

Fall 2012
Special Edition

LIFESTREAM

Journal of the National Association for Esoteric Healing



LIFESTREAM is a journal dedicated to the practice of Esoteric Healing.

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The **Mission of the National Association for Esoteric Healing** is to foster and support an environment of aspiration, integrity and right practice related to the field of Esoteric Healing, as well as to provide a membership organization that upholds standardizing the art, science and practice of Esoteric Healing in a professional and ethical manner. By doing so, we intend to help increase the awareness and understanding of Esoteric Healing in the United States and abroad, and contribute to the healing and spiritual advancement of humanity.

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From the Editor:

Welcome to the Special Edition of LIFESTREAM, JOURNAL OF THE NATIONAL ASSOCIATION FOR ESOTERIC HEALING!

We are all in for a treat! This edition of the Journal captures most of the papers written by the first group of Esoteric Healers to complete the certification process. When you open to the first article, be sure you have settled in and are ready to spend time savoring each word and paragraph. Every turn of the page will bring a new and sometimes unexpected topic, a surprising perspective, or a valuable insight. Be ready for articles that are novel, varied, interesting, and enlightening! I hope you will find them as exciting as I did!

Please note that a few of the certification papers can be found in regular editions of LIFESTREAM. Valerie Lucas's article *Metaphor and Allegory* and Dr. Briner's article *The Metaphysical Roots of Esoteric Healing* were both included in the Spring 2012 edition (Vol. 2, No. 1). Fran Oppenheimer's article *The Law of Economy and Investment Strategies* will be included in the Fall 2012 edition (Vol. 2, No. 2).

Feel the heft and density of this edition. Could there be any greater evidence of the depth of talent in the ranks of our Esoteric Healing family! The knowledge shared in the JOURNAL pages will make us all that little bit wiser. Moreover, given the variety of topics and ideas presented, these certification papers are likely to generate lively discussions for months to come.

We hope you enjoy this Special Edition of the Journal!

Blessings,
Joni Larson
Editor

Esoteric Healing and the Labyrinth *Quimby Campbell*

I have experienced a little over a year and a half of wondrous adventures in a most inspiring labyrinth which is located in the back, northeast section of my property (see picture below). It already feels as if lifetimes have passed with the changes that have occurred on many levels, within and around the labyrinth. I am sure I have yet to assimilate and understand all the knowledge gained from this journey so far. There has been energetic cleansing and clearing of the land, changes in the behaviors of the animals and plants in the area, and insight gained from the building of and experiencing of walks in the labyrinth.

I cannot tell you exactly when the idea came to haul the rocks necessary to lay down the grid-work of the Chartres labyrinth design. It was placed onto the sandy soil of a pre-dug, berm-protected hollow in the land, which seems to have been perfectly arranged beforehand. Further help in the creation of the labyrinth came through a Crystal/Labyrinth class, Esoteric Healing class, and through my husband, who would sporadically participate unannounced at times. I am thankful for his insistence on measurements and the hauling in of huge tree stumps he had found to form the

Rosetta in the center. Later, more detail was added from the ideas of group contemplation and heart-felt leadings concerning the care and keeping of the labyrinth. I believe the energy lines of the labyrinth have always been there, waiting for the opportune time to show themselves through human participation. I am blessed to be a part of aiding Mother Earth and above Hierarchy in the connection of light lines across the planet at all levels. I believe this labyrinth truly to be a Light Station that has been hidden, meant to be found. Walking the labyrinth has aided in my growth and understanding of esoteric principles and practices in healing.

I chose the Chartres design after looking at various maze patterns and then labyrinth layouts. When I aligned and attuned to source and the land, as I had learned in Dr. Briner's class, the Chartres design felt right and seemed "easy" to construct on that piece of land. I've since learned more about this design and feel there is a deep connection with the experience of walking the Chartres labyrinth and Theosophical principles of Esoteric Healing, along with the techniques used in Esoteric Healing.

Chartres Design Labyrinth



The connection of light or energy lines and points of force exists within the body as well as the structure of the labyrinth. I believe greater awareness and understanding can be gained from the contemplation and study of the two.

The theosophist's premise is that knowledge must come from both external and internal sources, and requires both an existence and acknowledgement of internal and scientific truths. Both of these truths are given equal footing. Each individual theosophist's interests and questions are dynamic due to this dual focus on internalism and externalism. Another central interest is the application and use of knowledge for the betterment of both humanity and the individual.¹

It is the experience of walking the labyrinth that helps bring understanding to the above definition. There are three commonly understood stages to this experience as you travel inward and then back out again. The first stage of walking into the labyrinth is commonly known to be a time to contemplate on those ideas or thoughts on your mind or a time of letting go of the details of your life, a time to open the heart and quiet the mind. Second, when you reach the center, it is a place of meditation and prayer, invoking assistance and higher knowing. Third, leaving the center and following the same path out as you came in is a time to receive what is there for you to receive, a connecting with your higher power and the healing forces at work in the world and then, with loving intent, sending that light out into the world.

I understand that Esoteric Healing requires the aligning and attuning to God/Source, invoking healing light energy for illumination and assistance, and then, through the heart's loving intention,

allowing that light to flow towards your focus. Alice Bailey says:

Healing does not come through an intense affirmation of divinity, or by simply pouring out love and the expression of a vague mysticism. It comes through mastering an exact science of contact, impression, of invocation, plus an understanding of the subtle apparatus of the etheric vehicle.²

As I have walked the labyrinth, I have come to realize the connection between the two experiences. In one way I am the participant serving as the practitioner who focuses light while working with a client. In another way I am also a participant serving by being a light instrument, walking the energy lines with the intention of bringing healing of self, humanity, and the universe. As a practitioner, the treatment begins with mental focus and contact. The entering of the labyrinth can be the same, with the act of contemplation. The journey through the labyrinth is experienced. The work done with a client also is experienced with the impressions gained, the invocation of light, and the understanding of what is going on in the etheric vehicle.

When looking more closely at the "apparatus of the etheric vehicle" in healing, we work with the energy centers and with triangles of connected points of focus. The labyrinth also works with energy centers and the connecting of light within the "walker" as well as the planet's light grids. I believe, with greater understanding, that one can also work in the labyrinth with the conscious connecting of light lines towards an intended focus and for greater alignment. Ellie Crystal of Crystalinks.com explains—

Moving through a Labyrinth changes ordinary ways of perception connecting the inner and the outer,

the right brain and the left brain, the involutinal and the evolutionary through a series of paths that represent the realms of the Gods and Goddesses. These realms are associated with planetary movement as a process that induces Union with the One.³

The labyrinth works with energy centers and the connecting of light with the walker as well as the planet's light grids.

bj King, president of Namaste, Inc., tells us that "the first time we walk the labyrinth, we are balancing energetically the right and left halves of the brain. The more we take this walk, we begin to integrate the 4 quadrants of the Homo Universalis brain. bj believes we are evolving into a new species, from Homo Sapiens to Homo Universalis, which will have a 4 quadrant brain."⁴

The esoteric practitioner's intent is for the clearing of blockages and the balancing of energy centers within all parts of the human body. This allows for the evolution of the individual which in turn aids in the evolution of all humanity.

Charles L. Gilchrist believes "The classic eleven circuit labyrinth of the Chartres Cathedral, is directly connected to 'Sacred Geometry' and 'Nature's First Pattern' which are pure tangible manifestations of universal God Mind."⁵ The Chartres labyrinth is also said to be transposed to our twelve chakras. The design of the labyrinth allows for the connecting of energy lines and the intended focus in the same way a practitioner may choose to work with one individual for the same purposes.

Alice Bailey explains,

The etheric body is a body composed entirely of lines of force and of points where these lines of force cross each other and thus form (in crossing)

centres of energy. Where many such lines of force cross each other, you have a larger centre of energy, and where great streams of energy meet and cross, as they do in the head and up the spine, you have seven major centres. These are seven such, plus twenty-nine lesser centers and forty-nine smaller centres, known to esotericists.⁶

The labyrinth is also composed of lines of force that are known to connect and cross and can extend across the entire planet to its major and minor centers of energy.

I have personally observed sensations within different parts of my bodies while walking the labyrinth. I have observed myself gaining insight into areas of interest and been surprised by thoughts I had not previously considered. This experience is similar to what I have realized after an Esoteric Healing treatment. The energy present at different locations within the labyrinth can be felt and this energy can vary depending on the day, who is walking it, and one's focus and intent. The esoteric practitioner hopes to serve humanity by allowing greater energy flow and balance through the treating of a client. The labyrinth walker can also hope to serve humanity by connecting with the earth and being a light instrument, allowing energy to flow and become more balanced within self and for humanity as a whole.

The Esoteric Healing practitioner serves humanity by allowing greater energy flow and balance through treating the client; a labyrinth walker serves humanity by connecting with the earth and being a light instrument, allowing energy to flow and become more balanced within self and humanity.

It is interesting to me to contemplate the similarities and the interconnectedness of

the Esoteric Healing practice and of the way the labyrinth may help to heal the earth's body as well as allow for healing of all of creation and humanity. I am excited to learn more and experience more within the world of Esoteric Healing within the experience of walking the labyrinth.

Footnotes

¹ Lantanagurl.com, January 9, 2012, entry, *Theosophy . . . I think it pertains to me . . . maybe* (<http://lantanagurl.wordpress.com/2012/01/09/theosophy-i-think-it-pertains-to-me-maybe/>).

² Bailey, A.A., *Esoteric Healing*, p. 526.

³ <http://www.labyrinthina.com/path.htm>.

⁴ http://healing.about.com/cs/spirituality/a/uc_labyrinth.htm.

⁵ <http://charlesgilchrist.com/SGEO/Gal902.html>.

⁶ Bailey, A.A., *Esoteric Healing*, p. 72.

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Charles Gilchrist at

www.charlesgilchrist.com.

Labyrinthina at labyrinthina.com.

Lantanagurl's Rambling Mind at lantanagurl.wordpress.com.

Quimby Campbell is a divine blueprint of a plan within the greater Plan and one with all of you. Her intention is to grow and anchor light as best she can. She has chosen to do this through the joys of being a Mother, through the support she has offered within a variety of jobs, through universal Reiki Master energy and Esoteric Healing energy work and through the building and walking of the Labyrinth. She looks forward to continued learning and co-creating with all of Humanity and the Kingdoms on Earth.

Learning About Devas

Bonnie K. Dysinger

In Disney cartoons I remember watching the animated faces of flowers talking and singing; in the Wizard of Oz, the trees came to life with faces that talked and branches like arms that threw apples! All this was just make-believe, right? Why then did I find myself observing my new spiritually-minded friends with such curiosity when they would bend down and talk to the flowers, speak that a certain crystal was calling to them, or be emotionally upset when a tree was cut down? I find my answers by becoming familiar with the devas.

In Sanskrit, devas are referred to as The Shining Ones and Celestial Beings. They range in size from the tiniest of the wildflowers to the largest of the solar angels. Their power and size correspond with the form to which they are associated. Just as angels appear to us based on our beliefs how an angel should look, devas take their form according to the cultures they work within, such as leprechauns.

Devas, whose essence is Light, are spiritual beings from a different dimension.

Like humans, devas are spiritual beings, just of a different dimension. Their essence is Light. Devas have chosen earth as the place to channel and direct their energy. Earth is their home where they live and work in order to gain life experience and wisdom enabling them to progress on their own evolutionary path. Humans help devas with their evolution and spiritual advancement by allowing them access to our insight and perspectives. As we become more involved with the protection of our environment and the earth, our interactions with devas increase.

Devas also may be referred to as angels, nature spirits, fairies, and sylphs. They are

the workers of nature created to serve mankind through their particular element of air, water, fire, and earth. Through these elements the devas provide us with everything we need to be sustained on earth: clothes to wear, food to eat, water to drink, and air to breathe.

Devas are regarded as nature's specialists and work as a group soul guiding the evolution of plants, trees, bodies of water, mountains, insects, and animals as well as the group and classification of the rocks and minerals. Their essence allows Divine Energy to manifest and express in our physical world by transforming the frequency of cosmic energy and wisdom, making them useable on the physical level. By responding and mirroring human thoughts, it is their task to control the process of creating new forms and allowing for the destruction of old ones. Attracted by universal will and desire, the building devas construct form into manifestation. When the deva is no longer attracted to the form, the form begins to dissipate.

Though rarely seen, the essence of devas are sensed more through one's intuition. They are found everywhere in the nature of earth, especially in areas not inhabited by humans, such as the forests, deserts, and mountains. But even where humans gather by the oceans, rivers, waterfalls, and mountains, devas are there being an important part of these natural features. We are able to sense the presence of devas during the intense weather activity of storms, high winds, tornados, and of course the leprechauns at the ends of the ever-promising rainbow.

As we learn to work with devas we begin to realize it is essential to walk on our living earth with respect and sensitivity. Respect brings trust, affection, and a willingness for devas to share with us their wisdom,

healing, and inspiration, grounding us to enjoy a greater sense of harmony within. Through respect, sensitivity, and groundedness we gradually start to realize our interconnected-ness and interdependence with all beings within our expanding consciousness. We realize this process is taking place when we begin to see both one's self and nature in a new and different light.

Devas bring us the healing qualities of nature. As we learn to communicate with them we become better able to access them for protection and healing. By helping us to manifest and strengthen qualities of compassion, courage, and truth into our daily lives, devic energies align our body, mind, and emotions so we are more in harmony with our inner and outer worlds.

The flower devas assist us with spiritual unfoldment by opening a portal into the world of devas.

The flower devas are powerful beings that assist us with spiritual unfoldment by opening a portal into the world of devas. Our conscious use of flower essences helps to align our subtle emotional and mental energies. When we ingest or inhale the concentrated essence of a flower (such as Bach flower remedies or ray oils), we utilize the devas' energy frequency, which results in raising our own vibratory energy frequency.

Like from all spiritual beings, to receive assistance from the devas we just need to ask. They are able to provide us with advice on farming and gardening, landscaping, forest management, designs for parks, and the use of plants for healing and inspiration.

In two YouTube videos titled Channeling Daisy: A Nature Spirit Speaks, Daisy tells us they know when we take a good picture of them because our aura lights up when we are delighted. There are many meetings between humans and devas in non-physical

ways in non-space time. Devas are not confined to their body as many humans may think. They have a global consciousness and through this they are in touch with all daisies around the planet. Most daisies around the world are in touch with some humans and many are in human-dominated places. Devas have the consciousness of the human/devic energy field which records all relationships that have ever happened, either with any daisy or human or with all daisies and humans together. Because humans have changed vastly over the centuries, daisies have had to adapt to keep up with us, learning how to reach us in our current culture.

There is so much more for me to learn about working with the devas. Their work extends far beyond my introduction to them in this short paper. I am sure that as my own consciousness expands I will be delighted to encounter opportunities to get to know and work with the devas in many ways I cannot even imagine.

For now, I find it is I who bends and speaks to the flowers, notices when a very particular crystal calls out "don't forget me" as I start to walk out the door, has developed a special attachment to one of my mighty oak trees by gladly making the extra effort to touch and talk to him, gently removes the awaiting spider from the corner of the room to the outdoors, and will align and attune with the devas in my grass asking them to step aside before I mow the lawn.

Yes for me, with respect, sensitivity, and groundedness I am realizing the interconnectedness and interdependence with all beings within my expanding consciousness and seeing all of nature in a new and different beautiful light.

The next time you are out in nature, tune in to who is seeing you versus whom or what you are seeing.

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MEDITATION

Intellect to Intuition

Catherine Marie Finigan

We all use a mix of instinct, intellect, and intuition to handle our external and internal environment. All these terms refer to the same energy working at higher levels of consciousness.

Paramahansa Nithyananda teaches us when intellect is purified, it becomes intelligence. When intelligence is further purified, it becomes intuition.

Our interactions with ourselves and the world are always a mix of conscious and unconscious perceptions. If the number of unconscious perceptions or actions are greater than your conscious perceptions or actions it means you are operating at the level of instinct. If your conscious and unconscious processes are more or less equal, you are operating at the level of intellect. If your conscious process is faster than your unconscious process, you are using intelligence. When you are operating totally out of awareness you make the leap to intuition.

Meditation brings in the awareness to move from instinct to intelligence to intuition.

Meditation brings in the awareness to move from instinct to intelligence to intuition. Meditation is an ordered process in which

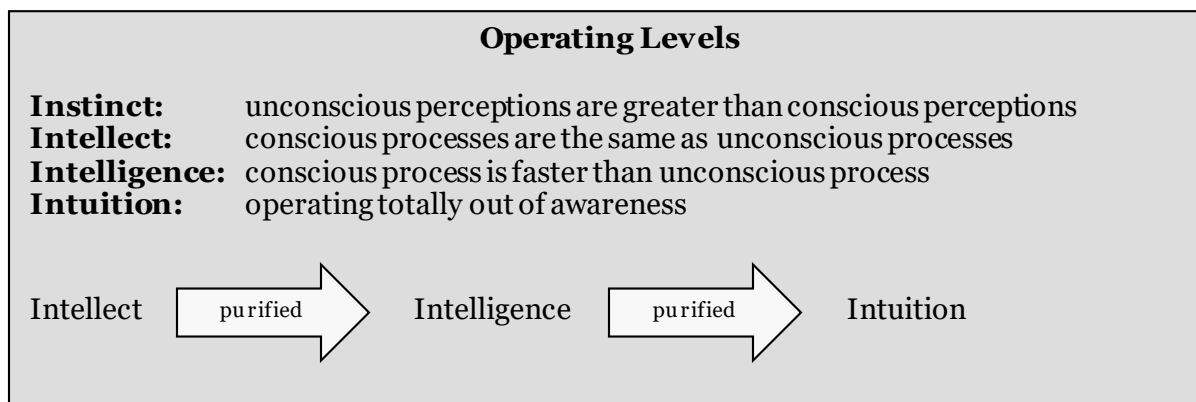
man finds God. There are rules to be followed as one travels on the path of illumination. It is a slow but sure process but unfailing in its results. Self-discipline, self control, and active service play an important role in the process.

The *Bhagavad Gita* makes this clear.

There is no meditation for the man who eats too little or the man who eats too much or for him whose habit it is to sleep too much or too little. But for him who is regulated in food, in work; regulated also in sleep and in waking, meditation becomes the destroyer of all suffering.

Maharishi Mahesh Yogi supports the knowing of intellect and intuition in the Vedic Science text as it describes the four levels of consciousness that are also the four main levels of manifestation. Meditation is the ultimate way of manifesting our full expression of our Self.

First level - Para: This is the totally unmanifest level of life, pure Being, the transcendental level of the structuring dynamics of Natural Law.



Second level - Pashyanti: This is the finest level of the intellect-intuition-which corresponds to the finest level of manifestation.

Third level - Madhyama: This is the thinking level, the structure of Natural Law available on the level of the mind and the structure-based dynamics of thought, speech, and action, corresponding to a more expressed level of creation.

Fourth level - Baikhari: This is the level of speech that corresponds to the most manifest structure of Natural Law available to us on the sensory level in the structure of the universe as a whole which is available to everyone in his own physiology.

The process of discovery or the process of unveiling the Self takes place through transmutation through discipline practice and lifestyle. Easier said than done, but the rewards are worth it. As we continue our meditation we reap the gifts of transmutation. Transmutation is the process of changing and re-directing the energies of the mind, the emotions, and the physical nature to reveal the Self. As our journey of meditation continues, the spiritual knowledge grows within us until it merges into wisdom. Our actions and levels of service deepen and change as we evolve in this way. The stages of our evolvment continue to grow and flourish as we maintain a dedicated pace to our inner life.

Through continued practice our relationship to our Soul is gradually brought about until such time as the soul becomes one with its gross and subtle bodies. The physical body is then under direct control of the soul, as the illuminated mind sends soul knowledge to the physical brain. As we learn in Esoteric Healing, the emotional nature becomes purified and reflects the love nature or buddhic nature of the soul. And the mind then will reflect the purpose of God.

This is the truth of becoming fully human, the ultimate in redemption, salvation, or enlightenment. Until the personality is fully integrated, man will fall. The challenge is to continue the discipline of meditation until the mind becomes controlled and passes under the full control or infusion of the soul.

The challenge is to continue the discipline of meditation until the mind becomes controlled and passes under the full control or fusion of the soul.

There are many challenges to overcome along the path from intellect to intuition. It is wise to choose a meditation practice and respect the "rules of the road." Many great saints and mystics have revealed to us the nature of the Divine Life. The fundamental law governing all meditation work that was given to us by the seers in India centuries ago is that "energy follows thought."

It is best to learn a meditation practice through a teacher or established discipline and to stay within the boundaries of the practice. If the recipe is twice daily for twenty minutes, the student would be best served to follow the equation. One can be over-stimulated in meditation as the nervous system is being affected by new incoming energies. One must learn the nature of the energies he is contacting and train himself to use them correctly. Anger and irritation can sweep us into our instinctive nature to scream and shout. Learning to control the energy of the spoken word allows us to master emotional energy.

In the mental types, it is possible that the brain cells can become over-stimulated, which may lead to headaches, sleeplessness, or an uncomfortable vibration in the head. In the emotional types, the troubles can be found in the Solar Plexus creating irritation, anxiety, and worry. In either case, the meditation time should be reduced in time or frequency to allow the brain cells to

adjust to the new rhythm as well as the emotional nature.

Another result of overstimulation may cause one to become over-sensitive. During meditation the senses work overtime and their reactions can become more acute. One can take on the physical or psychic conditions of those with whom they live. One may find themselves “wide open” to the thoughts and moods of other people. In this case it is recommended to continue the meditation periods but at the same time become more mentally interested in life to bring about the ability to live in the head and not in the emotional arena. A trained mind is necessary in the path of one’s spiritual life. The practice of meditation and the need for care in meditation is important on the journey from intellect to intuition. One can have only deep gratitude for the masters, saints, and mystics that have helped to show us the way.

The spiritual life of each person is part of a larger equation into which we are drawn. God is calling us to the discipline of daily living and pure motive of service.

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The Essence of Esoteric Healing

Karen Fodor

The beauty of the foundation and essence of Esoteric Healing is love. There is no other energy or force that is as powerful and effective as the energy of love in the healing process. When looking at the healing process, “Love is the life expression of God Himself; love is the coherent force which makes all things whole . . . and love is all that is.”¹ The very essence of Esoteric Healing is found in the channeled words of Djwhal Khul in Alice Bailey’s ESOTERIC HEALING.

In the healing process, no other energy or force is as powerful or effective as the energy of love.

Love is the core of what we as human beings are made of. The life force within us comes right from God as love. It is the binding force that completes us. It is the force that makes us who we are. It makes up our being-ness, our is-ness. “Love is all that is.”² When one heals a being made from the energy of love, the healer uses love to heal, in attempt to make that being whole again. Djwhal Khul further states that, “Above everything else in life, give to all who seek your aid the fullest measure of *love*, for love releases, love adjusts and interprets, and love heals, on all three planes.”³

The healer aligns and attunes him or herself to his or her soul energy and then to the client’s soul energy. This allows the healer’s personality to step aside, allowing the universal healing energy of love to flow through the healer to the client.

Alan Hopking describes Esoteric Healing as working in the realms of thought.

We are manipulating energies of thought—the threads cocooning a patient in pain and suffering—and endeavoring through soul-to-soul

contact to unravel some of the untidy or piled-up-threads. Thought is substance and can bring about effects. Rightly directed, swathed in light and love, thought can heal. . . .

Spiritual healers do not work with the consciousness aspect of the patient. We work entirely with the life aspect. The life force works through the heart center, utilizing the blood stream (love), while the consciousness aspect works through the brain, using the nervous system (will). The fine channels called “nadis” which make up the etheric body, represent the life aspect.⁴

Love has the esoteric properties, qualities, and intelligence to heal beyond the scope and knowledge of the mind and personality of the healer. “Have ever in mind that love is energy and that it is a substance as real as dense matter. That substance can be used to drive out diseased tissue and provide a healthy substitute in place of the diseased material which has been eliminated.”⁵ “Love is a great unifier and interpreter.”⁶

In Rule Six of the Laws of Healing, “The healer or the healing group must keep the will in leash. It is not will which must be used, but love.”⁷ The healer must strive for divine understanding:

1. She or he must learn to remove all barriers to separateness to become an unimpeded channel for the inflow of pure love.
2. The healer must develop control of his or her astral body, knowing that all emotional reactions create a barrier of the healing force to the patient.

3. It is also imperative that the healer bring forth love and pure reason, to penetrate into the dimension of cause, which is responsible for the disease within the patient. Holding the mind steady in the light will enable the healer to reflect the pure reason (pure love) of the soul, which supersedes the healer's consciousness, and reflect the cause.

The will that must be kept under control is the self-will of the healer. No matter how high of a level the healer is, if a determined effort to heal is present, a tension will be caused which will deflect the healing energy.

