

The Mystical Principles of Healing

INTEGRATING THE PAST – PRESENCING THE FUTURE

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Host: Welcome to *The Mystical Principles of Healing*, Course Session 8.

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 everyone. We are back again. We explored for quite some time what I believe the very necessary understanding of the base, the structure, the relation of free energy and building structure. We explored a very deep drive in the human experience, which is what we call in the mystical language, the soul energy incarnating; taking on karma, which means diving into the past of humanity and taking on all the achievements of humanity but also all the unresolved issues.

We explored how there's always a drive, an eros, a creative impulse, an evolutionary impulse, that wants to keep us going and keep us exploring new things, having new insights, innovations, expanding the leading edge of humanity. And then there is our ability to translate the frontiers or the leading edge of human consciousness into new structures.

Eventually, as we all know, life deconstructs the structures that we don't need anymore, and therefore, replaces them by structures that we don't know yet. The interesting thing for today that I want to explore is I want to introduce a bit more the knowledge we started with this last time about the wires. It's kind of the mystical terminology of an open system. One could relate this somehow to an open nervous system, and how through trauma or very strong traumatic impacts, these wires get congested. They get melted in a way into each other and it creates areas that we experience as blocked, as not anymore filled with our feeling awareness, hard for us to access, often unconscious and surrounded by symptoms.

But what I also to explore today is—because we will move now more and more into the application of our knowledge in the healing process—and one aspect of it is that in the mystical understanding the closer we come to the source, the more we become aware of the transpersonal stages of consciousness that are closer to the original creative impulse. A very primitive correlation basically would be—it's like as if we come closer to the big bang, and we dive into the original energy that exhales everything. That's not really true, because I think we will have still many, many revelations around the cosmology, how we look at it now, that will again topple everything and let things look in a different light.

But we are coming closer to the original creative flame, and the flame is a metaphor for the primary or first creative impulse, the divine or supreme intelligence that is perfect in its nature. And its unreduced movement, basically. We talked about this already in the first module.

Awakening Around Habits and Patterns

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But what we want to look at today is when there are frozen areas, or when there are structures, like strong habits in our life that we identified with, that we run all the time, and they actually limit our movement. Which are both very important parts in the awakening process because either I'm identified with the symptoms around my trauma or I'm identified with many habits: emotional habits, behavioral habits, thought habits, social habits—so, all of those are structures that are hard to change—addictive patterns.

Now, in what we want to explore in the mystical healing, we want to explore not only that I can reflect back to you or you can reflect back to your client or whatever the pattern that we are running, and more or less unconsciously or the identification with the pattern, and this induces a bigger awakening around it. Once it's not fully on my screen, because if something is fully on the screen, we don't see. [Thomas puts his hand on the screen and then takes it off.] So, if I take my hand away from the screen, suddenly I can see, ah, it's not really dark in the room, there is a hand.

There is already light that shows that there is a hand. So, either it's me and I am it. I am this feeling. I am this thought. I am this body. I am this whatever. And then there is no way of light to see even the structure. So, I'm totally identified with the structure. I'm totally identified, for example, that people I don't know, I experience as strangers, or many other bigger structures in life that we think that's the way it is.

But there are many of those structures: collective habits, collective ego structures, that also show on our screen that we take them as this is the way how things are. The more we wake up we see, no, no, that's not how things are. This is just a possibility of how it can be, which doesn't say that the possibility is wrong. It's just only one possibility how it can be. It doesn't mean that it has to be like this.

In the reflective process between two people, there is always the potential of a bigger perspective suddenly taking place, and suddenly I see something that I haven't seen before. What was before fully on my camera, like a sticker on my camera, is now in front of my camera and therefore I can see it. Once I can see it, there's already space. There is space between whatever me is then, and this structure. I can see it. I can include it and transcend it. I'm a bigger perspective. I'm not just this. And then if this stays the same or if it changes because of this awakening, we will see.

Now, that's one way of transcendence is that we wake up from something. There is more space. The space is included, like the structure is included in the bigger space of awareness, in a bigger perspective, and therefore, we can outgrow it.

Now, the second interesting part of the mystical healing process is actually taking a spoon when it's cold, lifting it up, higher, bringing it into the heat, melting it, changing its form, bringing it down, cooling it, and it looks different. So, if the structure will be in a way heated up by energy, it makes it more fluid, the structure can change, open, heal, release and come down in a more healthy way according to the original blueprint.

Higher Light

That's an interesting phenomenon and I mentioned this already. I want to come closer and closer to how does this work. One way how that works is through higher light. So the transpersonal aspect of the human being are either higher space, stillness, higher awareness, witnessing consciousness, pure awareness, suchness, on the one hand; and higher levels of light, more intense intelligence, more information, transpersonal information, Akashic fields and so on, up to the highest supreme intelligence...

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...like when the individual mind fully melts into the mind of God and fully melts into the supreme mind. And then suddenly we have access to information that we cannot have access to as a separate human being. As a separate human being, I can learn about the world from books, from the horizontal field, from people, from my environment. I have a data casting, like my inner universe is being formed and cast by my environment.

And then there is this stream of inspiration and intuition that actually brings in drops of new light, like the updates of humanity. Today, in the initial meditation I want to look at the possibility to open my own energy field through practice more and more into that higher dimension of light, energy and information. In order to understand that, every time we say higher, "higher" means that it has a higher kind of vibrational state. It has a higher coherence, which means it's faster.

