

# The Mystical Principles of Healing

INTEGRATING THE PAST – PRESENTING THE FUTURE

## Table of Contents

Healing is an Act of Love .....	1
Begin Meditation .....	6
End of Meditation.....	8
Unleashing the Capacity for Collective Healing .....	9
Magnetic Presence and Holding Space .....	12
Transforming Karma By Witnessing Current Events .....	14
Bowing Down and Allowing Ourselves to Not Know .....	16
Creating the Temple Where Healing Happens .....	18

[00:00:00]

Host: Welcome to *The Mystical Principles of Healing*, Course Session 16.

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. This is our final class in this course. I would love to use the time of this class to answer some questions that came in. Then we are going to have another meditation, and then we will look at some of the open ends, and maybe look at the collective aspects of healing and the healing power.

Before we go there, first of all, there were some questions about energy and energy healing that I would love to address. One of them was the question of somebody: "When we tune in, what is the intention that we set, or how does it work with the intention in the attunement process with a client, with another person?" And I want to say something, because maybe that's important.

## Healing is an Act of Love

Healing, I believe, is an art that consists out of many different factors. One factor that we said is that, at the beginning of the course, we said the beauty. There's a beauty to the healing arts. And the healing arts are one path to enlightenment. Whatever is the interest, if I'm interested in body work, in psychotherapy, in medicine, in psychology, in Chinese medicine, or in any other aspect of the healing art, for the mystical understanding it's that there is an energy that runs through us, part of our core intelligence, that channels healing.

So that's the essence. What it looks like, if I study medicine and I become a doctor, or I'm working as a nurse or I'm becoming psychotherapist, or whatever, that's the face that my healing energy gets. But in the core, there is an energy that gets me interested, that my interest is going there. Serving the world in that way is what makes me deeply happy.

So if that's what my core is, then if I work, it's not going to be like work. It's going to be like energy, intelligence in expression. And the contract, we called it, that we made with life, once we started whatever we are doing today, is we said we get a loan; the healing work, the energy work is like a river of energy that turns on our own evolution. So, the more I am plugged in, the more I'm on, as we said it energetically, the more electricity runs through me, my evolution is going to become faster. Many things in my own life are becoming faster.

Why? Because I opened my energy to other people. I said I can receive other people in whichever way that is filled with integrity, and I offer something. I have skills to offer.

So this brings in more light. Many group leaders, many people who work with people know this. In the moment you're in your role or in your functioning, like there's another energy that supports it. Often we said there's a higher clarity, that you have a lot of energy, you don't get tired, like it's just like a river. But with that comes the small-printed text that said...

[00:05:00]

...“And I'm going to become the clearest vessel possible.” Because that energy needs a grounded vessel that is as clear as possible. So that's the part that is important for the attunement process, because the clearest vessel possible means that I'm going to be working on my own stuff. However developed and however experienced and however big is my work in the world, I will need to continue that. That's part of the integrity that we always invite kind of an outside perspective that we trust, that is in a level of development that we need in order to reflect the energy back to us. That's a basic requirement, we said, for integrity.

The next step is that the clearest vessel means I will get clearer in my shadows, I will clarify my perception. For the energy work, it's always important that my perception is as clear as possible, that the lake is as still and clear as possible, in order for the nakedness of the world to appear in me. And we said that that's intimacy. The nakedness of the world as clear as possible reflected in me is intimacy. And that's love. Because ultimately, all the things that we talked about in the course are coming back at the end of the day to an act of love. The intimacy, the closeness, the feeling awareness, the appreciation, the respect, the service, the clarity, the energy, the blessing—everything comes back to a service, an act of love. Healing is an act of love. So that's the summary of eight months in a few seconds.

Now, in order for this act of love to happen, we are becoming clearer and more transparent and translucent in our energy. This creates the intimacy with the world. This creates energetic clarity in the perception, less interferences.

The other thing, though, is that I also need to continue my contemplative practice in order to deepen space, because an inner equilibrium of spaciousness is what I work from. Because that's what helps me to transcend my own blueprint, my own conditioning, my own basic patterns, and that's what allows the emergence, the spontaneity of information, to emerge. That's where the genius impulse is, where the great intuitions, where suddenly, "Ah, I know something, and I want to follow this. I see something, and, ah, let's look there."