The healer must contemplate principals of divine understanding to become the pure channel of love. "For 'as a man thinketh in his heart so is he'; then, without obstruction or difficulty, pure love will pour through him and the patient will be healed."⁸

For this powerful force of loving healing energy to be most effective, the patient must set his or her intention of what he or she wants healed and clearly state that to the healer. Both intentions must be the same for the most effective healing to occur. The patient focuses on allowing the cells of his or her body, in all dimensions, to accept the energy to bring balance and healing to those certain areas. Thus the patient becomes a receptive outlet for this energy. The open channel of love flows through the healer into the receptive patient. It is as if the two have become one channel for the source energy to flow to. In effect the Source, the patient's soul, and the healer's soul make a triangle in the initial alignment and attunement, thus creating a union and balance between the three energies. It also represents bringing forth the trinity, the powerful union of Ray 1, Ray 2, and Ray 3. If the patient holds the image of sitting within this triangle, with the point upward, and the healer holds the image of the triangle pointing downward toward the patient, "as above, so below," this creates a powerful loving healing energy to flow and to do the

work and healing by the universal Source to what the patient's soul is accepting.

Esoteric Healing trains the healer to become a pure channel for bringing forth the healing energy that is comprised of love.

Esoteric Healing is a technique that trains the healer to become a pure channel for bringing forth the healing energy that is comprised of love. The healer and patient connect to the universal source energy in a manner of a triangle, which allows the creative and healing force of love to interpret, adjust, release, and to heal for the highest good of the patient's soul. As Djwhal Khul says, "Love is all that is."

Footnotes

¹ Bailey, A.A., *Esoteric Healing*, p. 356.

² *Id.*

³ *Id.* at 353.

⁴ Hopking, A., *Esoteric Healing*, pp. 8-9 (internal citations omitted).

⁵ Bailey, A.A., *Esoteric Healing*, p. 102.

⁶ *The Seven Rays of Life*, p. 111.

⁷ Bailey, A.A., *Esoteric Healing*, p. 672.

⁸ *Id.* at 677.

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Vision: How We “See” the World

Jan Hettich

Vision: a word that means the power of seeing or the sense by which the qualities of an object are perceived and mediated by the eye.

In others words, we see with all levels of sight: physical, emotional, mental, and spiritual. It is with our physical eyes we see the world of matter and what appears as solid. Emotional vision is what we allow ourselves to see or to block from our sight. Mental vision is how our mind or intellect interprets what is seen. Spiritual vision is the higher level of sight, our higher self and the truth of what is seen. Because each level is part of the whole, each must be addressed when doing healing work.

The anatomy of the eye has many parts: cornea, iris, lens, retina, ciliary muscle, optic nerve, rods, and cones – each part doing its job, each cell and atom working together as a whole unit. Light enters the eye, hitting the retina where two types of cells are found – rods and cones. Rods deal with the light and dark perception, while the cones work with color. Very interestingly, there are three different types of cones that respond respectively to yellow, blue, and red wavelengths, the colors of Rays 1, 2, and 3.

The cones in the eye work with color. Three different types of cones respond respectively to yellow, blue, and red wavelengths— the colors of Ray 1, 2, and 3.

A chain of events occurs that triggers electrical energy to release, this energy release of the rods and cones then moves through the optic nerve. The many fibers of the optic nerve act like a tunnel through which this energy travels. As this energy moves through the nerve it activates the brain and starts a rhythm. The brain

radiates this energy which goes to the visual area of the cerebral cortex and this is the screen – the picture that we see. The many parts of the eye work together, bringing light in through the intricate structures, to produce pictures on the screen for us to see.

The emotional level of sight is where we register how we feel about what is seen. This is often where vision is blocked and problems are found. Blind spots can occur from traumatic events in one’s life or even from a past life experience. There are many expressions associated with emotional sight, “tunnel vision,” “looking through rose colored glasses,” “so angry I saw red,” “that person sees only what he wants to see.” There may be fear causing someone to say “I was afraid to look.” Emotions play a large part in how we see the world around us and at times physically not seeing what may be right before our eyes.

Mental vision is related to how our mind interprets or relates to what we see. For instance, we may look at a painting of a forest full of trees, flowers, animals, and perhaps a stream. What do we see? The colors, the fur on the animal, perhaps the ripples in the water? Each person will see the painting differently and from her own life experiences. Her mental vision will expand as she learns about all life and physically actually will see what perhaps was there and not seen before. The Tibetan addresses the development of the human eye in this regard: “Seeing which is now unseen – A change within the eye and not a form of clairvoyance.”¹

Mental sight is also the level where one uses mental visualization to form an idea or a thought. This is part of the creative process inherent in each of us. As humanity learns to use this process of creative visualization

according to the divine plan, human sight will become more powerful and clear.

Spiritual sight is of the divine and is the highest level of our vision. It entails the use of the third eye. It is here that the Eye of God or the light shines forth – the eye of the inner vision. It is at this level of vision that the Deity can be seen in each of us and in all living things. And as we tread the upward path, the whole body becomes the eye. Our senses begin to overlap and one begins to see sounds and hear the colors, with the third eye being the director of energy. In Esoteric Healing the use of the third eye is key. The Tibetan discusses the eye. “It is in the development of etheric vision (which is a capacity of the physical human eye) and not in clairvoyance that this mutual apprehension will become possible.”²

Spiritual sight is of the divine and is the highest level of our vision. It is here that the Eye of God shines forth.

When treating the eye esoterically, the healer starts with the assessment and core triangles, carefully noting where a block or restriction may be and at what level. This assessment will help the healer to know how the client sees the world and what needs balancing. Balance the eye triangles and always sweep the optic nerve using Ray 4. There may be times when doing the Cause of the Cause will help to uncover an emotional block.

Encourage the client to do eye exercises and follow a balanced diet. In HUMAN ENERGY SYSTEMS there are eye exercises to help develop the rods and cones of the eye. The exercises help the client develop the physical eye to see what she may not see now – auras, the Rays pouring in, etc. We have lost this ability and yet we each can and will do this. Taking steps to regain this ability will help each person take responsibility and empower them in the healing process.

It is like climbing a mountain. At the bottom we are limited in our sight and the road upward has just begun. As we climb higher our view enlarges and our knowledge of what is behind us gets bigger. But we may become stuck and stay on a road just going around and around. But with encouragement and healing one can move forward again, seeing a clear path ahead. As we keep the pathways clear on the physical, emotional, and mental levels, we will travel the road to the top.

Footnotes

¹ Bailey, A.A., *Esoteric Psychology I*, p. 608.

² Bailey, A.A., *A Treatise on Cosmic Fire*, p. 911.

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Overcoming Death by Establishing a Path of Light

Maria Sue Mutu Hubbuch

This study of death is limited to natural death as in disease, old age, or the imposed will of the Soul, excluding the topic of death resulting from accidents or war, which are considered sudden death and are an entirely separate topic of discussion. The death process differs by individual according to their evolution and level of initiation. First, the process of death will be covered. Next, emphasis is given to the death preparations available to assist the initiate on the path. Finally, the effective use of triangles during the death process is discussed.

As the New Group of World Servers, we are given access to knowledge and instruction to assist with the death process. It is our charge to embrace this knowledge and model it for humanity.

Can you picture the time when the process of death, clearly recognised and welcomed by the man, could be described by him in the simple phrase, "The time has come when my soul's attractive force requires that I relinquish and restore my body to the place from whence it came"? Imagine the change in the human consciousness when death comes to be regarded as an act of simple and conscious relinquishing of form, temporarily taken for specific objectives.¹

To accomplish this we must be diligent to the three-legged stool of study (so we know what we are doing), meditation (so we can be ready ourselves), and service (so we can set up the triangles and light path for others as they face death).

Alice Bailey in *THE RAYS AND INITIATIONS* defines death as a means of abstracting the life principle, informed by consciousness, from the form or the bodies in the three

worlds. Death is merely the final phase of the plan of life since the time of incarnation. Death is governed by the Law of Attraction and expresses as a "pull" from Soul to retract from the lower three bodies. The physical responds to the pull by retracting the life cord and the consciousness cord. This begins the process of deterioration of the physical. The Soul must continue Its journey, moving into the etheric body, next to the astral, then to the mental body before the final union into the whole. On the physical plane, we have called death the moment of the last breath and the last heart beat. These outward signs are merely the life cord retracting at the heart and retracting through the brain. When both the life thread at the heart and the consciousness thread at the brain are retracted from the physical, the Soul must still travel through the other bodies.

This article explains the Soul extraction process and how there is much we can do, as Esoteric Healers, to prepare ourselves and others for this journey of the Soul back to Itself. If we do this process consciously, through establishing a path of light, we can overcome death.

To overcome death, we must first understand the extraction process, which is twofold: (1) the movement of the Soul from the physical to the etheric, called The Work of Restitution, and (2) the elimination of the lower three vehicles (etheric, astral, and mental). The etheric body emerges from the dense physical body in gradual stages at one of the three points of exit, according to one's evolutionary development and initiation level. The majority of humanity, the undeveloped and emotionally polarized persons, will choose the Solar Plexus. For aspirants, men of goodwill, and those that are attempting to fulfill the law of love, the Heart Center will be the door of exit. For the

disciples and initiates and the advanced mentally polarized, the Crown Center will be the point of departure.

The processes of death as relayed by Alice Bailey in *ESOTERIC HEALING* (Bailey, pp. 394-95, 473-78.), and paraphrased below, outline a sequential process that can be used to create suggested Esoteric Healing treatment protocols because the stages provide observational clues that can be found in the assessment of systems.

The Work of Restitution

The Work of Restitution occurs as follows.

1. The Soul sounds fourth a “word of withdrawal” from its own plane, and immediately an interior process and reaction is evoked within the physical plane of man.

- Affected areas: heart, circulation system, nervous system, endocrine system.
- Nadis (the etheric counterpart of the nervous system) respond to the “word” by vibrating.
- Glands respond to the “word” by releasing a substance into the blood stream that evokes a reflex action in the brain that results in loss of consciousness.
- A psychic tremor is established that loosens the connection between the nadis and the nervous system; the etheric body is detached from its dense sheath.

2. A pause. This may be observed in the eyes, or a relaxation and lack of fear, a condition of peace and willingness to go.

This is the stage in which . . . the friends and relatives . . . will “make a festival” for him and will rejoice with him because he is relinquishing the body. At present this is not possible. Distress rules, and the stage passes unrecognised and is not utilised, as it will be some day.²

3. The organized etheric body withdraws from the extremities towards the required “door of exit” and focuses itself in the area around that door for the final “pull” of the directing Soul.

4. A pause. It is possible for the physical elemental to regain its hold upon the etheric body, if that is deemed desirable by the Soul, if death is not part of the inner plan. The elemental life will sometimes fight a battle lasting days or weeks, but if death is inevitable, the pause may be only a matter of seconds. There is a final “tug” from the Soul.

5. The etheric body emerges from the dense physical body from the chosen point of exit while assuming the vague outline of the form through the thoughtforms which the man has built up over the years. This thoughtform must be destroyed before the second stage of elimination is complete; clairvoyants often claim to see the etheric body hovering around the deathbed or coffin for this reason. Still interpenetrating the etheric body are the integrated energies of the astral body and the mental vehicle and at the centre there is a point of light which indicates the presence of the Soul.

6. The etheric body is gradually dispersed, as the energies are reorganized and withdrawn. In the case of the underdeveloped person, the etheric body can linger for a long time in the neighborhood of its outer disintegrating shell because the pull of the Soul is not potent and the material aspect is. When an advanced person is detached in his thinking from the physical plane, the dissolution of the vital body can be rapid. He is freed from the reaction to the attractive pull of physical; he stands in his subtle bodies, ready for the Art of Elimination.

The Art of Elimination

The Art of Elimination is the process of the Soul moving out of the etheric and the astral

bodies, through the mental vehicle, by focusing on the radiant point of light as a response to the “pull” of the Soul. The astral and mental planes are illusionary and can be distracting, confusing, disturbing, and prolong the return to bliss. The most effective methods of preparation for the aspirant will be discussed as well as the benefit Esoteric Healers can provide to others in their preparation for this Elimination process.

During this lifetime, in preparation for the time of Elimination, aspirants on the path can do invaluable work for themselves by practicing meditative techniques that move the consciousness up and out of the body toward the Soul and even further toward the Monad.

In preparation for the time of Elimination, aspirants on the path can do invaluable work for themselves by practicing meditative techniques that move the consciousness up and out of the body toward the Soul.

This established alignment will provide a light path, straight up and out of the astral and mental planes, straight to Soul. This is the ultimate goal, to proceed to Soul without hesitation or distraction during the time of Elimination. Building the antahkarana is the task of the initiate. This is done through meditation, triangle work, and affirmations such as: I am Soul, I am not my physical-etheric body, I am not my emotions, I am not my thoughts, I am Soul. Stationing the awareness in the Soul light, keeping that light path open and constantly accessible, will keep it open and available for the ascent at the time of the Soul call. At the time of death, the Soul will sound a call and the physical will respond, releasing the life thread from the heart up to the brain. The consciousness thread and the life thread will release into the etheric. At this instant, the initiate on the path must stay focused, look up toward the alignment, and move into the

light and sound, moving straight up to the Soul. Having practiced his alignment, the aspirant is not to look left or right and get distracted in the astral plane, but diligently stay in meditation and move up the channel that has been established in meditation.

Death and limitation are synonymous terms. When the consciousness is focused in the form and identified entirely with the principle of limitation, it regards freedom from form life as death; but, as evolution proceeds, the consciousness shifts increasingly into awareness of that which is *not* form and into the realm of that which is transcendent or into the world of the abstract, i.e., into that which is abstracted from form and focused in itself. This, by the way, is a definition of meditation from the angle of goal and achievement. A man can truly meditate when he begins to use the mind, the reflection of the will aspect, and employs it in its three aspects: as initiating his entrance into the world of souls, as conditioning his personality life and as enforcing and eventually bringing about full expression of soul purpose. This results in the complete overcoming of death.³

“In the case of advanced initiates, who are fully aware of the laws of abstraction, the transition can be effected consciously and in full awareness, thus preserve *continuity of consciousness* while passing on to higher levels.”⁴

We can help others establish their light path through Esoteric Healing treatments that connect the lower three vehicles to their Soul. This is where we can be of most effective service, by setting up lighted pathways back to Soul. When the time comes for transition and they have the path established and they can see the light and hear the sound and they do not look left or right or hesitate in the astral plane (where

they can be distracted and delayed) but can look into the light and move directly to their Soul, they move into the blissful state of Oneness. Through Esoteric Healing treatments, we provide service to others by establishing their alignment and light connection to their Soul.

We can be of service to others by connecting the lower three vehicles to the Soul, thereby setting up lighted pathways back to Soul.

We also can be of great benefit to others by providing Esoteric Healing treatments to individuals before and during the period of their transition. The Esoteric Healer may be able to determine if the patient is withdrawing from present incarnation or if the patient is simply moving into a restorative process. When a restorative process is being retained by the Soul, the Heart Center and the Spleen Center and the two minor centers connected to the lungs will remain energized. Additionally, the life cord connected to the heart will be firmly connected. This can be an easy assessment for the Esoteric Healer.

In DEATH: THE GREAT ADVENTURE (Bailey, p. 97.) a description of the Soul seated in the brain gives clues to triangles that might be formed and used to assess the condition of the dying one and can serve to ease his transition to the after-life or energize him back into physical. The Soul is aware (in varying degree) of the world in which he lives according to the point in evolution and the consequent development of the mechanism which is the physical expression of Soul. This mechanism is triple in expression and can be assessed using this knowledge.

Chart 1 can be used for treatment for health or revitalization or easement to transition.

Chart 1: Treatment for Health or Revitalization or Easement to Transition

1	Balance the seven centers.
2	Balance the nervous system including the cerebro-spinal, sympathetic, and peripheral systems.
3	Balance the endocrine system.
4	Follow the life thread in the heart and check the connection, move to the blood stream and follow. Next, add the endocrine system.

Chart 2. Triangles to Aid in the Death Process

Triangle	Points
Desire	Soul • emotional body • Solar Plexus Center
Withdrawing	Soul • Crown Center • Ajna
For dying	Heart Center • spleen minor • lung minors
Of Force	<ul style="list-style-type: none"> ➤ Breastbone minor • breast minors ➤ Sacral Center • Basic Center • solar plexus minor Hold these two triangles together.
Immortality	Throat Center • pituitary gland • pineal gland (This triangle is transmuted from the spleen triangle of force - spleen minor • Sacral Center • Basic Center)
Samadhi	<ul style="list-style-type: none"> ➤ Heart Center • Spleen minor • Solar Plexus Center ➤ Heart Center • Basic Center • Spleen minor Merge the two triangles together.
Fourth Ray Technique	If the individual is dying: form a triangle: Soul • Throat Center • Heart Center • Basic Center and sound the pure E note. This sound will bring release of the life thread. For life: form a triangle: Soul • Throat Center • Heart Center • Basic Center and as you hold visualize the energy flow; play music especially music composed in E or any creative beautiful music preferred by the patient.

Alice Bailey in *ESOTERIC HEALING* specifically indicates the Heart Center and the two lung minors could be used at the time of death. Alan Hopking, in *ESOTERIC HEALING*, provides triangles to aid the person in the death process and suggests triangles that can be used in conjunction with the Heart Center to the lung minors. (Hopking, p. 197.) See Chart 2.

Alice Bailey in *DEATH: THE GREAT ADVENTURE* gives reference to the triangles activated at death according to one's evolutionary status. (Bailey, p. 64.) For animals, imbeciles, and those human beings who are little more than animals you will find the group Soul, Solar Plexus Center, and Spleen Center is the triangle activated at death. Average humanity and emotionally polarized persons will have the following triplicity: Soul, Crown Center, and Spleen Center. For highly developed people and for those on the Path of Discipleship, the following triangle is active at the time of death: Soul, Crown Center, and Ajna.

There is a fourth triangle activated at death, which I have had the honor of being shown during my treatment of one who was dying: the Soul (on its own plane), the astral body, and the Solar Plexus Center. This triangle is activated as an aspect of desire, or a reaction of the Spiritual upon the physical plane. It is active when the will-to-live is lacking. I was directed to set up the points as a straight line up. This seemed to create a beam of light, a pathway, if you will, which was then available for the Soul to utilize as it traveled home.

Conclusion

The death process has been explained in two stages using Bailey terminology as first the Work of Restitution, which is the dying process as we define it in human terms: the person is dying, then dead. From the Soul perspective, it has only moved from the physical to the etheric. The second stage of transition— called The Art of Elimination— is the process of the Soul moving through the etheric, astral, and mental vehicles and returning to Itself. As energy workers, we can be very effective in this second stage because humankind has not taken this next step to prepare or assist with the final transition. Humanity has stopped at the point of “death,” the Soul's extraction from the physical. The continued return of the Soul to Its own plane can be greatly assisted through preparation in this lifetime.

The Esoteric Healer can prepare himself by establishing his alignment and building his antahkarana. The Esoteric Healer can treat others with triangle work and build the connection to the Soul. This can greatly assist in transitioning through the planes willingly, without fear and distraction.

As regards those who have passed into the light, whom you want to help, follow them with your love, remembering that they are still the same people, minus the outer limiting shroud of body. Serve them, but seek not that they should serve your need of them. Go to them, but seek not to bring them back to you.⁵

Evolutionary status	Triangle activated at death
<ul style="list-style-type: none"> ➤ Animals ➤ Imbeciles ➤ Humans who are little more than animals 	Group Soul • Solar Plexus • Spleen Center
<ul style="list-style-type: none"> ➤ Average humanity ➤ Emotionally polarized persons 	Soul • Crown Center • Spleen Center
<ul style="list-style-type: none"> ➤ Highly developed people ➤ Those on the Path of Discipleship 	Soul • Crown Center • Ajna

One of the great advantages of rapidly spreading esoteric knowledge is that the general public is becoming aware of the fact of the continuity of soul life and of the retention of consciousness after death; they are realising that there is no cause to fear death.⁶

Finally, as the New Group of World Servers, now is the time for us to come forward and model this attitude for the advancement of humanity.

As the New Group of World Servers, for the advancement of humanity we must model that there is no cause to fear death.

As in the three-legged-stool, we do this by:

1. Studying, so that we, ourselves, are comfortable with the process of dying.
2. Practicing the meditation techniques that enlarge our antahkarana, strengthen our link to Soul and Monad, and establish our light path to Soul.
3. Performing Esoteric Healing treatments on others to help strengthen their conscious link to their Soul.

As we build our light path through daily meditative alignment, we hope to be in the group of those who overcome death.

“The pathology of death is well known and has received much study exoterically; much still remains to be discovered and will later be discovered.”⁷

Footnotes

¹ Bailey, A.A., *Esoteric Healing*, p. 427.

² *Id.* at 475.

³ Bailey, A.A., *Esoteric Astrology*, pp. 615-16.

⁴ Jurriaanse, A., *Bridges: Ancient Wisdom Revealed*, p. 173.

⁵ Bailey, A.A., *Esoteric Healing*, p. 365.

⁶ Jurriaanse, A., *Bridges: Ancient Wisdom Revealed*, p. 174.

⁷ Bailey, A.A., *Esoteric Healing*, p. 473.

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Doing the Math: A Harmonic Journey Through the Labyrinth of Esoteric Healing

Phyllis Janik

The garden elements, progressing from bulb to bloom: I see them; the “aha moments” right from the beginning, most prominently in the “light bulbs” we gaped at during the early sessions, planted into the group’s consciousness. Circles, ellipses, triangles. What shocked me the most about the classes I was trekking to, over several years, was the eventual discovery that—after all these decades—what I was falling in love with was the joke on me: essentially, the universe of vivacious energy and light, forms, and dance did come down to the elegance of math, after all. We work primarily with triangles; but that basic form, in all its own healing varieties is but a hint of the shapes – first drawn by the paths—our journeys take. (Briner.)

Each shape is a labyrinth. Our intention, stitched to a fearless—and, more than that—courageous—fusing of body/mind/spirit, allows us to enter each labyrinth, fully experiencing its heart via identification/empathy with it. Following the ancient laws (somewhat familiar in the laws of quantum physics) we fuse self with experience and can move smoothly “out”—and on(ward) to the next labyrinth/experience.

In the box of examples accompanying MEDITATIVE MAZES AND LABYRINTHS, Cassandra Camille Wass offers an assortment of shapes one might not at first think of as labyrinths: a heart, a horse, a tree, dolphin. Squares and rectangles. A configuration surrounding the word “Joy.” Circles and octagons. An eye. The human hand. Everything is a labyrinth.

Wass has included one figure especially pertinent to our practice: it is a drawing of a seated human figure with swirling,

connected chakras—the labyrinth of our liquid-crystal energy centers.

This itself is the ancient message, which often has been suppressed; the light and swirling energies informing all the healing temples which have been destroyed; the keepers and re-discoverers of which have been flayed, burned, hanged, or otherwise obliterated from the rigid systems of their contemporaries.

Yet, we are still here. Thought following energy that will not “behave”!

The labyrinth of the body/mind/spirit. A microcosm of what some have discovered as the clues, leftovers in stone holding knowledge and wisdom, the constructs themselves evidence of the journey in-and-out, but from thousands of years past: the massive Egyptian labyrinth, constructs in North and South America, Asia, Africa; libraries, barrels, desert caves protecting the sacred migration. Faces, sacred shapes, advanced methods of producing fantastic sound to move, build, or heal. Knowledge and wisdom held in the crust of Earth like leftover crusts of bread. Dismissed from time to time—the “secret” knowledge of thought-energy, manipulating light, color, and sound. Ubiquitous on all the continents: spirals, double-axes, amazing shapes. Ubiquitous labyrinths, paths leading to the center(s), there on several continents.

We have the three-dimensional stones, or pyramids, or mere remnants and stories of labyrinths, but what sounds are missing? What are we not hearing? Seeing? We are looking at flat geometry when multi-dimensional perception is required to hear the music that is present. Sound heals: chants, mantras, tuning forks are able to

move blocks and clear passageways. (STONE AGE SOUNDTRACKS and teachings of various Tibetan masters in lecture/attunements.)

Light translated to vibrations and colors and attuning sound creating patterns in matter: Did someone or ones leave behind, or send, these globally-evident and perennially-created labyrinths? Although the many theories abound, the best part of the wonderful revelation is there on a sheet of paper with a human figure which we can trace to roam and follow the energy system from base to crown. We are here, now, able to move through an eye. A dolphin. A tree. The heart.

Spindle, needle, thread: the wonderful revelation is that we are indeed here, discovering this, discovering the vertical axis and the thread leading from it through all the permutations that occur. We are living labyrinths.

Our lives are fabulous mysteries. Our questions about the mysteries lead us on adventures and quests. The quest is for the easiest labyrinth to reach, dance into and around, and dance out of until the next journey—whether that trek is out to the fingers and toes, or the “end” of a day, or a year, a relationship, a job, or a life. That labyrinth is the heart itself. How clever of the Organizer(s) to place that palace together with us, liquid crystals, resonating with the iron-core crystal at the center of our planet itself; to allow us to feel and hear the heart’s wild, soothing rhythms elegantly mirroring our every move. How clever to place a heart in each experience we think, energize, and crystallize—so that every instance of light/color/vibration-music waits, like the center of a winding configuration, there is the core of the universe itself.

