

A low-angle photograph of a forest with sunlight streaming through the trees. The sun is positioned in the upper center, creating a bright glow and long, dramatic rays of light that fan out across the scene. The trees are tall and dark, their silhouettes and branches creating a complex pattern against the bright sky. The overall mood is serene and spiritual.

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LIFESTREAM

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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.

From the Editor:

It is difficult to believe we are concluding our third year of publishing LIFESTREAM, JOURNAL OF THE NATIONAL ASSOCIATION FOR ESOTERIC HEALING. It would seem that we would have run out of new and exciting topics by now. But the opposite is true. This volume ventures into new and interesting areas, areas all related to our journey. For each, we only touch the tip of what is there; so much more could be said, so much more could be learned.

Dr. Salama continues to intrigue us with her research into the afterlife. In *Journey of Souls* she picks up where she left off at the Conference, giving us glimmers of what we can expect when we pass over and when we prepare to return. In *Homeward Bound: Why Daily Meditation Is So Important* Al Florey adds another layer of information relevant to our journey. He explains how we can use meditation to gain awareness and illumination as we search for our path home.

We get a glimpse of the larger picture of our continuing evolution in *A New Angle on Sacred Geometry*, by Kevena Vaughan. For those who have not yet explored sacred geometry, her article is a great introduction. I'm convinced that, after having read it, you will see evidence of the multi-dimensional layers that are around us all the time, proving the interlocking relationship of everything. Right now and through time, sacred geometry has been waiting to be seen and understood.

Bonnie Dysinger continues her look at the chakras, this time focusing on the Ajna. It is the perfect center for this volume, as the Ajna begins to function when we start our journey towards spiritual growth and begin to offer love and selfless service!

In the case study Carolyn Rose Frost tells of her work with a client that involved so much more than just Carolyn's efforts. She reminds us that we can have help when we work; we just need to ask for it. In the book review of *YOUR BUDDHA'S BRAIN: THE PRACTICAL NEUROSCIENCE OF HAPPINESS, LOVE & WISDOM* Constance McCloy reminds us that scientific evidence supports and works along side Esoteric Healing, and there is much to gain by improving our scientific understanding of the brain.

Finally, Irmgard Kurtz closes the loop by giving us a glimpse of her life's journey and the wisdom she has learned along the way. What a beautiful journey!

We hope you enjoy the Journal!

Blessings,
Joni Larson
Editor

Journey of Souls *Sheila Salama, M.D.*

My inquiries into this subject began when I was 7 years old. Contemplating what death would be like, I could fantasize not having a body, but I could not fathom losing my mind, my imagination, nor my fantasies. I asked my father: "When someone dies, can they still think?" He brushed me off with annoyance, "Don't think about such things!" But I needed to know. I tried to imagine nothingness. No thoughts. No images. Forever. It was unimaginable.

Fast forward many years. I read many books on near-death experiences such as Raymond Moody and others, then books on past life regressions, Brian Weiss M.D. and others, and James Van Praagh, a medium with a gift for connecting with souls on the other side.

Nothing prepared me for the revelation I had when I stumbled upon Dr. Michael Newton's first book almost 25 years ago, *JOURNEY OF SOULS*. Fifteen years later, at the request of many readers, he wrote *DESTINY OF SOULS*.

Dr. Newton inadvertently discovered past lives while trying to relieve a client from chronic pain in his right side with the help of hypnosis. To his astonishment, the pain was totally resolved when the client remembered a past life during which he was a WWI soldier and was killed by a bayonet in France. Dr. Newton came to appreciate how important the therapeutic link is between our former lives and who we are today.

His next client was feeling lonely and isolated, and when he hypnotized her looking for any earlier abandonment issues, she uncovered for him lives between lives, as she was longing for her soul group on the other side. He had accidentally used one of the trigger words to spiritual recall.

He was confused. Eventually, he realized that finding their place in the spirit world was far more meaningful to people than recounting their former lives on earth.

Dr. Newton then proceeded to do extensive research on each client, with a secret hypnotic technique, which allowed him to access this mysterious period shrouded with amnesia. In his experience, through hypnosis in the theta range one can access the super-conscious, which houses our real identity, our soul.

There was remarkable consistency in the reports of the different clients. However, Dr. Newton noticed a difference in narration, depending on the level of soul development. He divided them as Beginner Souls, Intermediate Souls, or Advanced Souls. He presented his research as a case study from tape-recorded sessions collected over a period of ten years.

Departures

Immediately after death the subjects describe a gentle pulling or tugging sensation and a tunnel or portal to the spirit world. There is an adjustment to bodiless state. Others feel relieved, "I am home again in this beautiful place."

The subjects described several scenarios with respect to their leaving the earth plane.

1. Some souls left right away with their guides and loved ones that had already passed. (Some loved ones might have already reincarnated, but a portion of their soul remains behind and assists the new-coming soul by providing reassurance.)
2. Some souls linger on for awhile after death, usually until after the funerals, to make sure the loved ones they left behind

are okay or to console them, if they have the skills to do so.

3. Some refuse to leave the earth plane altogether out of a feeling of incompleteness or injustice when a premature death or murder occurred. Those who do not want to leave the earth plane due to unresolved problems are allowed to stay. The guides wait until the souls get bored or decide to come of their own free will.

There are two types of displaced souls:

1. Ghosts.

2. Souls subverted by criminal abnormalities. Spiritual guides deliberately remove these souls from further association with other entities for an indeterminate period.

Dr. Barbara Stone, PhD, a psychologist who heals past life trauma, describes in her book *INVISIBLE ROOTS* instances where clients have frightened earthbound spirits of deceased people attached to them, thereby causing a lot of symptoms in the clients. Encouraging the souls to go to the light releases the clients from a great deal of distress.

I personally have had one experience of a young man who had been diagnosed as having Multiple Personality Disorder, but who was actually inhabited by another soul.

Rest and Renewal

Scenes of earth's natural environment are intended to aid the soul's transition, to comfort the soul by their familiarity.

Guides, soul mates, and friends that have crossed over wait for us to provide recognition, affection, and reassurance that we are fine.

In addition to guides, soul mates and friends that have crossed over wait for us

close to the gateway to provide recognition, affection, and reassurance that we are fine.

There is a period of rest and renewal, recharging of energy, especially after a particularly hard life. The subjects describe being taken to a space of healing. For some it is a garden, for others a crystalline enclosure. The space assists the soul in releasing negative energy and attuning the vibrational pattern into a universal energy force. There are cleansing showers with different colored light beams and rebalancing with sound vibration.

This is followed by another stop involving soul reorientation to the spirit world for the young soul. The more advanced souls are familiar with the process and move much faster.

Orientation

The orientation period with our guides, before joining our cluster group, relates to what we did or did not accomplish with regard to our life contract, what mistakes were made, and what could have been done better. Special karmic issues are also reviewed, although they will be discussed later in minute detail with our cluster group.

Souls who have been associated with evil are taken to "intensive care units".

Perpetrators of harm to others will do penance by setting themselves up as future victims in a karmic cycle of justice. Having the courage to make mid-course corrections in our life adjusts our karmic patterns. Karma is both just and merciful.

Cluster Groups

Homecoming into the cluster group is a joyous interlude, with hugs, laughter, much humor, and celebration. Soul groups range between 3 and 25, the average being 15 members. Generally, the group is made up

of beings at about the same level of advancement.

Over the years, Dr. Newton was able to discover that the various colors displayed by souls in the spirit world relate to the soul's state of advancement.