Higher light is faster than the energy that I live on normally. Every one of us has kind of a center of gravity. That's where we experience life in most of the moment. So, there are more contracted moments where I really shut down and I'm going into an evolutionary regression. And then there are the high moments where I have some brilliant insights, meditative states, and creative moments.

But eventually they all balance in a certain center of gravity, a kind of an equilibrium that I'm able to live on most of the time. So, that's my, let's say, usual perspective that I have on to life. If we talk about in the Integral levels, we could say that's my stage development. That's the center of gravity that I can live on, and that's how I process my daily life and all the capacities that show up at that level of development. These are the capacities that I can usually use.

In regressive moments I lose some of them. In high moments I gain some of them. But sometimes we have insights and suddenly we understand things. And five minutes later we say, “Wait a moment, how was that? How does this work? I understood something right now, but now I forgot it again.” Every time this happens, we touch a higher vibration. Suddenly we live in a higher coherence for five minutes and then it comes back and we sit again in our regular perspective. That’s a fluid movement, through life.

Now, the spiritual part of this course tells us—the mystical part of this course tells us; you can do something to merge your separate existence into like the supreme divine awake mind, state of consciousness. We can do something for it. What we can do, of course, is meditation, but there is one meditation that helps us to be more present. That’s the one that I introduced already, and now I want to introduce a second one that helps us to open our channel into higher levels of light. But again, in order to become professional, that’s something that we need to practice every day. It’s just not doing it once and then, Ah, this is how it works. No, no, we need to practice this every day in order to upgrade consciously and deliberately our perspective into wider and wider perspectives.

In other words, we could say in the Integral terminology we could say we actually self-induce a vertical, higher stage development. We can do something for it to go up the ladder of consciousness, but it’s also work. Meditating on space and stillness is actually letting go of working, in order to drop into deeper stillness because all my activity overshadows it. All the noise in my mind, in my emotions, in my body overshadows stillness, therefore, it’s noisy. The energetic—the vertical ladder, we call it ladder because we really go up for some time, we learn to go up, is that we merge and we put our attention strongly in higher transpersonal levels.

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Some people call this the “higher self.” Some people call this their “soul.” Aurobindo called it the “higher levels of the minds,” like the intuitive mind, the overmind, the supermind, like how we tap into much more intelligent states of consciousness. That’s where the great genius people I believe get their insights from. That’s where we have access to transpersonal information, and that’s what I believe makes healing, genius. This is where we go beyond individual, horizontal, reflective processes and empathy on an emotional level, on a mental level, on a physical level. That’s where we go beyond what we can know as separate individuals.

That's also where we go beyond—like intuition, which means having access to information that is already in the field somehow. What I'm talking about is going into transpersonal stages, actually going into our future, and also into the future of the people that we work with. That's exciting, because first I need to establish this in myself, but actually then I can learn to tune in with you through that function. I don't tune in with you anymore just through what I see the person that sits with me in the room, but actually, I go up and then I tune in with you from there, which means I tune in already from your higher self, from your soul and higher and higher.

That's exciting because suddenly I get the information that, as I said, I cannot have as a separate entity. So we want to start with this and we will introduce a meditation that I suggest you do every day, except when you feel very shaky. This meditation is not when you are at the moment very shaky or you feel very ungrounded, or you feel that you at the moment anyway hit already like a strong trauma in yourself and you're in therapy and you're anyway walking on thin ice. Please don't do this meditation.

But if you feel settled in yourself or let's say feeling the daily challenges, that you feel quite grounded, then that's no problem. Just when you feel that you're in a personal crisis right now, so maybe it's better not to practice this, and wait until you reach another level in your life where you have a better standing.

The important thing is, and I will say this now but I said this already before, that we always do the meditation. We open ourselves to it. At the end, we come back and we really ground ourselves and then we go into the day. We don't run around like in a way with all the gates open. We come back, we ground ourselves, and then we go into the day and then we do it the next day again, or we can also do it two times, in the morning and the evening, to practice this.

That's a very powerful meditation. You will find this in all of the big traditions. We will find a very similar if not equal meditation method in the core of the mystical tradition because that's how we contact the divine. That's how we get the sense of like the energetic aspect of the divine.

Great, so this is what we're going to do today. Let's start, and we start again with the meditation that we already know, and then we'll dive deeper into that one. Afterwards, we are going to do some new theory.

Begin Meditation

Great, so if you want to sit with an upright spine and just let everything that we said until now drop in. See how you feel right now. Take some breaths to ground your energy in the body, so you feel your body and every time you exhale, your exhale takes you deeper, and the daily activity that reflects itself in your mind, in your feelings, in your body. We learn through meditation to actually take this activity back into a resting state, so that we can be very active, participating in the world, and if you want to, we come back.

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And it's in a way as if the water of a fountain settles again in the pool, if the pool or the bowl is around our lower belly, so the fountain of activity returns into a still water pool. Still, every time you exhale, you allow your energy to go down. It's like the activity in the mind is part of the water fountain, the activity and the feelings or feeling awareness and the emotions, the body, as if the whole water came back into, like a centered groundedness in the base.

Then you can use again your two-channel awareness, like you're in a vision in your body felt awareness, to travel a bit through your body. Look into some areas, and get a visual impression of that area, a body felt impression, and when the two channels synchronize so you feel it and you see it. You stay there for a moment and then you go to another part in the body, just to check how accessible are the different parts of your body.