Energy follows thought, and each of the many expressed thoughts we’ve experienced—as well as those we ourselves express/create—holds a “knot” of power,

most felt at its center. That power is Gratitude. If we can participate in that universal resonance called Gratitude—holding it like a silver thread, for the duration of each labyrinth, then we are able to move through the twists and turns safely, completely, and joyously: surging in and out, like breath. We are then aligning with the smaller and/or larger universes (microcosm, macrocosms), hearing them, attuned to them, as close to God as was Mozart. We are then ourselves the universe, and we are allowing it to act.

What is the sound of one hand clapping? The heart, spinning its gold. The rhythmic steps of our feet on the life-loom, weaving our paths.

Walking, singing, playing, laughing.

So many hearts. So many labyrinths.

The breathing worlds.

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The Trek to Esoterica

Phyllis Janik

You get all your stuff together, and take off. It could be to the corner store for some good ol' milk and bread. It could be your slog to the daily grind. Or, wowser, it could be the drive or flight to a long-planned-for dream vacation to wherever. The deal is, from then on the traveler can take one of two—although there are many, minor, others—major routes. Let's call one The Beaten Path and the other The Open Road. Make no mistake— they're both the same aforementioned street, or store, or flight number. The difference between traveling TBP versus TOR is found in other dimensions: love for the rush of emotion, the inclination toward mental challenge, the willingness to engage in any path as a spiritual quest.

It's the difference between someone who will dig through what a geologist would name "overburden" to reach an amazing prize: hard-core granite (which never oozes up entirely to the surface, but remains hidden underground) versus what some ordinary schmuck would be satisfied with— whatever has landed on the surface—road kill, stuff thrown off to the side in some ratty weeds, and so on. It's the difference between someone who has agoraphobia when it comes to traveling more than two blocks from "the comfort-of-home" concept and someone who will take the bungee-jump into terra incognita.

For the purposes of this brief essay, my own trek to esoterica—my personal term for the other-dimensional, heretofore-unknown/unwitnessed-but-in-plain-sight— begins with the family kitchen table, moves through a labyrinth of locales, including Okemos, Michigan, and ends, for today, in a suburb of Chicago, Illinois.

How I Woke Up

Every morning (from ca. 1950 until his passing in 1990), before he went off to work in the open hearth of a Chicago steel mill, my Dad wrote my mom, me, and my sister a letter that began, "Good Morning, Girls!!" It was written on various notepads from steel mill vendors. The Morning Notes, as we called them, noted the temperature, announced the coffee, and ran through a variety of local and national news culled from the radio—plus something of the work my dad anticipated at the mill after walking several blocks' worth of distance into the heart of it all.

Until years later when I would occasionally be allowed to host a friend overnight, I thought everyone's dad wrote a letter to his family in the morning. (He also kept a daily log of steel mill and family happenings when he returned from work.) The guest would shuffle over, following me to the kitchen table where I'd be reading the Note. After several occurrences of "What's that?" followed by "My dad's Morning Note—don't you read them at your house?" I realized this was an exceptional practice.

The Note was there, every day. I never questioned it beyond that. Even with the accumulation of forty thousand pages (each letter had a flip side, and with the log book, by the time my dad left the planet, that's how much he wrote), it was just part of my family.

Early Years: The Snooze

There were many things I never questioned. Being raised in the strict Polish-Catholic version of that religion meant a hunched, Eastern-European attitude toward one's dour possibilities in a dour world. That was the source of the pressure bearing down on

me like the Ice Age it was. But the reason I broke out—unlike many other extended-family members—had to do with the impetus offered by the heat of the Morning Notes, together with the wild-card spirit of my mother—the dancer—and my godmother and maternal aunt, Dorothy—youngest of the ten children and whose sense of adventure eventually moved me in the direction of Okemos and Esoteric Healing.

As a writer, I was at first rather irked at the term “esoteric” used for this healing modality—the fact that this word had to be muddily explained to everyone and seemed to be purposely secret-ing mysteries away focused on everything I had run away from in the history of Catholicism I had come to discover (but certainly not from the Church itself!). But after the first session in Okemos, and certainly by the conclusion of the first set of classes, it became apparent that this study expanded my perception of self (and “selves”), my family, my history, and my world-view.

It Tolls for Thee— and Me, Too

As a curious being, I love to be challenged and proven wrong—as long as the new knowledge is entertaining (Ray 4? Gemini? Although, at times, I imagine it would take the perspective and achievement of higher dimensions to see events on earth as entertaining.) (Bailey; Abraham.) But I’ve found though Esoteric Healing classes, and via other reading (THE FORBIDDEN UNIVERSE and other texts), that what I thought was new is actually from an ancient tradition and has been cruelly crushed, hidden, and seemingly almost destroyed by various orthodox forces over thousands of years. The fact that current access to the beauty and powers of the universe is becoming more “acceptable”—in some areas, common knowledge—is encouraging and strengthening.

It’s bolstering to see some of the muzzles coming off.

I see the shapes we access and use during healing sessions as part of the teachings of Sacred Geometry. I see the shapes of Sacred Geometry as forms, all the forms of matter—including our human forms—in the vibrating universe. Our planet is a gem show—yes, think of the annual February phenomenon in Tucson as hordes of stone-crazy aficionados descend on the city in mad quest of the perfect specimen—or a hundred of them. Yet, we ourselves are the colors and the crystals we are seeking. The red, basic beauty of the iron core, the iron crystal—a main component of steel. Tempered steel, like us after we’ve been “through the mill.”

Can you hear the background music effecting these vibrating compositions in our gem show? The light translated to those sounds is coming from a long way off. Yet our thought travels faster than even that light. We can hardly dance fast enough to keep up.

We each have our own light, too, and our own songs. I can hear the songs my mother played on a little turntable, in my grandmother’s kitchen, around an iron stove fueled with coal. My mother was the ballroom dancer and she taught all of us. We all danced.

I am grateful for that fact, and for that metaphor—the dance—in my life. I am grateful for another metaphor—my dad calling the open hearth the “kitchen” of the mill, because all the elements were “cooked” in the 200-ton ladle that made steel.

Moving through the events of our lives, being ready to align, attune, and allow the music—and then to actually put “allow” into practice *by moving with it*—this is the cosmic dance. It’s a three-part dance, a triad composing and affecting the harmony which is our inheritance, and which can be our legacy. (Yogananda.)

And the heart of all of that: I realized over the course of the Esoteric Healing classes

that it—the love comprised of the knowledge, the vibrations, the music, the forms engaging in the dance—has not been hidden from me. It was right there, all along on the dance floor—cooking, like the elements of tempered steel, in the kitchen of my own house that is sitting there forever.

On the table.

Waiting for me to wake up.

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Catching Up With Science: Implications of Science on Perspectives and Balance

Joni Larson

Balance infers there is stability. Stability provides a foothold for harmony. Moreover, balance and stability bring us to that point of stillness where our egoic self is quiet, allowing us to hear the murmurings of our higher self. Soft communications from the higher self can gently remind us of where we came from, why we are striving to return, and how best to make that journey. Thus, is there any better place for us to strive to be than in one of balance?

But knowing the importance of balance is only part of the knowledge we need. What about balance itself? Is the determination of whether we are in balance an objective or subjective determination? Can we use the principles of science or physics to help us determine whether we are in balance? If someone else is in balance? Are there any overriding commonalities between people who are in balance?

The Ajna and the Mobius Strip

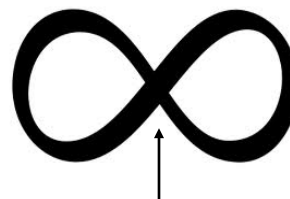
The Ajna can be viewed as a gateway between the spiritual body and the physical body. It carries information between our spiritual self and lower self. In addition, it coordinates the five major centers of the body and oversees the distribution of energy (under the direction of the crown). It can carry out its jobs most effectively when there is harmony and balance between the lower chakras.

The symbol for the Ajna is the infinity symbol (see Figure 1). As drawn, the infinity symbol has a natural point of balance where the two lobes cross. This point of balance can represent where the chakras have come into balance and this balance can be reflected in our daily lives.

When selflessness is balanced with selfishness, we find self-worth. Self-destruction balances with hard-heartedness to reach self-love. Apathy and willfulness balance to reach creative expression. When limitation and insecurity balance, we find security. (Page, p. 206.)

The point of balance, this point of stillness, is dependent on the two lobes. When we consider that each person has his or her own Ajna, we can conclude that each person similarly has a unique point of balance. In doing so, we also would conclude that one person's balance is not dependent on another's. Comparisons between people contains no helpful information; it does nothing more than confirm that we are each on our own path, our own struggle to find our own inner balance. (Page, p. 206.)

Figure 1. The Infinity Symbol

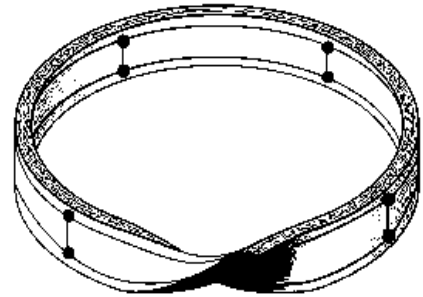


The infinite symbol can represent more than balance. As its name suggests, it also represents infinity. Let's take that concept a step further by considering an infinity symbol created with a Mobius strip (see Figure 2). A line drawn on the face of the strip would continue along the loops forever. Just so, our lives and challenges are also continuing. Maybe most interestingly, there is no beginning and no end. You could begin anywhere and end anywhere; each place on the strip is like any other place.

Figure 2: Mobius Strip

To create a Mobius strip, hold each end of a strip of paper in each hand so that it makes a circle. Twist the end held in one hand once so that the bottom edge of one end now meets the top edge of the other end. Glue the ends together.

Two lobes could be formed so that a Mobius strip would be in the form the infinity symbol.



Point of Reference

Because each place on the Mobius strip is like any other place on the strip, we cannot use a point on the strip as a frame of reference for a point not on the strip. Similarly, we cannot use a point not on the strip as a frame of reference for a point on the strip. Trying to do so would be like trying to relate an umbrella placed in the sand on the beach with a drop of water in the ocean or a drop of water in the ocean with an umbrella placed on the beach. However, once we form the Mobius strip into the shape of the infinite symbol, the point where the lobes cross can become a point of reference. Noteworthy, it would not reference a specific point on the strip or a point not on the strip. Rather it would reference the relation of the Mobius strip on one side of the point with that on the other. Having established our reference point as a relationship of one part of the strip to another part of the strip, we have imbedded specific consequences into our interpretation.

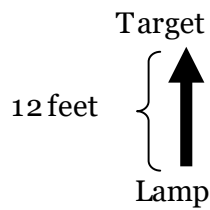
Since the time of Galileo, we have understood that how we perceive objects moving depends on our reference point. To see this point more clearly, consider a concrete illustration with yourself as the frame of reference. If you are seated in a train (and not feeling the vibration of its motion) and looking around at the items

inside the train, nothing is moving. If you look outside the train and see the landscape passing by, you realize that you (and all the items you saw inside the train) are in fact moving. But notice that the movement outside the train tells you nothing about your relationship to the items inside the train. For example, you could get up from your seat and walk forward to stand next to the passenger riding in the front of the car. While the speed of the train has not changed, using yourself as the point of reference, your relationship to items within the train has changed.

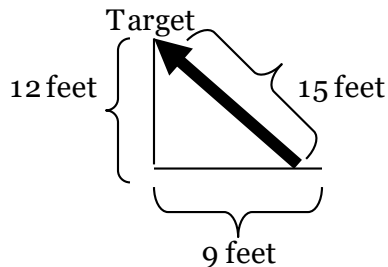
Time and Point of Reference

Not only does our relationship to those items around us depend on our being the point of reference, but our measurement of time (or perception of time) also depends on us as the point of reference. More to the point, time does not move at the same speed for everyone.

Take an astronaut flying on a spacecraft. She places a lamp on the floor of the craft and a target directly above the lamp on the ceiling. The distance between the lamp and the ceiling is 12 feet. She turns on the lamp and, based on her clock, determines that it takes the pulse of light $t = 12/c$ to reach the target. (The time is calculated by dividing the distance, 12 feet, by the speed of light.)



Mission control has the exact same clock, set for the exact same time. However, from the mission controller's perspective, the astronaut flying overhead in her spacecraft has moved forward. In this example, mission control sees that the target has moved forward 9 feet. To reach the target, the light must travel on a diagonal line. Based on Pythagorean theory, the length of the diagonal line can be determined to be 15 feet.



Pythagorean theory: The square of the length of the hypotenuse is equal to the sum of the square of the sides.

$$\text{Hypotenuse}^2 = \text{side}^2 + \text{side}^2$$

Thus:

$$\begin{aligned} \text{Hypotenuse}^2 &= 12^2 + 9^2 \\ 15^2 &= 144 + 81 \end{aligned}$$

Thus, based on the same clock, the mission controller has determined that it takes the pulse of light $t = 15/c$. Because c , the speed of light, is a constant, the two time calculations cannot be the same.¹

Astronaut: time = $12/c$
Mission controller: time = $15/c$

Because time is not the same for everyone, it is unique to us individually and is

dependent on our being the point of reference.

We can take this idea of independent points of reference one step further. Because time is closely associated, interwoven, and interconnected with space, some physicists have argued that they cannot be separated. Instead they should be considered as one element called spacetime. To see that our perception of spacetime similarly is dependent on our individual perspective, visualize a man standing in front of the room holding a cane out in front of him. The appearance, and our perception, of the cane will change as we walk around the man and change our position relative to the cane. Moreover, our perception of the cane as compared to someone else's perception who also is walking around the man will not be the same.² A change in viewpoint means we have changed our spacetime; a change in spacetime means our perception of (our) reality has changed.

Change and Time

We can focus a bit more on the concept of change. Change, as we perceive it, occurs over time. But, in our four-dimensional model (length, width, height, and time), time is represented in conjunction with space as spacetime.³ Because spacetime is its own dimension, we can alter it in the same way we could alter length or width. In other words, we could select any point with nothing separating the present from the past, the present from the future, or the past from the future. They all exist at the same time, represented by different coordinates along the spacetime axis. Events that we perceive as having occurred in the past currently exist in spacetime; events that we perceive as future events and not yet existing currently exist in spacetime. In sum, using this paradigm, the present is no different from the past or future. (Stannard, p. 30.)

We can grasp this concept better through an analogy. Consider a novel. The “past” is represented by the pages already read. The “future” is the pages not yet read. And the present is the page you are currently reading. But, all the pages simultaneously exist, regardless of your perspective.

Other Theories Regarding Time

Presentism: only the present exists and only the present is real.

Externalism: all points in time are equally real (not just the present moment); embraces the idea that there is no objective flow to time and that future events already exist.

Growing block universe: the past and present exist, but the future does not; time and the world grow in the present as more of spacetime comes into existence.

This perspective recognizes that there is no flow to time. This theory is sometimes referred to as the block universe. (Stannard, p. 30.) In this characterization, not only does space exist at each point in time, but time exists at each point in space. All time exists at every instance - the moment you started reading this paper, the point you are reading now, and the time when you finish the paper all exist simultaneously. In other words, our reality has no time constraints. Or, as Einstein said, “The distinction between past, present, and future is only a stubbornly persistent illusion.”⁴

Putting It All Together

Based on the above scientific principles, it should be very clear that our relationship to the world is dependent on our individual point of reference and only we (ourselves) can be that point of reference. External comparisons or relationships mean nothing,

except to form the basis for our individual perspective. Because our point of reference can and must be different than that of every other person in the world, our perception of the world is unique to us. With our perspective of the world so individualized and, when compared to other’s perspectives so convoluted, we may begin to wonder whether there is anything that connects us to each other, whether there are any commonalities that weave through all of us. Is there something, something that is not based on our point of reference or perception of the world, that could bind us together?

This question brings us back to the Ajna and our continual path along our individualized version of the Mobius strip. Recall the concept of the point of balance. When we find that point of balance, we reach the point of stillness. Because this balance, this point of stillness, is internal and unique to each individual, this balance can exist regardless of any external perspectives of time, space, and dimension. We each can find our own point of balance and, through that achievement, have a commonality with others. While unique to each of us, the point of balance can exist in all of us, independent of time, space, or perspective.

It is at this point of stillness that we find oneness with the Creator. Let’s expand on that concept. Imagine a world where every person has found his or her own point of balance or point of stillness. In finding that point of stillness, he or she has found oneness with the Creator and is linked to the Creator. By logical inference, all those linked to the Creator are linked to each other through the Creator. Thus, when we each find balance, we will all be connected through equilibrium and, arguably, be in harmony. Note, however, that this connection exists at the universal level; it is a connection independent of points of reference such as time, space, or perception.

The idea that we are all connected by something not dependent on a point of reference is supported by scientific research, and the scientific journals contain many examples. By way of example, let's briefly consider just two.

Quantum weirdness: Scientists split a single photon into two separate particles, with the two particles having the same properties. They placed both particles in a chamber and fired them away from each other in opposite directions. At the end of a pathway, each particle had to select one of two routes. Every time, both particles selected the same route; they acted as if they were still connected. (Bradden, pp. 30-31.)

Impact of emotion: Human DNA was placed in a beaker and exposed to coherent emotion, a form of feeling. When the DNA was analyzed after the exposure, the scientists determined that the emotion changed the shape of the DNA. More specifically, different emotions caused different changes to occur in the DNA. (Bradden, pp. 50-52.)

Food for Thought

A barber shop quartet involves four voices signing in harmony. This perfect unison of voices creates the illusion of the existence of a fifth tone—a note heard by a listener but not actually sung by any member of the quartet.⁵

If each and every individual were to find his or her point of balance, would the combination of balance in all of us create a previously unheard note that would complete the harmony? Could this unsung note resonate as the web that connects us all? Could it be the one vibration that we are all seeking?

If so, perhaps we should redouble our (individualized) efforts to find our balance and through this balance our connection to the Creator and to each other. For only by

playing our own individualized parts in unison can we (together) find that sweet unsung fifth note and complete the harmony of the universe.

Quote:

Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are . . . part of the mystery that we are trying to solve.

Max Planck, Physicist

Footnotes

¹ This example is borrowed from Stannard, R., *Relativity: A Very Short Introduction*, pp. 5-7.

² This example is borrowed from Stannard, R., *Relativity: A Very Short Introduction*, pp. 25-26.

³ It is difficult, impossible really, to visualize a four dimensional reality because there would need to be four axis, all at right angles to each other. In science, the mental picture is abandoned and math allowed to represent and manipulate the dimensions. Stannard, R., *Relativity: A Very Short Introduction*, p. 30.

⁴ The Expanded Quotable Einstein, p. 75, as quoted by Braden, G., in *The Divine Matrix*, p. 13.

⁵ The fifth voice is audible only on certain kinds of chords and only when all voices are equally rich in harmonics and in balance. The synchrony of the voices simultaneously creates the perception of a fifth voice. At the same time, it melds the four voices into a unified sound. This ringing chord is qualitatively different in sound from an ordinary musical chord.

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The Law of Karma

Jennifer May

Karma is included in Universal Laws and the Laws of Cause and Effect. The underlying principle is that karma is the law that brings back the results of thoughts and action to the person thinking the thoughts and doing the actions. "What goes around comes around." To put this into perspective, let's talk about Universal Laws. Universal Laws are unbreakable, unchangeable principles of life that operate inevitably, in all phases of life and existence, for all human beings and all things, everywhere, all the time. A physical example of this is gravity. It doesn't matter who or what you are, a man, woman, or child or a goat or a rock, if you go over a cliff, you will fall.

Variations of understanding of karma are part of many religions including Hinduism, Sikhism, Buddhism, Jainism, Falun Gong, Spiritism, Christianity, Theosophy, and New Age. The word "karma" originated in Sanskrit, which is the religious language of Hinduism and Buddhism. In Hinduism it may have been a teaching 7,000 years ago in the *Rig-Veda*, which is the oldest portion of the Vedas, and then in the *Upanishads* 2,400 to 2,800 years ago. In Hinduism and Buddhism karma is the cycle of life and death and reincarnation and gives action as the cause. In Jainism the cause of karma can be thought as well as action.

In the Christian tradition there is an example of karma in Jesus' parable of the talents in Matthew.¹ In Galatians the Bible says "Do not be deceived; God is not mocked, for you reap whatever you sow."²

New Age and Theosophy includes emotions as well as thoughts and actions. Law II of the Fundamental Laws of Healing in ESOTERIC HEALING by Alice A. Bailey states:

Disease is the product of and subject to three influences: first, a man's

past, wherein he pays the price of ancient error; second, his inheritance wherein he shares with all mankind those tainted streams of energy which are of group origin; third, he shares with all the natural forms that which the Lord of Life imposes on his body.³

The first influence is karma. The second and third influences also cause situations in our lives, so not all of our issues are related to karma.

According to the sources of the readings of Edgar Cayce, the great American psychic, all karma is for people to learn and transform themselves. Karma can be either good or bad. Whether karma is good or bad, it is simply the result of a person's thought or actions and not a punishment. The positive result can be that it is for the person's learning and not a punishment. Since people have free will, each person can choose his or her actions and thoughts, which results in being responsible for his or her karma.

Since people have free will, each person can choose her actions and thoughts, which results in each person being responsible for her karma.

This means that we create our own lives with our decisions on what to think and how to act. Attitude and will are determinants in creating our lives.

According to the *Vedas* and yoga, there are three kinds of karma:

1. Karma to be experienced during the present lifetime.
2. Karma sown in the present life and reaped in a future life.
3. Latent karma, or the carryover of karma to be experienced at some point when

the stimulation is just right to bring it to the surface again.

Examples of Laws of Cause and Effect or Karmic Laws include:

- Like begets like;
- Like attracts like;
- As you sow, so shall you reap; and
- Thoughts, purpose, aims, and desires cause our creations or our effects or karma. What we have is what we have created and we are responsible for it.

Some of the Eastern religions entail cycles of lifetimes of penalties and punishment with little hope for change from incarnation to incarnation. Edgar Cayce's readings offer guidelines using the Universal Laws to transform our lives. By becoming aware of and observant of the consequences of our thoughts and actions and choosing thoughts and actions that will result in positive results, we can bring "good" karma into our lives. This involves learning to choose to think or act in a positive way and to be aware of when we are reacting without thinking and choosing. The fruits of evil forces include doubt, fear, resentment, revenge, greed, selfishness, and self-will and will create more of the same karma. Some fruits of the Spirit are joy, peace, forgiveness, patience, kindness, and gentleness. In choosing these we can transform our lives and create a greater destiny.

By choosing joy, peace, forgiveness, patience, kindness, and gentleness we can transform our lives and create a greater destiny.

There is also group karma described by Linda Gerber Quest in *THE POLITICS OF HOPE*—

For every aspect of our composite being, there is a kind of karma. Accordingly, there is physical karma, emotional karma, mental karma, psychological karma. Likewise, for

every form of our social organization there is a kind of karma, too. Not only individuals have karma, but also families, races, associations of all. Nations have karma. The whole of humanity has karma.⁴

The success of any group depends on how well they apply the Universal Laws, whether it is a family, a church, a corporation, or a nation.

We create our own lives and have responsibility for them. As we observe and become aware of the consequences of our thoughts and actions, we can choose to act and think in ways that result in good karma and transformed lives.

Footnotes

¹ Matt. 25: 14-30.

² Galatians 6:7.

³ Bailey, A.A., *Esoteric Healing*, p. 532.

⁴ Quest, L.G., *The Politics of Hope*, p. 34.

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Integrating Healing Modalities

Kathy McPhail

Healing Touch, vibrational oils, and Polarity Therapy have some commonalities and may be used in conjunction with Esoteric Healing. I have experienced Healing Touch work and taken several courses. I now use it in my Esoteric Healing practice. While I have been using vibrational oils for aromatherapy, I have begun researching and using them for healing purposes. Because I have received Polarity Therapy over the past 25 years, I know how beneficial the treatment can be, both for maintenance and for specific ailments.

Healing Touch

Janet L. Mentgen, R.N., founded Healing Touch. Healing Touch is a non-invasive technique used to clear, energize, and balance the energy fields that surround the body. It can affect physical, emotional, mental, and spiritual health. In this respect, it is similar to Esoteric Healing.

Healing Touch is very relaxing for the client and is great for a client who likes a hands-on modality. It works in the energy field, like Esoteric Healing, but uses touch to facilitate the healing.

At the beginning of a Healing Touch treatment, the healer should attune to the client. This can be done by the healer placing and holding her hands on the client's shoulders for a few seconds. (Mentgen, p. 14.) Next, if the client is lying down, the healer can assess the chakras using a pendulum. While the client may be face up or face down, I prefer the client to be face up. The pendulum will show how open or closed each chakra is and whether all chakras are spinning in the same direction. Unlike Esoteric Healing, in Healing Touch the chakras are assessed in the following order: Basic Center, Sacral Center, Solar Plexus Center, Heart Center, Throat Center.