Spiritual Energy Restoration

The soul cannot be defined in a physical way. It is an intelligent light energy with vibrational waves similar to electromagnetic force. Each soul has a unique identity like a fingerprint.

Despite all his efforts at investigating the mysteries of life after death, Dr. Newton was not able to uncover all aspects of the soul's creation and the consciousness of its source.

Some healers of the human body, such as Reiki practitioners, have been specialists in restoring damaged energy in the spirit world.

Some healers of the human body have been specialists in restoring damaged energy in the spirit world.

Soul Division and Reunification

All souls who come to earth leave a part of their energy behind in the spirit world. A client stated emphatically, "If we were to bring 100 percent of our energy into one body during incarnation, we would blow the circuits of the brain."¹ Typically an advanced soul brings 25% of its total capacity to earth. Younger souls need to bring more energy into their early incarnations. Souls reunite with the rest of their energy at one of three spiritual stations: near the gateway, during orientation, or after returning to their soul group.

Soul Birthing

Very few subjects have the memory capacity to go back to their origin as particles of energy.

My soul was created out of a great irregular cloudy mass. I was expelled as a tiny particle of energy from this intense, pulsating bluish, yellow and white light. The pulsations send out hailstorms of soul matter. Some fall back and are reabsorbed but I continued outward and was being carried along in a stream with others like me. The next thing I knew, I was in a bright, enclosed area with very loving beings taking care of me.

I remember being in a nursery of some sort where we were like unhatched eggs in a beehive. When I acquired more awareness, I learned that I was in the nursery world of Uras. I don't know how I got there. I was like an egg in embryonic fluid waiting to be fertilized and I sensed there were many other cells of young lights who were coming awake with me. There was a group of mothers, beautiful and loving, who . . . pierced our membrane sacs and opened us. There were swirling currents of intense nurturing lights around us and I could hear music. My awareness began with curiosity. Soon I was taken from Uras and joined other children in a different setting.²

Once they are released from the nursery, the newborn souls do not enter into incarnation, nor join group souls right away. They go to a semi-physical world as a light form. The surroundings are not completely solid and there is no biological life.

Classrooms

Here is a typical description from a subject who is moving to a classroom setting. He

describes a star-shaped structure with a domed central chamber with corridors going off in opposite directions. Down these halls are the classrooms, offset in such a way that no two face each other. There are never more than six rooms to a hallway. Each room has 8-15 souls working at desks. Some souls work by themselves while others work in small groups of 2-5 souls. In some rooms there are students watching an instructor lecturing at a blackboard.

Library of Life Books

Soon after rejoining their soul group, most subjects speak about being in a research library setting.

All the subjects report that the location of the Life Books is a huge hall, rectangular, with books lined along the walls. There are many souls who do not seem to know each other, studying at desks. The Archivists Souls, or Librarian-Guides, are in charge of the books. They are quiet monastic beings whose job is to assist both guides and students in locating information.

End of Life Issues

There is no sense of failure or guilt when suicide or mercy death is chosen to end unendurable physical suffering.

Council of Elders

The initial orientation and debriefing with guides prepares the souls to go before a panel of superior beings, a Council of Masters or Elders. (This is not a court room or a trial.)

Rather than stages of punishment, we go through stages of enlightenment. It is hard for some to believe that judgment and punishment do not exist in the after life as they do on earth. The Council of Elders exemplifies justice. They represent the last station of beings responsible for souls still incarnating on earth. They have great

compassion for human weakness and demonstrate infinite patience with our faults. We are given many chances in future lives. The opportunities may not be easy karmic choices, but they are designed for us to learn what we need to learn. The Council consists of 3-7 members depending on the soul level of development.

Judgment and punishment do not exist in the after life as they do on earth.

Here is the description of a typical session with the Elders. The subject is escorted from his cluster group by his guide down a long corridor, into a waiting area, then into a round room with a domed ceiling. The Holy Ones are seated at a long crescent-shaped table. The subject stands in front of the table and the guide stands behind to the left. A higher Presence focuses its light energy on the entire proceedings from above. Everyone in the chamber is telepathic. The Elders know all about us before we appear. They know our past record with other host bodies. The purpose of the Elders is to question the soul in order to help the soul achieve the soul's goal in the next lifetime.

The council is interested to see if the inner immortal character of our soul maintained its integrity in terms of values, ideals, and action during incarnation.

Was our influence positive or corrupted by the need to dominate others? Did we make original contributions? Did we have the courage to pick ourselves up and finish strong?

Souls feel reverence toward their Council. They are like loving firm parents, managing directors, teachers, and counselors rolled into one. They have enormous patience with us. Although there is accountability for the life just lived, the Elders desire to bolster the confidence of the soul for future endeavors. There is divine forgiveness and

compassion. The souls themselves are their severest critics.

Considering that life between lives is in a telepathic world, Dr. Newton wondered how souls could keep any thoughts hidden from each other. By Level III, blockage for privacy becomes possible.

When the council meeting is over, the subjects are ready to leave the chambers and return to their soul group.

The Presence

During the time we are meeting with the Council of Elders, there is an overwhelming feeling of an even higher force, which is simply called the Presence. Many subjects state, "This is as close to God as we get."³

More advanced subjects, who are nearing the end of their regular incarnations, indicate that they don't think the Presence is God exactly. Everyone agrees that the Presence is there to assist the work of the council as this entity(s) has capabilities immensely superior to those on the Council.

Here are some descriptions from hundreds of subjects:

1. The Presence represents a purity of energy which assists the Council on my behalf.
2. The Presence is above and behind the Council.
3. The Presence oversees the Elders with its pulsating violet light.
4. My guides, the Elders, and the Presence are keepers of the wisdom behind my experiences.
5. When you stand in the council chamber and feel the Presence it is like a penetrating resonance in your mind.

Advanced Souls

Level V souls are scarce, quiet, and unassuming. They are serene and show extraordinary coping skills and exceptional insight. They are in the helping professions and disregard their own physical needs. They show patience with society, combat social injustice, influence people and events. Then there are the Master Teachers or educational directors, who incarnate but less often.

There are Sages, advanced souls who keep coming back to life, dedicated to watching the earth. They are usually living in isolated settings, away from cities.

Beyond the Sages are the Old Ones. They don't incarnate anymore. They have concentrated power of enlightenment. One feels their influence and guidance.

Then, there is the Creator Source. Source is made up of a combination of creators (the Old Ones) who fuse their energy to spawn universes.

Universes are created to live and die for the use of Source. The Source creates for fulfillment of Itself. It desires to express Itself through us by birthing.

Life Selection

The spiritual environment is hard to leave. There is self-understanding, comradeship, compassion, intimate sharing, and endless support from other entities.

Eventually, the soul is motivated to start the process of reincarnation in a planetary environment, full of uncertainty and loneliness. But the soul also longs for physical pleasures and physical expression of its identity.

Our guides let us know when they think we are ready and what specific lessons or goals we need to advance our development. We

get training sessions to prepare us for the next life.

We go to a place, a Space of Life Selection. Coordinators assist in previewing life possibilities at the Ring of Destiny, similar to a movie theater. We see ourselves in future incarnations playing different roles in different settings, like a dress rehearsal.

Alternate choices are considered at major turning points on life's pathway, involving important decisions. We are not shown all the possible endings to a scene. Parts of life are obscured to us, to test our ability to find solutions. Destiny is not fully preordained, yet choices are not unlimited. The purpose of reincarnation is the exercise of free will. Without this ability, we would be impotent indeed. Spirits do not routinely see their deaths in future lives. There are times when the soul will be given a choice of death.