You can also look at the ones that attract you, that attract your attention. You see where is my body balanced today. Where there are centers of stress, tension, or emptiness. Sometimes, only clearer seeing, feeling and relaxing into, already changes

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...some of the stressed centers into movement, or contracted areas into opening. And related to the body, to feel again the emotional world and see how you have a screenshot of your emotional world for a moment, an emotional landscape open, connected, detached, empty, full, tense, flowing. And also to experience through your own practice that you become more and more courageous to live through and within the very pleasant and joyful emotional states and you also live through the more challenging ones, the ones that you tended or tend to avoid or bypass.

And then again, also the mental state. You see how is my mind at the moment. Is it open? Is it contracted? What's the feeling right now in my life I'm circling in? Circular thought patterns that feel a bit tight and not really creative? Does my mind feel open, receptive like an open cup, so that actually the mind is also continuously growing and updating itself?

And then I come back to my body awareness for a moment. I can feel my base. And then I move along the spine up to my head. I move along the spine, and until I reach the top of my head.

And now I take my inner vision and I look at the top of my head. I feel the top of my head, I listen to the top of my head, and I stay there for some moments in a concentrated way.

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And then I can move, or maybe I will listen to it, maybe I can hear sounds when I look at it. Maybe I can see the top of my head visually. I can feel the highest point of my head, through my body awareness. Now I extend my body awareness to feel higher. So, actually, not just in my imagination, I feel higher and higher on top of my head. I look higher and higher. So I elevate my awareness on top of my head and I keep exploring the visuals, the listening, the felt sense. It's like an extension of my head. And I keep going up, like in an elevator, like as if I took an elevator from the top of my head higher, the extension of my spine through my head.

And then to see if you go higher you somehow can see, feel, touch some sensations of light. There are sensations of light. Mostly, it starts with a sensation of white light. You're looking upwards, you're feeling upwards, until you get a sensation of light that somehow is a bit more illuminated. Some people have strong experiences of light. Some people it's a dim light, a dim illumination.

And if there is no illumination, don't worry. Just keep going upwards. Every time you think, you will see that you will drop down. So thinking actually prevents us from going higher. So we let go of the thought and we start all over again, from the top of the head, going up.

And if you can connect to a certain vibration of light, so then you connect to it, you feel it and you stay there. You keep feeling it and you keep your awareness there, without going into any thoughts. Only sense whatever your mind tells you. Just stay there, and feel this vibration of light and let it expand.

If you do it for the first time and it's not so easy to do it, don't worry. It's just a matter of practice, like riding a bike for the first time wasn't easy either, most probably. We go up, stay there, and if there is no illumination, we continue to go higher and look higher and not to listen to the mind, just to the attunement above the head until we see some sort of illumination.

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For some people it helps to, in a way, relax the two hemispheres of the brain. Relaxing the brain allows more for the light to descend, in our subjective experience. It's easier sometimes. When we are too tense it's harder. Then it's good to relax the head, to relax the brain.

Then to keep the vision up, you turn your third eye upwards or you look upwards inside. The same how you looked into your body before, now you look above your head. You keep exploring, going higher, feeling higher. And if you're already connected to the light, then you stay there. You feel it. After some time, you can relax it and become like a cone where the light can come more towards your hands, or into your head.

If you want, you can keep your awareness high, in the feeling of this light vibration, and then relax, as if your crown opens and you allow the light to flow down into your body. If it was hard for you to connect to the light, it doesn't matter now. We come back and we just relax the brain and stay in an open, receptive listening mode. You can just relax your brain or your space above your head, and you stay for some moments and you listen. Just listen.

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And then you can also, either from the state of listening that you are in right now, you can connect to us as a group again to feel the collective field. And if you want, you can also go back up to the light and do it from there. If you have a connection to a light vibration, you can also connect from that place to the field of our course. For a moment, feel us and feel us collectively practicing this.

And then we connect for just one moment to the light of the whole course while we listen to the light of the whole course. And if there was a mutual higher impulse connecting all of us in the subtle world, there was a higher soul part to all the course. And then you can just let go of it and drop into just the inner space, the simplicity of being here, the simplicity of stillness, presence.

