat it two times after.

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Once you're ready with it, let it go fully. Just sit in the state of inner receptivity and see if there is any information for yourself or anybody you work with or anybody that is important for you, if there is anything that pops into your awareness either as images, words, knowing, feelings that is important. Or if you have a question around a specific person in your life or a specific client, to ask that question in the silence and feel that person and see whatever arises.

And then at the end of this meditation, let's sit a few minutes in silence and connect again, as we did it last time, to the uniqueness of the healing quality. As you felt the last time, if you're somebody that works with people, what is the uniqueness of your contribution? What is the unique energy?

And if you need healing for yourself, so you just use these minutes as a transmission for your own self. If you have clients that you work with, who have questions, or patients, then to connect to them after you connected to this unique healing quality. Let's all, in this collective field that we create...

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...sit a few minutes in an intensification of that healing energy, and everybody can decide what you use it for. Maybe work with your clients or patients, or people that need it for themselves, and to stay open and connected for a few minutes.

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And slowly to again let go of this intention and rest a few moments in the silence of space itself, to let go of all energies and rest in space, silence, presence.

And then to take a couple of breaths and inhale and exhale a few times, deeper, feel your body, your feet. You're anchoring in the physical.

And then let's come back.

End of Meditation

Transgenerational Trauma

Well, great. I want to start with the transgenerational trauma, which is also with the collective trauma. I want to take the whole thing and remind us of some things that we talked about already, which is that, we said, if a traumatic impact entered the energy, so the time of the impact is stored as a cosmic address. When we talked about working with trauma, we said we need to find, in time and space, the energy that actually impacted the system, and the energy goes deeper and deeper.

So we said the earlier we take care of the trauma—of course, usually there's a physical way of taking care, or medical means, of a trauma—but the earlier we take care, also, energetically of the trauma, the less the trauma will enter into the substance. But we said the longer the traumatic energy enters into a system, it will go deeper and deeper into the substance and affect the substance. So it will crystallize more.

And then we said that there's always a memory of the trauma, and the trauma. So when I work on the trauma, I also need to work on the memory of the trauma, because often the memory re-stores the trauma in the body. So we work in the energy field of the body, for example, with the trauma, but we also clean it in the memory, so that the whole energy system will be clean from the traumatic impact.

So we said our energetic capacity to attune with the person is, okay, the person had an accident, the person...there was a sexual abuse. So the time of the impact, we said, is where we start, and from there we can reverse, in a way, part of the energy. We can use higher light, and in energy work it's often we tune in and we need to find out which higher dimension of light do we need in order to clear that energy from the system?

Another way of working with this, as we said, we learn to attune to the person's energy.

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Once we can attune exactly to the point in time where the energetic impact is stored and frozen, for example, my energy field can attune, while I speak with the person, to the person's energy field. We said that there's a coherence of energy fields,, like the two trains, as you remember. When the trains drive in the same speed, we can talk through the window to the other train. So we open the window—if there are still trains where you can open the window, it's not so easy nowadays—but let's say you can open the window, the other person opens the window, and because the trains go with the same speed, you can have a conversation.

So my energy field attunes to the energy field of the person. I can feel the traumatic impact. I can tune in. And while I speak with the person, my energy field is already connecting to the trauma energy and to the whole complex that comes with it, and through the attunement we help the energy field to return back into the conscious awareness of the client. And then we go step by step, deeper, and guide consciousness there, and help to unpack it, unravel it, and integrate it as much as it's possible with the resources that we have available.

Now, when we talk about transgenerational trauma—and we've talked about this already—we said, mystically seen, the energy is in the substance, and because it's being passed, because it's not resolved, and it's being passed on to the next generation, it will be harder to work on, because it's being passed on through the substance to the next generation. So not only the behavior and the emotional environment that the children grew up in, but also the substance passes on some information to the next generation.

Now, when there is substance involved, it's more crystallized. So because it's more crystallized, it needs more energy from the higher dimension to heat it up. If you remember, we talked about the spoon, like the spoon is being put into the higher heat, the spoon gets soft, the spoon can be changed, and then the spoon comes down, and is a different spoon.