Karmic Destiny

Law of Cause and Effect always exists, as well as karmic lessons and responsibilities. Happiness or pain does not reflect either blessing or betrayal on the part of God-Over-Soul, guide, or Coordinator. We are the masters of our destiny. Friends who want to incarnate together have to find the best location for all concerned.

Happiness or pain does not reflect either blessing or betrayal on the part of God-Over-Soul.

Children who die soon after birth return to the same parents as the soul of their next baby. It is a karmic lesson for the parents. Others have a short life to help someone else.

Souls essentially volunteer in advance for bodies which will have a sudden fatal illness, be killed by someone, or be part of a catastrophic event. Every soul has a motive for the events in which it chooses to participate.

As souls, we voluntarily select less than perfect bodies and difficult lives to work on different aspects of a lesson, to explore something new, or address a karmic debt. Bodies are an important part of the experience. Choosing a crippled body offers an opportunity to advance at a faster rate than those with healthy bodies.

Family selection is agreed upon by the soul; we are not victims of our parents. There are spiritual reasons for being raised by certain parents.

Coaching is given to souls just before embarkation into the next life. Coordination with other players in the coming drama is imperative. However, scripts can change as a result of free will while the play is in progress.

We go to a place of recognition, with prompters and flags so that the players can recognize each other. We are attracted to each other on earth because inside our minds are the flags and memories of what we are supposed to look like.

Rebirth

We say good-bye to our guide, and then follow the same route the soul passes through at physical death, a dark tube or tunnel. All subjects tell me that the transition of their soul from the spirit world to the mind of a baby is more rapid than the passage back. There is a time for adaptation in the mother's womb. The baby has no free choice in accepting or rejecting the soul. The soul enters the fetus early or late in pregnancy. It is unusual for it to come in at the last minute during delivery. The soul gets bored and goes in and out of the baby's body. It goes to interesting places, visits friends etc. It stops leaving the child at around 5-6 years of age, when the child starts school.

Cases report that our souls are born of a Creator who places a totally peaceful state

out of reach, so that we will strive harder. We learn from wrongdoing. We are divine but imperfect beings who exist in two worlds, material and spiritual. It is our destiny to shuttle back and forth between universes through time and space to master ourselves and acquire knowledge. Yet, we have a home of everlasting love.

Footnotes

¹ Newton, M., *Destiny of Souls*, p. 117.

² *Id.* at p. 125.

³ *Id.* a 243.

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Dr. Sheila Salama M.D., CPEH, was born in Cairo, Egypt, where she lived for 15 years. She migrated to the United States after spending two years in Paris, France. She attended college at City College of New York, and received her degree in Medicine from SUNY Downstate Medical Center College of Medicine. After an internship in medicine, she completed a residency in psychiatry and a fellowship in child psychiatry. Subsequently, she worked in various clinical settings, and very early on looked for alternative forms of treatment to facilitate her patients' healing. She has been involved in Esoteric Healing since 1998 and has used it extensively in her practice.

A ship is safest when it's in port, but that's not what ships were built for.

Paulo Coelho
THE PILGRIMAGE

Homeward Bound: Why Daily Meditation Is So Important

Al Florey

The goal of meditation is to realize transcendent Truth. It is to reveal the sublime depths of the Greater Reality and systematically bring forth the Divine into manifest presence on earth. This is achieved as we transform our divine potential into skills, abilities, capabilities, faculties, and potencies at successively higher levels. The ultimate goal is to Return Home in full conscious awareness, beauty, note, and illumination. This journey Home is referred to as the Path.

The Path is a lengthy journey that involves unfolding and developing successively higher states of mind and consciousness. It is a Path of realization and revelation that we experience along the way as we attain a conscious oneness or union with each higher aspect. First, we attain a union of the personality and soul, and then a unity in consciousness with the manifest aspects of the Monad—Atma, Buddhi and Manas—culminating in union with the Monad itself.

Although study and service activities are important to our progression, they alone are insufficient. Only by way of daily meditation can we achieve oneness with the Divine. As we meditate we move the perceiving consciousness deeper within; first unto the spiritual soul in the upper mental plane and later unto the three aspects of the spiritual Triad. This leads us into deeper states of awareness wherein we experience the Worlds of Reality—the worlds of meaning, of causation, of intuition, and the profound realm of the Universal Mind.

The Path is very different from the pathways of energy. The pathways of energy correspond to the streams of life-force and ray-conditioned energy that link the Monad to the Triad and the Triad to the soul, which are subsequently anchored in the etheric

body. It is this force that brings forth life and “conditions” unfolding consciousness.

The Path, on the other hand, refers to the journey Home in which we *consciously* retrace the pathways of energy back to the Monad. As we do, divine principles, potencies, and potentialities are anchored in our lives which we, in turn, actualize or bring forth in our lives. As higher energies stream unto us we unfold and develop new skills, faculties, powers, and abilities appropriate to each higher level. Slowly the consciousness shifts higher.

Because of this gradual shift in consciousness upwards, the meditation process is divided into six distinctive phases:

- 1) Focus/concentration;
- 2) “Meditation with Seed”;
- 3) “Meditation without Seed”;
- 4) Contemplation
- 5) Illumination;
- 6) Inspiration.

Concentration involves learning how to focus the mind. At this initial stage the mind needs something to grab hold of or focus on in order to offset the feelings, thoughts, memories, and chatter of the mind that arise whenever you attempt to still the self. You can focus the mind for ten to fifteen minutes on an image, object, phrase, or mantra to the exclusion of all else. Mastering the phase of concentration involves training the mind and gaining control of the three-fold personal consciousness.

“Meditation with seed” refers to the prolonged focusing of the mind in a pre-determined direction, such as on an image, object, or phrase. Here, the mind is held steady on an idea or uplifting thought for a longer period of time than it is during the phase of concentration. Meditation with seed requires a high degree of control over the physical instinctual mind, the emotional desire mind, and lower concrete mind in order to prevent disruption of the meditation.

A deeper phase of meditation that naturally follows meditation with seed is referred to as “meditation without seed”. At this stage the mind no longer needs some phrase or object to focus on since the mind is perfectly controlled and the brain is blocked from transmitting any stimuli unto the inner mind. Developing one-pointed focus stops the mind from flitting from one topic to another which the untrained mind tends to do.

Your meditation naturally deepens once the phase of meditation without seed is mastered and the mind is well controlled. This deeper phase of meditation is referred to as contemplation. During contemplation you must hold the mind in a state of quiescence for a prolonged period of time and successfully shift your full attention from the personal mind into the realm of the soul. Prior to contemplation you hold the attention in the realm of the inner mind during meditation. But during the contemplation phase you not only shift your attention upwards but you must also move your point of awareness fully into the light of the soul, away from personal concerns and interests.

Once the phase of contemplation is mastered and you are able to hold the mind in a state of quiescence within the light of the soul, you are ready to experience illumination. At this phase you gain true spiritual realization as a result of directly experiencing that which is revealed to and

realized by the soul. Since illumination refers to becoming illumined in terms of your personal awareness you must at some point turn towards the mind and transmit the realization gained unto the quiescent mind. The mind, in turn, transmits the new understanding unto the brain.