After assessment, the healer must decide what form of healing should be used—entire body balancing working in the biofield or a localized technique. (Mentgen, p. 2.) The chakra connection is used for balancing and opening chakras. Magnetic clearing is used for emotional clearing or chronic pain. The basic Healing Touch sequence promotes relaxation. Chakra spread is designed to open chakras and produce a deep healing. Because of this, the chakra spread often is used for Hospice patients.

Healing Touch also has a technique called pain drain, which I use frequently. (Mentgen, p. 23.) For example, I had a client with a problem in the right shoulder. After I gave an Esoteric Healing treatment, the client still felt some discomfort. With the client sitting up in a chair I used my left hand as a receiver and placed it gently on the right shoulder. I held my right hand down and away from the body to create an etheric circuit. I could feel the energy flowing through. Because the energy that was drained was neutral, it dissipated into the universal energy field.

When I felt the energy stop flowing, I changed hands. I put my right hand on the client's right shoulder and my left arm up in the air to bring in healing energy from the universal energy field. This allowed the void that occurred from the draining action to fill with light and warmth. I then did the grounding triangles, rechecked the chakra centers, did the paired centers balance, closed the field, and asked for a blessing. The client noted the shoulder area was feeling much better.

Vibrational Oils

Essential oils are the regenerating, oxygenating, and immune defense properties of plants. They help increase the

frequency of the healing energy and may help remove any blockages along the pathway to benefit a particular organ. Some oils provide emotional support.

Esoteric Healing incorporates vibrational oils into the healing protocol (Briner, p. 94.), as there is a connection between the chakra centers and oils. Moreover, harmony may open a closed Heart Center. (Higley, p. 382.) For example, during an Esoteric Healing treatment, the healer might have balanced the heart triangle on the body and on the head, but the client's Heart Center has remained closed. The healer could use oils to help facilitate the client's healing.

Vibrational oils are used at the end of the treatment. Each oil has its own frequency, and each organ and body part has its own frequency. Because the oil's frequency remains in the body, it provides a long-

lasting effect. The body absorbs oils the fastest through inhalation. Or the healer can place 1 to 3 drops in the client's left palm, stir, and rub into the palm in a clockwise direction.

After the client has applied a vibrational oil, the healer should recheck the centers. When the centers are balanced, the healer can do the top-to-bottom grounding triangles, paired centers balance, closing, and ask for a blessing.

Polarity Therapy

Because our bodies are both electrical and magnetic, there is polarity in every aspect of our life. The idea that opposites attract is part of the polarity principle; when the numbers are uneven, the atom becomes unstable.

Examples of Complementary Healing Modalities:		
Modality	Ailment	Treatment
Healing Touch	Pain in right shoulder.	I used my left hand as a receiver and placed it gently on the right shoulder. I held my right hand down and away from the body to create an etheric circuit. I could feel the energy flowing through. When I felt the energy stop flowing, I changed hands. I put my right hand on the client's right shoulder and my left arm up in the air to bring in healing energy from the universal energy field. This allowed the void that occurred from the draining action to fill with light and warmth.
Vibrational oils	Closed Heart Center.	I placed 1 to 3 drops in the client's left palm, stirred, and rubbed into the palm of the hand in a clockwise direction.
Polarity Therapy	Headache.	I rubbed my hands briskly together to feel my own energy. Next, I gently touched the palm of my right hand to the back of the client's neck. I held my left hand ½ inch away from the client's forehead and asked him to take 10 deep breaths, letting each one out with a sigh. I left my hands on as long as I felt a strong energy transference.

Polarity Therapy uses three types of energy fields in the human body:

1. Long line currents, which run north to south.
2. Transverse currents, which travel east to west.
3. Spiral currents, which go from the navel and expand.

Polarity Therapy uses energy-balancing physical and non-physical touch techniques to send energy through the entire system to open up the blocked points and allow proper flow and alignment of energy through the body.

Both Polarity Therapy and Esoteric Healing seek to have the energy flow equally throughout the body. However, in Polarity Therapy the healer can use techniques that are hands on. In *YOUR HEALING HANDS*, Richard Gordon has a wonderful technique for stopping a headache. (Gordon, p. 23.) I treated a client who had a headache. My Esoteric Healing protocol included the sinus point triangles, the allergy triangle, the blood pressure triangle, and the grounding triangles.

Because the client still had the headache, I incorporated Polarity Therapy. I rubbed my hands briskly together to feel my own energy. Next, I gently touched the palm of my right hand to the back of the client's neck. I held my left hand 1/2 inch away from the client's forehead and asked him to take 10 deep breaths, letting each one out with a sigh. (Note that deep breathing will increase the feeling of life force that you will feel in your hands. If you can't feel it, repeat the process again.) (Gordon, p. 23.) I left my hands on as long as I felt a strong energy transference. With this therapy, most headaches will be greatly relieved or gone within 3 to 5 minutes.

I then rebalanced the centers on the body, balanced the centers on the head, balanced

the paired centers, closed the field, and asked for a blessing. The client felt relief. While the headache was not completely gone, it was significantly better.

When concluding a Polarity Therapy treatment, the healer must shake her hands forcefully, and then wash them in cold water to remove any static energy.

Conclusion

Energy frequency is a common thread connecting Healing Touch, vibrational oils, Polarity Therapy, and Esoteric Healing. Moreover, in each modality, both the healer and the client feel healing energy. Because of this common thread, the different healing modalities integrate well with each other, facilitating the body's ability to come back to balance.

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Kathy McPhail has completed a course in *Complementary and Alternative Medicine and Level 1 of Healing Touch*. She is a *Certified lay speaker for United Methodist Church* and has given sermons for several local churches. Kathy started *Esoteric Healing* in 1999 with Dr. Barbara Briner and has completed all higher levels.

Alice A. Bailey
Katie Mulligan

Alice A. Bailey was born Alice LaTrobe-Bateman on June 16, 1880, in Manchester, England. Though her family was wealthy and aristocratic, Alice herself was unhappy and depressed as a child. She felt that life lacked meaning and attempted suicide three times before the age of fifteen. Before the age of eight, both of her parents died and she and her sister went to live with their grandparents and were educated by governesses. They lived lives of strict discipline imposed by other people and social conventions. After their grandfather passed away, Alice and her sister were moved around quite a bit, spending winters on the French Riviera near an aunt and uncle and summers with an aunt in Scotland. Her life was full of conflict as she was torn between the High Church party where she belonged half of the year and the Low Church party where she belonged the other half. She was a spiritual child but had been taught a very narrow form of Christianity with which she struggled to come to terms. She described herself as a hateful person and jealous of her sister's intelligence and appearance.

On June 30, 1895, at the age of fifteen, Alice was visited by a European man wearing a turban. He told her that she had some important work to do for the world but could only do it if she gained self-control and changed her attitude. He told her he would visit her every several years for direction. She later found out that her visitor was K.H., Master Koot Hoomi, and from the age of fifteen until the end of her life she worked for him and was his disciple. Her attitude changed so drastically after meeting K.H. that her family thought she was ill.

Alice spent much of her time trying to convert people to Christianity in order to "save their souls." She was also mystically

inclined and full of doubts and questions about her own orthodox beliefs. She was beginning more and more to see another broader side of life, and God, and to really question all she'd been taught.

Alice went to India to do missionary work with soldiers. There she met and fell in love with a soldier, Walter Evans. She later married him, came to live in America, and had three daughters with him. He became an Episcopalian priest and she a Bible teacher. Walter turned out to be a violent man and they separated and later divorced. This woman who had never known material lack went to work in a sardine packing plant to support herself and her children.

She became friends with two British women who introduced her to Theosophy. She began intensely studying Madame Blavatsky's *THE SECRET DOCTRINE* with two of Madame Blavatsky's pupils, joined the Theosophical Lodge, and began teaching classes there. Alice moved, with her girls, to Hollywood to be near the Theosophical Headquarters. Alice was admitted into the Esoteric Section of the Theosophical Society and there in the Shrine Room she saw on the wall a picture of the man who came to visit her when she was fifteen, Master K.H. She mentioned to others at the Esoteric Section that K.H. was her Master and she his disciple. She later regretted this openness as the society was unraveling due to an air of superiority, groundless requirements, and an overinvestment in membership. She was told that no one could be a disciple of the Masters of the Wisdom unless they had been notified by Annie Besant. The Esoteric Section was dominating the whole Theosophical Society and it was in danger of imploding.

At the Theosophical Society, Alice met a man named Foster Bailey; they worked

closely together in Theosophical work and were engaged to be married. Many years later he formed the Lucis Trust, which continues to publish her works.

In November of 1919, Alice had her first meeting with the Tibetan (D.K., Djwhal Khul). She was sitting outside her home thinking when she heard music from the sky and inside of her. She then heard these words, "There are some books which it is desired should be written for the public. You can write them. Will you do so?" She instantly replied with a firm "no"! He told her to think about it and he would come back to her in three weeks time. She gave it no thought at all until three weeks later when she was in her sitting room and he came to her again. She agreed to give it a try for a couple of weeks or a month. During these first few weeks of trial are when she received the first chapters of INITIATION, HUMAN AND SOLAR. In her autobiography, THE UNFINISHED AUTOBIOGRAPHY, Alice tells us about how she worked with the Tibetan. She states that she remained in control of her senses of perception; she was not an automaton. She would listen and write down the words that she heard. She made no changes from what she heard to what she wrote except to clarify a word or "smooth the English." She was careful to never change the meaning. She believed if she were to change it in any way the Tibetan would stop his dictation. She did not always understand what she was given nor did she always agree with it but she always recorded it honestly.

After a month of writing for the Tibetan she became so frightened that she was going to lose her mind that she refused to do it anymore. She was afraid that if she lost her mind there would be no one to look after her children. The Tibetan told her to speak over the matter with her Master, K.H., which she did. K.H. assured her that she was in no danger, that it was he who had suggested that she be the one to help the Tibetan, and that she was not being shifted

into the Tibetan's ashram; she would stay with him, her Master, K.H. Alice thus agreed to work with the Tibetan telepathically. The first few chapters of INITIATION, HUMAN AND SOLAR were published in the international Theosophical magazine *The Theosophist*. Because of jealousy and the manner that people reacted, no more of her work was printed there.

At this point the Theosophical Society was claiming itself to be the only avenue to the Masters. Alice and Foster worked together to bring it back to its original ideals, ones based on brotherhood and equality. Their efforts did not succeed and they were both thrown out of the Theosophical Society in California.

Foster was offered a job at the Theosophical Society Headquarters in New York and thus he and Alice relocated to a house in New York with the children. He and Alice married and continued with their work, Foster working as secretary and Alice doing housework and writing books at home. Alice began teaching classes on THE SECRET DOCTRINE by Madame Blavatsky.

The Arcane School offered courses based on karma, reincarnation, the Masters, and other topics.

They were receiving a great deal of correspondence in regards to the books Alice was writing, requests for spiritual help, as well as a high demand for Alice's SECRET DOCTRINE classes. Accordingly, in 1923 Alice and Foster founded the Arcane School. The intention for the school was to be a place where people could learn to act under direction of the Masters of Wisdom, where belief in the Spiritual Hierarchy was scientifically taught, and where the people involved were encouraged to listen to their own soul and not follow another's personality dictates. The school offered

correspondence courses based on karma, reincarnation, the Masters, and other topics.

In 1932 Alice had published a pamphlet titled *The New Group of World Servers*, which was communicated to her by the Tibetan, D.K. With the help of her husband, Alice organized the International Goodwill Movement to help spread goodwill throughout the world and to anchor the work of the Spiritual Hierarchy onto the planet.

In 1937 the Great Invocation was given to Alice by D.K. and is used for meditation and for group purposes.

In 1949 Alice left her physical body and went to meet her Master, K.H., after a lifetime of dedicated service to the work. She wrote over twenty books and gave the world the Arcane School and the International Goodwill Movement. She wanted to be of service doing her work for the Masters under their guidance. We hope that this wish came true and her next lifetime picked up right where this one ended.

Alice wrote many things about nature, purpose, and techniques of healing. Although many of her books speak to the topic, her major contribution to our work is detailed in *ESOTERIC HEALING*, which is in the fourth volume of *A TREATISE ON THE SEVEN RAYS*. It is important to note that this book was first published in 1953, almost four years after Alice had left the physical plane. What makes Esoteric Healing unique, as brought forth by Alice, is that the focus is on healing at the soul level. The power, the intent, and the results of healing happen because of the soul's plan to heal. Law 1 of Esoteric Healing states:

All disease is the result of inhibited soul life. This is true of all forms in all kingdoms. The art of the healer consists in releasing the soul so that its life can flow through the aggregate

of organisms which constitute any particular form.¹

The Tibetan, through Alice, introduced the idea of the Seven Rays for understanding the nature of the life of the soul and for healing. In *Esoteric Healing* we use Ray 2, the Ray of Love/Wisdom, as the primary healing ray. Alice talked about use of the rays increasing as the practitioner developed spiritually. At the higher levels, a practitioner is able to use the ray of his or her own soul as well as the ray of the patient's soul to invoke healing.

In the 1970s, a group of energy healers in England started to apply the Tibetan's principles of healing, described by Alice. These were the original members of what was to become the International Network of Esoteric Healing (I.N.E.H.). Their work was the first systematic practical application of the principles of Esoteric Healing.

The members of the I.N.E.H. were the first to begin a systematic, practical application of the principles of Esoteric Healing.

Three things from Alice's life remain important for those people engaged in Esoteric Healing today. First, Alice used the concept of triangles in her work with spiritual groups. She instructed people in her Arcane School to meditate in groups of three, triangles of potency. She described the reality of many different triangles that could be advantageously used for healing as well as meditation. Alice described the importance of the triangle between the Master, the patient, and the healer when working with the psychological causes of disease.² She extrapolated the concept of this triad and used it over and over again in many places, i.e. the healer's soul, the patient's soul, and the healer on the physical plane.³

Second, she taught us to be open to learning from the Masters, to trust our intuition, and

to not take anything blindly on authority. This allows the Esoteric Healing work to be fertile, relevant, and to continue developing.

Third, she taught us the hierarchy of healing: how the physical/etheric is dependent on the emotional, the emotional is dependent on the mental, and the mental is dependent on the spiritual. This allows us to keep our focus on what is really important, which is the divine essence, the transcendent, and the component that is eternal.

Alice taught us the physical/etheric is dependent on the emotional, the emotional is dependent on the mental, and the mental is dependent on the spiritual.

It is impossible in a few pages to encapsulate the worth of any one incarnation of a soul. Alice Bailey's contribution to the Esoteric Healing work was foundational. Her devotion to her spiritual master is admirable; her ability to keep following the thread of truth, to keep working regardless of her personality flaws and resistance from the Theosophical community, and the lack of measurable results is a great example of how to be truthful to our own intuitions. Her life and work remain an inspiration to us all.

Footnotes

¹ Bailey, A.A., *Esoteric Healing*, p. 532.

² *Id.* at 27.

³ *Id.* at 542.

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Eyes of the Heart

Alisa Petruzzi

Multiple spiritual traditions, such as Christianity, Hindu, Agni Yoga, and indigenous Shamanism, refer to the “eyes of the heart” as an admirable trait and a worthwhile attainment. In the Christian Bible, Paul states: “I pray also that the eyes of your heart be enlightened in order that you know the hope to which He has called you, the riches of His glorious inheritance in the saints.”¹ From *SIGNS OF AGNI YOGA* the author asserts:

To behold with the eyes of the heart; to listen with the ears of the heart of the roar of the world; to peer into the future with the comprehension of the heart; to remember the cumulations of the past through the heart; thus must one impetuously advance upon the path of ascent.²

Wahiduddin Richard Shelquist brings to focus from the *Bhagavad Gita*:

For one who sees with the eyes of the heart, rather than the senses, the world looks different; the blades of grass, the songs of the birds, the drops of dew, all are seen to be none other than the One Life that surrounds us in every moment, proclaiming the Glory of the One.³

To see with the eyes of the heart, thus implies to see our world through the higher qualities of the heart. According to Torkam Saraydarian, there are 12 virtues of the heart. The first virtue, group love, is the expression of selflessness, harmlessness, right speech, and a sense of responsibility where you begin to live for the benefit of others. (Saraydarian, p. 73.) The second virtue of the heart is humility. (Saraydarian, p. 75.) Humility is the modest opinion or estimate of one’s own importance. (Random House Dictionary.) Therefore, humility

helps you to know where you are in the steps of evolution – honoring those who are ahead of you and setting an example for those behind you.

The third virtue of the heart is service. (Saraydarian, p. 76.) Service is the “conscious and deliberate effort to develop the intuition and achieve illumination.”⁴ The action of service is to assist, direct, and lead others towards a higher understanding and expression of consciousness. Patience is the fourth virtue. (Saraydarian, p. 77.) One definition of patience is: “quiet, steady, perseverance, even-tempered care, diligence.”⁵ With patience, you can follow growth, step by step, be aware of all possibilities, and pace yourself to the demands of your evolution and the evolution of others.

Labor is the fifth virtue. (Saraydarian, p. 77.) Labor is the physical or mental work needed to align with and to the Divine Plan. The sixth virtue of the heart is tolerance. (Saraydarian, p. 78.) Tolerance is the ability to allow others their ideas, perceptions, and opinions while respecting their freedom to evolve without intrusion. Spiritual identification is the seventh virtue. (Saraydarian, p. 79.) This virtue allows you to realize that you are one with All That Is. Spiritual identification means that you can assist others while remaining a detached observer.

The eighth virtue of the heart is compassion. (Saraydarian, p. 80.) Compassion is: “a deep awareness of and sympathy for another’s suffering; the human quality of understanding the suffering of others and wanting to do something about it.”⁶ The ninth virtue is sympathy. (Saraydarian, p. 80.) Sympathy is the ability to see, feel, and understand the feelings or conditions of another person. Wisdom is the next virtue.

(Saraydarian, p. 80.) It is the integration of all that has been learned and the ability to access that knowledge for understanding and teaching to others.

The eleventh virtue of the heart is sacrifice. (Saraydarian, p. 81.) Sacrifice means: “to surrender to or give-up, for the sake of something else.”⁷ The energy of sacrifice makes all achievements and persons sacred or holy. Gratitude is the twelfth virtue. (Saraydarian, p. 81.) Gratitude is the appreciation of how well things work together for the good of the whole. Spiritual work to clear, build, and activate the qualities or virtues of the heart set the foundation for moving up the ladder of evolution.

Our physical eyes are the vehicle by which we perceive light from our surroundings. Vision is one of the five senses or one way we experience our world. To the student of life, the eyes represent one aspect of growth from average humanity to the perfected person. (Briner, 1996, p. 36.) Along the journey of unfoldment of the soul, the process to connect the eyes to the heart accentuates and supports love for self and others. With study, devotion, dedication, and service, the personality surrenders to the direction of the soul and, thus, the third

eye or “the eye of the soul” awakens. (Bailey, p. 571.) Alberto Villoldo in SHAMAN HEALER SAGE states that

by connecting the heart chakra and the third eye to the visual cortex, we can see with the eyes of the mind and the heart. . . . Thus, to see with the eyes of the heart, we must create an extracerebral network, outside of the brain.⁸

(See Chart 1.)

Dr. Barbara Briner sets the foundation for visual connections within the cerebral cortex and connections to the Soul Light. (Briner, 1996.) The “Eyes of the Heart” continues the connection of structures within the cerebral cortex to the energetic heart on the head and to the Eye of Spirit. (Briner, 2005, p. 42.) (See Chart 2.)

I had an opportunity to see these principles at work. The format was a progression of work with an older mother who had a troubled and difficult relationship with her youngest daughter. We had discussed the mother’s desire to have balanced, non-judgmental, and healthy interactions with her daughter.

Twelve Virtues of the Heart

1	Group Love	The expression of selflessness, harmlessness, right speech, and a sense of responsibility; begin to live for the benefit of others.
2	Humility	The modest opinion or estimate of one’s own importance.
3	Service	Deliberate effort to develop intuition and achieve illumination.
4	Patience	Quiet, steady perseverance; even-tempered care, diligence.
5	Labor	The physical or mental work needed to align with and to the Divine Plan.
6	Tolerance	The ability to allow others their ideas, perceptions, and opinions while respecting their freedom to evolve without intrusion.
7	Spiritual Identification	Realizing you are one with All That Is and assisting others while remaining a detached observer.
8	Compassion	Deep awareness of and sympathy for another’s suffering and wanting to do something about it.
9	Sympathy	Ability to see, feel, and understand the feelings or conditions of another person.
10	Wisdom	The integration of all that has been learned and the ability to access that knowledge for understanding and teaching to others.
11	Sacrifice	To surrender for the sake of something else.
12	Gratitude	Appreciation of how well things work together for the good of the whole.

Chart 1: Vision⁹

1	Head Triangle
2	Alta major • eye minors (back of the head) R/L
3	Ajna • eye organ R/L - at all levels
4	“Outer Vision” ¹⁰ ➤ Soul • alta major • R/L eye organ ➤ Soul Light • R/L optic nerve minor • eye minor
5	“Inner Vision” ¹¹ ➤ Crown Center • crown minors ➤ Soul Light • crown minors • optic chiasm minor ➤ Optic chiasm minor • optic nerve minor R/L ➤ Crown Center • pineal minor • optic chiasm minor ➤ Soul Light • pineal minor • optic chiasm minor ➤ Soul Light • alta major • optic chiasm minor ➤ Crown Center • alta major • Basic Center

After multiple Esoteric Healing sessions addressing the mother’s field, her chakras, heart, forgiveness, fears, and self-love, I added the Vision, Outer Vision and Inner Vision triangles from ADVANCING IN ESOTERIC HEALING (Briner, 1996.).

In the next step, I connected the eyes to the source of consciousness, the Eye of Spirit. The work followed. As a result, it helped the mother’s heart be more open with a deeper understanding of her daughter and see her daughter with compassion and acceptance. I was grateful to be a part of this growth and experience, both for me and the mother.

Footnotes

¹ Ephesians 1:18.

² *Signs of Agni Yoga*, p. 1.

³ www.wahiduddin.net, *Bhagavad Gita*, 4:24 and 6:29.

⁴ Bailey, A.A., *A Treatise on White Magic*, p. 538.

⁵ Random House Dictionary.

⁶ www.thefreedictionary.com.

⁷ Random House Dictionary.

⁸ Villoldo, A., *Shaman Healer Sage*, p. 112.

Chart 2: Eyes of the Heart

1	Crown • optic chiasm minor • Heart Center (H)
2	Heart Center (H) • optic chiasm minor • R/L optic nerve minors
3	Heart Center (H) • optic chiasm minor • R/L eye minors (back of the head)
4	Heart Center (H) • optic chiasm minor • R/L eye organ minors
5	Heart of God • Heart Center (H) • Heart Center
6	Heart of God • Heart Center • heart organ
7	Heart of God • heart organ • heart of the earth
8	Eye of Spirit • Soul • optic chiasm minor
9	Eye of Spirit • Soul (3 buddhic petals) • Heart Center (H)
10	Eye of Spirit • Heart Center (H) • optic chiasm minor
11	Eye of Spirit • Heart Center (H) • R/L optic nerve minors
12	Eye of Spirit • Heart Center (H) • R/L eye minors (back of head)
13	Eye of Spirit • Heart Center (H) • R/L eye organ minors
14	Eye of Spirit • R/L eye organ minors • R/L eye organs

⁹ Briner, B.J., *Advancing in Esoteric Healing: Level 8: The Blue Pearl*, p. 38.

¹⁰ *Id.*

¹¹ *Id.*

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Alisa Petruzzi

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Alice Ann Bailey lived from June 16, 1880, to December 15, 1949. Her birth name was Alice La Troube Bateman, and she was born in Manchester, England. She is known to her followers as Alice A. Bailey or AAB. In 1907 she relocated to the United States, where she spent most of her life as a writer and teacher. She was an influential writer and theosophist in what she termed "Ageless Wisdom." This included a wide range of themes of esoteric thought.

Much of what she authored during a span of 30 years from 1919 to 1949 was original manuscripts that were telepathically dictated to her. She had agreed to act as the amanuensis from the sage known as Djwhal Khul (D.K.) who was commonly known as "The Tibetan." These original renderings were subsequently published in a series of 18 volumes, comprising a total of nearly 10,000 pages of text. (Jurriaanse. p. 23.) Her other writings were influenced by the works of Madame Blavatsky and her theosophy.

My curiosity about Alice is remotely connected to when I was in my 20s in the 1970s and lived in Houghton, Michigan. I had the privilege of knowing a woman named Grace Reed. She was 60 years my senior and became a good friend and mentor who expanded my horizons. Grace was childless and both well-traveled and well-read.