If you translate this through the work, the energy work, it's as if something is in the substance. It has a crystallized energy in the substance, so I need higher light. I need to go up. Like in the light meditation, I connect to the light. I connect that light to the appropriate quality of light, to that level of trauma. So my energy field in my body can connect to the crystallized trauma in the substance, which means I need to learn how to feel it. So I put one cable into that, I put one cable into the light, and then I'm just a transmitting station, to feel into the crystallized trauma and to let it open up enough, so that the information that is stored in it can be released.

And then, usually, of course, because it's getting softened and opened, the emotional aspect, the mental aspect, so the whole informational aspect can be released and can be opened up.

Here I'm talking just about the mystical understanding of it. I'm not talking about the scientific understanding of it, because there is, in my understanding, not yet appropriate scientific proof for what I'm saying on a mystical dimension. We saw on the Facebook page somebody posted epigenetics being involved in the transgenerational trauma, and that's, in my understanding, already the first step towards this mystical understanding.

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But then when we talk about, also, there are predispositions that get activated—or not—in people. And if we have an underlying genetic predisposition, an activation, some things will be harder to treat, if they have a genetic component, as if that's something that has happened in this lifetime, and we are taking care of traumas that happened in this lifetime.

The mystical knowledge would say the same. Because it's already crystallized in substance, and it has been passed on through the substance as well, it's harder to take care of. It's, on the one hand, easier, because the second generation of a trauma has a bit of a detachment and, therefore, more space. Sometimes a trauma is so strong that it's hard to even take care of it because it's so threatening, and there are so little resources in the system.

But in the substance, most of the time I need a higher energy to make the substance more fluid, to open it and let the energy be processed, and cleared. So I think for this it's very important that we practice what we do in the light meditation, that I can connect to a higher vibration, and we said a higher quality of light is a much higher speed. Remember, the train with 50 kilometers per hour and the train with 300 kilometers per hour. Its'ss much faster.

If something is crystallized in the substance, it's very slow. Therefore, sometimes the healing process might take, in the substance, much longer because it's slower. So when something is slow, it needs more time. Remember when we said the more dense is the energy, the more time things need.

So when the creation impulse is in the higher subtle world, the creation is very instant. We call it even instant karma. Something is being produced; immediately you see an effect.

When it's in the substance, something is being produced, and after some months or years, you see the effect, but often then it's not being reconnected to that event. Because in the substance, there is a much longer delay of energy and information, because it's slower.

The same is also with the healing, so it takes much longer to take care, for example, of a state of depression, when it has like a genetic predisposition, than when it has kind of a reason that is closer in time.

Creating a Collective Vessel to Process Collective Trauma

Now, when we look at collective trauma, we talk about collective trauma, if a bigger part of the society has had an impact on many people in a generation, so that the common windshield of the car has the same distortion in the glass. Which means, when I look at reality, and there's one traumatized person that has an environment that doesn't have this trauma, there is a kind of a reflection. And when I look out, I see a different energetic condition than I see in myself. That's very helpful, because this gives me a different reflection.

But when many people in a generation go through a war or go through some collective circumstances, so basically, most of the people in my environment are sitting in the same energetic condition. That creates a strong...like when, often, terrible things happen, there is a strong collective unconscious suppression that holds a lot of energy.

As I said already last time, in many of the groups that I ran, I saw basically similar patterns of collective trauma emerge in a kind of a similar pattern of process, that often starts with the heaviness of the denial or the collective suppression in the room, until unconscious material erupts.

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My experience of working with it is that we, on the one hand, need a vessel, a collective vessel to hold that energetic pattern that appears in the eruption of this collective material. This collective vessel can only be established through a high level of synchronization in a group. So if a group is this vessel, we need a kind of a synchronizing function in it. The synchronizing function are some energetic exercises that help us to synchronize the whole group to become a more coherent vessel. And then in this coherent vessel, there's a possibility, when we have a mutual intention to look at a certain collective traumatization, that there are enough people in the room that are willing to touch the collectively suppressed material.

As I said last time, my hypothesis is that the heaviness of the symptoms that appear before this collective material appears is something that is stored in us all the time and, therefore, affects us 24/7. If I let this knowledge sink deeper, that means that, actually, in an area on the planet where there is a strong collective traumatization—and there are enough of them that we can name—there is actually a very strong collective pressure all the time in the collective unconscious, which means there's actually a very strong pressure in many body-minds all the time.

I think that it's very interesting to explore or to research what is actually the effect on the individual, and why so many individual symptoms appear, and how many of them are actually connected to a collective pressure—like in a pressure cooker—how many people are actually valves that release collective pressure through symptoms that belong to the system.