Inspiration refers only to the Truth that arises from deep within as the soul focuses its attention upwards and is illumined by the light of the Triad. It does not relate to the common form of inspired writing. This higher inspiration is consequent to or the effect of the illumination experience. New fields of understanding and Truth are revealed as the light of the spiritual Triad streams unto the soul.

These six phases of meditation are progressive. Each successive phase is dependent on the acquisition of capabilities, faculties, skills, revelations, and realizations that build-in during the preceding phases of meditation. Everyone should begin with the first phase, focus and concentration, and work to reorient the mind upwards, towards the soul and the realms pure light of the higher spiritual planes. This reorientation is achieved via the meditation process. The more you orient yourself to the nature and qualities of the soul the more you come to identify with the soul, rather than identify with the forms that the soul uses during its incarnation on earth. When oriented to the soul, soul light naturally streams unto the mind.

The more you orient yourself to the nature and qualities of the soul the more you come to identify with the soul, rather than identify with the forms that the soul uses during its incarnation on earth.

Most people are unable to reach deeper phases of meditation because they continue to identify with the vehicles—the physical body and astral-emotional and lower mental

forces—and are strongly attached to objects of the three matter planes. When this is the case the elements of the personality as well as the physical body disturb your concentration by drawing the attention back to your personal life. The mind must be trained. This is the purpose of the first phase of meditation. If you cannot control the mind and meditate with one-pointed focus you cannot advance far along the path.

You can work on developing concentration at any time. However, the spiritual soul of the upper mental realm does not attempt to work with the personal mind until you have attained the stage of the Integrated Personality. Prior to this time the personal light is too diffuse and unorganized to accurately register the impressions of the spiritual soul.

The importance of daily meditation cannot be emphasized enough. Meditation helps to liberate the human mind from the imprisoning forces of matter. This includes the forces known as your physical appetites and drives, your self-centered feelings and emotions, as well as your beliefs and thoughts. Liberation is necessary before any true understanding can be realized.

Meditation helps liberate the human mind from the imprisoning forces of matter.

During meditation, soul energies and qualities stream through the higher centers. As content is built into the upper sub-plane levels of the subtle bodies, lower sub-plane energies are centrifugally spun out. Slowly your selfish separatist nature is supplanted by the qualities of the soul; shifting the “note” of your consciousness upwards, sub-plane by sub-plane, and from plane to a higher plane. Slowly the soul takes command of your life, supplanting the egocentric consciousness.

The personal mind plays a pivotal role in this process of liberation. Only when the

mind is controlled can you maintain an inner focus long enough to touch into the worlds of the real beyond the forms of earth. Selfishness and all personal emotions, thoughts, and ideas align with the nature of the “form”—the physical and subtle bodies—not with the Inner Life, which is your true nature. As you meditate you move more fully unto the Inner Life.

Meditation helps to align the centers of the subtle bodies—etheric, astral, and lower mental—with the soul. When each center is awakened and aligned with each corresponding center in the three subtle bodies, contact with the spiritual soul in the upper mental plane is established. Unless the centers of the subtle bodies are aligned with each other, soul energies cannot stream directly from the causal body through the higher centers of the subtle bodies unto the physical-etheric.

Astral and lower-mental energies are usually quite active in their respective subtle bodies but tend to be out of alignment with respect to each other. When the astral body is exceedingly active (especially if agitated) the centers of the astral body become misaligned with the centers of the etheric and mental bodies. When this is the case growth is exceedingly slow, especially when the throat, heart, and head centers are misaligned. Such misalignment obstructs the energy and spiritual impulses emanating from the soul and Spiritual Triad, resulting in an inability to bring forth the higher spiritual qualities.

As you regularly meditate you deepen your contact with the soul and create a clear channel between the soul, mind, and brain. This, in turn, improves the quality and accuracy of the impressions of the soul that the brain apparatus receives. When the soul, mind, and brain are properly aligned, you can more easily focus your awareness into the “planes of light,” as well as reflect the light of the soul out into the physical world.

Regular meditation not only creates a clear channel between the brain, mind, and soul but leads you into the successively higher planes, ultimately linking you to the Divine Flame, Itself. Only in deep meditation can you achieve direct experience of the higher realities and realize transcendental truths.

Regular meditation not only creates a clear channel between the brain, mind, and soul but leads you into the successively higher planes, ultimately linking you to the Divine flame, Itself.

Meditation also puts you en rapport with the “fire of the mental plane,” which is a lower expression of the Sea of Fire of the divine plane. The fire of the mental plane is the transformative power that can be used to control and integrate the various elements of your personal consciousness, as well as used to eliminate the elements of your consciousness that separate you from the Divine.

Once the personality is transcended, meditation helps shift your consciousness into the higher Egoic aspect. This is the Higher Self which is comprised of the potency of Spiritual Will, Intuitional Love-wisdom, and the Abstract Mind. At this higher stage regular meditation helps to bring forth the abstract mind and the intuitive mind, and leads you into the World of Ideas where you will find the *archetypal patterns* that underlie the forms of earth. This activity helps prepare you for contacting the Plan as well as prepares you for seeing the blueprints of the Great Architect of the Universe.

It is during the advanced stages of meditation that the inner fire of the mind and subtle etheric fires combine and are unified with each of the three sacred fires of spirit (Manasic, Buddhic, Atmic) resulting in human perfection.

As you meditate mindfully, the Divine Dweller within becomes the doer, rather than the egocentric personality. The ability to discriminate between the real and unreal and between Truth and illusion is advanced. Illumination is brought forth and the powers of the soul become acquired skills. Eventually the Absolute is apprehended and your life purpose is fully realized.

Soul-Mind-Brain Alignment Exercise

In DISCIPLESHIP IN THE NEW AGE (VOL. II) DK presented a simple exercise to link the brain, mind, and soul and create a clear channel between them. You will find a modified version of His exercise below. The intent of this exercise is to strengthen and vivify the sutratma, as well as unify the personality and soul. It is extremely important to stay focused on the etheric centers during this exercise.

- Using your will power and higher imagination, identify yourself with the soul. And state silently, “*I dedicate my life to the will of my soul.*” (3 times)
- Then state, “*I and the soul are one. I am one with the soul.*” (3 times)
- Silently state, “*Standing in the light of my soul I gaze upon the unified fields of the subtle bodies.*”

I clearly see the centers along the etheric spine: the Basic, the Sacral, the Solar Plexus, the Heart, and the Throat Centers. I see the centers of the head: the Ajna and the Crown.”

- While maintaining your focus in the light of the soul, direct a stream of light from the soul:

Into the Basic Center.

Raise the light slowly from the Basic and direct the soul light into the Sacral Center.

Raise the light slowly from the Sacral and direct the light into the Solar Plexus.

Slowly raise the soul light and direct it into the Heart Center.

Raise the light slowly from the Heart Center and direct it into the Throat Center.

Slowly raise the light from the Throat Center and direct it into the Ajna.

Raise the light from the Ajna and direct it into the Crown Center.

Willfully raise the soul light from the Crown Center and direct it into the realm of the soul.

While holding the mind steady in the light of the soul, enter meditation.

Reference

Bailey, A.A (1955). *Discipleship in the New Age, Vol II*. New York: Lucis Publishing Co.

Al Florey studies *Esoteric Healing* and provides educational courses based on the teachings of Alice A. Bailey.

Out beyond ideas
of wrongdoing and rightdoing,
there is a field.
I'll meet you there.