Occasionally, she'd refer to theosophy and other religious or spiritual themes. Eagerly, I'd tap into her wisdom and gentle humanity and spend time with her. She was my first taste of things esoteric and once said to me that when I moved downstate, it would be for a special reason. Grace knew much about health and healing and imparted wisdom with me saying that our minds are like wooden postal cubbies where we store

and retrieve information. She helped whet my appetite for deepening spirituality and living "outside the box." I continue to be grateful to Grace for being grace to me and encouraging me on my path. Many of those cubbies in my mind have been accessed, re-accessed and asked to multiply with courage and curiosity, decorating my path. Additionally, in the realm of connectedness, which I find fascinating, are the relationships, experiences, and connections of individuals and time relation. Among her many connections, I like to imagine Grace was familiar with personalities such as Alice via her interest in theosophy.

Alice was born into a wealthy aristocratic British family. She was reared in the Anglican tradition and received a thorough Christian education. As a child she related that she was unhappy and, resultantly, attempted suicide three times between the ages of 5 and 15. She wrote that after her third attempt she lost interest in the idea, but that she "always understood the impulse." At age 15, Alice was visited by a stranger who she later identified as Master Koot Hoomi. He shared with her that she needed to develop self-control to prepare for certain work planned for her.

At age 22 her evangelical work in connection with the YWCA and the British Army took her to India where she met her future husband, Walter Evans. Together they moved to America and Walter became an Episcopalian priest. They had three children, and she divorced him due to ill treatment. To support herself and her children thereafter, she became employed as a factory hand. This break in 1915 with her husband also ushered in her break with Christianity, in general.

It was in 1915 that Alice discovered the Theosophical Society and the work of

Helena Petrovna Blavatsky. Alice became quite involved with the Theosophical Society and became editor of *The Messenger*, the periodical of the Esoteric Section. Bailey claimed to recognize Master Koot Hoomi, who had come to her during her childhood, from a portrait in the Shrine Room of the Theosophical Society. In part, she defined her writings as an effort to clarify the nature of the “Masters of the Wisdom” and their work.

Four years later Bailey wrote that she was contacted by a Master known as “The Tibetan,” referenced earlier. After an initial resistance, she was persuaded to write down the communications from this source, which she did for those 30 years. At that same time, Alice met Foster Bailey (1888-1977) who became her second husband in 1921. Together in the Theosophical Society, they worked to get more power for the American Section. She became part of a progressive “back to Blavatsky movement” as defined by theosophist Josephine Maria Davies Ransom. Alice outlined her vision for the Esoteric Section of the Theosophical Society and announced ideals of tolerance and brotherhood. However, the Baileys were dismissed from positions in the Society.

Who was Madame Blavatsky? She was born Helena Von Hahn in 1831 in Eastern Europe. She was a keen reader, writer, and story-teller. She argued her story-telling power was derived from her childhood urge to create a world of her own, which she then persuaded others to accept. After her marriage to Nikifor Blavatsky failed, she relocated in America in the late 1800s with intervening travels through Europe, Asia, and the Americas. (Washington, pp. 29-31.)

Madame Blavatsky encountered similar Masters as described by Alice. According to Blavatsky’s later description of the Brotherhood, the hierarchy is headed by the Lord of the World, who lives at Shamballa in

the Gobi desert. In order of authority, his helpers are Buddha, the Mahachohan, Manu, and Maitreya. Manu and Maitreya each have an assistant, and these assistants are the two Masters who were to play a vital role in Blavatsky’s life and in the Foundation of the Theosophical Society. Maitreya’s assistant is Master Koot Hoomi, the same being who presented to Alice in her youth and who encouraged her on her life’s path. (Washington, pp. 34-36.)

The intricate interweaving of human beings on this physical plane, meshed with the seeming synchronicities of connecting with Masters on other planes, is illuminating, satisfying, and challenging.

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Who is Madame Blavatsky?

Sheila R. Salama, M.D.

Helena Petrovna Blavatsky was born in the Ukraine in 1831 to an aristocratic family. Her father was German, and her mother died when she was 11 years old. She was raised by her grandparents, and was found to be "unmanageable." At the age of 17 she was married briefly to Mr. Blavatsky, but was returned to her family, as her husband also found her equally "unmanageable." She escaped to Constantinople at the age of 19, then went to London where she met her teacher, who was Indian and told her of an esoteric school in Tibet that included students from different nationalities. Later she traveled extensively to Kashmir and Ladakh in India. In 1873, she was in America, obtained her citizenship, and immediately returned to India.

In India, Mme. Blavatsky became a disciple to a number of Tibetan and Indian Masters. They were alive and communicated with her either in person, through letters, or telepathically through their astral bodies. She met Colonel Alcott, and together, in 1875, they created the Theosophical Society in New York City. She advocated for a worldwide eclectic religion based largely on Brahmanic and Buddhistic teachings. She delved into esoteric writings from all sources Eastern and Western and showed how they all originated from the same myths and ideas. Each religion took on slightly different slants, emblems, and metaphors. Nevertheless she was able to reveal their common sources.

She wrote many books and magazines. Her most famous books are: *THE KEY TO THEOSOPHY*, *ISIS UNVEILED*, and *THE SECRET DOCTRINE*, a two-volume book that was published in 1888. Mme. Blavatsky remains to this day a controversial figure, as she brought to the West the Eastern philosophies and alternative studies of religion.

She attracted people from all walks of life, all races, sexes, and religions. Many artists flocked to her. Ghandi was profoundly influenced by her when he was a young lawyer in London. She was a great visionary, traveled extensively, and met with the Panchen Lama (the one who recognizes the Dalai Lama), swamis, monks, and other spiritual teachers.

Mme. Blavatsky introduced the idea of a primordial universal religion, a universal sense of ethics, and basic essential human brotherhood.

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The *SECRET DOCTRINE* is based on the stanzas of Dzyan, which are commentaries on the seven secret folios of Kiu-te. They were kept apart in the care of the Panchen Lama of Tibet. The stanzas were originally written in Senzar, the mystery tongue of initiates, a pictorial and symbolic language. It was then rendered into Sanskrit and Tibetan, and then into English. The text would have been quite unintelligible to the reader; therefore, Mme. Blavatsky phrased it with explanations in parentheses. She studied the stanzas with her teacher during her stay in Ladakh in 1868. The content of the stanzas provide an alternate way of looking at the world, humanity, and the saga of creation.

The first six stanzas in the first volume deal with universal cosmogony, the theory of the origin of the cosmos. The first stanza describes, in poetic terms, the "one all," before the reawakening manifestation. "Darkness is the eternal matrix, in which the sources of light appear and disappear."¹ The

imagery of the Great Breath is very compelling and is worth delving into. "When the One Existence breathes out a thought, it becomes the Kosmos. When the Divine Breath is inspired again, the Universe disappears."² This description matches the scientific understanding of the universe, according to *Understanding the Universe: An Introduction to Astronomy, Cosmology: The History and Nature of Our Universe*, and *Dark Matter and Dark Energy: The Dark Side of the Universe*. The narrative then changes to the emergence of our solar system, in particular our planet.

In part two, the stanzas describe the spiritual and mental development of human life on earth (anthropogenesis). There is a detailed account of the creation of man and the evolution of the races from the first to the fifth. According to the Dzian stanzas, the creation of the first men was unsuccessful. They were phantoms without form or minds. A second attempt also failed, as the first creatures were too spiritual and pure to be men. Finally a gross body was conceived with the fire of passion and animal instinct. However, the Fire Angels rebelled and refused to create will-less, irresponsible men, who would spend life on earth in a state of unconsciousness. These rebel angels volunteered to redeem humanity by sacrificing themselves in order to live on earth as individual personalities for the whole cycle of Mahayuga, a period of four yugas. The descriptions of the third (Lemurian) and fourth (Atlantean) races were described in minute details with the destruction of the third by fire and the fourth by water, with the flood, leading to the fifth race, our present race.

In part three, Mme. Blavatsky delves into the universal concepts, such as the Trinity in most religions, representing the three main aspects of the Divine (the Hindu Trimurti, Brahma, Vishnu, and Shiva; the Kabbalistic triad, Keter, Chokmah, Binah; and the Christian Trinity, the Father, the Son, and the Holy Ghost). She points out the

universality of glyphs, such as the dot, the circle, and the cross. She reviews the commonality of esoteric meaning and significance of certain numbers across cultures, in particular, 3, 7 and its multiples, as well as 10. She wrote entire chapters on universal symbols, such as the mundane egg, the lotus, the moon, the tree, the serpent, the flood, and last but not least, Satan or the Fallen Angel. One of the most interesting chapters is the one exploring the different understandings of Evil in various traditions.

According to ancient Eastern tradition, evil is essential to Good. If Evil disappeared, Good would disappear along with it.

According to ancient Eastern tradition and Kabbalistic writings, Evil is but an antagonistic force, but at the same time, essential to Good. If Evil disappeared, Good would disappear along with it from earth.

There would be no Life possible without Death, no regeneration or reconstruction without destruction. Man would become an automaton, without the exercise of his free will and aspirations after the light, which would lose all value for him, had he nothing but light.³

In the Indian philosophy, Satan never assumed an anthropomorphic, individualized shape, until the creation by man of a "personal god." A screen, a scapegoat was necessary to explain the cruelty, blunders, and evident injustice perpetrated by the God, who is believed to be absolutely powerful, merciful, and perfectly good. Since there is far more evil than good in the world, it follows that either God must include evil or be the direct cause of it, or else one must accept that God is not absolute, omnipresent, omniscient, and infinite. Therefore, evil is defined as: "Demon est Deus inversus." In one of the Great Courses, *Why Evil Exists*, Professor

Charles Mathewes investigates the nature and origin of evil. In the Babylonian creation myth, the Enuma Elish, a cosmic battle takes place, starting a struggle between Good and Evil. This myth is one of the earliest human attempts to make sense of death and human suffering. Evil is regarded as a cosmic and metaphysical reality, beyond human beings. Evil is literally worked into the fabric of the cosmos.

Mme. Blavatsky was working on the SECRET DOCTRINE while she was in Germany. She worked 12 hours a day, writing continuously, even though she became deathly ill. On the eve of her relocating to London, in 1887, she became increasingly comatose. Arrangements were made to prepare her will, as she was not expected to survive much longer. Her condition worsened that night, but in the morning she was alive and awake. She revealed that during the night she had been given the choice to die and be released of suffering or live and finish the SECRET DOCTRINE. She chose to live. The two-volume set of the SECRET DOCTRINE was published in 1888 and quickly sold out.

The SECRET DOCTRINE has remained in print ever since and remains one of the classic books on esotericism in the English language. It became a source of inspiration for countless artists, writers, composers, and many seekers. Three years after its publication, Mme. Blavatsky died.

Footnotes

¹ Blavatsky, H.P., *The Secret Doctrine*, p 12.

² *Id.* at 13.

³ *Id.* at 179.

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Djwhal Khul: Teachings for the 21st Century*

Laura Lynn Scholl

During the 20th century, Master Djwhal Khul (Master D.K.) telepathically transferred information to Alice A. Bailey, producing 18-19 books of the 24-26 written down by her over a 30-year period spanning the years 1919-1949. (A total of 24 books were published.) The main focuses of these books were esoteric teachings which a type of energy healing originated, emphasizing that it is the soul that heals and that all disease is the result of inhibited soul life.

The set of "Blue Books" was filled with a huge scope of esoteric knowledge. The Esoteric Healing work began being utilized more fully in the 1970s and 1980s, once more understanding was gained by study, and the Esoteric Healing work kept evolving as the students and teachers grew with the work. It is said that Master D.K. was last incarnate in Northern India, near the border of Tibet and presiding over a Tibetan monastery, when he first contacted Bailey. In most writings that are found it is stated that Masters Kathumi and Djwhal Khul (often called the Tibetan Master or D.K.) both serve upon the Second Ray of Love-Wisdom and are closely allied in an esoteric educational endeavor with Master Morya, who serves upon the First Ray of Will and Power.

It was stated in the books that many of humanity's fundamental problems were essentially unsolvable unless the esoteric world view was understood and applied. Bailey wrote that Master D.K.'s intention was the revelation of esoteric teachings that were valuable for the continued training and teaching of spiritual aspirants in the 20th and early 21st century. The books are now more than 60 years old, the world has changed considerably since the books were written, yet it is still considered by many to be one of the most comprehensive sets of metaphysical teachings currently available.

Other writings have been coming forth from Master D.K., and he appears to be working with and teaching many aspirants who live on the earth's physical plane who are aware of his presence and have telepathic connections with him.

Since the year 2000, Master D.K. has continued to progress to become a higher dimensional initiate and has activated many more strands of his light body DNA. Today he is well into the 6th initiation. When he started sharing with Bailey he was a 5th degree initiate. Many of the writings now coming forth are given through clearer channels of light and love, making for easier reading and clearer understanding, but are not usually as detail orientated as Bailey's writings were.

We can accelerate our own evolutionary process through the combination of meditation, study, and service.

It is said that The Great Invocation of Light will become the universal prayer for the Aquarian Age, as the Lord's Prayer was for the Piscean Age. Both prayers are very ancient and powerful when recited properly. The Great Invocation of Light was one of the greatest gifts given towards opening the way for planetary healing and the ascension of earth.

This planet is transitioning now to a new and higher level of the 4th dimension- a Golden Age is approaching, bringing forth a New Age. We can now accelerate our own evolutionary process through the combination of meditation, study, and service.

Master D.K. urges all of us to be actively involved in the world and not to just retreat into the solitude of the mystical experience.

The major goal of our development is to integrate the vehicles of our nature and to raise our consciousness to progressively higher planes. We are also to seek group consciousness by reaching out to other people while preserving our own uniqueness and individuality. We as well need to break down the barriers that have separated us and live together in harmony, becoming a family of light, working together for the greater good of all- light workers, promoting the spiritual evolution of this planet.

We need to break down the barriers that have separated us. We need to live together in harmony, becoming a family of light, working together for the greater good of all.

For the most part, humanity has been guided to the extent that it is willing by the Hierarchy of Masters on the mental plane and above. The masters are grouped into seven major ashrams, corresponding to the seven rays, and are contacted telepathically. Periodically, the Hierarchy has sent avatars to help us, and each avatar has had specific missions. The Christ Master Jesus incarnated expressed Love, the Buddha expressed Light, and it is said that in the near future the Christ will appear to express Will. Once we all learn how to express Will, we will be able to live more heavenly lives and walk (live) in the presence of the Light of our Great I AM.

Your heart is the main place of teaching for the 21st century. You are to learn how to love in all ways possible and to love yourself under all conditions. It matters not which initiations you are taking. You are testing the resilience of your heart and how you choose to think and perceive life. It matters how free you are and how free you allow others to be. Your life reflects what others will eventually perceive; you are a wayshower. Your purpose is to learn and teach unconditional love and the Christed

Way. This is the way to free the heart and free all others.

We, Masters and Light Beings, are here to help you save yourselves by waking you and bringing Shamballa into your very life existence. We are bringing in energies to balance the heart, mind, and soul. Your heart and mind must both radiate love and light. Your soul connected to Source then connects with your heart and mind, recreating all realities into one very balanced and sustained level of peace. Once obtained and sustained, life becomes very enjoyable.

During the 21st through the 23rd century many will be learning to access Shamballa and how to become It and live in an ascended state of being. You are here to live and breathe Shamballa into life. Light and life codes are emitted from your heart with every breath and every thought you make. Shamballa is the purity of God radiating upon and within earth, upon and within you - everyone and everything. When you are ready it will reveal itself to you, either through study, meditation and asking, or by natural means.

If your nature is love and to radiate God's light, then Shamballa will reveal itself to you. Shamballa is an Is-ness more than a place. It is the Is-ness of heaven on earth and of God being One with you, the Oneness of all that is. Creating heaven on earth and God-likeness in your heart is the greatest teachings you can learn and become. This is the way to bring forth a Golden Age and for the New Earth to manifest into your reality.

You are here at this time to begin creating shifts in consciousness. The higher light beings are being brought back to earth, and wayward souls are being taken to different worlds to continue their sojourns. Over the next century all will continue to be tested to some extent and it will be decided where their next adventures will take place. Many

have already completed their testing and have been removed from the earth planes. Some still are here as you have noted by your own experiences and the news available worldwide. Many will go to be recycled elsewhere. A few will stay till the majority asks them to leave, for no amount of love seems to have changed them much.

These are the wayward souls from other planetary systems that can be here during dark ages, but must leave when earth goes through its Bronze and Golden Ages. You are here to love all of life, to bring it into wholeness. This is what was taught esoterically and is a gift for humanity to use to bring that which was lost back to being found. Your gift is to bring love and light back to the heart of all matters and to create balance and flow of the rays throughout all life forms.

See it as so and it will become so. Think it and it will come forth. Gift it and it will be utilized for its highest good if you see it in its purity and wholeness. All are worthy of the best life can gift; see it as so and when they are ready to heal they truly will have the space to heal within, with all the support they need to be well.

Life is but a dream. Dream the good dream and weave a beautiful life experience by loving yourself and seeing your wholeness and worth as a child of God and an heir to all that is. When your integrity and vibration match with who you truly are, you will see, experience, and know. Take care and love, love, love. Love everyone and everything, everywhere. Open your heart to Shamballa and be the love and light that you are.

Love and wisdom of the heart is the teaching for the 21st century. Do-think-be-say-exist with love and with wisdom. These are my teachings simplified and very easy to remember. Love who you are. Love who your brother or sister is. Love your Creator-God-Source. Be at one with all that

is, loving and purifying your entire universal system.

Extra Master D.K. tips for the 21st Century:

- Love and enjoy who you are and everyone. Allow yourself to enjoy life.
- You must see wholeness in others if you are going to see and feel wholeness in yourself. See their birthright to God and see who they truly are, no matter what you see in front of you.
- All 4th, 5th, and 6th degree initiates can access Shamballa. Only the experience would differ for the entrance ways would differ. One who has mastered all the rays can radiate Shamballa and be a living heaven on Earth. Shamballa is a 6th dimensional heaven reflecting golden light around its initiates.
- Let the past be the past.
- Always ask what Love would do. It is important to notice whether your response to another person is coming more from love of the other person or love of your own comfort zone.
- Love the one you're with. That is your mission. If you can't, change your mission. (Laughter!) It is better to love someone you can, than to sit around making everyone miserable. If someone cannot love you or accept you then do not try to force them to. Just let them go and move onward. Go where you can love and be (with) the love that you are.

Footnote

* The italicized portion of this paper reflects original telepathic writings from Master D.K. by Laura Lynn Scholl, January 2012.

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Treating Anxiety with Esoteric Healing

Lori Settersten

Although anxiety is a normal human emotion, if it becomes chronic, it can cause mental and physical health problems. The purpose of this article is to propose an anxiety treatment protocol using Esoteric Healing. Rationale for the components included in the treatment protocol are delineated. Prior to describing the treatment protocol, anxiety is defined and the effectiveness of current treatment modalities is summarized.

Anxiety is commonly defined as a sense of fear or worry about something that may occur in the near or distant future (Merriam-Webster Dictionary, 2012). Anxiety can be mild and brief, and may be associated with a stressful event (National Institute of Mental Health [NIMH], 2010). Anxiety can be helpful in motivating us to prepare for an upcoming situation (Grohol, 2010). However, anxiety that persists and influences normal daily activities on a regular basis may be a chronic problem that needs further evaluation by a health professional (Grohol, 2010). Chronic anxiety can affect thoughts and feelings as well as bodily functioning. Common symptoms of chronic anxiety can include poor concentration, poor memory, irritability, difficulty relaxing, upset stomach, headaches, and trouble getting to sleep or staying asleep (Grohol, 2010; NIMH, 2010). Anxiety disorders may affect 18% of adults age 18 and older (NIMH, 2010). Women have been diagnosed with anxiety more often than men have (Centers for Disease Control and Prevention [CDC], 2011). In developed countries, mental health conditions, including anxiety and depression, have accounted for more disability than any other group of health conditions, including heart disease and cancer (CDC, 2011).

Treatment of anxiety can include psychotherapy and/or medication (NIMH,

2010). However, only about 50% of adults with anxiety treated with these therapies for 3-12 months have achieved remission in 18 months (Roy-Byrne et al., 2010). Other treatment options that have been helpful in treating anxiety include stress management and meditation, both of which can have calming effects (Hofmann, Sawyer, Witt, & Oh, 2010; NIMH, 2010). Aerobic exercise may be calming as well, according to preliminary research (NIMH, 2010).

Given that an Esoteric Healing treatment typically results in the person feeling more calm and relaxed, Esoteric Healing may be helpful in treating anxiety.

Given that an Esoteric Healing treatment typically results in the person feeling more calm and relaxed, Esoteric Healing may be helpful in treating anxiety. An Esoteric Healing treatment may help to balance the sympathetic and parasympathetic nervous systems, which can be affected by anxiety. An Esoteric Healing treatment also may include treating the Emotional Body, which can help to balance and improve emotions, including anxiety.

The proposed Esoteric Healing anxiety treatment protocol is outlined on the treatment protocol documentation form in the Appendix. Rationale for inclusion of each of the components are explained below. Findings from assessment of the energy flow can be documented using the abbreviations for the energy flow continuum noted at the bottom of the last page of the treatment protocol documentation form in the Appendix.

The treatment begins with the usual aligning and attuning of the practitioner with the person being treated as well as the practitioner inwardly asking permission of the person's soul for the treatment. Then,

the Ajna is assessed and balanced first because any treatment of the Ajna effects the major energy centers on the body (International Network for Esoteric Healing [INEH], 1993, p. 34). After assessing and balancing the other major energy centers on the head, the Solar Plexus Center is assessed and balanced prior to treating the other major energy centers on the body because it is considered most strongly connected to emotions and can help clear out emotions that might hinder the remaining treatment (INEH, 1993, pp. 16 & 39). The other major energy centers on the body are then assessed and balanced from the Basic Center upward (INEH, 1994b, p. 37). The appropriate energy Ray is used to assist in balancing all areas treated, as specified in the Appendix. While treating all the energy triangles and areas, except for the Emotional Body, the practitioner's Ajna is focused on the last component in the description of each of the energy triangles and areas in the treatment protocol documentation form in the Appendix, noted by "w/..." (e.g., w/Crown Center, w/Vagus Nerve Minors).

Next, the primary or core energy triangles are assessed and balanced to provide a foundation for the remaining treatment (INEH, 1994b, pp. 39-40). The order of treatment for these primary energy triangles follows the principle of treating the Solar Plexus Center triangles first so that any emotional influences may be more efficiently cleared before continuing on to the other energy centers' triangles, proceeding upward from the Basic Center.

The specific energy triangles and areas related to the nervous system are assessed and balanced next. The Point Below the Solar Plexus Center with the Solar Plexus Center as well as the Point Below the Solar Plexus Center and the Vagus Point with the Vagus Nerve Minors are included because the Solar Plexus Center is strongly affected by emotions (INEH, 1994a, p. 14). Treating these areas may facilitate the balancing of

the remaining energy triangles and areas just as the Solar Plexus Center is treated prior to treating the remaining major energy centers on the body (i.e., Throat Center, Heart Center, Sacral Center, and Basic Center). Also, the Point Below the Solar Plexus Center and the Vagus Point are nerve plexus areas (Briner, 1994, p. 15). Balancing these areas may help to calm the nervous system as well as the emotions. Ray 1 is used to facilitate treating the Point Below the Solar Plexus Center and the Vagus Point with the Vagus Nerve Minors because these are part of the nervous system, which is usually treated with Ray 1 (INEH, 1994c, handwritten notes on back of p. 6). The Pineal Gland, Pituitary Gland, Hypothalamus Gland, Carotid Gland, and Locus Coeruleus Triangles are included because they are the major glands in the head and are associated with the major energy centers in the head. Then, the Vagus Nerve minors are balanced with the Pineal Gland (i.e., representing the Parasympathetic Nervous System) prior to balancing the Sympathetic and the Parasympathetic Nervous Systems to each other (Briner, 1994, p. 15).

The Emotional Body is important to include in this treatment protocol given that anxiety may be related to energy blockages or problems within the Emotional Body. Treatment of the Emotional Body can help to "break up old established habits of feeling, thinking, sensing, and reacting" (Briner, 1996, p. 10). A review of pages 9 through 13 in the ADVANCING IN ESOTERIC HEALING LEVEL 2 course syllabus can assist the practitioner in understanding the findings when assessing and balancing points in the Emotional Body (Briner, 1996). In treating the Emotional Body, the practitioner focuses her/his Ajna on the Emotional Body Permanent Atom at the Solar Plexus Center and maintains that focus while assessing and balancing the points specific to the Emotional Body as listed in the anxiety treatment protocol documentation form in the Appendix. Ray 2

is used to help balance all of the points in the Emotional Body (Briner, 1996, p. 18). The Solar Plexus Center Outflow Points and the Point Below the Solar Plexus Center are treated first to be consistent with the procedure described above to treat the major energy centers and the primary energy triangles (i.e., treating the Solar Plexus Center or its related energy triangles prior to treating the other major energy centers on the body or their related energy triangles). Keep in mind that a point below an Energy Center deals with the organs related to that Energy Center and a point, or points, above an Energy Center deals with judgment (Briner, 1996, handwritten notes on p. 13). In describing the energy flow of the judgment point(s), "as nonjudgment and self-acceptance is free flowing, so too is this point" (Briner, 1996, p. 13). Although treatment of the Mental Body is not included in this treatment protocol, a practitioner may consider whether it would be beneficial to include this in a future treatment along with the Emotional Body to help achieve balance between the functioning of the two bodies so that one of these bodies is not controlling the other (Briner, 1996, p. 14).