Also in the spiritual practice, I find that it's very interesting when people through a spiritual practice open their sensitivity, open their energy, the energy systems become more translucent. It might be that also those are people who will channel collective suppressed material easier, because they are more open.

Last time we said subtle energy will always try to find a way to release itself, to fulfill the enso. Sometimes we see people that practice spiritually, but then go into kind of a strong imbalance in themselves, because the energy fields are getting finer, and if the base is not really settled, the collective unconscious material starts to surface through those people and create a distortion, but actually the system wants to heal itself. The pressure is just because the energy wants to fulfill its cycle. So actually it's a good movement that is often experienced as very difficult symptoms.

And now when we did in the last 10 or 12 years this collective dynamics in the group, or when we did big events with many hundreds of people or a thousand people, we took care of creating a container, a container that is held by many people, like many therapists or people that work with people, and we created a synchronizing function. And then we induced a connection to that event and allowed people to let the energy of the collective suppressed material arise through and in them. At the same time, we opened in the group, we said in the group field there's also a higher intention.

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There's, in a way, like a soul energy for the whole group. There's a higher self for the whole group. So we use that higher energy to come in as the collective material comes up, and to create a kind of a transformational engine in the room, so that, like a fountain that comes up, that gets transformed as it's coming out. So there's energy coming in, there's energy coming up from the past, the past comes up, the future comes in, and meets in our hearts in order to transform the collective material that needs to be experienced, but can be transformed through the future in order not to stay in our systems.

So that's, in a way, the most senseful way to work with a collective trauma as a we space that I have come to until now, so that we use the mystical function of the light that has a transformational function, that transforms energy, and we allow unconscious material to surface and then be transformed as it's coming up. So that, at the end of the day, this synchronized group will have the release, and the experience of a release of a certain chunk of energy, but not go home with the residues of that event.

Because the danger is, what I have seen also in some people that do work like this, is that we will feel after effects of it. So we open collective shadow material, but then we are not able to digest it, and then we feel it as a heaviness or as an energetic burden in our systems. And then for days or even weeks we are digesting that material through not feeling well, and through it coming up strongly in dreams, or in a kind of misalignment in ourselves. And then it's also a way to process that, but it's, in a way, not the highest possibility that we have, I think.

I think the collective trauma needs that we are on the verge to create more and more collective vessels that help us to take care of bigger chunks of unconscious material than in one-on-one treatments. So if there are hundreds of people coming together in a well-held group, people who are also able to do such a kind of work and then dedicate their intensity to the collective shadow material in certain regions on the planet, it will help us to at least digest some of the material in order to release the collective pressure. And then, of course, it will be interesting what is actually the impact on our health environment, in the health field? How much that kind of work, together with the one-on-one work that we are doing, will basically improve our collective health condition.

Energetic Healing of Transgenerational Trauma in a Client

So when I take this collective unconscious material and I now go back to the individual portion of it, so the collective unconscious means that I'm living in an environment. It's not only happening in me, and I look through it onto my environment, but my environment doesn't have the same trauma, or I live in a collectively traumatized area, where many people look through a similar traumatic energy field, and then we actually have a shared intersubjective kind of truth together in it, which reinforces it and stabilizes it.

So if I look at the collective chunk, I think we need collective vessels, and to compose coherent collective vessels in order to work on this in a bigger scale. If we look at it on the...let's say...

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...my family was part of the Holocaust, for example, and now we look in the second or in the third generation, how to work with the residues of it. So then I see, a-ha: now I need to find out, so through my interaction with the client, I listen to that my whole family was in the Holocaust or in a concentration camp, and now, while the person speaks, I can connect through the energy field, because the energy field of the person carries the whole history as stored information in it.