Jelaluddin Rumi, 13th Century

A New Angle on Sacred Geometry

Kevena Vaughan

Sacred geometry is a subject I get very excited about. You know the old saying, when the student is ready the teacher will appear? I feel sacred geometry is like a wise sage that holds the keys to immense libraries of information and there is always another level available to the seeker. These geometries are like a multi-dimensional puzzle; as you unlock one door several more are revealed. They are Universal Truths, which means you feel it in your heart, you have a knowing. Many times you are remembering knowledge encoded or locked in your cell memory, those original eight cells containing your permanent atoms, your unique system of recording every thought, feeling, and experience your soul has ever encountered or ever *will* encounter. When those cells feel the truth, you know on a primordial level that you are in the presence of something sacred.

When looking at the flower of life for the first time, sometimes you see two-dimensional shapes and sometimes you see a multi-dimensional meaning right away. No matter your length of study, you have never seen it all and you are never done. There are always more layers, more fractals.

The first time I looked at the flower of life, I saw flat flowers. Then, one day I finally saw my first dimensional shift. It was like *magic*. I saw a two-dimensional shape become three-dimensional right before my very eyes, as if it had jumped up off the page at me. So, I refocused and not only did it happen again, but it was a *different* three-dimensional shape the next time! I was convinced that there was more to this flower power than meets the eye. Not only was I hooked, but I became ravenous for more information and I wanted to share this with others. That was over 25 years ago, and I have spent half my life focusing on this study. It has taken me on quite a journey,

through ancient civilizations, symbology, numerology, philosophy, religion, theosophy, astronomy, physics, quantum theory, unified fields, Tesla, and free energy.

I started to see the one in everything through sacred geometry. In it, I found there is a knowledge comprehensively orchestrated to illustrate this and many other concepts. From basic fundamentals to the most complicated of mathematic formulas, sacred geometry has something for all: the scientist, the mystic, the artists, the scholar, even those of us who just have a burning desire to unlock the universe and how it works, from micro to macro and beyond. I think Buzz Lightyear might be in good company.

Some say sacred geometry is sacred because it is the genesis of all form. It represents masculine and feminine energies, using line and curve to create *one*. Straight lines formed out of overlapping circles, the Vesica Piscis (ISIS), sometimes referred to as the divine feminine, creates a pattern that brings symmetrical lines into view using curves to imply a straight line. This is known as balance and through equilibrium the two create harmony. The line (masculine) represents the solids (particles) and the curve (feminine) represents the magnetic field (spirit) that holds manifest particles together and a symbiotic relationship is formed (born).

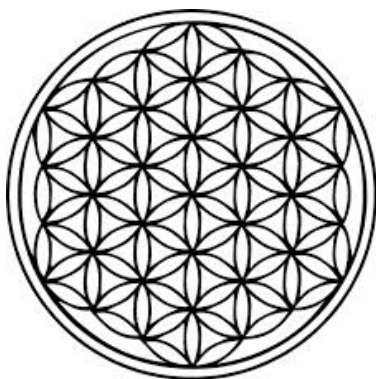
Everything in sacred geometry is more than what it appears at whatever level you are observing. Part of the sacred aspect is that it is empowering to know you can change your perception just by looking at it from another angle. That is probably all you can ever change, your perspective.

Try gazing at the pattern in the flower of life and let your eyes pick shapes to focus on.

Notice in an up-and-down direction there are distinct lines created by the petals. Also, diagonal lines appear. The very center of the flower can be seen as the foremost corner of a cube. You can also see triangles, petals, circles, little vortices, hexagrams, honeycombs, etc.

The two rings around the outside have significance in more than one way. They serve as the zona pellucida (outer membrane) of the ovum (female egg). The circles also serve as a firm boundary. Whether it implies a physical condition (boundary condition) or a boundary to stop building on a fractal model (to grow the pattern by adding rows of circles to the outside edge and therefore add more fractals and dimensional fields), this knowledge was shrouded in secrecy because of its sacred nature. The devotee can unlock the codes and keys as they ponder the infinite possibilities.

The Flower of Life



In the flower of life each row of circles illustrates another dimension of torus field energy (see discussion of the torus on pages 16-17).

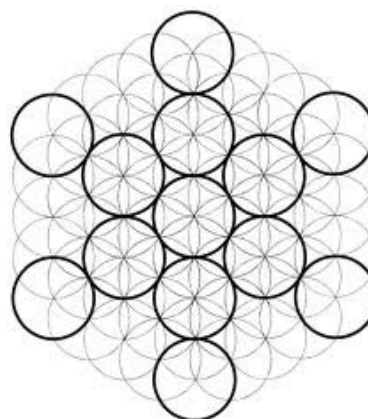
We are just starting to understand the fourth and fifth dimensional aspects of these patterns, and there are even more dimensions represented here. You could easily continue these circles outward, to see

fractal dimension after fractal dimension develop. Mind boggling!

The Fruit of Life

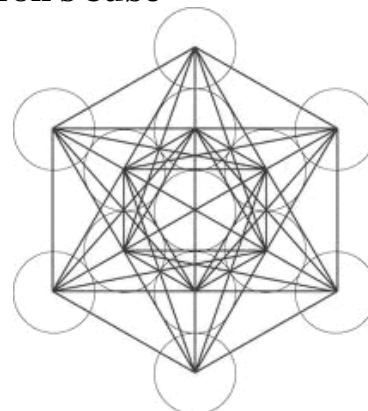
The "Fruit of Life" symbol is illustrated with 13 circles in the shape of a snowflake. The Fruit of Life is said to be the blueprint of the universe, containing the basis for the design of every atom, molecule, life form, and everything that exists today. Each of the 13 circles is said to be an individual information system.

The Fruit of Life



It contains the geometric basis for the Metatron's Cube and contains the platonic solids, which are the building blocks for our material world.

Metatron's Cube



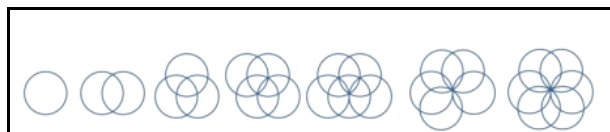
In a Nova program, Carl Sagan once took me on a journey through flatland, a two dimensional reality. Mr. Sagan illustrated that the poor flatlanders could not see the beautiful bright red apple he held above them, until it touched their dimension. So they saw only the *slice* that sat in their dimension. As he sliced the apple and lay it back on the surface of their dimension, he explained they could see only this *new* slice now. Ah, I thought, that is the same problem we have seeing the fourth dimension. We can only see slices of it at a time. So, if an apple from the fourth dimension landed in our backyard, would we only see the disc-like shape of the slice currently in our dimension?

As three-dimensional beings we are only capable of seeing and comprehending from *our* three-dimensional perspective. The beauty of this system of sacred geometry is that it can speak to any level of understanding or any dimension. It is a whole in and of itself, a hologram.

All of the concepts are given in multi-dimensional construct, so that our mind can wrap its tiny little self around this idea and at the same time stretch it and prepare it for the next level of awareness.

The “Seed of Life”

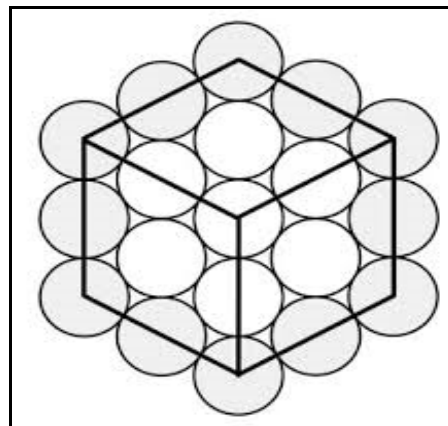
Deconstruct the first row of the flower of life, otherwise known as the seed of life. Now try to rebuild it yourself with a pencil, paper, and a compass. It is mind opening.