Like in everyday life of people that work a lot in different professions with healing, suddenly we get this glimpse, "Ah, look at this, do this, check this," and so on. So that emergence comes, and it's stronger and stronger. The more open my internal environment is, the more I have this empty space on my screen where information can pop in, pop in, pop in. And I need to do my vertical meditations, the light meditation, in order to reach higher places in the vertical development.

So now, in fulfilling my part of the contract, becoming the clearest vessel possible, I actually enlarge the map. We started from the individual work, work one on one. Then we added the ancestral work. The last time, we spoke a lot about the transgenerational trauma and the collective trauma. So we're actually increasing continuously, and then we can take in also the spiritual dimension, which means the transfiguration of the soul, or the cycles of the soul, and where actually the souls come from, what they incarnate with, what's the core, what's the energy of different soul impulses, because not every impulse is the same and comes from the same place. So we can enlarge the map even more. That's actually my responsibility, that I work from the biggest map possible in the most grounded way possible.

[00:10:00]

So not just fantasies about energies and what I've heard, but what I am able to perceive when I do my spiritual practice, when I do my shadow integration practice, when I learn the skills that I need for my profession, when I have all the knowledge that I need in my profession, and the whole package together is actually a profound vessel.

Now, why I am saying all of that is because when I sit with somebody and I rest in spacious awareness, that's in itself already, from a certain point, a kind of a magnetic field. So I can sit there in my personality structure and see another person, or I included and transcended my personality structure, and I sit there as intense presence. In and as an intense presence, I still feel whatever I feel as a person, but the space, my interior, is much bigger than that.

This gives me a fantastic place when we say, okay, we hold space, it means we can presence the current energy in presence. Holding a space, whatever space that I can hold is the amount of information that can arise in conscious awareness, which means I am aware of that certain amount of information. That's what it means, holding a space. So I can do this in a one-on-one meeting, I can do this when I meet a group, and I stand in front of a thousand people and give a talk. Holding a space is how much information am I aware of—as spaciousness that contains me as a person, in my own feeling and my own energy, and it contains my environment.

The more I practice that, of course, the more I refine it. Because one aspect of that question was: what does it mean holding a space, if I can define this? and the other part of the question: what does attunement process mean? So if I set an intention to tune in, what I do is, first, I tune in to the source of the person. It's not just the person, the source of this being. So the highest place I can reach in my own development, I set as an intention. I am looking for the highest intelligence in that person that arises in me, because we said holding a space means the amount of information that can arise in me. So everything that's above my ceiling, the client's information, cannot represent itself in me. I don't see it. I'm not aware of. It doesn't enter my—I don't even know that it exists.

I can see the client only from within my space, and sometimes we might have very developed therapists, but they might have even higher developed clients. So the client doesn't sit fully in the room. The head of the client is energetically above the ceiling. So you see just the body sitting in your office. You don't see the head sitting in your office. The head is through the ceiling, sticks out, and there's no head, metaphorically.

So the energy development of the soul that sits in front of me might be higher than my own development, but my experience and my skill in the integration work might be bigger, and the client can benefit from it. But this also means that I might sit often in front of people that are actually higher developed in certain capacities than I am, and I need to recognize that, or at least respect that and say, "Okay, even if I am not aware of it, I bow down in front of this higher development, and I still have something to give on certain other levels."

Now, the attunement is that I will always look for the highest vertical point in the development in that person. Either I call it, okay, I tune in with the soul, I tune in with the higher self, I tune in with the source...

[00:15:00]

...or with the deepest place that I can connect to in that person. I give myself a moment to tune in with that, and once I did that, I can tune in with whatever the person brings as a topic.

So first, the highest place, that's what I would suggest; first, the highest place that I can connect to, the highest reference that I can, in a way, reflect in myself; and then I can tune in with the more, let's say, human information that the person brings as a topic. So, when a person comes with a relationship issue or a health issue, so then, after I logged in, we said we log in to the energy on the highest place possible, and then I go down and I look, okay, while the person speaks, what is the information that appears? And then I can tune in to this place.

That's what I said, metaphorically, we take the Book of Life with the name of the person, we tune in through the name to the energy, then I open the book and then I look in the index, which chapter we want to read. It's the same thing. The highest place is the intention, and from the highest place I actually have all the information underneath available.