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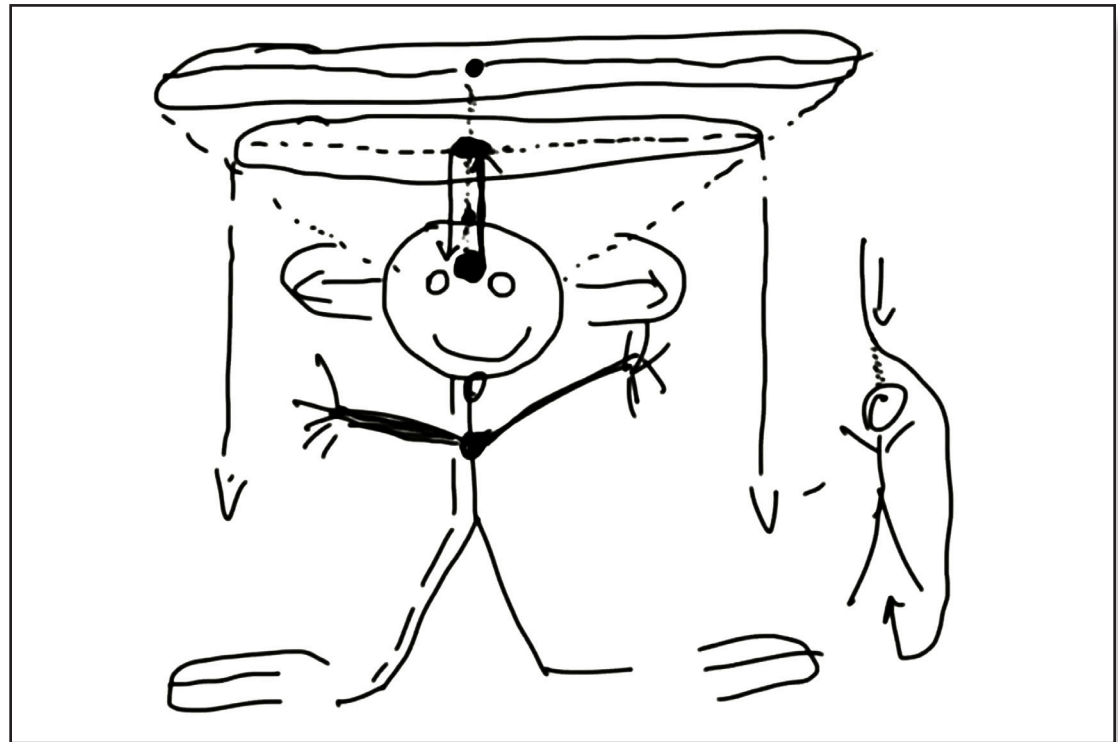
And then come back to your body. Let's take some deeper breaths. Feel yourself, ground yourself. Great.

End of Meditation

Well, let's start. There are some things that we need to talk about according to this meditation. For some of you, especially people that are already attended a Mystical Principles Course, this is more familiar to you, or some other longer-term trainings. But for some of us this might be the first time to do something like that, and I want to give a short also theoretical background to the meditation.

As I said, if it wasn't easy for you to connect to some kind of light, it doesn't matter at all, because it's something that will grow through the practice. It will show itself. It's not so easy for some people. Also if they started to practice it in the past, it wasn't easy for them. And then it grows. So it's not everybody that doesn't have very successful first experience; cannot do it. So if it was hard for you, keep practicing, and I'm sure it will open more and more.

If you're already more experienced with this meditation, always go to the highest level of light that you can connect to and stay present with it for some time, feel it and then allow it to come back into the body.



Drawing 1

The Anatomy of Higher Light

I want to explain also, with the graphics, some of the things that we did right now. So what we did is let's say, here is a very happy participant of the Mystical Principles Course, already very embodied, grounded. And now, in today's session, what we did is we go here to our frontal cortex or to our third eye; it depends if we want to use a mystical or a scientific language. And we turn the awareness up here to the highest point of our head, which in the spiritual language is to connect what we call our "crown," because in the spiritual dimension there are many levels of consciousness above our head, and this is also the highest subtle realm. People who want to read more about it, you just need to read Aurobindo. Aurobindo and his integral yoga talks a lot about this. We find this in the Kabbalistic tradition. We find it in the Sufi tradition and in yoga tradition in India, in Hinduism, in Taoism.

Can you cleanse your inner vision until you see nothing but the light? A sentence from the Tao Te Ching, Lao Tzu wrote about it. Basically, in every tradition you will find references to these inner practices. In Christianity you see all the statues of saints in the different traditions with some areas above their heads that seem like small mountains on the head. But actually, they are higher levels of attainment or consciousness that have been realized. I think for some of us that's very clear.

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For some of us, that's new. What we did is we turned awareness, we collect the awareness of our third eye, of our inner vision, we turn it upwards to the highest point of our head, and from there we elevate our awareness, and there are different levels of stage development, I would call it, in the subtle world, that become new stages.

So, they are our potential future. If this is not in my daily awareness, it's my potential future. If I suddenly have a light experience in my meditation, I see part of my future, and then I come back and live my life, and then I have it again.

The peak experiences are mountains in my daily stream of consciousness that connect to this. But as long as it's not something that I can deliberately access and then later on live in, it's just happening to me occasionally and I don't know how. But what it means is higher light is knowledge, insight, revelation, coherence, energy, and potential healing power. Once I connect to one level, then I can go higher and I can go to a much stronger level of light that there's much more power of information, energy, transformation, whatsoever, and then I can go to the next.

There are actually some stages. There's a whole anatomy and we start now just with the beginning that above my head, the space above my head is very, very important in spiritual development. There's a lot of knowledge how to connect and we go up, which means we connect. There's an upward movement and there is a downward movement. But that's the same, as you remember, when the soul comes in and comes up as a human being; that's the same energy.

Here above the head, here's the light coming down [indicating second figure, on the right], and here is the light coming down [indicating the figure on the left]. Only here it's already manifest as me, as my life [pointing alongside the body of the figure on the right], and here it only starts to manifest as my life [pointing above the head of the figure on the right]. But it's the same energy.

And we want to close this connection. As a separate human being, I have not much conscious awareness of these higher levels, although they're potentially always there. That's where I come from as a soul. That's where the soul lives. Therefore, as long as I don't know about this energy field above my head, I don't know what is a soul, and I will not be able to consciously embrace it. I will be able to cognitively embrace it but not consciousness-wise.