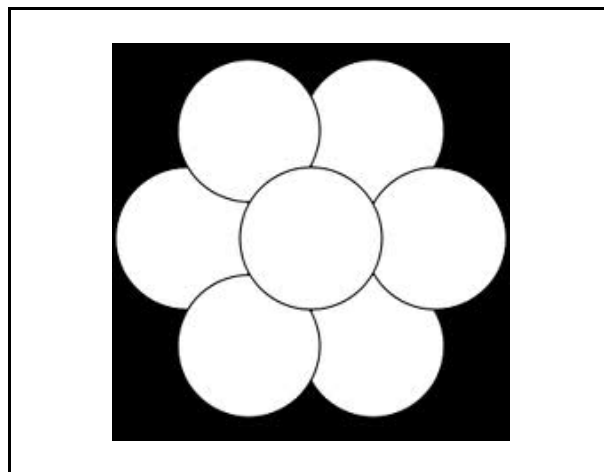
Egg of Life “Cubed”

We can create the egg of life cubed, so to speak. The egg is the eight original cells that carry your akashic system with you through all of your incarnations. You say “I only see

seven circles in the center”? Yes, eggzactly! This is the two dimensional version.



Now look at the three dimensional model.

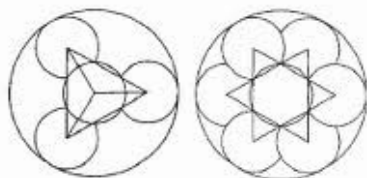


In the picture above, the spheres are oriented to illustrate a three dimensional model with the center sphere hiding number eight.

In the picture below, the cells are translucent and allow number eight into view.



The configuration below on the left is four cells with one tetrahedron (pyramid) connecting the center of each cell.



When the four become eight and we have four more cells (above, right), another opposing tetrahedron is formed so that we can now have north and south poles for our rotational spin. The three-dimensional version looks like two conjoined pyramids and the two-dimensional version looks like the Star of David.

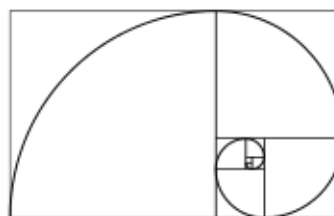
Not just human life but all sentient life that forms from a single cell goes through this eggzact same process! From a sphere, to a vesica piscis, to a tetrahedron, to a double tetrahedron, to the mass that makes us appear to be one thing again - a being.

If embryology didn't interest you before, it just might now.

Fibonacci Sequence

The fibonacci sequence shows itself in all of nature. It also is referred to as the fibonacci spiral. Interesting that the torque in a torus field has the same proportions as a fibonacci spiral, as does a hurricane, a galaxy, and an atom.

Fibonacci Spiral



Even though science says an atom is 99.999,999,999,999% empty space, objects made from atoms in our physical world appear to be solid.

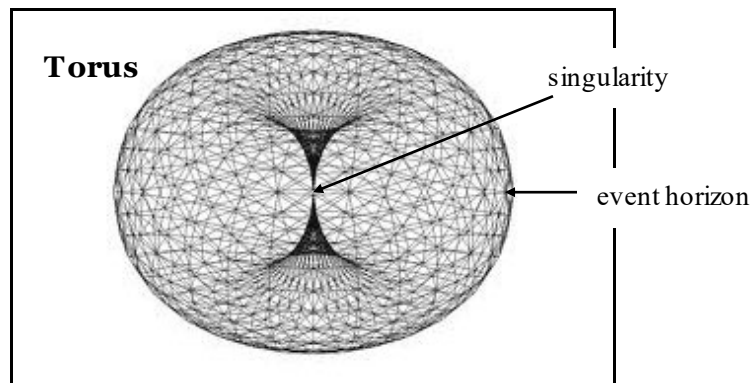
Space is not the void it seems to be. It is really a densely-filled field that is pulsating with waves and creating a current analogous to water. We traverse through this field, finding an etheric viscosity of sorts to offer not just resistance, but also momentum. As in a wave, it requires a symbiotic relationship between the trough and the bow, the ebb and flow.

Our own vibrational frequency (what we are *tuned in to*) is what determines the ease and effort by which we move through the current in this field.

The Torus

The vacuum and the spin (torque, torus) are responsible for what I call the apple, some call the doughnut. Nassim Hamein, author of *THE SCHWARZSCHILD PROTON*, calls it the black hole. All reference the same concept. The ancients knew; they left symbols and clues on every part of our globe. The flower of life symbol has been

found in every religion and on every continent. It represents the particles and the space within our third-density reality. It is an akashic system, like DNA for our universe.



The torus is where the breath of life starts for us. The in breath is the contraction into singularity (yin). The out breath is the expansion to the event horizon (yang).

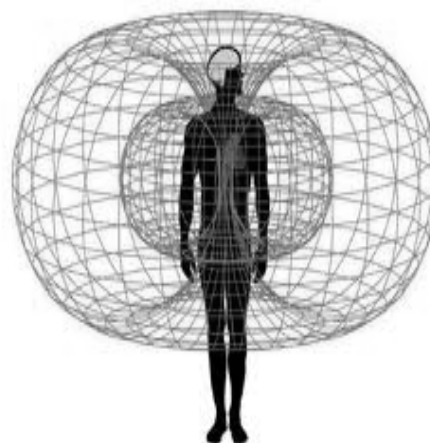
The vibration oscillates at varying speeds, creating everything from love, light, and thought, the “finer” of the vibrations, to sound, which is a coarser and denser vibration. As vibration slows even more, it becomes dense enough to become visible or even to manifest as matter.

Now focus your vibrational energy into a teeny tiny gland (pineal gland) deep inside your brain and let it fool you into believing that this very small foci, inside this dense body, is *all* of you.

The rotation of the toroidal energy can take you within the vacuum and find the connection to your singularity which on a fractal level is Source.

When we align and attune we are following the path of this singularity (black hole) in our own personal auric field and therefore *our* connection to Source. The reason we

distinctly connect the Heart Center is because it has its own torus field and another fractal level is fired up.



Now you see why *I* get fired up about sacred geometry.

As above, so below.

Reference

Haramain, N. (2010). *The Schwarzschild Proton*. http://hiup.org/wp-content/uploads/2013/05/AIP_CP_SPraton_Haramain.pdf.

Kevena Vaughan has worked as an educator, master stylist, and hair professional for 30 years. She has completed all eight levels of Esoteric Healing offered at the Institute for Bioenergy Studies and is a member of the NAEH. Ms. Vaughan often refers to herself as the Holistic Hairstylist and remains a perpetual student of metaphysics and life studies. She currently lectures and offers workshops on Sacred Geometry Science and Spirituality, The Mayan Consciousness Calendar, and the life work of Zecharia Sitchin. To schedule a lecture or workshop please call/text 517-643-2227 or email KevenaCo@aol.com.

2013 NAEH Conference Lecture Synopsis:
Circle of Life: Before Birth, Through Death, and Beyond
Mary Connolly

This year's conference was a wonderful experience for all. It was informative, inspirational, with great energy.

I was absolutely thrilled that the theme for this year's conference was; **circle of life – before birth, through death, and beyond**. This theme is the foundation upon which I approach every chart reading.