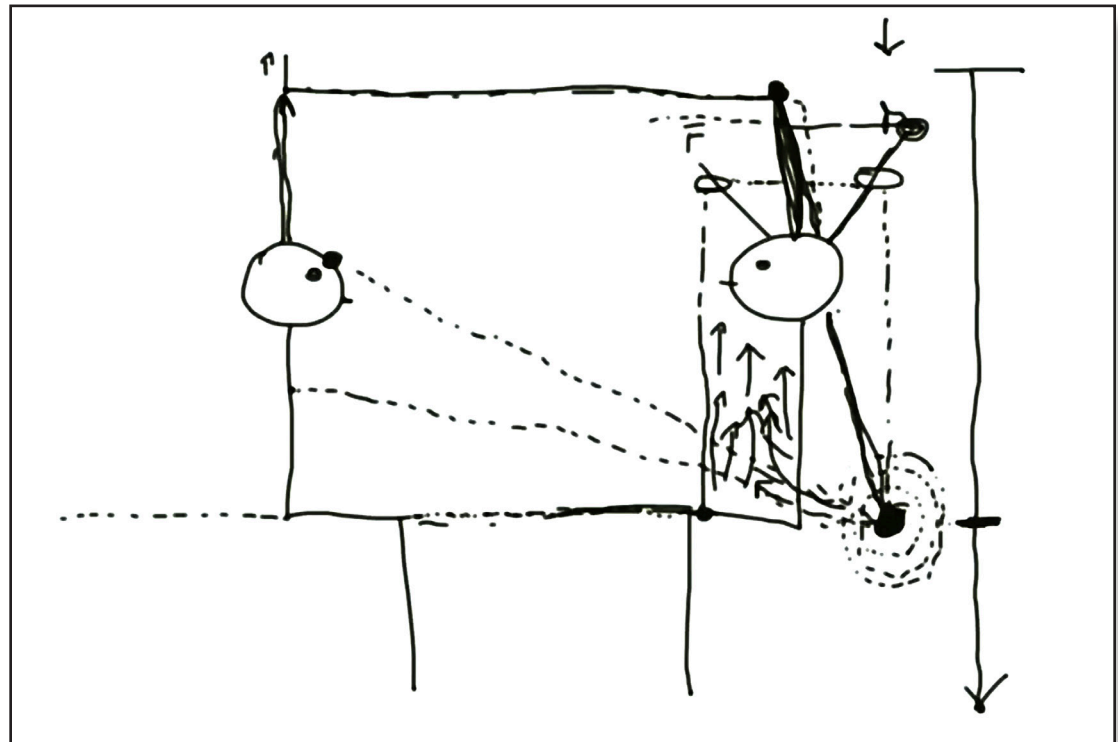
So actually, with my attunement capacity, I just need to listen precisely and follow the energetic change, because, if the person comes in and says to me, "Hello," whatever, the small talk, the energy field will be in a certain state. In the moment I ask the right question, and the person switches their focus of awareness into that area, this part of the energy field is getting highlighted.

So for me it's much easier. I can connect to this also when the person talks about the last soccer game that they connected to, because the information is in the field. But it's much easier if the person talks about the parents having a history in the concentration camp, because the whole energy field will display it. And then I can see: oh, there's a substance level, which is connected to the physical dimension, there is an energetic dimension in the emotional level, there's something in the mental level, there's something maybe in the ancestral line. I can follow the whole composition of the same issue and see: where do I actually need to start to enter into that field? But I see the multiple dimensions that are connected to it.

And I see also how much the person can hold a clarity, and how much the person is actually shutting down his or her clarity while this issue comes up. We can see it when we look at the energy of the eyes. This cannot keep a certain amount of seeing, so the eyes go flat in a certain dimension of the energy field and are not able to look at the issue itself. While the person speaks, I connect to their energy, vibrate with the multiple dimensions that I can feel, so my physical field starts to vibrate with the physical dimension, my emotional field vibrates with emotions and so on, so that I can create a coherence. And then we look, slowly and slowly how we can bring the awareness of the person back into certain levels according to the resources that we have of that trauma.

Usually, when it's a transgenerational trauma, and, of course, it's reinforced if it's a collective transgenerational trauma, that we will need to find the right point in time in order to connect. So once I'm attuned to the person, I can see: okay, I need to bring in a certain vibration. I connect to the person's higher self, and I find the light in the person, and to see to bring in the higher intelligence of the person into that session.

So maybe I will draw this for a moment, because maybe this sounds very abstract.



Drawing 1

So when there is one person [draws a figure on the left, representing a healer], and there's the higher connection [draws a vertical line up from the top of the head], and we are sitting here together. And then there is another person and there is an energy field, and we are sitting here together in this session [draws a second figure representing the client, on the right, with a vertical line up from the top of the head]. If I go up here [follows the vertical line from the healer's head] and I go up into my crown, I connect to the light and I also connect, I am looking for the appropriate light, I ask if they are here. I go tune in here [draws a horizontal line connecting the Higher Self of the healer to the client's].