A few other energy triangles are included in this treatment protocol and are listed in the Other Energy Triangles section on the treatment protocol documentation form in the Appendix. The Pleasure Point with the Crown Center as well as the Pleasure Point and Heart Center on the Head with the Crown Center are included to help increase pleasure feelings and help balance emotions (INEH, 1994c, handwritten notes on back of p. 36). The Grounding Triangles are included to help the person "stand on their own feet" (INEH, 1993, p. 25). The Crown-to-Feet Minors Triangle from the Top-to-Bottom Grounding Procedure is included to further help ground the person (INEH, 1994c, p. 32). Finally, the usual closing procedure is followed, including re-assessing the energy centers on the body, balancing the paired energy centers on the

head, closing the energy field/aura, and requesting a blessing for healing (INEH, 1994b, p. 40).

In summary, mild and brief occurrences of anxiety are normal and helpful. If anxiety becomes excessive or prolonged, evaluation by a health professional may be necessary. In addition to other appropriate treatments, Esoteric Healing may be helpful in relieving anxiety by assisting in balancing the energy flow throughout the major energy centers, the primary energy triangles, selected nervous system related energy triangles and areas, the Emotional Body, and selected grounding triangles. This treatment protocol could be used in future research on the effect of Esoteric Healing on anxiety.

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Anxiety Treatment Protocol

Client Information:	
	Findings
Align & Attune with client, silently or together verbally.	
Energy Centers Energy centers assessed on body. Balance with appropriate Ray.	
Ajna + Ray 2 [Center of forehead with outflow point]	
Alta Major + Ray 3 [Central back of head w/outflow point]	
Crown Center + Ray 1 [Top of head w/outflow points posterior to inflow]	
Solar Plexus Center + Ray 6 [Below breastbone in area between where ribs angle outward]	
Basic Center + Ray 7 [Just above symphysis pubis]	
Sacral Center + Ray 5 [Center of lower half of abdomen]	
Heart Center + Ray 2 [Center of breastbone]	
Throat Center + Ray 3 [Base of throat]	
Primary/Core Energy Triangles Energy triangles assessed on body. Balance with appropriate Ray.	
Pancreas Triangle + Ray 6 [Pancreas organ, Pancreas minor w/Solar Plexus Center]	
Liver Triangle + Ray 6 [Liver organ, Liver minor, w/ Solar Plexus Center]	
Spleen Triangle + Ray 6 [Spleen organ, Spleen minor, w/Solar Plexus Center]	
Adrenal Glands Triangle + Ray 7 [Adrenal minors w/Basic Center]	
Kidney Triangle + Ray 7 [Kidney minors w/Basic Center]	
Spine + Ray 7 [Assess each vertebra while Ajna is focused on Basic Center]	
Sacral Triangle + Ray 5 [Ovary or Testes minors w/Sacral Center]	
Heart Triangle + Ray 2 [Breast minors w/Heart Center]	
Vagus Point w/Heart Center + Ray 2	
Thymus Triangle + Ray 2 [Thymus gland, Thymus minor, w/Heart Center]	

Thyroid Triangle + Ray 3 [Thyroid minors w/Throat Center]	
Lymph Triangle + Ray 3 [Lymph drainage points w/Throat Center]	
Lymph System + Ray 3 [Sweep Lymph System while Ajna is focused on Throat Center]	
Ear Triangle + Ray 3 [Ear minors w/Throat Center]	
Voice Triangle + Ray 3 [Voice minors w/Throat Center]	
Ear Minors w/Ajna + Ray 2	
Vagus Triangle + Ray 2 [Vagus Point, Alta Major w/Ajna]	
Head Triangle + Ray 1 [Ajna, Alta Major w/Crown Center]	
<i>Nervous System Related Energy Triangles</i> Balance with appropriate Ray.	
Point Below Solar Plexus Center w/Solar Plexus Center + Ray 6	
Point Below Solar Plexus Center, Vagus Point, w/Vagus Nerve Minors + Ray 1	
Pineal Gland Triangle + Ray 1 [Pineal gland, Pineal gland minor, w/Crown Center]	
Pituitary Triangle + Ray 2 [Pituitary gland, Pituitary gland minor, w/Ajna]	
Hypothalamus Gland Triangle + Ray 2 [Hypothalamus gland, Hypothalamus gland minor w/Ajna]	
Carotid Gland Triangle + Ray 3 [Carotid gland, Carotid gland minor, w/Alta Major]	
Locus Coeruleus Triangle + Ray 3 [Locus Coeruleus, Locus Coeruleus minor, w/Alta Major]	
Vagus Nerve Minors w/Pineal Gland + Ray 1	
Parasympathetic—Sympathetic Nervous System Balance + Ray 1 [Vagus Nerve Minors + Pineal Gland (Upper Hand) AND Locus Coeruleus + Alta Major (Lower Hand)]	
<i>Emotional Body</i> Hold Ajna on the Emotional Body Permanent Atom at the Solar Plexus Center while treating points. Balance each with Ray 2.	
Solar Plexus Center Outflow Points	
Point Below Solar Plexus Center	
Basic Center Outflow Points	
Sacral Center Outflow Points	
Point Below Sacral Center	
Points Above Sacral Center	

Hips – Knees – Feet Points	
Genital Point [Female: Clitoris; Male: Base of Penis]	
Rectal Point	
Heart Center Outflow Points	
Point Below Heart Center	
Point Above Heart Center	
Chest Minors	
Throat Center Outflow Points	
Point Below Throat Center	
Points Above Throat Center	
Shoulder – Arm – Hands Triangle	
Mouth Point	
Smile Points	
Nose Point	
Ear Points	
Eye Points	
<i>Other Energy Triangles</i> Balance with appropriate Ray.	
Pleasure Point (mid left side of head, down from Crown Center) w/Crown Center + Ray 2	
Pleasure Point, Heart Center (Head), w/Crown Center + Ray 2	
Grounding Triangles + Ray 7 [Hip minors, Knee minors, Foot minors; each set of minors balanced w/Sacral Center]	
Crown-to-Feet-Minors Triangle + Ray 1 [Foot minors w/Crown Center]	
Re-Assess Energy Centers on Body	
Balance Paired Energy Centers on Head	
Close Energy Field/Aura	
Request Healing/Blessing	
Comments:	

Note.

w/ = with.

Findings: Energy Flow Continuum: B = Blocked. R = Restricted. D = Diminished. F = Fair. Bal = Balanced/Flowing. E = Excessive.

As Above, So Below

Susan Spencer

In my capacity as an Esoteric Healing practitioner to date, I often receive appeals from friends and family to perform quick, impromptu treatments for such various ailments as headaches, stomach upset, anxiety, tiredness, back pain, stress, and so on. These conditions are generally acute rather than chronic in nature, by which I mean that they tend to be discomforts of the moment. While they may be symptoms of more serious or long-standing conditions, time and circumstances simply do not allow for a more thorough treatment. These situations seem to call for what is sometimes referred to as “spot treatments,” that is, treatments that can be done in 10 minutes or less and involve a less formal or involved approach. However, I find that the protocol for aligning and attuning, followed by a balancing and assessing of the centers prior to treatment can sometimes take nearly ten minutes alone, depending on the condition of the centers in the person I am treating. I often feel pressed for time, especially if I find depleted centers other than the most pressing locus of the current complaint. On the other hand, I also feel duty-bound to try and bring relief when my help is requested.

This is a problem I’ve been chewing on for several years, plagued by an inclination to blame my slowness as a practitioner for feeling challenged in trying to perform a treatment in 10 minutes or less. However, having myself been the recipient of one or two hasty Esoteric Healing treatments, my experience has been that such treatments often have little or no effect, and, in some cases, may do more harm than good. To provide a rather dramatic example, I once received what felt like a very abrupt and almost careless treatment from a person I was partnering with in an early Esoteric Healing class. I’m not sure the person bothered to do a closing. Soon after the

treatment, which came at the very end of the class, I felt shaken up, off-balance, agitated, and uncomfortable. The sensation continued unabated for two whole weeks and finally became so distracting that I called a trusted friend who has been an Esoteric Healing practitioner for years. She balanced me over the phone, and I felt instant relief.

This experience was significant for me. It convinced me that the business we are in is not to be taken lightly and never to be done carelessly or without a certain reverence for the person we are treating and for the treatment process itself—whatever the setting. However, the question that remains for me is this: how does one honor this need for reverence and also perform a meaningful, substantive treatment when time is at a premium?

Just Treat the Centers

One of Dr. Barbara Briner’s injunctions in particular has stayed with me throughout the course of my study: “When you can’t do anything else,” I remember her saying on several occasions, “it’s enough to balance the centers.” However, I confess that there have been times when I was called upon to do a spot (or emergency) treatment, and, after aligning and attuning, went into one center only, treated the afflicted organs, and closed—without performing the preliminaries of balancing all centers, treating, rechecking, and so on. Each time I’ve been distracted and anxious about the possibility of creating a reaction similar to the one I experienced in the aforementioned example. Although, in most cases, these treatments have brought some relief to the client, my own efficacy as a healer has felt hampered by my sense that I was “breaking the rules.” I recall Dr. Briner jokingly advising us that our best bet when unable to

follow a complete protocol was to say, “God help me!” These three words always echo in the back of my mind when doing emergency treatments, and there is always the sense that I’m “treating by the skin of my teeth,” if you will.

At any rate, keeping Dr. Briner’s injunction about simply balancing the centers in mind, I’ve devoted a good deal of thought to the problem of how to provide meaningful treatments when working within a severely limited timeframe. In the process, a number of questions surfaced which, in the end, guided both my thinking and the eventual outcome. The following are questions I most wanted to be able to answer for myself:

- Even in severe cases, is it possible that less is more—is a simpler treatment often (if not always) more efficacious than a detailed treatment?
- Is there such a thing as a simple, “whole-system” approach to treatment?
- How might a quick treatment address issues that may be related to the higher centers?
- Besides a simple balancing of centers, is there an efficient way to encompass the whole being?
- Can the same treatment protocol used on individuals be applied in more global, or universal, ways?

I have found, as a general rule, that it is in asking questions that one begins to circle the answer or solution, and so it is typically my tendency to give myself up to the question, let it percolate, and see what emerges.

The Search for Simplicity

My first question in the list comes from a long-standing suspicion that, though the physical body is a complex circuitry of nerve centers, endocrine glands, organs, blood, and bone, not to mention the subtle-body realm, the profoundest form of healing may not perhaps be the most detailed or

complex, at least not in the same sense that the dense body is complex. I have found time and again, however, that complexity clouds every issue for which one is trying to find a solution and often becomes a distraction that prevents seeing the forest for the trees. Yet, baffling though it seems, finding true and elegant simplicity appears to be an extraordinarily difficult process.

Alice Bailey to the rescue. Writing in 1922, several years prior to the publishing of Heisenberg’s uncertainty principle (or any publicly accepted theory of quantum mechanics), Bailey observed that—

the atom is a living entity, a little vibrant world, and that within its sphere of influence other little lives are to be found and this very much in the same sense that each of us is an entity, or positive nucleus of force or life, holding within our sphere of influence other lesser lives, *i.e.* the cells of our body. What can be said of us can be said, in degree, of the atom.¹

Thus, we can surmise that whether one is treating a cell, an organ, a nerve plexus, or the whole system, one is treating a unit of energy that always mirrors something both larger and/or smaller than itself at the same time. Bailey continues.

We can view each unit of the human family as a human atom, for in man you have simply a larger atom . . . a centre of positive force, holding within the periphery of his sphere of influence the cells of his body. . . . The difference lies but in degree.²

So here, the principle of “as above, so below” comes “full circle,” so to speak. Bailey goes on to underscore this point by asserting, “We might extend the idea still further and consider the planet as an atom”³

Which brings me back to my first governing question: Even in severe cases, is it possible

that less is more—in other words, that a simpler treatment may often (if not always) be more efficacious than a detailed treatment? If it is merely a matter of degree, and if everything—from an atom to a planet—is a mirrored facsimile of itself, then could it not be said that Dr. Briner’s advice “when you can’t do anything else, treat the centers” is, in the end, the “positive nucleus,” as it were, of all Esoteric Healing, including the most powerful and efficacious treatments?

If so, then this, in part, foreshadows the answer to my next question: Is there such a thing as a simple, “whole-system” approach to treatment? In many ways, this question has been answered again and again as we’ve worked our way through each level—always in the affirmative. But it is easy to lose sight of this “nucleic idea” as we explore numerous treatment protocols and the numerous triangles and intricacies of human anatomy.

Here, I must point out that I’ve no wish to suggest that such learning isn’t vital to our preparation and work as Esoteric Healing practitioners. God is in the details, after all, as has been so often asserted. But, it has also been asserted that the devil is in the details, and so here we have a paradox—one might even say, a sort of divine paradox.

At any rate, the search for a simple, whole-system treatment that would be appropriate to any situation has been a preoccupation of mine almost since the beginning of my exposure to Esoteric Healing. Assuming that less is often more, in both esoteric and exoteric medicine, the need for a protocol of efficacious simplicity is implicit.

Obviously, I was looking for something as simple as, but slightly more inclusive than, a balancing of centers. When the idea finally occurred to me, it seemed so self-evident that I wondered why it hadn’t occurred to me before. Was it not possible, I wondered, to treat all the centers at all levels, from the

physical/etheric to the Atmic or Monadic—in a single treatment? And might this sort of treatment be always appropriate, for any situation? Furthermore, could not this treatment be applied, not only to individuals, but also to the planet itself? It seemed to me the answer was a resounding *yes*.

A Whole-System Protocol

So, for the sake of clarity, what would this protocol look like on paper? Chart 1 is a copy of the protocol I’ve sent to friends I work with in several different states (please note that the protocol is more detailed than might be necessary for a person practiced in Esoteric Healing, but I include the details by way of illustrating the entire process).

Not for People Only

I must note here that this treatment need not be limited to individuals. I believe it may be as efficacious to perform such a treatment on the planet itself, particularly if we are to heed Bailey’s quantum-focused assertion that we “consider a planet as an atom.”⁴ Thus, I also include a protocol that can be used for the planet (and beyond, if one so wishes). (See Chart 2.)

Incorporating The Great Invocation

Not only does this treatment clearly have individual and global application, but, in treating an individual, planet, solar system, The Great Invocation can be incorporated into the treatment at the same time that one is balancing the sheaths.

For example, if one is treating the Manasic sheath, one might well invoke the line—

From the point of Light
within the Mind of God
Let light stream forth into
the minds of all.
Let Light descend on Earth.

Chart 1. Protocol for Individuals

1	Align, attune, and allow
2	Balance Ajna (Ray 4, and, at the higher levels, any other rays related to the center or sheath being balanced— Example Ray 4 + Ray 11 when balancing the ajna at the 11th sheath) at all levels. (See Levels chart.)
3	Balance Solar Plexus (Ray 6) at all levels. (See Levels chart.)
4	Balance Sacral Center (Ray 5) at all levels. (See Levels chart.)
5	Balance Basic Center (Ray 1) at all levels. (See Levels chart.)
6	Balance Heart Center (Ray 2) at all levels. (See Levels chart.)
7	Throat Center (Ray 3) at all levels. (See Levels chart.)
8	Balance Alta Major at all levels. (See Levels chart.)
9	Send Ray 12 to the individual and his/her entire energy field, focusing on the Heart Center.
10	Close and do a blessing.

Similarly, when treating the Buddhic sheath,

From the point of Love
within the Heart of God
Let love stream forth into
the hearts of all.
May Christ return to Earth.

And, finally, for the Atmic sheath:

From the centre where the
Will of God is known
Let purpose guide the little
wills of all—
The purpose which the
Masters know and serve.

Upon closing the treatment, the final lines of the Invocation can be used as part of the blessing, as follows:

From the centre which we
call the race of [humanity]

Levels:

- Physical/Etheric (body)
- Emotional level (body)
- Mental level (body)
- Spiritual level (8th center)
- Manasic level (9th center/sheath)
- Buddhic level (10th center/sheath)
- Atmic (11th center/sheath)

Chart 2: Protocol for the Planet

Follow the identical protocol outlined previously, working on the planet as one works on the head of an individual, treating the planet as an individual and balancing each center, from Basic to Alta, at all levels.

Let the Plan of Love and
Light work out.
And may it seal the door
where evil dwells.
Let Light and Love and Power
restore the Plan on Earth.

Seamlessness

In the final analysis, this process seamlessly appeared to answer every single one of my initial questions. The treatment proved to be simple, yet efficacious, while at the same time providing a “whole system approach.” First, simply using the principle of balancing the centers to include each body, or sheath, allowed for addressing issues related to the higher centers. Furthermore, it encompassed the whole being, each “covering in consciousness,” to quote THE BLUE PEARL (Briner), existing below within the Monadic structure. And, unless I am gravely mistaken, it can be used to treat both individuals and universes in crisis, especially if Bailey’s assertions about the similarity of the atom to the planet are to be

deemed accurate. Finally, from a purely pragmatic perspective, it is a total treatment that reasonably can be completed in less than 10 minutes and, in the case of the planet, can actually be used as a meditation. For all its ease of use, I don't recommend rushing the process, however. If I may be so bold as to say so, the treatment might, in a nutshell, be considered the essence of what is meant by "focused prayer."

Footnotes

¹ Bailey, A.A. *The Consciousness of the Atom*, p. 42.

² *Id.*

³ *Id.* at 43.

⁴ *Id.*

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Susan Spencer, since 2010, has found it most accurate to describe herself as a "recovering academic." For 21 years, as Professor of Humanities, Susan taught college writing, literature, and human communication courses, first at Idaho State University and later at West Shore Community College in Michigan. Currently, Susan is re-evaluating her life while residing in a remote region of northwestern New Mexico, in close proximity to both the Zuni and Navajo reservations.

Scientific Research Relevant To Esoteric Healing

Joan E. Stansberry

Esoteric Healing – the name itself conjures up notions of the mysterious, non-ordinary, definitely unconventional. As a student and recipient of Esoteric Healing, it didn't much matter to me what it was called, I felt intuitively called to it and was a believer that it worked, whether or not there was any concrete proof that it did. However, over the past couple of years as my desire has grown to step forth professionally as a practitioner of Esoteric Healing, I discovered a concern looming on the back burner of my mind: Since I'm not a doctor like my teacher Dr. Barbara Briner, I don't have such a built-in sense of credibility in the role of a healer. I desire to be taken seriously, as offering a legitimate option for holistically-oriented healing that's complementary to traditional medical offerings. And I'd like to attract clients who are not just wide open-minded "woo woo" lovers. Down deep I feared being seen as a charlatan. My concerns began to dissipate the day I borrowed *THE BIOLOGY OF BELIEF: UNLEASHING THE POWER OF CONSCIOUSNESS, MATTER & MIRACLES* by Bruce H. Lipton, Ph.D., from my chiropractor's lending library. This book led me to others that also offered meaningful scientific findings relevant to the following aspects of Esoteric Healing: energy healing, spiritual healing, "for the highest good," meditation, and distant healing. A general overview of some of the scientific research I have discovered that is relevant to Esoteric Healing will be presented in this article.

Energy Healing

Cell biologist, Bruce H. Lipton, Ph.D., offers a simple and clear scientific explanation of the energy field Esoteric Healers work within:

Quantum physicists discovered that physical atoms are made up of vortices of energy that are constantly spinning and vibrating; each atom is

like a wobbly spinning top that radiates energy. Because each atom has its own specific energy signature (wobble), assemblies of atoms (molecules) collectively radiate their own identifying energy patterns. So every material structure in the universe, including you and me, radiates a unique energy signature. . . .

The fact that energy and matter are one and the same is precisely what Einstein recognized when he concluded that $E = mc^2$. . . Einstein revealed that we do not live in a universe with discrete, physical objects separated by dead space. The Universe is *one indivisible, dynamic whole* in which energy and matter are so deeply entangled it is impossible to consider them as independent elements.¹

One of the basic beliefs and focuses of Esoteric Healing is that signs of disease can be found and treated in a living being's energy field *before* it manifests in the physical body. This belief is corroborated by Yale University psychiatrist Harold Saxton Burr, who began studying the electromagnetic fields around animals and plants in the 1930s. (Church, p. 129.) Based on 20 years of experiments, Burr not only postulated that diseases show up in the patient's energy field a long time before manifesting as concrete symptoms, he also believed that physical diseases could be treated by restoring balance to the energy system. (Church, pp. 129-130.) Esoteric Healing is one way to restore that balance.

Spiritual Healing

As Esoteric Healing's foundational base is in ancient spiritual teachings—we are sparks of the Divine and at essence One—in addition

to being considered a form of energy healing, it can also be thought of as spiritual healing and is, in fact, sometimes referred to as “focused prayer.”

Lynne McTaggart reports in *THE FIELD* on the findings gathered over thirty years of investigation by a small band of scientists from around the globe, all from credible top-ranking institutions, who picked up where the pioneers of quantum physics had left off and began probing deeper. (McTaggart, 2008, p. xxvii.) “Their experiments have attacked a number of tenets held to be sacred and at the very heart of modern science. They did not fit the prevailing scientific view of the world—the world as machine.”² Instead:

Discoveries are being made that prove what religion has always espoused: that human beings are far more extraordinary than an assemblage of flesh and bones. . . .

For a number of decades respected scientists in a variety of disciplines all over the world have been carrying out well-designed experiments whose results fly in the face of current biology and physics. . . .

What they have discovered is . . . at our most elemental, we are not a chemical reaction, but an energetic charge. Human beings and all living things are a coalescence of energy in a field of energy connected to every other thing in the world. This pulsating energy field is the central engine of our being and our consciousness, the alpha and the omega of existence. . . .

This field is responsible for our mind’s highest functions, the information source guiding the growth of our bodies. It is our brain, our heart, our memory—indeed, a blueprint of the world for all time. The field is the

force, rather than germs or genes, that finally determines whether we are healthy or ill, the force which must be tapped in order to heal.³

Most fundamentally, they had provided evidence that all of us connect with each other and the world at the very undercoat of our being. Through scientific experiment they’d demonstrated that there may be such a thing as a life force flowing through the universe—what has variously been called collective consciousness, or, as theologians have termed it, the Holy Spirit. They provided a plausible explanation of all those areas that over the centuries mankind has had faith in but no solid evidence of or adequate accounting for, from the effectiveness of alternative medicine and even prayer to life after death. . . .

Unlike the world view of Newton or Darwin, theirs was a vision that was life-enhancing. These were ideas that could empower us. . . . We were not simply accidents of nature. . . . What we did and thought mattered—indeed, was critical in creating our world. Human beings were no longer separate from each other. . . . We were no longer at the periphery of our universe – on the outside looking in. We could take our rightful place, back in the center of our world.⁴

McTaggart describes this “new science” as at its most profound “a science of the miraculous”, “in a sense, a science of religion.”⁵ The vast research material discussed in *THE FIELD* “is grounded in the hard fact of scientific experimentation” and “provides a scientific validation of areas which have largely been the domain of religion, mysticism, alternative medicine or New Age speculation.”⁶ This is good news for Esoteric Healing practitioners—what we’ve spiritually believed and intuitively known all along about the true nature of the

human being and healing now has some concrete science to substantiate it.

“For the Highest Good”

An Esoteric Healing session begins with the practitioner aligning and attuning to Source and the client and then affirming that the treatment be in accordance with the will of the client’s soul and for the highest good. Therefore, while Esoteric Healing is a detailed approach that focuses on specific balancing as it seeks to foster healing, the entire process is imbued with the overarching intention that the outcome of the treatment be what’s ultimately best from a soul level for the client and all concerned.

Larry Dossey, M.D., in his books *HEALING WORDS: THE POWER OF PRAYER* AND *THE PRACTICE OF MEDICINE* AND *PRAYER IS GOOD MEDICINE* refers to such an open-ended nondirected approach as “Thy will be done” or “May the best thing happen in this particular circumstance” prayer. (Dossey, 1993, p. 85 and Dossey, 1996, p. 161.) He states that “after proving that prayer is effective,” Spindrift, Inc, a prayer research institution in Oregon “proceeded to investigate which type of prayer strategy works best,” directed or nondirected. (Dossey, 1993, p. 97.) They found that “the nondirected technique appeared quantitatively more effective, frequently yielding results that were twice as great, or more, when compared to the directed approach.”⁷

Dossey reminds us that “one of the best reasons to rely on an open-ended, nondirected prayer is that our knowledge is limited. Even when we think we are praying for what’s best, we may be misguided.”⁸ According to Dossey, Deborah Rose, former Vice President of Spindrift, Inc. believes:

The Spindrift research points to an ‘ordering force’ in prayer, which prevents prayer from being used to stimulate an organism beyond what is

good for it. When dairy farmers prayed “Thy will be done” in a Spindrift experiment, their cows gave less milk, not more. Rose explains: The ordering force often causes a cow to give less milk because cows in America often are conditioned and bred to give more milk than is good for them. . . . People will say, “Oh, my prayer didn’t work. The cow gave less milk.” It did work. The ordering force is going to do what is best for the organism, not necessarily what you expect.