Every astrologer approaches a chart differently according to their style and beliefs. At a very young age I realized I had this great gift. I shied away from using this talent, as I didn't want the negative connotation of being a fortuneteller. My father encouraged me to always use my talents, in a way that reflects who I am. Dad proceeded to pose questions that made me think very deeply. Dad ended with this question: Mary, how can you help others by using your talents? At that moment the foundation upon which I read for others was born!

Let's approach the NAEH chart using this underlying foundation. What preceded the birth of this organization? The chart shows that a group of like-minded individuals came together based on the following attributes: Spirituality, working with energy, and the belief we are all an expression of God.

These individuals were in the process of learning how to use energetic tools. Energetic healing was not an accepted belief in those times. Due to that fact, they did not have a universal platform upon which to work. Nor was there a structure or a support system from which they could draw upon. Again, at that time it was about developing and learning how to use these tools. Not about the actual utilization of the energetic

tools, it was about developing them.

This group of individuals were also realizing, at a very deep level, that they are One with the Creative Force. Some, not all, were evolved enough to let the God within, reflect through their every thought, word, and act.

Once again in those past lives there was an undercurrent of frustration, due to the fact there wasn't a platform to work upon, or a standardized methodology to create credibility. In the context of our theme, **circle of life** this would constitute that which took place **before birth**. This is very important because it shows us our history. Our history of where we came from, the talents we developed in prior lives, and where we left off.

Now let's look at the chart in the context from the **birth to death** phase. The souls purpose is the most important theme in any chart. The souls purpose of the NAEH chart, is to creatively actualize in a socially acceptable way by using our talents and abilities to help others. These abilities have been developed not only in this lifetime, but in prior lives as well. The byproduct is fulfillment and success.

More specifically for each member to use their developed talents, for the benefit of others, utilizing the NAEH as a dedicated platform. Doing so will enhance our current skill set and create a very successful organization.

With the understanding of the NAEH souls purpose, let's look at ways we can actualize this purpose.

The success and sustainability of this

organization will be to work in natural law vs. man-made law.

In natural law the group works in a harmonious unison. (So drawing upon information before birth in other lifetimes, it shows us that individuals were *working towards* natural law but they were *very steeped* and man-made law.)

This inherently has the possibility to create a natural tension between individuals, resulting in varying degrees of undermining and positioning within our current organization.

The chart shows that this is something that needs to be worked upon & healed in this lifetime. So by being aware of this dynamic, it helps us to work with it in a productive way.

Not only are we learning to work together, we are also learning to develop a relationship with the Creator Force individually.

As our relationship strengthens with the Creative Force within, our spiritual tools start to emerge. We start to experience the miracle of healing ourselves and others.

Another opportunity in this chart is to be able to devise a very unique structure. Not only will it benefit us, but it can be used as a model for other organizations. As an example, in last year's lecture, we spoke of how Steve Jobs built a culture by merging the talents of everyone into a unison that was so unique, that it became a new business model.

The NAEH has the same aspect. Therefore if we incorporate our individual talents in a harmonious unison we will be creating a new business model based in natural law. This will be creating our legacy; **from death and beyond.**

What we have gone over, thus far, is a

broad overview of our souls purpose, and how we can actualize the soul's purpose for our organization.

Now for the fun part!

Lets look at the energies that will impact us, this year.

Pluto's energy is transformative. It will always take us to a better place, but will press our insecurity buttons in the process!

This is how the Pluto energy will bring challenges and opportunities to our organization this year.

The NAEH is still in its youth and very focused in the developmental phase of its souls purpose. With a myriad of individual expertise, people are still trying to find their place within the grand scheme of the organization. At the same time, the organization itself is taking on a life of its own. It will unfold in its own time and way to reflect our individual talents. It must be based in natural law and foster in a new business model. This energy has a window of opportunity for the next two years, after which it'll move from becoming - to doing.

Saturn is the great builder. This year Saturn is giving us the opportunity to put structure to our organization in a tangible way. It is helping people to realize where they belong in the scheme of things in accordance to their expertise. It also shows the areas that are no longer working and where we need to upgrade, within the organization. The window of opportunity for the Saturn energy is for the next nine months.

We have an abundance of personal planets at the top of the chart, which creates a focus on the developmental philosophy of the NAEH and what it stands for. With this configuration, everything tends to fall into place as a matter of course. It appears we are working well in this area.

The South node is wrapping up its two and half year stay in the 10th house, *thank goodness*. South Node energy shows us the old ways, so we can improve and evolve. It brought like-minded people together in this organization. But it also shows areas that feel old or heavy, that we no longer want to be defined by. This gives us the opportunity to move away from the heavy energy and move towards that which is lighter and which reflects who we are at this point in time. This energy will be operative for the next six months.

Uranus is about to exit the eighth house. *Good!* While it gave us great opportunities, it bombarded us with individual personalities and philosophies. It taught us to respect one another and to see the value in each person. It shows us how we judged others through our ego filter. It made us aware of the illusion of separation. During the course of this year, it will be moving in and out of the 8th house, *this is the time it all comes together*. This year we have the opportunity to see the value in each other and merge as a unit of one. If we seize this opportunity during the course of this year, it will benefit us throughout the life of this organization.

With the configuration of Neptune a rather exciting development can happen this year. New ways of using healing energy has the opportunity to surface through our research. Coupled with the transiting Saturn energy we will be able to put that into very constructive modalities for all to draw upon. With the North Node involved these modalities can become an industry-standard by the time next year rolls around.

The solar return chart reiterates the above energies with added specifics to deepen our awareness. It would behoove us to entertain the development of a new business model that is steeped in natural law. This will be a reflection of who we are, and be as unique as the services we provide.

Another area to enhance would be to continue on our spiritual paths so that we can be the best for this group and work in a harmonious unison.

There are many truly talented people in this organization. This talent needs to be harnessed, cultivated, and supported.

We also need to share our areas of expertise with one another. When done in the context of natural law the research takes on a life of its own and unfolds in a much greater way.

As an added thought it would be interesting this year to create a platform, to share and expand upon each other's research. This would enhance the credibility and reputation of the NAEH.

These energies are indicative of the opportunities that are occurring now for growth. It would be wise to take advantage of these energies, as we are creating our future in every present moment.

Our current **Circle of Life** theme using astrology is summed up via the following:

*We have come to realize the tools that we have developed **before birth**.*

*We have learned what we need to review and work on from **birth to death**.*

*And through our new experiences we will be armed with improved talents and abilities that will evolve for our use in this life, and all lives to come-from **death and beyond**.*

Mary J. Connolly is an esoteric astrologer. She provides corporate and personal astrological services to her clients. By integrating mundane and esoteric translations she creates practical solutions in conjunction with the soul's purpose.

Anatomy of the Ajna *Bonnie K. Dysinger*

The Ajna Center is the 6th chakra and is located in the forehead between the eyebrows and just above the two eyes. Once the Sacral Center and the Throat Center come into balance, then the Ajna is connected to the Throat Center – with the Ajna being the center of higher creativity – meaning the intention to create. The Ajna begins to function once we start our journey towards spiritual growth and begin to offer love and selfless service in our life. The Ajna is receptive to Ray 4 energies.

Energy flows in at the front of the Ajna and flows out at the top of the head behind the Crown Center. The Ajna is the perceiver and director of energy. As the director of energy, the inflow is the focus point, the coordinating center of the five lower centers on the spine, and the energy is used to balance the centers and triangles. As the perceiver of energy, it is the outflow of energy that provides the healer with perception and inner vision regarding a client's condition.