[01:20:00]

This gives me a transpersonal vision of that person. The higher I can go in myself, the higher is the transpersonal vision that I can establish. Usually, it's very helpful, when a client comes, to take a moment, while you have small talk with the person, you tune in to the highest possible level that you can connect to in that person. And then, the higher I can go, we have the whole line of energy dimensions available. So that's actually how much I can see of the map of this person. [Draws an arrow from the point over the client's head down to their feet.]

When I connect, let's say, to the soul of the person, I tune in with the specific energy of that person, and then I have actually, up to that, I have all the frequencies available of that person: the physical dimension and emotional dimension, the mental dimension, up to the soul, which includes also the ancestral line of the mother and the father, the father and the mother.

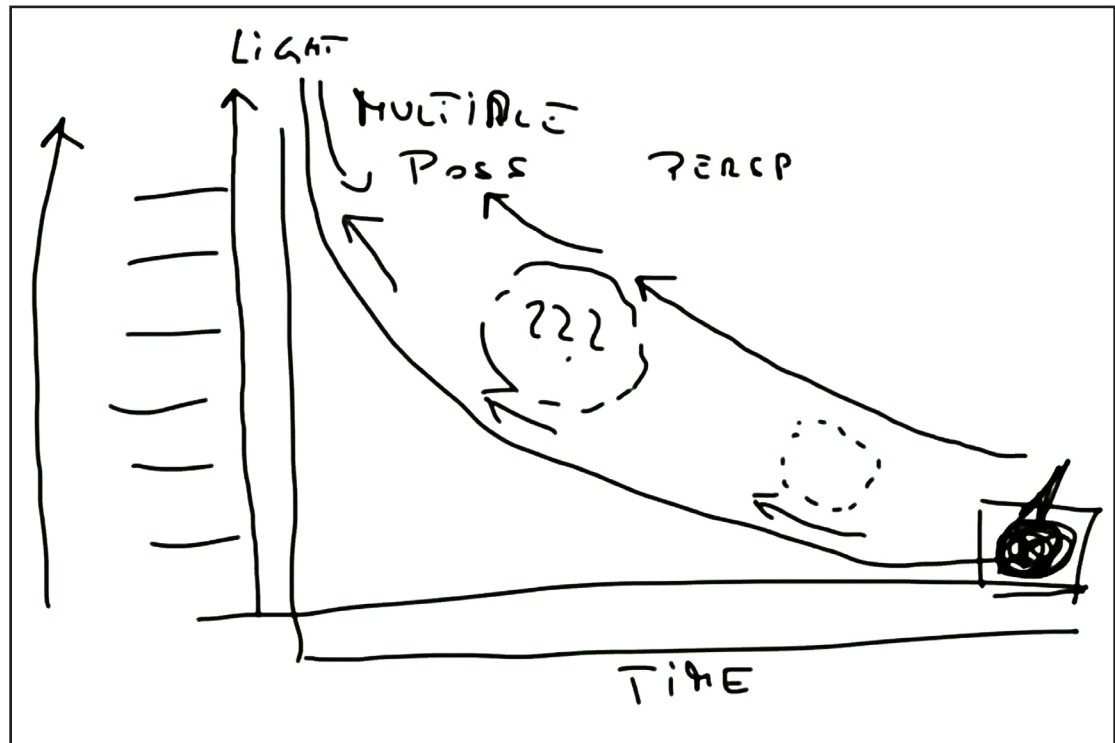
Of course, in the spiritual practice, we practice our own alignment. And then I can use that alignment with everybody I meet. So I use the higher energy and I find, let's say, where is the physical aspect? [Draws a dotted line from the "map," (the vertical arrow) to the client.]. Where is the engraving of that in the traumatic information of the father and the mother?

There's a physical translation of the parents in that person, and I want to find that. I learn to tune in to the physical dimension of the father and the mother, which is one line. And I connect to this through my own... I can feel this on a physical vibration. And I use my third eye, for example, to connect to this. And I use my heart to connect to this, to this point. And I can use my higher connection to connect to this point as well. I tune in here, and from here I go down also here. [Draws a dotted line, connecting the client's higher self and the trauma point on the physical aspect line (vertical arrow) of the client.]