Sometimes the ordering force hypothesized by Spindrift researchers appears to consider not just the needs of the organism but the needs of the community as whole. . . . It can’t be manipulated or fooled, and it has its own innate ethics or system of justice. . . . Although their prayers resulted in less milk production by cows in the United States, prayers for goats in Haiti produced *more* milk. In Haiti, milk was sorely needed; in the United States, it was not.⁹

“A ‘Thy will be done’ (or For the Highest Good) prayer strategy is not for cowards but for people who have the strength to accept the verdict of the Absolute, whatever it may be.”¹⁰

Meditation

Meditation is a foundational practice for being an Esoteric Healing practitioner. In addition to helping foster the focused attention and spiritual connectedness needed for giving Esoteric Healing treatments, meditation has been shown to have numerous health benefits.

Studies have shown meditation to have benefits that are similar to antidepressant medications, regulating the serotonin and dopamine levels in our brains, as well

as stimulating our immune systems. Other research shows that we can alleviate our brain's response to chronic pain through meditation.¹¹

The scientific evidence demonstrates that meditation establishes more coherent brain waves; at least twenty-five studies show that EEG synchronization occurs between the four regions of the brain during meditation. Other studies of meditation have shown that it creates more coherent biophoton emissions and in general aids healing.¹²

Fritz Popp's research demonstrates that the degree of coherence of an organism's light (biophoton) emissions is linked to its overall state of health. When healers are healthy . . . their light is more likely to shine brighter. The most effective healer of all may be the one who has been healed himself.¹³

Distant Healing

Esoteric Healing is a technique that can be performed at any spatial distance from the client. Whether the client is in the same room or across the globe is inconsequential to a practitioner's ability to effectively render an Esoteric Healing treatment. According to D. Benor's healing research cited in McTaggart's *THE INTENTION EXPERIMENT*, "a large body of evidence exists about the positive effects of distant healing—perhaps 150 studies in all."¹⁴

These scientific studies have been subjected to overall reviews that rate both the significance of the effects and the outcome. In the most cautious such analysis, Professor Edzard Ernst, the exacting and skeptical chair of complementary medicine at Exeter University in Britain, concluded that of twenty-three studies, 57 percent had shown a positive effect. Among

the most rigorously scientific (those with double-blind trials), the average effect size, or size of change among those treated, was 0.40 – about 10 times better than the effect size of aspirin or propranolol, two drugs considered highly successful in preventing heart attacks.¹⁵

Two impressive databases dedicated to cataloging studies of distant healing, sometimes referred to as remote healing or nonlocal healing, are referenced in Dawson Church, Ph.D.'s book *THE GENIE IN YOUR GENES*: Daniel Benor's www.WholisticHealingResearch.org and the Institute of Noetic Sciences website, www.noetic.org/research/dh/studies.html. (Church, p. 382.)

Church posits that quantum physics and string theory "may explain phenomena such as distant healing, which we know occur, but which current medical models . . . cannot explain or comprehend."¹⁶ He suggests that a "healer might be considered, in quantum terms, to be an observer who routinely collapses space-time possibilities into the probability of healing."¹⁷

Conclusion

While orthodox science may still balk at embracing the revelations and paradigm-shifting possibilities of the "new science," which is itself a work in progress, as McTaggart declares "it is too late. The revolution is unstoppable."¹⁸ As presented in this article, many facets of Esoteric Healing—energy healing, spiritual healing, nondirected focus (For the Highest Good), meditation, and distant healing—have been validated by rigorous scientific inquiry. Such scientific validation offers some solid ground for Esoteric Healing to stand upon and brings greater credibility to the profession. It also offers an earthy balance to the more ethereal ancient teachings upon which Esoteric Healing is founded. Now it's time for Esoteric Healing to become more

known to the scientists of the world, as Reiki and Therapeutic Touch have done, and to be included more directly in research studies that could further support its efficacy.

Footnotes

- ¹ Lipton, B.H., *The Biology of Belief: Unleashing the Power Consciousness, Matter & Miracles*, pp. 70-71.
- ² McTaggart, L., *The Field: The Quest for the Secret Force of the Universe*, p. xxviii.
- ³ *Id.* at xxiii-xxiv.
- ⁴ *Id.* at xxviii.
- ⁵ *Id.* at xxiii, xxviii.
- ⁶ *Id.* at xxix.
- ⁷ Dossey, L., *Healing Words: The Power of Prayer and The Practice of Medicine*, p. 97.
- ⁸ Dossey, L., *Prayer is Good Medicine: How to Reap the Healing Benefits of Prayer*, p. 161.
- ⁹ *Id.* at 162-163.
- ¹⁰ *Id.* at 165.
- ¹¹ Church, D., *The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention*, p. 108 (internal footnotes omitted).
- ¹² McTaggart, L., *The Intention Experiment: Using Your Thoughts to Change Your Life and the World*, p. 57 (internal footnotes omitted).
- ¹³ *Id.* at 98.
- ¹⁴ *Id.* at 93.
- ¹⁵ *Id.* at 93-94 (footnote omitted).
- ¹⁶ Church, D., *The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention*, pp. 196-197.
- ¹⁷ *Id.* at 192.
- ¹⁸ McTaggart, L., *The Field: The Quest for the Secret Force of the Universe*, p. xxix.

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Joan E. Stansberry, M.A. (Psychology), serves as a catalyst for healing through offering Esoteric Healing and EFT, an energy psychology modality. She holds a vision that The Highest Good becomes humanity's top priority and strives to contribute to that evolution via her own life. She continues the legacy of her grandmother's strong belief in prayer; a simple favorite is: Bountiful Blessings Be Yours!

A New Paradigm for Comprehensive Healing: Expanding Esoteric Healing for Attachment Removal and Soul Retrieval

Coral Thorsen

The problems confronting us should be faced with courage, with truth and understanding; as well as with the willingness to speak factually, with simplicity and with love in the effort to expose the truth and clarify the problems which must be solved. The opposing forces of entrenched evil must be routed before He for Whom all men wait, the Christ, can come.¹

- Alice Bailey

This quote is the basis for my paper. It is about bringing truth to the surface, openly and honestly, with practical and easy techniques of Esoteric Healing used to assist in resolving the formerly taboo subject area of spirit attachments and soul retrieval. Through my Esoteric Healing practice I have found attachments to be not only a fairly regular and common problem to clients of varied backgrounds and symptoms, but growing in frequency as we shift into the increasing spiritual light of evolution.

Spirit attachments are earthbound spirits, people just like us, who have not passed over to the other side after death.

Spirit attachments are typically earthbound spirits, people just like us who have not passed clearly over to the other side after death. For whatever reason, whether sudden traumatic death and not knowing they are dead, maintaining attachment for things of the flesh and 3-D world, or fearful to go further into spirit under the belief that they may go to Hell, earthbound spirits are broken beings themselves needing help. They possess no special powers, need not be feared, but instead need to be recognized as what they are—lower frequency spiritual

beings stuck between worlds. They no longer belong in the physical plane, yet are attempting to hang on to what they used to have—company with another and a body with which they attempt to maintain some type of familiarity to the life they used to have.

Bailey assists us in understanding earthbound spirit attachments in her writings. “Intense desire for sentient existence is attachment.”² “Freedom from attachment is brought about as the fires of desire are overcome.”³ Earthbound spirits who attach have not yet healed or grown beyond the desire for form or behaviors of the physical. They attach to a person with some vulnerability within their auric field and often are unable to leave without assistance.

As Esoteric Healing practitioners, we deal with healing of all aspects of individuals: physical, emotional, mental, spiritual. It should not come as a surprise that we also have the opportunity and ability to address areas typically difficult to resolve, such as spirit attachment. As with any other areas of injury or imbalance, there are typical patterns and symptoms that can draw the attention of the alert Esoteric Healing facilitator to check for the possibility of attachments. Likewise, there are Esoteric Healing techniques for definitive discovery of attachments, treatment of client, and the blending of techniques with Esoteric Healing skills for removal and healing of both the client and the attached soul.

Some commonly documented symptoms and effects of spirit attachment are: unexplained fatigue, sudden changes in mood, hearing a voice, addictions, sudden cravings for alcohol, cigarettes, drugs

(especially after a surgery or traumatic event), sudden weight gain, fears and phobias, changes in behavior (such as increased anger, depression and thoughts of suicide), serious illness of unknown cause, memory and concentration problems, unexplained physical problems, pain from an undetermined cause, migraine headaches, night terrors and nightmares, panic or anxiety attacks, or in extreme cases, time lapses and multiple personalities. If a person has been living with an attachment for some time, they may think the struggle of the burden to be their normal.

More than likely, each of us as Esoteric Healing practitioners have had clients with some of the above symptoms. The energy field patterns typical with attachments can vary, but tend to display depletion of the lower chakras. One typical pattern is the V-shaped pattern, with Throat Center more full and each lower center becoming more slight, until reaching total depletion and blockage of the Basic Center. Another pattern I find typical is with the depletion beginning in the Solar Plexus and increasing to extreme restriction and blockage in the Sacral and Basic Centers. Occasionally all five body chakra centers are depleted, as

well as blockage to the flow of the Crown, Ajna, and/or Alta Major and related triangles.

Frequently the autonomic nervous system is extremely imbalanced, with the post-traumatic stress points of the amygdale excessive, with classic solar plexus upset and fear and shock points excessive.

Although there are many names and descriptions for attached spirits, I choose to keep it simple and generic, perceiving them as injured or ignorant, in need of healing just like the rest of us. Classifying attachments as “dark, evil, or demonic” basically shows classic fear of the unknown, and feeding fear is not helpful in assisting clients. As Esoteric Healing facilitators, we are vessels for light, and light dispels darkness, no matter the classification. If attachments have been able to temporarily or permanently take charge of the thinking and/or body functions of a living person, they often are referred to as “spirit possessions” or “multiple personalities.” Ironically the very professionals most frequently dealing with “multiple personalities” are not aware of the multiple souls involved.

Common symptoms and effect of spirit attachment:

- unexplained fatigue
- sudden changes in mood
- hearing a voice
- addictions
- sudden cravings for alcohol or cigarettes
- difficulty staying grounded (depletion in lower chakras)
- digestive issues
- drugs – especially after a surgery or traumatic event
- sudden weight gain
- fears and phobias
- changes in behavior – such as increased anger, depression and thoughts of suicide
- serious illness of unknown cause
- memory and concentration problems
- unexplained physical problems
- pain from an undetermined cause
- migraine headaches
- night terrors and nightmares
- panic or anxiety attacks
- time lapses and multiple personalities (in extreme cases)

My own psychological background fell short of preparing me for the realities Esoteric Healing has revealed.

Spirit attachment is not unique to humans. My recent case studies have found animals to be experiencing the same confusing attachment conditions, with wild animals who have left their bodies through traumatic death circumstances seeking the company of house pets and domestic animals. Behavioral changes of the animals are the best indicators of attachments, although changes to the eye color and pupil dilation most recently have been noted for both animals and humans.

Spirit attachment is not unique to humans. Animals can experience similar confusing attachment conditions with wild animals who have left their bodies through traumatic death circumstances.

Whether treating animals or humans, expanded Esoteric Healing techniques prove very helpful in determining the existence of attached spirits. The compromised etheric fields, described earlier as V-shaped or with depleted lower chakra centers, are the composite average of the person's real field and the attached earthbound(s). To determine the presence of an attachment, read the person's field in general, as you normally would. Then holding strong concentration to evaluate ONLY the etheric field of "the soul who built the person's body/etherics" and take a second reading. If these two are the same, there is no attachment. However, if you have a different, stronger reading for "the soul who built the body," then you have attachment. The first general reading was an average of the combined fields (client's and attachment(s)), not a true reading of your client's own field. You can also check the soul light to determine spirit attachments, either visually or by palpation for the number of soul lights present.

However I find the above method easier and more definitive.

Once earthbound attachment status is determined, techniques for removal can be applied. If attachments have not entrenched themselves by taking over part of the client's being, they usually can be removed quite easily. Be aware that there can be and often are more than just one attachment, so repeating the removal process until establishing vibrant etherics in your client is vital. The goal is to heal two (or more) beings, your client and the earthbound(s). Returning the attached spirit to the light of Spirit will allow its final healing and prevent attachment to another person.

My favorite technique for attachment removal is a simple procedure of filling the body and etherics of the client with the brilliant light of Spirit, bringing it down through as if a great shining ball of sunlight is passing through the entirety of the client. You must keep a sharp Ajna focus to keep the light intense as you bring it down through all of your client's etherics and form, all the way through the body, and well down through and past the feet. Placing your hands on top of the ball of light as it passes through the body will allow you to feel any resistance or clear movement. Resistance will feel like trying to push a balloon or ball under the water. This light of Spirit works somewhat like an anesthetizing agent to the earthbound spirit as you seek to remove it.

Once this intense Spiritual light has totally filled the client's etheric field and body, the removal process can begin. Holding your hands below the brilliant ball of light and maintaining your sharp focus, gently lift the ball of light back through the client. Keep vigilance that nothing slips between your hands or fingers. Envision a clear plastic shield or wrap around the bottom portion of the light, between the light and your hands, to maintain a seal. Continue lifting the light, with attachment(s) within, upward through

your client's body centers, then upper centers and monad. As you near the exit point of the etheric structure of your client, expand the plastic shield to a sphere surrounding the attachment(s), then immediately allow the masters, angels, guardians in Spirit who are waiting to accompany this removed spirit to transfer it to final healing. You can assist by sending it on and envisioning the light growing smaller as it becomes more distant. Allow yourself to see it "cross over" to the other side.

Once removal has been completed, recheck the etheric field/centers of your client. Is there a change? If removal has been successful, an immediate change will be noted, with all centers filling. Then check the etheric field of the attachment removed. If everything is perfect in the etheric field of the attachment, you have successfully crossed this being over and final healing has occurred. If depletion remains within the attachment's field, it has escaped the light and is still earthbound. It has been my experience to occasionally feel a heart communication of gratitude and love from the newly crossed over spirit anytime within the 24 hours of this healing. On occasion the client also experiences this communication.

Once attachments have been removed, proceed with your Esoteric Healing treatment as usual. If you are unable to remove the attachment(s), focus your healing on the etheric field of "the soul that built the body." Work only on the attachment's etherics as is necessary to bring balance to your client (fear centers, shock, etc). The goal is to strengthen the weakened etheric form of the client, assisting the client in regaining the strength to take back her body. The inability to remove attachments usually only occurs with well-established attachments, such as those involving multiple personalities that are the result of severe trauma, such as childhood sexual abuse. Remember, even

difficult cases of well-established attachments can be changed.

Cultures around the world have addressed attachments for thousands of years. Jesus spent one-fourth of his healing time removing spirit attachments. Bailey shares-

The will to live or to manifest is part of the divine Life impulse, and therefore is right. The will to be or to manifest upon any specific plane or through any specific group of forms is not right when that sphere of manifestation is out-grown, and when any peculiar set of forms have served their purpose of providing media for experience-contacts and can teach no further lessons, evil enters in, for a tendency to evil is but a tendency to revert to the use of forms and practices which the Indweller has outgrown.⁴

Assisting clients with attachment removal is just another Esoteric Healing step in getting to the cause of the client's illness.

Assisting clients with removal of attachments and assisting those trapped earthbound souls caught between worlds is necessary and need not be anything exciting, glamorous, or a big deal. In time you will come to think of it as just another Esoteric Healing step in getting to the cause of your client's illness. The rewards in extending a little extra effort to attain resolve are big, as your client will feel immediate change, lightness, and new freedom from the burden they unknowingly have been carrying. In applying this attachment removal/soul retrieval practice, you will grow to compassionately understand and appreciate the awesome opportunity that has been presented to you with dual cliental, that in physical and in spirit.

With knowledge comes responsibility. Now you know.

Footnotes

¹ Alice Bailey, A.A. *The Reappearance of the Christ*, p. 163.

² Bailey, A.A., *The Light of the Soul*, p. 137.

³ *Id.* at 85.

⁴ *Id.* at 138.

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Coral Thorsen, BS, Ed., MS, LMBT, is a master educator, respected healing facilitator, and owner of a mountaintop healing education center in North Carolina, *Spirit of the Mountains Retreat*. Blending three decades of teaching excellence with her passion for natural healing modalities and the experience gained through her personal journey from “incurable illness” to vibrant health, Coral’s dedicated life focus is assisting others in the pursuit of wellness and excellence in healing facilitation. As an NAEH and INEH teacher, Coral teaches a full array of Esoteric Healing classes at her retreat and in Sarasota, Florida. As a nationally approved NCBTMB provider, all of Coral’s classes offer CE hours to health care practitioners. Coral’s other healing specialties include Reiki Master/Teacher, CST, SER, Nutraceutical Consultant, and expertise in psychological/mental fields, building a firm foundation for mind-body-spirit healing and education. Coral works cooperatively with doctors in her growing Esoteric Healing and wellness practice, has served as curriculum writer and energy teacher for massage school, and is actively involved with activities at her retreat as well as alternative wellness education in Brevard, North Carolina, and Sarasota. Coral served as a founding member of the NAEH certification board and prepares each student for excellence of practice. You can obtain more information on Coral and her classes at CoralThorsen.com or SpiritoftheMountains.com.

Subtle Energy: My Personal Journey and Resolution

Kelly Yoakam

In every culture and in every
medical tradition before
ours, healing was
accomplished by moving
energy.

- Albert Szent-Gyorgyi (1960)¹

The Rise of Complementary Medicine in the United States

When Nixon visited China, he opened the door between the United States and China. Through that door, we shared not only a new political relationship, but also a new pathway for the introduction of complementary medicines that involved the use of subtle energy: Acupuncture, Qigong, and herbs joined the few and hard-to-find complementary practices.²

Complementary practices such as chiropractic medicine, homeopathy, naturopathic medicine, massage therapy, and herbal medicine were not readily available; it took persistence to find a practitioner, and they were often considered questionable, if not illegal.

In 1998, the National Institutes of Health (NIH) established the National Center for Complementary and Alternative Medicine (NCCAM). In the more than a decade since its establishment, the government has been funding clinical studies to determine the efficacy of modalities ranging from acupuncture³ to meditation, as well as different forms of energy healing.

Today, major cancer centers, such as MD Anderson, employ energy practitioners to work alongside conventional treatments with great effects.⁴ Acupuncture and medical massage are covered by many insurance companies; thus, many medical practices include acupuncturists and

massage therapists. Chinese and ayurvedic⁵ medicine are gathering greater reception as their success in preventative medicine becomes more widespread.

Subtle energy is now recognized as an important means of maintaining optimal health, and complementary medicine is becoming more and more accepted in mainstream healthcare.⁶

While modalities using subtle energy are on the rise, their appearance in U.S. culture has been controversial. The entrance of new, exotic practices has brought about different responses— from delight in the efficacy to fearing "primitive" practices of the witchdoctor.

My Personal Journey

This article is about my own personal journey in exploring subtle energy and the discoveries of God's creation that allowed me to take responsibility for my own health and enhance my understanding of Biblical and spiritual truths.

My story is like that of others who have dealt with a long-term chronic illness. I was in and out of the hospital most of my life. I was quite familiar with the medical system and could predict the various procedures and medications prescribed for me.

The severity of some of my conditions left doctors astonished that I survived. Once, a doctor left me in the ICU to die, and a resident risked his future career to give me a tracheotomy that saved my life. I was usually on some type of prescription drug and it got to the point that antibiotics were ceasing to work.

I was informed that I needed to discontinue them before I became immune to *all* of

them, which, in a life-threatening situation, would be fatal. I was stunned! I didn't even realize that was a possibility! At that moment, I knew I needed to make drastic changes in my life—but how?!

I began inquiring about alternative health care. In 1980, the suggestions I received were to go to a chiropractor, an osteopathic physician, or take natural supplements. I did the latter two. It wasn't until 1988 that a stranger gave me the name of a chiropractor who worked with meridians, applied kinesiology (muscle-testing), and homeopathy.

In the 1980s, those I asked were generally unaware of the modalities available; in the 1990s, there was greater awareness—as well as greater confusion. I received conflicting advice: some told me that the more natural the modality, the closer to God's intention it was; e.g. diet, homeopathics, essential oils, and other complementary practices—practices that this chiropractor used. Yet others told me that the same things were dangerous, even bordering on witchcraft!

We often hold onto the familiar, however ineffective, because it provides a sense of security; we are terrified to let go.

The confusion and conflict I experienced while exploring unfamiliar methodologies was dramatic. Thankfully, this doctor was well researched and was undaunted by my numerous questions. Even so, holding onto the familiar, however ineffective, provided a sense of security, and I was terrified to let go.⁷

The way people approach healthcare, whether they realize it or not, encompasses their belief system in ways they are not always aware. In what does our hope lie? In education? In technology? In God? In God's provision of technology? A combination? How do we know where to turn? To whom do we listen?

I approached this as I approached most everything in my life. I sat with it in prayer and asked God to reveal pertinent truth for me. It seems that as I continued to ask for answers, they began streaming in!

I believed that the Creator established visible and invisible aspects of creation.⁸ I had already come to the conclusion that what truly mattered in my life were invisible aspects such as love, kindness, compassion, and the silent intimacy experienced between dear friends. We see the results of these things put into action, but we cannot touch, see, or hold them; we cannot quantify love. I was open to having been created with invisible interfaces to my physical body.⁹

I became familiar with the acupuncture meridians and their relationship to specific organs and muscles. My life began to transform as I learned to sustain my health through the use of Chinese acupuncture meridians, Brain Gym techniques, Tai Chi, and other non-invasive energy practices. I was beginning to manage my health, to a great degree, on my own.

One friend of mine (he and his wife are both nurses) showed me numerous Biblical examples where essential oils were used. He recommended a book that explained the chemistry of the oils and their holistic interaction with us, not only physically, but emotionally, mentally, and spiritually.¹⁰ He explained that the oils work with frequencies that impact not only the physical body, but the energy fields surrounding the body. He explained that the high frequencies of the oils raise the body's frequencies to "restore coherence to your electric fields to produce healing and maintain wellness."¹¹ He showed other Biblical references where oils were applied to major reflexology points.¹²

Bio-energy Studies

I spent nearly two decades using my own body as a laboratory to explore ways of

increasing my vitality and improving my immune system. During that time, I also helped others with their own health.

One day, another friend of mine, who knew about my work with meridians, told me about an Esoteric Healing class. She thought I would be interested in learning more about the chakra system. I all but ignored it, thinking I had neither the time nor the inclination to take the class. Over the years, I had heard of chakras,¹³ or energy centers. Yet, I was not only unsure of what they were, but skeptics were telling me they didn't really exist—they were just an exotic term used to pull people into an Eastern philosophy. As it turned out though, enough God-orchestrated synchronicities occurred to make me reconsider.

I showed up to class without having the slightest idea of what I was about to experience. Had I known, I surely wouldn't have gone, as I wouldn't have believed in the possibilities! I believe even more so now that it was divinely orchestrated.

I was amazed at what we learned on just the first day! We were able to find the energy of each center and bring it to balance. We experienced the ability to assess specific energies from organs and were able to balance them as well. It was incredible! We could feel a palpable difference in our vitality from day one!

In fact, on the first day of class, one of my loved ones was told they had a 90 percent blockage in an artery. This individual gave me permission to work on the blockage, as we learned in class. I could feel the energy block melt away. The next week they had a perfect stress test and have continued to have a perfect one every year!

I was stunned and delighted at the level of understanding we can have about the energy in our bodies—very detailed information about each organ and system. And this was only the first class.

This amazed me: the ability to dramatically increase our health with no external tools! That resonated with me. God has given us what we need to sustain ourselves on all levels. The tools we used were a willingness to open our hearts and minds to God and to *allow* the working of God in our lives and those of others. This was what pulled it together for me. The major foundation of the class stressed a conscious connection to God; to allow God's healing energy to flow *through* us, and not *from* us. That is fundamental to my belief system.

God has given us what we need to sustain ourselves on all levels. We must develop a conscious connection to God and allow His healing energy to flow through us.

Having stumbled into the Esoteric Healing class, I found my passion. Once again the cultural box in which I lived my life was challenged. Most friends and family saw the dramatic difference it made in my ability to manage my health independently and supported me. Others were quite skeptical and urged caution in an area that is relatively unknown and unsupported by the medical community.¹⁴ While some embraced the spiritual orientation of the class, others feared the source of the healing work.