In order to summarize this, that of course the capacity of attunement depends on my inner spiritual practice, because the more I'm open inside, the bigger will be the map that the client is embedded in. So the client is a person, the client is part of a collective field, the client is part of the spiritual field, and so, whatever I want to look at, if I'm trained enough, so that's in my energetic awareness, which means my interior capacity to receive this information is either open and on, or I am sleeping in that level of consciousness development, so that information doesn't arise in me.

Saying that means that there is an intention and an energetic kind of laser-pointing; and at the same time, there is receptivity. I receive also the person that sits with me fully in the listening. So there's a laserpointing, as an intention, and there's a spaciousness to let information rain on me, like to receive the person inside.

Great! So I hope that clarifies this question.

## Begin Meditation

Maybe let's now go to our meditation and then we continue afterwards. Also, this question and the answer to this question highlight again, how important it is to really find the time in my daily life to do my own practice, because many things I will learn through my work, and many things I will learn through my practice. Also, the clarification of my own energy, as somebody that sees maybe a lot of people every day, I need a space to recharge, digest, reconnect, and land again in my own energy.

We showed throughout the course many different paths of meditation, many different aspects of meditation. And, I'm sure, one speaks more to you, you feel, "Ah, that's what I need at the moment more." Others speak less to you, maybe because they are not so resonant at the moment. But, I think, we gave a very good package of attunement practices, meditative practices, stillness practices, light practices, prayer practices.

[00:20:00]

So that is for sure enough to continue a rich practice. Now we start again: let the breath take you into your body. Notice the beauty of dropping in. And how there are lots of sensations.

Just sense again the groundedness of the sitting itself, how much can I rest in myself without the need to run anywhere? There's a generosity in the base that I can rest in.

Also to notice immediately the deeper spaciousness. Once we drop in, there is immediately a deeper spaciousness. And to notice the space, and to let your awareness rest with the space. There are inner sensations, and there is space.

How the space, once I put my awareness there, starts to deepen. I can feel how my inner world is much more expanded. The timelessness of inner awareness shows up more and more.

[00:25:00]

There's a stillness that comes with it, the sense of many activities coming to a resting point.

And again, to notice how space slowly turns into, like a deeper timeless presence, a magnetic timelessness.

And how this magnetic timelessness is very much here, it magnetizes my whole awareness into the depth of this moment, somehow beyond space and time.

**[00:30:00]**

Also to notice that, as that timeless presence, there is already a very fundamental field of consciousness that I'm resting in; It's beyond my sense of separation, beyond my sense of expansion, and plugged in to a very fundamental, unified field.

This unified field is also a place of grounding. My individual heart is grounded in a much bigger heart. My individual experience is grounded in a much deeper, unified field. I'm deeply grounded in the base of my life, as well as I'm grounded in the depth of this very moment, the mystical moment, where I'm actually witnessing the lovemaking of the past and the future. I witness the creative process of life. I witness structures in consciousness and potentials being born.

**[00:35:00]**

Then from there, let's invite and connect to the higher aspect of ourselves. You can either connect to the light, or if you want, you can connect to the future of your healing intelligence. Either connect first to the light, and from there begin to the future of what you are growing into, what you are becoming, the potential that's still waiting to be actualized, the part of the download that you are, into this life, that's waiting to be downloaded.

So what are you growing into? What are you refining into? The skills, the passion, the healing power, the core interests? What's the future of all of that? Get a taste of that future.

And to keep connecting to that future. We want to invite, also, the future potential of your healing capacity, your professional capacity to—at least as glimpses—to become visible, feelable, become aware of that which wants to be born through you. Also potential changes in the way you work, or new ideas of possibilities, technologies and inventions, and new insights, realizations about the nature of healing. In other words, the future potential that you're awakening into, your leading edge.

[00:40:00]

If there are any questions around healing as such, if you want, you can, again, within these attunements and connection we are in right now, if you have any questions that are burning in you, to ask them in the form of prayer, as we did it, in your own words, and then let it go. And repeat it two times. But to invite learning out of your own channel, to invite the maturing, the capacities, inspiration out of your own inner channel of learning.

[00:45:00]

And then, once you're ready with it to once more, from that higher attunement tune in with also the higher potential of this whole field, a field of hundreds and hundreds of practitioners all around the world. Many aspects of healing power in action, and to tune in with the future potential of, also, that we space that we created, that field of healing, of many, many capacities, intelligences, qualities, resources, knowledge. A very precious field, collective field, also a collective impulse within that field.