Where I come from as a soul, the soul that dives into thousands and thousands of years of human development and runs through my spine as my core energy we said, runs through me as motivation, now we make it conscious and we explore its nature as light. Once we actually close the circle consciously, that I can connect to the level where my energy incarnated from, that's already a very important point in the spiritual development. That's already one part of liberation.

In my meditation, with the centers above my head, I'm more and more going back. It's not literally back, but it's more and more waking up to the level of energy where my soul incarnated from. So that's the vibrational state of my soul, and my soul as we said was diving into layers of human consciousness and took it on. My body is a layer of human consciousness, my emotions, my thoughts, that I can live in 2015. 2015 is a layer of consciousness that is like the jacket that I'm wearing.

Stabilizing and Downloading Higher Levels of Light

I look through the model that I incarnated in like when you buy a new car, so all the functions and facilities of your new car, that's our functions today. We have rational thinking built in. We have emotional patterns built in. We can build airplanes and rockets and all kinds of stuff technologically. That's built into 2015. That's the model that we can buy, the latest model of being a human being.

We said that our daily experience is a composition out of the latest model, the structural development and the motivation, the software. The soul energy is, in a way, the software.

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Now, in the light meditation, we learned to go up. At the beginning it's up. Later on this will not be anymore up and down. But at the beginning, it's very helpful to envision it like this. And then to go up, feel up until we can connect to the light and then we open our crown that this light can come down, touch our third eye, touch our heart. That's very important for the healing, because through the heart this energy can go into our hands, and here it can also go to our hands. And then the light needs to go more down and more down until it reaches our feet.

So we go up, we connect to higher levels of light, let's say white light. And then once we can stabilize ourselves at the top of our head, we let the white light come down and let it touch and we will feel it comes with an uplifting feeling. When you connect to white light, and it comes through your third eye into your heart. Afterwards, you feel more joyful, you feel more uplifted, you feel that what before was still problematic is much less of a problem because it elevated your vibrational state, which means the old thought patterns are not anymore so important. The old emotional patterns are not anymore so important. The old body patterns, the body will feel better. Symptoms in the body suddenly disappear.

But because it's not a steady state, it's a peak moment in the morning meditation, after some hours it might disappear again or after half an hour, because I am not living yet in that state. That's also when people come to workshops, there's a high, and then it feels great. But because we cannot live in this vibration yet, it goes down. It goes back down again. So we need to practice until we can stabilize ourselves there.

And then the next bigger level of consciousness is actually being downloaded through the former level of consciousness. If this was my former level of consciousness [draws half circles on each side of figure's head], the next level is bigger, and it's being downloaded until I can live like this in my base. My base becomes the vessel; therefore, we talk so much about the base because the base actually needs to hold the higher stages of development.

Now I'll come back, so that you see I am still here and it's not a CD running here. The light comes down, down, down, and the bigger level of consciousness is being downloaded into my base. So my base energy needs to expand. Every level of consciousness—like the initiation is—for the first time I see white light, for the first time I see golden light, for the first time I see even the parts that are on top of it. And then it's like an initiation, I have like a moment of awakening. I realize something new, and it's really new because I never saw this before. I never felt this before.

Conscious Evolution

And then slowly, it starts descending. Aurobindo talks about the descending of the supermind into our body. Especially in the later part of his life, he practiced a lot to bring down the supermind or the supramental, as he called it, into his body, like that every cell in the body will start to vibrate in this level of high consciousness, so that the human body is actually only a vessel for a very strong intense consciousness.

So this means that a lot of our genetic information, a lot of our emotional information and so on will be upgraded in a way.

I'm not talking now about current genetic scientific knowledge, so some of the things that I am saying here I will not be able to prove scientifically at the moment. And still, from a mystical dimension, I am absolutely sure that we are connecting our deepest matter with higher and higher states of consciousness, and that there is a very strong transformational effect. In a way, we are erasing old imprints. We are rewriting the past as we said it in order to become a new future.

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What I'm talking about is what I call "conscious evolution," like the evolutionary process is not just a mere coincidence of insights and revelations and then the manifestation of it. But that through our spiritual practice we do have an amazing tool to make creativity, innovation, inspiration, revelation an ability; not a coincidence. It might be that sometimes it seems like, "Oh, I'm lucky because I have a creative moment. I'm lucky because I have an insight." Or, "I'm connecting consciously through my spiritual practice. I am creating an ability to be creative, to be innovative."

Once this channel that I drew between my third eye, it's like in the brain, the two centers, they connect. They create a bridge, and this bridge is going to be more and more intensified. It's like we create a connection in the brain between the third eye and the crown, and then this will be opened, deliberately opened so that we can open it whenever we want. We can also close it when we want because we don't need to run around like this in the center of the city.

But we have all the time access to it. So, when I work with clients and I sit down, immediately it can be opened, and the whole capacities that come with it. Every layer above the head that I painted comes with new abilities, new abilities of seeing more, of knowing more, of feeling more, and actually, there are many upgrades to the operating system that runs my life today through that practice. Therefore, it's such a core practice in all traditions. That's the inner anatomy of the tradition basically, to open my awareness to the levels that are beyond what we often know in our daily life.

Now, there are some things that we need to be careful about. Therefore, I also started and gave so much weight to the base because we didn't just talk about the base. We talked about the base to understand the nature of structure and the nature of wiring my structure. Because when I look at somebody, I might see how that person looks like, and from this I can have some associative ideas of how this person might be. I see it in the face. I see it in the body structure. I hear it through the talking of the person.