While I believe there are areas, both physical and spiritual, that are crucial to avoid, I also believe that when asked for direction, God will set us on the path most suited for our spiritual growth.¹⁵ It has been my goal to follow where I believe God is leading me, to continue to sift through religious and cultural impulses that resonate, or don't resonate with my own spirituality. But I never want to throw the baby out with the bathwater!

I was impacted by a verse that claimed that God not only disapproved of calling "evil good," but also calling "good evil."¹⁶ People

have a tendency, when faced with practices outside their paradigm, to default toward fear or judgment, rather than neutrality and understanding. Rather than jumping to judgment or running from fear, it might be prudent to see if there is something God would like to reveal about himself. The Bible speaks of searching out a matter, rather than defaulting to fear or a label of evil.¹⁷

When faced with a practice outside the paradigm, rather than jumping to judgment or running from fear, it might be prudent to see if there is something God would like to reveal about himself.

Although, in class, we were presented some material that stood outside my cultural paradigm, we were told to sit with whatever resonated with us and *always* ask God for insight into our questions. To that end, we were encouraged to practice stillness with God, in prayer/meditation.¹⁸ I was delighted: this was something I had been practicing for years and desired to deepen.

Again, I was surprised at the caution some advised about meditation—because it was an Eastern practice! Meditation is mentioned numerous times in the Bible.¹⁹ In contrast, study, which the West emphasizes, is mentioned only in the context that "much study wears you out!"²⁰

In addition, Judaism and Christianity are *both* Eastern religions. That may be where the difficulty is found in understanding some of the practices of the Bible; we filter them through a Western cultural context.

Yet, I still had some questions, so I continued to ask for spiritual guidance.

First of all, the word *esoteric* seemed esoteric in itself. Images from the books of *Revelation* and *Ezekiel* ran through my mind, or Tricorders from *Star Trek*! In any event, what it meant to me was that it was

something that would, most likely, be difficult to understand.

I learned, though, that esoteric means "hidden, meant to be found,"²¹ which resonated with me about God's visible and invisible creation. And again, I experienced evidence of those invisible parts of our being. We can sense our own fields and those of others.

Table 1. Fundamental Frequencies

Fundamental Frequencies of People and Things

(Frequencies are given in megaHertz)

Healthy human brain	71-90
Healthy human body (overall)	62-68
When you have cold symptoms	58
When you have flu symptoms	57
When you have candida infection or Epstein Barr syndrome	55
When you have cancer	42
When you begin to die	25
Processed canned foods	0
Fresh produce (depending on How fresh)	10-15
Dry herbs	12-22
Fresh herbs	20-27
Therapeutic grade essential oils	52-320

In fact, we do have a cultural understanding at some level, or we would not have phrases such as "good vibes," "bad vibes," "you could feel the tension—you could cut it with a knife," or "their presence lights the room." There is some level of understanding that we interact with and are affected by the energy fields of others.

Earlier, I mentioned the importance of increasing the vibrational frequency of our physical bodies. I began to explore that concept more. Table 1²² shows the relationship between our frequency and the quality of our health. There is a palpable difference in the way we feel when we are healthy than when we are sick. Culturally, we use terms that reflect our frequency like feeling "up" or "down."

I am a harpist by trade, so my investigation tended toward the effects of musical vibration on the physical body.²³ I am convinced that my health was improved, both by my own playing and by the regularity of hearing my students play.

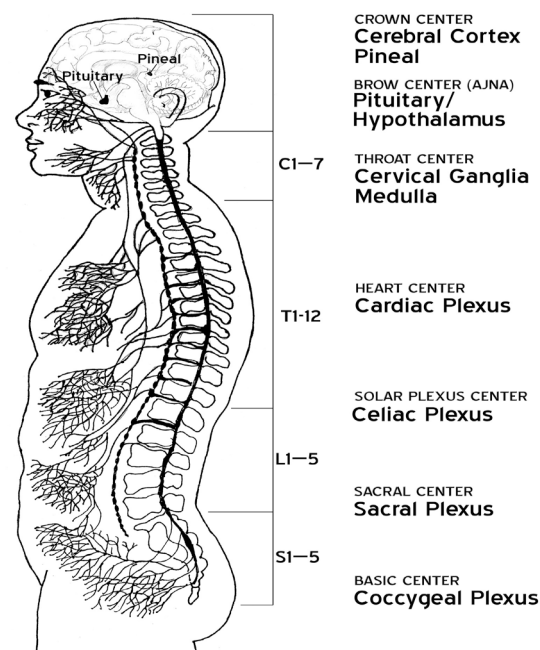
I was told that other effective ways to raise our frequency are through such things as prayer and/or meditation, healthy diet, and positive thoughts. In his letter to the Philippians, Paul wrote, "Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."²⁴

Prayer, meditation, and positive thoughts release the flow of energy to the body; worry, anger, and other incoherent thoughts restrict the flow of energy.

Experimenting in and out of class, we discovered that prayer/meditation and positive thoughts release the flow of energy to the body, while worry, anger, and other incoherent thoughts restrict the flow of energy.

I knew that meridians were affected by thoughts and emotions and was now learning the impact the same things had on the chakra centers. The energy systems and the physical body are inseparably interwoven. I also learned that the acupuncture points serve as the interface between the physical and energy bodies.

Figure 1. Nerve Plexuses and Associated Centers and Vertebrae



I wondered why the energy of the centers was so much stronger than in the organs. It became clear to me when I saw a picture of the location of the centers in relation to the major nerve plexuses of the body. (See Figure 1.)

Each center reflects the major nerve plexuses, supplying energy to the nervous system, which is highly electrical. The centers serve much as an electrical transformer does in supplying electricity to houses in a neighborhood.

I knew that the human body is a great conductor of electricity and that the nervous system emits electrical impulses throughout the body. The concepts of electricity, frequency, and energy associated with the physical and energetic bodies was beginning to broaden my understanding of the ways in which thought and emotions condition the physical body.

Centers as Transformers

What I began to experience, when working with Esoteric Healing, was much like electric transformers that supply electricity to several houses in a neighborhood.

The transformer works as a buffer between the larger power plant and the houses. It allows the right amount of electricity into the home, varying the amounts according to the number of lights or appliances in use, and also protects the house from major power surges. If the transformer experiences damage and stops working, there is no electricity supplied to the house and the result is a power outage. If there is a malfunction *within* the house, it might flip a breaker that stops the supply of electricity to a particular section of the house, while the rest of the house operates as usual.

Similarly in the human body, each center supplies energy to the endocrine gland, related organs, and a system associated with that center (see Table 2). That is the energetic neighborhood. If a center is blocked, little to no energy is available to the organs and gland.

Table 2. First Five Centers and Their Related Organs and Systems

Center	Endocrine Gland	Organs	System
Basic	Adrenals	Bladder Kidney	Urinary
Sacral	Gonads	Uterus Prostate Hips/knees/feet	Reproductive
Solar Plexus	Pancreas	Spleen Liver Gallbladder Stomach	Digestive
Heart	Thymus	Heart Lower lungs	Circulation
Throat	Thyroid	Parathyroids Upper lungs Shoulders/ elbows/hands	Lymphatic

The center also creates a buffer for the organs. If they are strained, a healthy center supplies energy according to the activity of the organ from moment to moment. But if

there is a "surge," such as neurological, the center is able to absorb the excess with ease.

An imbalance of energy flow through the organs and systems of the body creates disease. Consider the effects when blood flow through an artery is blocked by plaque—disease. The etheric body operates in tandem, and in metaphor with the physical body. The fuller and more consistent the flow, the healthier the body is.

The interplay between energy flow and the raising of vibration reminded me of an account given by Richard Eby in his book *CAUGHT UP INTO PARADISE*. The account here serves two purposes: to illustrate the need to condition physical material—bushings for electricity or the human body for higher energy; and the effectiveness of spending time learning to discern or intuit God's voice speaking into our lives.

I often ask for a third dimensional confirmation of spiritual truths. This analogy serves as that confirmation for me.

Eby and Electricity

Richard Eby's father, Gene, was an employee for General Electric under the Hoover administration (1940s). Eby headed the High Voltage Bushing Division and helped to set up power plants around the country. He was involved with the Hoover Dam project, an incredible feat! Up to this point, engineers were able to insulate the electricity with porcelain bushings. But the wattage they would harness at Hoover Dam was so powerful that, in the lab, it shattered every known porcelain they had used.

President Hoover was anxious to find a solution to this critical problem. Other parts of the dam were nearing completion, the financial investment was enormous, and the energy potential even greater. Eby was under pressure to succeed.

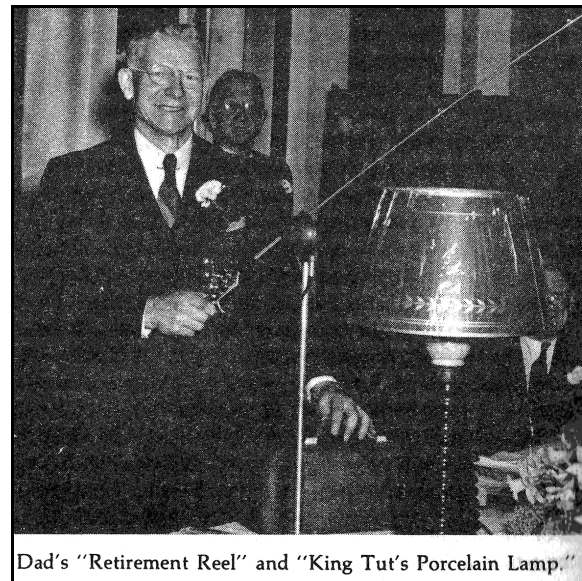
One morning, during his prayer time, Eby's Bible fell open to the passage where Jesus turned the water into wine.²⁵ He realized that the jars, usually 25-gallon capacity, had to have been "super strong . . . It would take millions of volts to rearrange the molecules. . . . It must have been like a bomb going off inside those pots!"²⁶ He believed this to be confirmation that they would, indeed, be able to produce bushings that would withstand the man-made lightning bursts in the lab.

Yet rather than bringing in employees to work harder and longer hours to complete the job more quickly, Eby believed he was led to shut down the project for a month and give the tired, discouraged employees time off—contrary to what some felt needed to be done. But Eby, a man who had seen the guidance of God lead in extraordinary ways, told the workers they were shutting down for a month. Imagine their disbelief!

During that month, Eby waited for direction from God, but none came. God often waits until our trust is hanging by a thread. After the month was over, he called his top porcelain man, Cermak. Cermak had no answers for him. During the time off, he had gone to France, Rome, Greece, and Egypt. Cermak told Eby that, while in Egypt, he paid a quarter for a camel ride to the newly opened tomb of some king. He couldn't remember the name, but they called him "Tut" for short. He paid another quarter to bribe the guard to let him take home a "souvenir."

During the night, Eby awoke making mental connections: "pottery . . . man-made . . . ancient . . . near East . . . water jug."²⁷ He called Cermak back at 4:00 am to ask what it was he brought back. It was a porcelain lamp!

Figure 2. Eby and the King Tut Lamp



Dad's "Retirement Reel" and "King Tut's Porcelain Lamp."

After discussion, they decided that he would take a chip off of the lamp, have it analyzed, and reproduce it in the shape of a bushing! Miraculously, the bushing made from King Tut's lamp held! They were elated! President Hoover would have his dam up and running in no time.

This account illustrates two very important points: first, the advantage of discerning God's direction; and second, the importance of conditioning physical material, whether porcelain or flesh, to withstand higher frequencies of energy.

The Creator established methods for our well-being long before modern-day technology was conceived.

The problem was solved by discerning God's direction. The odds were against them finding a solution with their current methods. Eby credited God with solving the problem by directing him to shut down the project at just the right time for an engineer to vacation at King Tut's tomb, which had the material solution provided by ancient Egyptian technology. At this point in time, it was uncommon for scientists to look

backwards for answers. New technology was moving forward, and rapidly. In a similar vein today, with all of the technological advances, it is easy to view simple ancient practices as archaic, primitive, or superstitious. Yet the Creator established methods for our well-being long before modern-day technology was conceived.

Learning to integrate long standing health practices into our daily lives will increase our health as well as our states of mind. Understanding the language of both our physical and energy bodies is a means to that end. Further evidence of our bodies' ability to seek well-being lies on the molecular level.

Laminin

In the video *How Great is Our God*, Louis Giglio gave a presentation focused on a cell adhesion molecule called Laminin. In the presentation, Giglio relates how Laminin was explained to him, "It's like the rebar of the human body . . . the steel that they put in the concrete when they lay the foundation of things . . . it's that stuff holding your membranes together . . . it's the glue of the human body."²⁸ The connection he made was that this molecule holding our cells together is in the shape of a cross - some say a sword. In either case, from the Christian perspective, the cross represents Jesus' sacrifice in response to his connection with the Father; and the sword, the "sword of the Spirit,"²⁹ which represents the precision of wielding God's word like a surgeon, in a manner that separates truth from illusion, soul and spirit, significance from insignificant.³⁰

In my quest for physical representations of spiritual truth as it pertains to the centers, the structure of this molecule had a profound impact on my acceptance of the reality of the system of chakras, or energy centers. The structure of the molecule is an exact model of the centers. (See Figure 3.)

Laminin bears a striking resemblance to the Caduceus (see Figure 4), which was modeled after that system—millennia before microscopes were invented.³¹ As you can see in Figure 3, the resemblance of the molecule and the system of centers is beyond coincidence. And the analogy of holding us together—the centers hold us together energetically, and the energy body is said to be a template for the physical body. We are truly "fearfully, and wonderfully made."³²

Figure 3. Comparison of Laminin and Centers

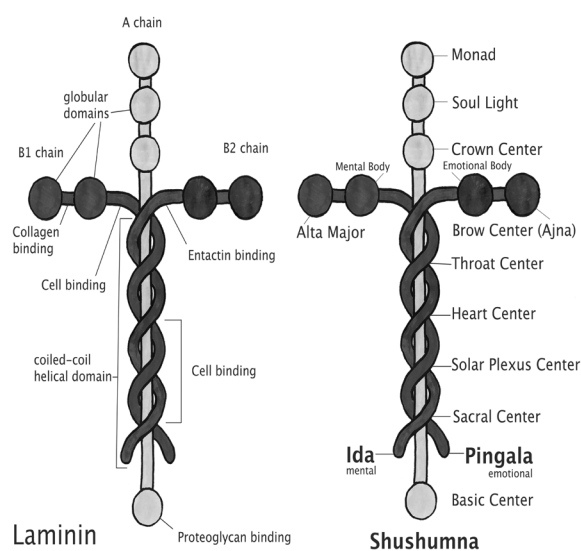


Figure 4. Caduceus



Conclusion

With the introduction of Eastern medical practices, we in the West are beginning to discover the invisible systems that need attention to maintain health and vitality, and the presence of these systems transcend religious or cultural paradigms.

While Chinese medicine utilizes the meridian system of our energy body, Esoteric Healing utilizes the chakra, or center, system. The key to understanding this practice is to deepen a relationship with God via prayer and meditation.

There has been enough anecdotal evidence about the efficacy of prayer that the debate about whether prayer works is a mute point. Esoteric Healing is based on focusing the prayer to a specific area and also sensing the change in that area as we pray.

The recognition in Esoteric Healing is that *we* are not bringing about changes in the energy body, but that we are channels for God's power to work *through* us, just as he did over and over again in the Bible. Jesus and Paul are prime examples.

In Esoteric Healing we are channels for God's power to work through us.

One example is when the woman was healed by her touching the hem of Jesus' robe.³³ The woman touched his robe, not his body, but Jesus "felt healing power go out from him."³⁴ Did Jesus carry such a high frequency that it permeated his clothing, mediating between the Holy Spirit's power and a suffering woman's hope?

The same question could be asked about Paul. Did his energy frequency carry the imprint of the Holy Spirit? Could that be the reason people were healed by touching his handkerchief?³⁵ According to present day science, humans can increase their frequency. I believe that through prayer and meditation, we are conditioning our bodies to house increasing amounts of spiritual energy. And like Eby's bushings, we house this treasure in "earthen vessels."³⁶

Finally, Jesus said that we would do greater things than he did, once he had ascended.³⁷ Jesus did not incarnate on earth to exhibit a power we could only observe or to

demonstrate how great and powerful he was. Jesus lived by divine life of the Spirit. He came to demonstrate the power of that same life God desires to work through us, as well. Jesus modeled the intimacy he intends for us to have with God and himself; and he modeled a way to live life here on this earth. It is ours, if we will but step out to take it.

Footnotes

¹ Albert Szent-Byorgyi (1893-1986) was a Hungarian physiologist who won the Nobel Prize in Medicine in 1937. He is credited with discovering Vitamin C and was appointed to the National Institutes of Health in 1948.

² It was the columnist James Reston, from the New York Times, who, while touring China in 1971, witnessed several surgeries in which acupuncture was the only anesthetic. He experienced pain relief with acupuncture after an emergency appendectomy. Robert Becker claims that it was Reston's reports that put acupuncture "in the news in a big way. It was almost the medical equivalent of Sputnik." Becker, R. & Seldon, G. *The Body Electric*, p. 234.

³ Becker, R. & Seldon, G. *The Body Electric*, pp. 234-37. Dr. Becker was one of the first to obtain a grant for clinical studies of acupuncture from the NIH.

⁴ Certified Practitioners from the Eden Energy Medicine program are some of the practitioners placed at MD Anderson.

⁵ "Ayurveda" means "knowledge for long life" and is a traditional practice of India.

⁶ The general synopsis of his book, *THE BODY ELECTRIC*, is that Becker claims that the allopathic model, based on the chemical model for life processes, is limited. He offers extraordinary data to prove that life processes also involve electrical, magnetic, and subtle energies that are yet to be discovered. He refers to this as "Einsteinian Medicine." Becker, R. & Seldon, G. *The Body Electric*.

⁷ My health care providers, in general, were competent and very caring. But I've heard it said that Western medicine shines in acute conditions and that Eastern medicine shines

in prevention and health maintenance. I strongly agree.

⁸ *Holy Bible: The New Living Translation*, Genesis 1:27: "So God created human beings in his image. In the image of God he created them." Romans 1:20: "For ever since the world was created, people have seen the earth and sky. Through everything God made, they can clearly see his invisible qualities – his eternal power and divine nature. So they have no excuse for not knowing God." Colossians 1:16: "For through him God created everything in the heavenly realms and on earth. He made the things we can see and the things we can't see—such as thrones, kingdoms, rulers, and authorities in the unseen world."

⁹ I believe the Garden of Eden was just such an interface, where the spiritual interfaced with the physical realms, yet both visible. I also believe that we are even now living a similar interface, yet needing "ears to hear" and "eyes to see." *Holy Bible: The New Living Translation*, Matthew 13:9. "Anyone with ears to hear should listen and understand," is just one instance where the Bible indicates a need for seeing and listening with "spiritual" eyes and ears to understand spiritual truths.

¹⁰ Stewart, D. *The Chemistry of Essential Oils Made Simple: God's Love Manifest in Molecules*.

¹¹ In speaking about essential oils, David Stewart explains the manner in which they affect our electrical fields (our invisible energy fields). "They resonate with your bodily tissues at the frequencies intrinsic to their molecular spectrum as well as their resultant harmonic and beat frequencies. This increases your own natural electromagnetic vibrations and restores coherence to your electric fields to produce healing and maintain wellness." Stewart, D., *The Chemistry of Essential Oils Made Simple: God's Love Manifest in Molecules*, p. 181.

¹² *Holy Bible: The New Living Translation*, Leviticus 14:17-18 and 26-29. For someone having experienced skin disease, the Priest placed oil on the right ear lobe, right thumb,

right big toe, and the head of the person being cleansed. Today, the right thumb and big toe are known to be brain reflex points.

¹³ "Chakra" is the transliteration of the Sanskrit word for "wheel" which may be translated into English as "center." I will use that designation throughout the remainder of this article.

¹⁴ It is interesting to note that Esoteric Healing is covered by health insurance in Great Britain.

¹⁵ *Holy Bible: The New Living Translation*, Matthew 7:7-11: Jesus said, "Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives, Everyone who seeks, finds. And to everyone who knocks, the door will be opened. You parents—if your children ask for a loaf of bread, do you give them a stone instead. Or if they ask for a fish, do you give them a snake? Of course not! So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him."

¹⁶ *Holy Bible: The New Living Translation*, Isaiah 5:20: "What sorrow for those who say that evil is good and good is evil, that dark is light and light is dark."

¹⁷ *Holy Bible: The New Living Translation*, Proverbs 25:2: Solomon writes: "It is God's privilege to conceal things and the king's privilege to discover them."

¹⁸ The distinction between prayer and meditation was presented to us this way: prayer is our time of speaking to or asking God, and meditation is the time of stillness where we give him "equal time" and listen for his direction.

¹⁹ For more Christian-based meditation, see Guyon, J., A SHORT AND EASY METHOD OF PRAYER: PRAYING THE HEART OF THE FATHER; Miley, J., THE SPIRITUAL ART OF CREATIVE SILENCE: LESSONS IN CHRISTIAN MEDITATION; Payne, L., LISTENING PRAYER: LEARNING TO HEAR GOD'S VOICE AND KEEP A PRAYER JOURNAL; Goldsmith, J.S., THE ART OF MEDITATION.

²⁰ *Holy Bible: The New Living Translation*, Ecclesiastes 12:12. There are four other times that might be familiar where the English word “study” is used in the King James Bible, not necessarily in other translations: Proverbs 15:28 and 24:2, where the Hebrew word “hagah,” meaning “to meditate” is used; 2 Timothy 2:15, a common reference, where the word to study was not present in the Greek. The word used there is “spoudazo,” meaning “to use diligence, make speed.” So a correct translation would be as one used in the quoted text: “Work hard so you can present yourself to God” and I Thessalonians 4:11, with the Greek word “philotimeo,” meaning “to esteem as an honor.” Again, a correct translation from the same text: “Make it your goal to live a quiet life.”

²¹ *Holy Bible: The New Living Translation*, Proverbs 25:2, where God conceals things for us to discover.

²² Stewart, D., *The Chemistry of Essential Oils Made Simple: God’s Love Manifest in Molecules*, p. 182. Stewart obtained the data from Bruce Tainio who developed the equipment to take these measurements. See www.tainio.com.

²³ For more information about sound and healing, see the works of Fabian Mamam at www.tama-do.com, Jonathan Goldman at www.healingsounds.com, and John Beaulieu at www.biosonics.com.

²⁴ *Holy Bible: The New Living Translation*, Philippians 4:8. Also, “Don’t worry,” Matthew 6:25-34. Proverbs 17:22. “A cheerful heart is good medicine, but a broken spirit saps a person’s strength,” and so many others. Our thoughts direct our health and well-being.

²⁵ *Holy Bible: The New Living Translation*, John, Chapter 2.

²⁶ Eby, R.E., *Caught Up Into Paradise*, p. 95.

²⁷ *Id.*, at 98.

²⁸ Louis Giglio – Laminin (short version). <http://www.youtube.com/watch?v=FO-NPpleeRk>.

²⁹ *Holy Bible: The New Living Translation*, Ephesians 6:17: “and take the sword of the Spirit, which is the word of God.”

³⁰ *Id.*, Hebrews 4:12-3: “For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Nothing in all creation is hidden from God. Everyone is naked and exposed before his eyes, and he is the one to whom we are accountable.”

³¹ The Caduceus is often erroneously used as a symbol for medicine, rather than the Rod of Asclepius, which has a single snake and no wings.

³² *Holy Bible: The New Living Translation*, Psalm 139:14. “Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it!” King James version: “I will praise thee, for I am fearfully and wonderfully made.”

³³ *Holy Bible: The New Living Translation*, Luke 8:40-8; Mark 5:21-34.

³⁴ *Id.*, Luke 8:46: “Someone deliberately touched me, for I felt healing power go out of me.”

³⁵ *Id.*, Acts 9:12: “When handkerchiefs or aprons that had merely touched his skin were placed on sick people, they were healed of their diseases, and evil spirits were expelled.”

³⁶ *Id.*, II Corinthians 4:7: “We now have this light shining in our hearts, but we ourselves are like fragile clay jars [King James: “earthen vessels”] containing this great treasure. This makes it clear that our great power is from God, and not from ourselves.

³⁷ *Id.*, John 14:12: “I tell you the truth, anyone who believes in me will do the same works I have done, and even greater works, because I am going to be with the Father.” A type of this is seen in the Old Testament, where Elijah, mentor to Elisha, ascended, and Elisha was given a double portion of his “mantle” or the ability to allow God to work through him. II Kings 2:6-16.

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Mantrum of Unification

All people are one and I am one with them.
I seek to love, not hate;
I seek to serve and not exact due service;
I seek to heal, not hurt.
Let pain bring due reward of light and love.
Let the soul control the outer form and life and all events,
And bring to light the love which underlies the happenings of the time.
Let vision come and insight.
Let the future stand revealed.
Let inner union demonstrate and outer cleavages be gone.
Let love prevail.
Let all people love.



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