And then, from that collective attunement, before we finish, to come back to resting again, in presence and listening. Just give a moment to allow everything that wants to arise in the silence, to emerge, pass by. Just come up and leave again. And to notice that in the deepest silence there's a high degree of intimacy with the divine, with the unified reality.

[00:50:00]

There's a deep intimacy that is a source of learning, a source of insight, revelations, and bowing to something much greater than can ever arise in our imagination.

And slowly, from that intimacy, to return to your physical body, to feel your body, to inhale and exhale a few times deeper, and then to come back.

## End of Meditation

Great! Let's continue our journey.

Last time we had a very simple drawing that illuminated our work with collective trauma and transgenerational trauma. I want to say a few words more to the collective work.

## Unleashing the Capacity for Collective Healing

I feel that we are living in a time that we use the technology that connects us right now as a kind of invitation or an extension, a technological extension that helps us to get to know our subtle capacities, that helps us to get to know our interconnectedness, and that helps us to create, as we did it already now, subtle containers, collective containers, because there are many people in the course, that in, one way or the other, express like a healing power, a healing energy, a co-intelligence that is interested in the healing arts.

And the more we learn to use our spiritual capacities and to train them, the inner connections—or like the internet connects us to the virtual space, and the subtenet connects us to the subtle space—we create fields that are synchronized, that are more professional, which means more attuned, so that we can literally address every collective issue around the world as that container.

So we can learn first how to unleash the capacities that are necessary. Some people already developed them, some people are developing them.

Those capacities are necessary in order to use the very technology that we have now, also to create healing spaces on a collective base. And that I can learn, same as I can learn it with an individual, to see the informational field, to feel the informational field together with presentation, and to be more precise, to move beyond imagination of energy and what I see, more to accuracy or to precision.

The same works also in the collective field. So, whichever field we were to take as an example, there is an energetic composition to that field. And if we work with groups of people, as I said it last time, collective traumas, I believe, need collective healing groups or spaces that...

**[00:55:00]**

...dedicate time, presence, skills, and energy to the work with collective traumatizations. And we need similar capacities, as in the individual work, in order to address and be very precise with the energetic process of a collective movement.

I think, the great chance that I see, or that we have, is that we will find more and more people that are interested in this collective trauma work, where I know already of two groups in our field that are more active in researching. And I'm sure there are more people here that are interested, and if you are, you can just contact us, and we will see if we can find more groups that are interested in this collective work. And also to research this, because I think it's fairly new, where we have to collect a lot of data, inner and outer data, research experiences, what are the best tools and possibilities to work with it?

It doesn't matter if we do this virtually, through large synchronizations, or if we do this at in-person events. The skill that we are living right now, in this physical dimension at the same time in the subtle dimension, at the same time in the unformed dimension. And all three are part of the skills that I need in order to witness the structures, the energy fields, the information field of the collective traumatization, which means I learn to tune in, I learn to contemplate it, I learn to give energy to it, and just the simple fact of me being able to relate to contemporary world events—there's enough stuff happening right now, where we can train our dissociated or nondissociated relational capacities to current world events.

So if I hear in the news of a certain event that's happening right now, whatever atrocities are happening right now, I can train myself and see okay, how much can I actually stay present with this, as an integrated human being? And I will find out that maybe this is very overwhelming at the beginning, and I will find my way through, in order to find a relation, to work with my own discomforts, with my own resistances, and learn to use my physical, emotional, mental and energetic capacities to keep a relation with collective events.

And the same skill set, of course, I'll also need to work with so-called past events; where we said okay, past events are not just the past, because the past is active now, because it affects many people's lives now. It's an energy that is unresolved, that is still trying to resolve itself and comes out through, most of the time, unconscious events or symptoms, that appear in our life. So that past is not the past. That past is alive, and alive now, because it influences my current reality.

So as we said it last time, for example, as we have it in Germany with the Holocaust—and that's just an example, because I work with it a lot, but many other places around the world have other traumatic scars. So then, that I learn in my contemplation, I can take this into my contemplation if I'm interested in it, and learn to travel through those fields, get a bit of the anatomy and the physiology of these energetic compositions by sitting with it, making space, and then setting the intention: I tune in with that traumatization, and then I allow myself to become an instrument, an antenna, to receive the energetic composition, and learn different aspects. That's something that everyone can do as a training, if I'm interested in that.