So actually, my whole energy field starts to vibrate. I can feel this in the parents. The parents had a very traumatizing experience together, or the grandparents had a traumatizing experience, and now this energy from the grandparents passes itself on here [he connects the grandparents with the parents] and it's being passed on here [and parents to the client], and it has here a kind of a crystallized reference in the matter. Once I can connect to this, I can feel here and create a connection from the higher self into that substance and make it warmer.

If this is getting warmer, it's getting more fluid, it's getting more fluid. It's getting more open. It's not anymore so crystallized. It becomes more a possibility. [Draws dotted circumferences around the trauma point.]

The mystical knowledge says, the more something is engraved in the substance... one moment...



Drawing 2

It's our creation line [draws a curved line from top left to bottom right]. So here is the light, and if something is being created, it goes down through the different levels of density or subtle reality [draws horizontal dashes down Y-axis], until it arrives in the substance.

[01:25:00]

The substance, this is the time that things need. So in the substance, it's very crystallized, and it's one possibility. The more we go up, back up, the more we do our spiritual practice [draws arrows to the left up the curved graph], reality is getting more and more open and fluid; the interior is more and more fluid, and here are multiple possibilities, also more perspectives. So the more I go back up into creation itself, back to the source, back to creation, I'm more awake. There is more vertical awakening. [He draws a vertical arrow pointing upward along the Y-axis.] From one possibility, I go back to many possibilities.

So if I bring this back to this image [Thomas refers back to Drawing 1], this is one possibility, this transgenerational trauma, and the symptoms that this person has from it: the physical, emotional, mental symptoms that arise, that this represents itself. So this transgenerational trauma has a physical dimension, and the person most probably has an emotional and a mental dimension, at least where it displays itself, symptoms that arise in this person's life. If I heat it up, there is a possibility for it to change into another possibility.

So one way of working with it, as I understand it at least, is: I bring light into here [refers to the point representing transgenerational trauma], this heats it up. And because it heats it up, it makes the information more available. So, the more I can feel it through my body, and the more it heats itself up, this crystallized information appears in the person's consciousness more and more.

So actually this predisposition will arise more as information and movement again in the person's reality, will arise more as movement. Because here, it's fixed in the substance. Once it's in the substance here [Thomas refers back to Drawing 2 and circles the curved line at the bottom right]...in the substance, it's one possibility, and it's fixed. It needs to be one. It needs to be this life, this life with all its consequences. This is a fixed karma.

In the moment I heat it up, it's a question mark, which possibility it needs to be. It has more options. It has more perspectives. The higher the vertical development, the more perspectives I can hold, and the more possibilities, and the more fluid is the structure.

So the direction that that person's life takes, or, let's say, the depression that this person might experience in this lifetime, is more set to be a depression, because it's fixed in the substance. But when I come now and I heat it up and I open the information [Thomas refers back to Drawing 1], then what is crystallized, here it's also crystallized [refers to Drawing 2], so it's in the substance. It's like in a box. And if I make it hotter, it becomes more fluid. It returns to be a movement. And we said healing is the restoration of the original movement, which means when the one possibility can become a movement again, there's a potential for a radical change. Because if not, then it stays fixed as this possibility and that's something that we say, oh, that is genetically predisposed, or it's a predisposition, and most probably we will need to live with this.

Or, we can say, yeah, in this regard [Thomas refers back to Drawing 1] it's a possibility but there are ways to heat this up in order to change this fixed possibility, make it more fluid, let it return as an energy into my conscious awareness, and let my conscious awareness process it in order for the energy to return and fulfill its cycle.

[01:30:00]

Last time we said—or in the meditation that many people also did with feeling into the generations—of course, I can also go through the mother and the father or the grandmother and the grandfather. I can tune in also here [Thomas draws a dotted line, connecting the healer's third eye with the higher self of the client] and feel, which will also be necessary most probably, and feel the trauma up here in the lineage, in the transgenerational lineage, and connect to it and bring more awareness into it. Because now we are the future that connects to that past. So the trauma can be worked on in the lineage, and the trauma can be worked on in the crystallized aspect of the matter, and of course in the emotional and in the mental field.