But in the subtle awareness, I can also connect to more information of the periphery or I can, as we said last time, dive into the core. I intentionally concentrate at the beginning of the session to see, okay, I connect to your core, and from there I have the whole spectrum available. I can still connect to the periphery of your personality, but I have a much deeper access than that. That's very important.

We will switch back here to the screen share of my fantastic paintings. [Thomas refers to Drawing 1.] Whenever we go to these layers above the head that I painted, these layers above the head, as I said, come with higher capacities. So, from here I see more. From the next higher level I see even more. It's like you go up a skyscraper, a very high building, and then you look from the 20th floor onto Manhattan and then you look from the 75th floor onto Manhattan, and you have a much wider perspective.

Connecting To Higher Capacities

The mystical map that you have available according to a client is also the map so I can see the person in front of me, or I can go higher and then I see I have higher capacities of visualization, I have higher capacities of seeing, I have higher capacities of knowing suddenly, things. Then the person talks and on my screen my third eye is actually getting bigger through this. The higher I go, the screen, it's like the new television screens. They are huge. They don't even fit into the living room anymore.

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Like you have a huge screen, and let's say the bigger is your screen, the more you see. So, you see a client before as a person. Suddenly, the map opens and more and more of the client's information, the relational network, the karmic constriction and network, the higher I go, the more it's available. So, the attunement process is not anymore a horizontal attunement process from my heart to your heart and from my base to your base. It's also from my crown to your crown, from my higher self to your higher self, from my higher capacities to your higher capacities, from my future to your future.

But if that's not anymore my future because I'm living there, then I relate from my now to your future. Suddenly I have access to information that is very transformational because it's where you are going to in your development. It's where your energy wants to develop into. It's what is connected to your life's mission. It's the strong drive that drives your life.

That's different if I have access to that. I have access to a powerful resource. Therefore, every moment that we are in contact, we actually close an electricity circuit. When I go from my third eye, I go to my crown and I go higher. From here, I connect to you. So, then we close an electricity circuit. This is here in the drawing, the same thing. [Thomas refers to Drawing 1.] This is when I go up here to the second circle that you see above the head. And from here, I feel the client. Then by feeling the client from here, I close an electricity circuit, and this electricity circuit is feeling energy from where I can stay connected to my client into the process.

So, this energizes the process and also gives a strong resource. Because last time we said connecting to my core energy, being grounded in my core, in my center, is a deep resource in the healing process. If the therapist and the client together, if the therapist can be grounded in the client's core, then we are holding the energy of the core, which makes it much easier to be experienced by the client. Suddenly if you do this with me, I will feel it suddenly much more because you can feel me there. This is an electricity circuit that is being revealed or closed. That's an amazing resource.

Let me come back here. I hope this makes it clearer. So if I feel you from here, between our both energy fields, there's an electricity circuit, and this electricity circuit, the more it's being aligned, we would say we are both held in a very high level of coherence, which means there's a deep feeling, a deep understanding. But not just understanding on a personal level, there's a deep understanding generated also on the transpersonal level.

The stronger is the energy, the stronger is its transformational potential. We said that the circles that I drew on top of the head, you will get anyway the images later for your studying, that we said we open, we connect, and then we download or manifest. Every creative moment, every innovative idea is a small download. It's a download that comes because somebody is concentrated usually into a subject.

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Most of the time, it doesn't happen that people just walk around and have insights into quantum theory. Most of the time, people, when they deal with quantum theory, and then they go for a walk and relax or take a shower, then suddenly they have an insight. When I deal with something in a concentrated way so there is an excellence already, and then I have the ability to relax, then I have both. I have the light and I have the space, and often that's the greatest predisposition for a great innovation, that I have the concentration. Excellence means I am already connected more and then I have the space because I can also relax and then not know. If I cannot know and know a lot, then great innovative insights come in, in every field.

So, as we said, innovation is a small download, a creative moment. When something gets clear to me, there is a small download. In the spiritual practice, we learn to download the next new stages of development into our systems.

But what this means is I have coherent access to that light, then this flows coherently over time through my body. Then I can also, for example, when I sit with somebody, there's a transmission of this light. If I touch somebody, there's even a stronger transmission from my hands to the person's body. I can literally use this higher light for healing. Of course, we need to talk more about this, how this works, because there are some very important things that we need to take care of because that just depends on the level that we can connect to, a very powerful tool.

Melting Crystallized Structures

We said already that habits are structures that are crystallized strongly, that I'm identified with, and I feed chi life energy, into it every day by using it. If I have the same behavior pattern with somebody, I feed chi life energy, into the pattern, and it gets wired even stronger in my nervous system. So it becomes a stronger pattern.

When I take the light, I connect to the light and I connect to a structure that somebody experiences as a limitation. Then, I actually take a higher movement and I connect an electricity connection to the habit, and then the higher movement starts to open the strong identification and habit, and can make it more fluid so that it's easier actually to rebuild it or to transcend it. That's a very powerful tool because we can actually melt crystallized structures and make them more open and fluid so that the client has an easier way to work on this this for him or herself.

Let's just feel this for a moment. That's an important ingredient, that when I can connect here [Thomas points upward] and to this pattern in you, then I can connect like an electricity circuit from me to you to that pattern but hold a very high connection. While we talk to each other, I hold this connection, and then there is energy flowing through this connection, like if I was a cable and it connected to there. So this can help to melt.