[01:00:00]

Maybe some people are not interested in that, and then that's fine. But the people that are interested in it: in my contemplations, I actually have access to all the information, cosmic-wise, that I need, because energy is non-local, and information is non-local, which means all the information is in every aspect of the universe, is the whole reflected. In the mystical way of looking at reality, we are not looking at the information out there and it's so far away that I cannot even reach it. Basically, all the information is here. It's just a matter of awareness, if I have access to it or not.

Basically, every collective traumatization all around the planet—be it in South Africa, being it right now in Syria, or the Holocaust, or the traumas in the indigenous people in many places around the world, or the traumas of colonialism—we have access to many fields, and many others that I don't name, we have many fields that we can actually learn to explore and attune to. And we have here many practice groups and practice triads, so I can have reflections with my partners. We can do this together, we can research it, we can come back with the contemplative data. So there's external data and there's internal data.

And I believe in the new inner and outer science marriage that we are witnessing, we are a witness also. We are, actually, in my understanding, attending a wedding, and we are all witnesses of that wedding. I believe the deepest capacities in the inner and outer science have a marriage, and out of that data—the inner and the outer data—there are many, many revelations possible.

So the inner data is often filled with a lot of imagination at the beginning. But the more I practice, the more I become precise, the more I attune really, and my instrument is getting clearer, the imagination gets less, and the precision, the energetic data is becoming clearer.

So, in my understanding, that's a science, because it's not just a kind of an individual feeling of somebody. At the beginning, we might start there, but the closer, the more we get to the essence, it's actually not just a feeling; it's an actual energetic clarity. Eventually, we want to come to a shared clarity, so that when many of us tune in with one thing, we come to the same clarity. It's not just individual viewpoints having different opinions.

## Magnetic Presence and Holding Space

So, in the collective work that helps me because, if I facilitate, for example, a group where a collective issue comes up, my attunement to the precise energy stream that's unfolding—because the collective release happens in stages: there is one wave after the other, after the other, after the other. And my job as a facilitator is to feel the wave before it's coming. So, to see the subtle wave, the subtle energy, the repressed material emerge, before it's arriving as an experience in the group. But my energy field is already attuned to the next wave arising, and then one person will say something in the group that is connected to that energy that's emerging.

But if we, as facilitators, are tuned in enough, so we actually see the energetic process happening, before it's arising as an experience in the group. That heightened awareness helps us to create a strong magnetic container for the process. So the process is not just a wild eruption in the room that is out of control, but it's actually magnetized. What we said before: we are holding the space. Holding the space means we are grounded...

[01:05:00]

...in a very strong transpersonal presence, and, as that presence, which is magnetic, magnetism magnetizes energy. It's like a strong—for the physicist, the experiments with the subatomic particles—so there is a strong magnetic field that holds a very high energy. And in the mystical exploration, it's basically the same. It's like a strong magnetic presence holding a strong energy field.

So this means the process is not just an uncontrollable eruption of collective unconscious material, but through a strong collective awareness—so if I have a strong awareness of the collective field in the room, or more facilitators have a strong awareness of the next wave of energy that's releasing itself out of that collective suppressed material—it creates a holding, an invisible holding, and that allows energy to release itself in a certain amount and with enough presence.

I believe that's a beautiful way of working, because this doesn't overload or burn the system in the room, but it allows us to really, in a way, dance with the process and the right amount of information, that the system can still handle it. The system is the collective, for example, in the room that goes through a collective healing process.

So, as I said, there's presence. There's transpersonal presence. The same as we did it in the initial meditation, we go from mindfulness, we go to spaciousness, from spaciousness to magnetic presence, and as magnetic presence that's still here now, that's always here. And that magnetic transpersonal presence, if I'm rooted in it, and attuned to the energy that's emerging, I can actually be in the facilitation like a conductor in an orchestra. So the music is playing, and, at the same time, the expanded energetic skills are part of the holding of a collective process.

My sense is that that's a very responsible container that we need, in order to allow enough information to arise, so that transformation happens, not to overload the system,. As we said last time, to hold also higher electricity, to be connected to certain levels of the light, as far as it's in my capabilities. And then to let enough light flow into the whole group process in order to transform the information that's arising.