Summary

Here I'm back. I hope this was not too abstract, and I hope my drawings didn't create more confusion than clarity, because there's a lot of information in them. But to say it again, in my understanding, the crystallized trauma in the substance is a more fixed possibility, there's less moving energy. Once the table is a table, it wants to stay a table, and the table has less possibility to change its own energy than less crystallized energies.

Now, when something is fixed in the substance, it's harder for it to change. It's easier to change when it's in the emotional field, it's easier to change when it's in the mental field, it's easier to change when it's in higher fields. So then, the more subtle is the tendency, the easier it is to clear it out. The stronger it is in the substance, the harder it is. So we need to create more movement, and more movement means I need horizontal attunement, and I need a vertical speeding up of the information.

So if it is already vibrating very slowly, I need a much higher speed to turn its energy on to vibrate faster. When it vibrates faster, it becomes again more energetic, and it becomes again more open to release its energy. The stored energy through the transgenerational...transference of energy.

And then we can bring it back and process the energy as a movement again, because it will be feelable. It will be something that can arise in the person's consciousness. It's something that we can bring up, and eventually also clear as a tendency, so that the physical, the crystallized aspect will get less, and then movement will get more. So more movement will again be possible, and it will not feel as fixed as it felt before.

And now, of course, if it's a single trauma that has been passed on, or if it's a collective trauma—in the collective, there's always a kind of stabilization, because either the one generation that it happens to is sharing that trauma, or the next generation is being born into it. So, basically, everybody, or most of the people, in the next generation are a part of it, because they have it on themselves. It's already a suit. Therefore, it stabilizes itself again.

So that's, I think, also an important factor: how to create pockets of clarity within a collective traumatization, so that we create first a we space that first learns to clarify part of the traumatic aspect, and then to radiate that clarity into the whole field. And why is that important?

[01:35:00]

Because one of the mystical functions that I said already is, according to the mystical knowledge, when an act or an energy can be naked in the face of the divine, it will find its resurrection. Or, it will find its re-creation. And that's basically something that we work with here. When we say we bring higher light into it, it means that we bring the higher consciousness function into the current experience, which is, in a way, similar to what, for example, in the Christian tradition is called the Judgment Day. And the Judgment Day is not something that's—and I think we talked about this already—when that's not something that happens in the future, but the Judgment Day is the possible re-creation of reality now.

But what it needs is for whatever is the act that happened, finds a nakedness in the face of God, which means it finds a complete synchronization in the highest presence, in the highest is-ness, or in the highest...in the now.

So there's a complete synchronization of all levels, and the nakedness, or an openness, a vulnerability in front of the light. This means that the light can flow all the way through and fulfill its cycle. That's basically what the ultimate healing process is—is that an energy can fulfill its cycle and return into nothing. So the enso finishes its cycle.

Homework

My suggestion is also that the attunement process. If you get the chance to work with clients, and to use the next week to highlight that in the attunement process; to say: okay, everybody, when I'm working with someone, and it comes up that there's a transgenerational trauma, to tune with the substance level of it, to tune in with the crystallization of it, and see what are ways that your perception can display that?

Even if the mind says, "How can I feel that, I mean it sounds so abstract to me. How can I feel the trauma in the substance?" But we said that subtle perception starts with a clear intention. If a person sits in front of me, I am basically looking into a universe. And if I just look, it looks like okay: a person. And energetically it's so much information that at first I might even not see anything, because there's so much.

Once I set an intention, I say okay: I look at the lineage of the person, the ancestral line, or I look at transgenerational trauma, or I look at the crystallization of the trauma in the substance. Then I set in myself a clear intention, and then I observe what I see, feel, know.

And even if at the beginning it sounds abstract, because I've never done this before, just to experiment with this and to come back to your triad partners and to your group of six and share your experiences, and listen to other people's experiences. And then take it back into your practice and practice more.

[01:40:00]

And to learn to refine that, to learn to refine that. And not to forget that when we speak to it, when we mention things that we see, we can see the resonance in the person's energy, which means that when I ask certain questions, or when we talk with the client about this transgenerational trauma, while I talk to the person, I constantly read the energy of the person, and I constantly see what of our conversation actually resonates, and what doesn't resonate. So I get a kind of a check-up of what actually resonates in that person and what doesn't? What doesn't, I drop, and what resonates, I go deeper with.

And I learn through my own body to get a more coherent feeling. And then we will talk about it more the next time.

Host:

And that concludes Session 15 of *The Mystical Principles of Healing*.

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