Seeing Trauma with Conscious Awareness

Also, what is light? Light is conscious awareness. An enlightened body-mind is a body-mind that is insight full of light, which means full of conscious awareness. This means that when we connect the cable to the structure, it induces in the client's consciousness that the light is being turned on in that area of the physical, emotional and mental experience.

Because if you have a trauma or if you have an unconscious zone in our body-mind, usually we cannot feel it and we might even see it that in the meditation, when I try to feel this part of my body, I constantly start thinking of other things.

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I constantly feel distracted by something. Or when you want to deal with something in your life really, and suddenly you find yourself always doing other things instead of doing this, really looking at this area of your life, but then this becomes more important and this becomes more important.

We actually meet an unconscious zone and we constantly fall prey to the defense system in ourselves. That's when there is an area in my physical, emotional and mental capacity that I cannot access and that is actually in the energetic vision darker. It's less filled with light. It has a lower light intensity, which means it has a lower awareness in the client's experience. It has less light flowing through the energy system. It has also most of the time less bloodstream, less nutrition, less oxygen, less, less, less, less, less of many things. Or there are some areas around that where there is too much of something. There's stagnation. There's too much. It's either too little or too much.

Now, only by turning on the light in that area of the house— this is like the second floor of your house—something is happening with the electricity system. You cannot turn on the light. So because it's a bit spooky to run around in the dark level of your house, you don't go there. Because every time the elevator stops there and it's dark, it's a bit spooky to go there so we don't go there. So, we go to the third floor, we go to the first floor, but we don't go to the second floor. The longer we don't visit the second floor, it actually becomes more and more spooky.

And then, now when we sit, suddenly like with the electricity network and the horizontal connectedness; the attunement, we can actually find together the switch for the electricity network so that in the brain and in the body, in the nervous system, the conscious awareness is being turned on more through resonance and transmission and coherence. Suddenly, the person has a revelation or becomes consciously aware of the part in this area of the body, in this area of the emotional world, in this area of the mental world, and the unconscious area reveals, like when the light goes on, they suddenly feel what we didn't feel before. We see what we didn't see before.

Of course, there are already therapy methods where with the eyes you can locate traumatic areas. Whenever somebody talks about an unclear or traumatized or very difficult area in his or her life, we will see that the energetic vision cannot look there. People can either not keep a clear eye contact with me while they talk to me or their eyes go blank when they look at me while they talk about this area. It's a very small but very important message.

When I see this, I see, ah, this area is turned unconscious. Even for two or three seconds, the person is not there; or for one second, the person is not there and is there again. In this moment of not being there we hit the unconscious zone. It's the same when we do the body meditation with looking into the body, looking into the feet and knees, the hips, and feeling into them, and suddenly I think of breakfast, I think of dinner, I think of my work.

A human being should have the capacity if intentionally I want to stay concentrated on my body, so that I can stay concentrated on my body. If I cannot, I hit an area. I hit an unconscious area, that's like two same poles of a magnet meeting. And then I feel it as distraction. I think of something else. I look somewhere else. But I cannot stay with that area of focus. I cannot keep my inner vision and my body awareness and my emotional awareness in that area. Something will feel distracted, numb, not feeling, that I cannot connect to.

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So the higher meditation is actually a boost or a speeding up of light and bringing light into those areas. Of course, in a higher version of it, that depends on the expertise, it's also really like heat. The higher I go back in creation, the higher I go up, I go deeper into like a God realization. The closer I come to that, the more the light is really intense. It has also a much stronger healing power or transformational power.

Therefore, we started so much with the base because the base is a cup that needs to hold the higher light and channel it through the body. That's also the difference between a spiritual practice that is designed for the monastery or let's say for the cave, and the spiritual practice that is designed for the marketplace. In the marketplace, all my higher revelations actually need to land in my base. So the former size of my base, when the light comes in, will need to be expanded, the base needs to get bigger, and then the light goes in.

Individual and Collective Healing

There was a beautiful question around how is the connection between the individual healing and the collective healing. That's a question that I could talk about for an hour most probably, but I want to say a few things with this and I will most probably return to it later. But let's say I as a healer, heal something in myself first in my power—every healer—if the healer heals something in him or herself, and we get clearer around something, and we feel a vocation to do therapy work, to do medical treatments, whatever we do, when we live in the area of working with people on a more healthy and expanded and inclusive life. Whenever I realize something for myself and integrate it, conscious awareness is radiating through this part into the world.

Somebody asked the question, “Yeah, but how is it? We have patterns around in humanity that are wired genetically that we did already in the past hundreds of times. There are layers and layers of karma in the past that represent different shades of the same pattern. So, is there a possibility to heal this on a collective base as well?”

Yes, there is. There is. That's a very beautiful question because it's really expanded because it is also related to what's happening right now in the world, and how much collective shadow material is actually coming up. There is. And the beauty is every one of us that works in the connection of the light, transcending our own stuff, integrating our own stuff, it's like a code within a huge network of codes. Imagine you have a huge code system and one code is not anymore closed. One code starts to vibrate. Imagine many, many codes, like you zoom in like in the computer. You zoom in, you see one word and then you zoom out and you see many words and more words and the text, and much more text and much more.