## Transforming Karma By Witnessing Current Events

So its, in a way, to invite the blessing that helps us to transform. The future helps us to transform the past that's arising, but the past that's arising needs a human body to release itself. Therefore, the transformation needs to happen through people that are incarnated right now, that are living right now, because through our body we are plugged into the substance of life, and the substance of life, in the mystical understanding, helps us to transform energy. So even if some people say, okay, there's a lot of guidance in the subtle world, and maybe there are a lot of masters in the subtle world, like spiritual masters that lived already, that's true, but the transformational capacities of karma are most of all in and through the people that are incarnated right now, or in a certain time. So, only when we are in a body, we have a capacity to transform energy. Because it needs to go through the substance.

[01:10:00]

So that's why it's so important that we, just in the simplicity of witnessing collective events, that's already very healing if I can witness it in a non-disassociated state. If I can witness it in a connected state—so I feel my body, I feel my emotions, I feel with the situation, even if it's hard to feel. But then I can learn something about what does it mean, it's hard to feel? Hard means it's uncomfortable. Hard means it hits my own traumatization. Hard means—what does it mean, hard? I want to stay the way I am, and I want to keep feeling the way I'm feeling, and now something disturbs me. Yeah, but that's the world that I live in.

So if it disturbs me, I can see, okay, I can learn about my resistance or my overwhelm, be authentic and honest with it, and then grow my capacities to hold a wider collective space. And if I'm interested in working with collective spaces and collective topics, that's the capacity that I need. I need to go through this clarification process, same as often healers in their own way go through deeper issues, and this gets them often on their path to work with people. But we went through something ourselves, we crystallized something ourselves, and then this becomes also our ability.

The same as with collective issues. I'm a contemporary witness to certain events that happen right now in life. This trains certain capacities of care, compassion, clarity, and participation, and that is the base of my capacity to work with collective issues and to work with collective energy fields that are holding a lot of energy.

Last time we said that the collective issue is like a lake that is, 24/7, affecting us, and this effect expresses itself through some of us through certain symptoms. But that underneath—suddenly I see a symptom and I say, “Oh, where does this come from?”—but actually, underneath the lake is connecting every one of us, this unconscious lake.

And now I develop tools to say, okay, can I see and be aware of that lake in the first place, so that I create a higher understanding of the seemingly individual symptoms that I encounter in my life? In the spiritual understanding we would say, okay, that lake is karma that I have already on. So if I’m not in the generation where this happened, but I’m one generation or two generations later, I wear it and I look at it, which makes it harder for me, because I wear it. I have resonances in my own energy field, and I look at it, because I see it all around me.

And only through a profound spiritual practice, I believe, we will be able to create a big enough perspective that can include and transcend both my own resonance—the part of the cloth that I dressed up with, that’s part of my own energetic makeup—and I can end the energetic quality that I see around me as “the collective field.” But not to forget that most of us that have been born into a collective post-traumatic event, we have it on, so we look through it and we look at it.

So in both we see it mirrors itself, the karma mirrors itself in myself and in the people that I’m with. And so, just a big enough transpersonal perspective will allow me to work with this in a substantial way, because that helps me to look through what I cannot see.

[01:15:00]

I need a bigger perspective in order to become aware of the resonances that are like a hindrance, a hindrance that is in my way to see the collective issue clearly. This is the difficulty on the way, is when I’m part of that collective and part of the generations that tried to resolve collective traumas, I need to overcome the difficulty that I am looking through this resonance.

The next thing is that often in collective traumatizations—as seen from the mystical perspective—when a person dies in a very strong, kind of shocking way, that shocking energy is part of the transfiguration process of that soul and needs to be balanced. This means that all those kinds of deaths that happened in that way, the energy that has been created also needs to be resolved, which means, when new energy incarnates, it takes this on, and this appears again also as symptoms in the next generation.

Somebody asked, also, the question: if it's like in Paris, a terror attack, if karma resolves itself that way, or comes to a completion? Most of the time, it doesn't come to a completion, because it just creates another effect that has a similar vibration, and it reinforces this so that the enacting of the karma is actually just making it worse, often, because it enacts this energy and strengthens it and passes it on.

So, truly, the most beneficial way to resolve karma is through very strong inner work. If I can resolve the energy without needing the experience. So the whole spiritual practice in itself, or most of it, is actually designed to help us to open the code of that karma, so that we can resolve it energetically, so that we don't stay in the loops of those experiences; because if my energy evolves, my life mostly changes.

There are many, many people that say, okay, now I made a step, and then you can see in the next month, life is changing. The person makes different decisions, gets to know different people, different possibilities open up, and suddenly life takes a different course.

Spiritual practice is designed to help us to create enough awareness, so that the energetic clothing that we wear, that we become aware of it, that the energy can change and mature and continue its development in order for my external reality to have a course correction. That's in a way also the word in the Kabbalistic practice of Tikkun, is that there is a kind of a course correction, because the tension between the past and the future is being resolved, and then the energy is being unleashed and is moving into a new direction.

So, as we said at the beginning of the course, healing is the restoration of the original movement, so that the movement of the soul can continue.

## Bowing Down and Allowing Ourselves to Not Know

One of the most important aspects in the healing work—and that's also the beauty—I believe, even the more we know, the more we bow down.

[01:20:00]

So the larger is the map that is accessible for someone, in order to see, the more we need to bow down in front of that which is greater than I am, and not know.

So, on the one hand, we do everything in order to see, feel, know and become aware of more; and, on the other hand, we just empty the cup more, in order to receive.

I'm saying that because that's so important: in order not to end up in the thinking that healing is linear, healing is, oh, if somebody experiences this and that in this life, then that means that there was something wrong here, or there was something not good here, or there was something... So there are all these seemingly logical connections, where we say, oh, if this is in my life, then this went wrong. Or, if this is like this, then it's like this; and that we know that we really need to tune in with each and every person and unique cosmic address, and be open to the idea that everything is possible. And only that it allows me that, if I'm a white sheet of paper when you enter the room, that the richness of who you are can be reflected on that sheet of paper.

I think that's a very important aspect in the healing work, because the journey of the soul might be so unique, that it's very difficult to put blueprints of thinking on top of it.

The only thing that never lies is energy. Energy is the information that is there. My thinking might be programmed by everything that I hear, or heard in the past, and I put it on top of the movement of the soul. And that I know I always need to listen to the movement of that soul, in order to find out right now, what I need to find out.

I believe that's a deep practice of love, because then I need to bow down in front of everybody that enters the room, because all the questions and all the answers are coming with that person into the room. And the act of love is to give everybody the respect that the uniqueness of the journey of that soul is truly unique. It's a kind of a unique composition, and it exceeds my preconditioned thinking to perceive it.

So if I meet that person with a preconditioned thinking, I cannot see the magnificence of that movement of life that's unique. So I need all that knowledge, and every moment I also need to risk, to see totally fresh again. And I think that that's a very high skill, because it's so easy to say, "Oh, I had this already. So, in the past this meant this and this and now this means this and this."

And even if it's valid, maybe, what I experienced in the past, I take it with me, and I am also able to suspend it and to be totally fresh, which means, with a totally open heart to that unique movement, because I honor that movement in its deepest place.

[01:25:00]

So, if I can hold those two, the increasing of knowledge, of skills, of capacities, of training, of my spiritual practice, my inner practice, my integration practice, everything that I can do for it, and the fact that, after all, I need to bow down. The highest is always above me, which means the highest is always that which I bow down to. And then all the rest comes: all my capacities, everything that I've ever learned, however successful I am with my work in the world. The highest that I bow down to is always higher than everything that I can acquire or become.

If that hierarchy is clear, then what we said, the meridian is clear, and then I can stand in service to that meridian, and then I believe the hierarchy of healing is unfolding. So that in every moment I allow the highest extent of information to appear, because I can have all the knowledge, and I can let it go in order to receive you.

If that's my practice, then I believe I can truly fulfill the small-printed part in the contract that I signed, and then, actually, things are in a way in a balance. Because then the vessel is going to get clearer, the energy—the cup, because I know how to empty my cup, I know how to fill it with new green tea. And then I know how to empty my cup and I can fill it with new green tea, which means that the green tea is always warm. That's good. And it means that my structure is growing; but the balance of my structure, and the energy that comes in, because I know how to bow down, translates itself into action.

So that's love in action: the bowing down, receiving the blessing and passing it on. I think that's also why so many people that work with people feel an increase in their energy when they do it, because we receive a blessing and, equally important, we pass it on.