When you zoom into one letter or one word, that's your name. When you zoom into it, you see the letters are either closed energy systems or they start to open. They start to vibrate.

Enlightenment or awakening is that the letters of our life start to vibrate. They become alive. They become alive energy fields, and the alive energy fields start to radiate into their environment, and they create ripples, ripples into their environment. The letters transmit light. So the sacred text is an open text. It's not closed. It's not about the perspective on to life, how we see life. The sacred text has nothing to do how a person sees life. The sacred text comes from another place. It comes from an open very high coherence and embraces everything.

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When in the Bible the voice of God speaks, everybody is meant. There's nobody left out. It seems like everybody would say it spoke to me. It spoke absolutely to me. The divine revelation, nobody is excluded. It's as if it speaks to the deepest core of you, and the next person says, "But it spoke to me also. It's for me." So, the divine voice speaks to everybody—why?—because all the codes are in. All the codes are included. Why? Because it's not talking about an opinion. It's not talking about life. The divine voice talks through the codes. It's like when the divine voice speaks, all the letters light up.

So the revelations, for example, in the Bible is as if every letter in the code starts to shine. Therefore, it feels like God is the most intimate experience, is the most intimate state that there is. It's pure intimacy and it speaks to every single separate code.

Now, when the healer does the healing work, what happens? It needs to transcend something because otherwise we cannot do profound healing. It needs to transcend something and integrate something here, and then it starts to radiate. The more work we do and the more people heal around us, it's like electricity circuits being closed, being closed, being closed, being closed. The more electricity circuits are being built from that one code, it spreads into the environment and it starts to erase or transform the morphogenetic kind of ripples that this patterns has in the collective energy field.

The great saints that have been there in history where many people found healing, where many people found transformation and awakening, it's like a strong generator that constantly spreads energy. It's like an open code. Enlightenment is empty so that the light can shine through. Enlightenment is that there's an awakening. It's like the code explodes and suddenly there's just light. The light spreads through the former the former code, the light spreads. And then a generator starts, and more and more codes are being activated and this erases certain patterns of the karmic past. For thousands of years, karma is being transformed and is being transformed in all directions of the cross, being transformed.

Therefore, the stronger is the awakening or the stronger is the opening, the stronger is the horizontal effect of it. We saw it in history. How come that 2500 years after Buddha we have Buddhism and we have 1 or 2 billion Christians around the world? Or why the great prophets and messengers left such a strong impact in culture? And even if some of it led to very deep atrocities as well, there is a strong spiritual impulse to see.

Connecting to Higher Conscious Awareness

Many things start with the meditation that we did today. The higher I can go, the stronger is the activation of my own life. And we will see, when we do this meditation for a longer time, it changes our life. It activates and changes our code. This is not just a light meditation. I don't imagine just a bit of a light. It's not a visualization of light.

It's connecting to higher centers in my own conscious awareness and this will activate my life, my personal life as a human being. And it will reconnect me to the source where I came from originally, and if we go beyond the soul, because the spiritual practice doesn't end where the soul starts, the soul is just the stepping stone, then we transcend our soul and we start awakening into the divine realm.

This literally changes our life. It's like the inside of who we are will be rebuilt. That's basically the foundation of healing as well, that the inside of the difficulties are being rebuilt and brought into a higher alignment with the original core of the human being that sits in front of us.

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Therefore, I wanted to go deeper into also the background information according to this meditation because it's a very profound and essential aspect of every spiritual practice and also of our work here. As I said, if you feel very shaky, don't do it. Wait a bit. Do it when you feel more grounded. If you do it, every time you do it, after you finish, you ground yourself and you feel your feet, you feel your base, and then you go into your day.

If you do multiple meditations, don't mix them. Don't do five minutes this and five minutes this. Do 20 minutes stillness meditation to practice presence and 20 minutes light meditation. But do them distinctly, not mixed all the time.

I think that's worth a great exploration. You can also share your experiences with your tribe partners, and share your experiences with your professional partners in the groups of six. Maybe you have some pre-experiences. We learn as a sangha from two things. We learn from the questions out of the difficulties, and the questions that arise through our curiosity and inspiration. Also, the third thing actually is through our insights that we have.

But all of them are important. If I have a difficulty with something and I don't hide it, because I think everybody else knows this already but I don't know it, that's where we learn from. We learn from, of course, our curiosity on motivation, and we learn from sharing our insights. Because if I share an insight, you can tune in with me and not only hear what I have to say about my insight, you can tune in with the place where my insight comes from.

What level of consciousness did I touch to have this insight? When you have a meditation teacher, the meditation teacher needs to feel you in your meditation attainment in order to say something to you about your progress. We need to feel in each other where we actually can go already and where we cannot go and not try to go somewhere where we cannot go and talk about it when that's not my experience. Stay with what is my experience. That's the highway to development. Not to talk about things as if I knew them, but I just know them cognitively.

When we share what is actually our actual meditative experience and then share it with the triad, share it with the professional circle, and also see how this may be already is part of your experience as a therapist, doctor, whatever, nurse, and body worker and all the groups that we have, and see, okay, how does this relate to my work? Did I have already experiences around this? What were my highlights with it? And what are also my difficulties with it? Where do I actually not connect to this?

I think that life exploration is very important, also where it creates disturbances in me, where I see things very differently. All of this is very important to grow.

Host: And that concludes Session 8 of *The Mystical Principles of Healing*.

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