## Creating the Temple Where Healing Happens

Energy is something that nobody can own. Nobody can have energy. We can only allow energy to go through. Energy is intelligence in action, and the only thing that is my job is to allow the energy to go through. And the energy on multiple levels: on a physical level, on an emotional level, on a mental level, on a spiritual level, social level and so on; energy needs to run through.

That's when the human temple is actually starting to work. Because ultimately, what we started here, at least in these eight months, is we built a temple together. The human temple is a kind of an energy producing perpetual motion machine, an energy producing machine. So, the spiritual practice, and the healing practice, in its highest extent is generating energy. So, it's transforming energy, and it's adding something.

The spiritual practice is an energy-generating endeavor. So, it actually produces more energy, and it enriches the system. What it means, is that if we came here together—more than 700 people—we did triad work, we did the groups of six, we came together here in these transmissions, we took it out into our worlds, we applied a lot of it, we learned a lot about it, we practiced it.

[01:30:00]

So, this group of people becomes also like the architecture of a temple. Originally, the sacredness of the temple is that it creates a sacred space. The temple creates a sacred space. It creates a vessel that can hold a higher energy.

And the mystical understanding of energy and healing is basically that. It's a temple; a healer becomes a temple. A group of healers becomes a temple. It's a structure in life that holds an intensity. And we said that the highest art of healing is, the mastery of healing, is when healing is being created. It's not healing through something. It's so crystallized and so refined as an ability that it's not anymore dependent on a technique, on a way, on a certain profession. It's so crystallized, this consciousness, that that energy is creating healing. So that's a walking healing, basically.

That's what originally, in the ancient times, a healing temple was about. It was such a high energy, that in that space healing can happen.

And of course, we all need our professions and our knowledge, because that's how the energy transmits itself through. Inner and outer science, both of them together, are the channel where the energy needs to go through. So we need to have more scientific breakthroughs, we need to have more contemplative breakthroughs, because this gives the healing energy more chances to express itself.

So that's actually good. We need that progress. We don't want to be anachronistic and say oh, we just need to sit and meditate and pray. No, we need all the capacities. Everything that's being invented in the service of that highest good is needed. Because of the fact that it's being invented, it's also needed somehow, and it can serve that energy. It can also be used for other things, but it can also serve that energy.

So, therefore, it doesn't matter in which profession we are working. We are all working on a big puzzle. We are all working on a big puzzle that allows that healing frequency to enter the substance more and more and more and more, and, really, so that the healing is being anchored in the substance of life.

And then the very grounded work and the spiritual work together create like an energy-creating machine. And then bigger groups of people become a stronger energy-creating machine. We all benefit from it, because we live in it. So, when we create that together as a we space, it becomes a we-temple, and that nourishes everybody in it, reinforces the healing energy and everybody in it, and helps to impact and support even more people that need it.

So when the spiritual practice and all the mystical principles are being held in the right way, the system should actually produce more, and that more is what we feel, because that more means that the places where we heal, the places where people come to find healing and treatments, start to glow. So the places where we work need to reflect the growth of energy.

When the divine presence is present, we feel it in sacred spaces. Why do we feel it? Because we feel the presence. We feel the magnetism. We feel a high degree of love and compassion. We feel a precise clarity, and we feel a shining. When you go to our sacred site, then you feel that you are being elevated, your energy is changing.

[01:35:00]

There is kind of a blessing. There is more peace. There is an elevated feeling. You can feel that the way you feel and the way you think is changing. It's like receiving a blessing. The beauty can be that the places where we treat people—whatever, its practices, its clinics, all kind of places where people come to—actually start to unfold that flavor of blessing. So that with whichever condition you come there—because as we said that working in the healing field is for many people working in daily crisis energy fields, but how we can meet that crisis energy field is through the sacredness of the space that we work in. That helps us to transform it.

So when the marketplace starts to shine, because more and more people embody an alive spiritual practice and embody an alive mystical practice, so that's the wind in our sails. That's the wind, the backwind that comes with us to enrich our work and to keep us charged. That's the supercharger that charges our batteries, in order to do the work that we do in a sustainable way, for many decades or centuries or whatever, and give us a blessing for the work.

Thank you very much for listening. It's an exciting material, and I'm so happy that we explored this in such a big group all over the world.

We are already thinking and planning on how to continue this amazing resource that we have here together as a healing temple.

Host: And that concludes Session 16 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.