Next to our alignment and attunement process, our Ajna is the next best tool in an Esoteric Healer's tool kit! Used to focus and project spiritual energies into the centers and triangles to bring balance, it is the healer's ability to maintain that focus through the Ajna that brings forth extraordinary results for the healing of the client whether it is noticeable within the physical/etheric, emotional, mental, or spiritual body.

The Ajna is the center for our sight of inner perception. When we are able to see with this inner sight we bring the light of consciousness to all that exists within and around us. As our inner sight develops, we gain insight on new perceptions that caused inner conflict, we see and understand what we see in others is what is in us; illusions

are shattered, dreams are integrated, consciousness expands, clarity begins. We are able to see the bigger picture and understand what it means, all allowing the emergence of our personal vision. As we see more objectively it allows us to function better without the interference of glamour. It helps us to develop discernment and trust.

Bailey, in *ESOTERIC HEALING*, tells us the Ajna center relates the Spiritual Triad to the personality. She then relates the place of the eyes in the development of conscious expression, creatively carrying forward the divine purpose.

The Third Eye is that of Will.
Atma, Father – the Monad

The Right Eye is that of Love.
Buddhi, Son – the Soul

The Left Eye is that of Active
Intelligence.
Manas, Mother – the Personality

When these three eyes are functioning and all of them “seeing” simultaneously, you will then have insight into divine purpose (the initiate), intuitive vision of the plan (the disciple), and a spiritual direction of the resulting creative activity (the Master).¹

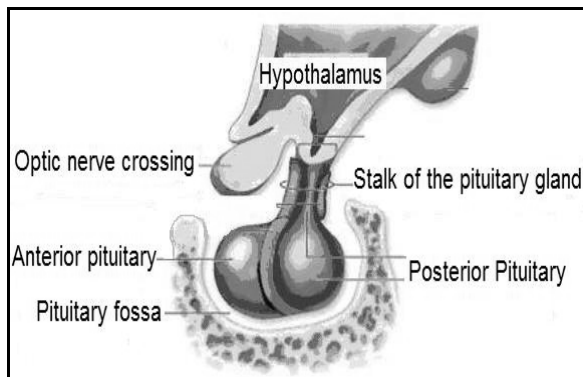
Every time we look up to the Ajna, our higher-self (Soul) energizes the Crown; these together build the spiritual eye.

PITUITARY GLAND: The pituitary gland is the endocrine gland of the Ajna Center. This pea-sized gland is located at the base of the brain and protected within a boney

structure called the sella turcica (pituitary fossa).

Also called the “master gland” the pituitary controls the function of most of the other endocrine glands, yet is itself controlled largely by the hypothalamus. The pituitary senses the level of hormones being produced by the other endocrine glands. The hypothalamus and pituitary together then determine how much stimulation the other endocrine glands need for hormone production.

The pituitary gland has an anterior and posterior lobe. These lobes connect to the hypothalamus via a stalk that contains blood vessels and nerve fibers. The hypothalamus controls the anterior lobe by the release of hormones and controls the posterior lobe with nerve impulses.



The anterior pituitary lobe secretes six main hormones: 1) the growth hormone affecting the growth and development of the cells and tissues, especially the bones; 2) thyroid stimulating hormone (TSH) for the thyroid to produce thyroid hormones; 3) adrenocorticotrophic hormone for stimulating the adrenal glands – one of the primary stress hormones; 4&5) gonadotrophic hormones – the follicle-stimulating hormone (FSH) stimulates egg and sperm production and the luteinizing hormone (LH) stimulates testosterone production in men and progesterone in women; and 6) prolactin to stimulate the production of breast milk. In addition, the

anterior lobe also produces the melanocyte-stimulating hormone that causes the skin to darken to protect us from the sun's UV rays, and endorphins which support the immune system and pain control.

The posterior pituitary lobe only produces two hormones: 1) an anti-diuretic hormone which regulates the amount of water released by the kidneys; and 2) oxytocin which contracts the uterus during and after childbirth, causes the breasts milk ducts to contract which moves breast milk to the nipples, and is involved with creating the powerful bonding and loving feelings between a mother and child.

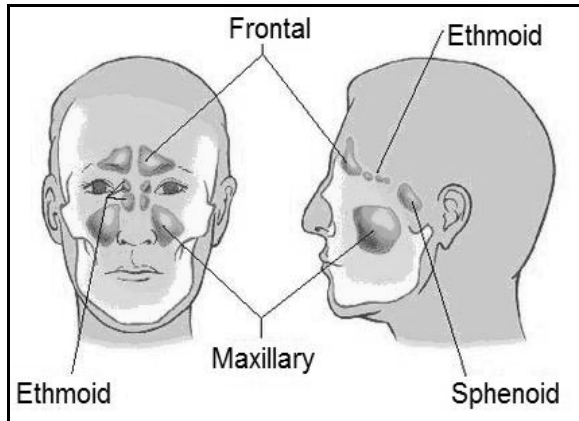
HYPOTHALMUS: The hypothalamus is located at the base of the cerebrum and above the optic chiasm. This is where the interaction of nervous and hormonal body systems occurs. The hypothalamus is made up of tiny clusters of nerve cells and is about the size of a sugar cube. These nerve cells stimulate other glands to release hormones of their own. The hypothalamus is responsible for the regulation of a number of the automatic internal functions of the body such as the awake–sleep cycles, body temperature, appetite, water and salt balance, and blood flow.

FRONTAL LOBES OF BRAIN: The frontal lobes control many of our voluntary actions such as looking toward an object or walking down the sidewalk. They control motor skills that we learn such as tying our shoes, playing an instrument, or writing. The frontal lobes also control complex intellectual processes such as our speech and thought as well as our facial expressions and hand and arm gestures.

SINUSES: The sinuses are air filled cavities of the bones around the nose lined with mucous membranes. The membranes produce mucus which trap dirt particles (e.g. dust, pollen etc.) and keep them from moving into the lungs. Cilia (tiny hairlike projections) move the mucus-covered

particles to the nasal cavity through the ostia (small openings in the sinuses.) The sinus membranes also moisturize and heat the air we breathe.

The weight of the facial bones is lessened because of the sinus cavities, and the resonance of the voice is created by the air-filled cavities of the sinuses and nose.



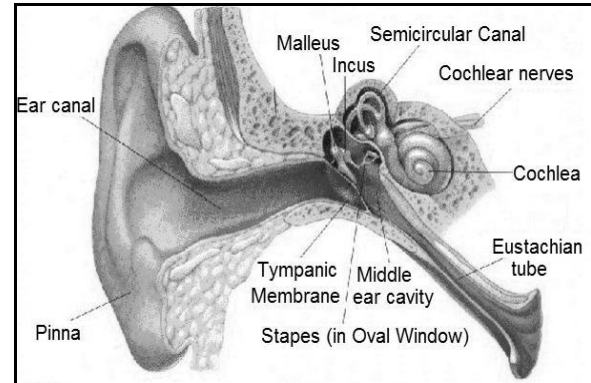
There are four pair of sinuses: The **ethmoid** sinuses are formed on the sides of the nasal cavity and extend laterally deep into the head (there are two groups of ethmoid sinuses); the **frontal** sinuses are located just above the eyebrows; the **maxillary** sinuses are behind the cheek bones; and the **sphenoid** sinuses are located further within the skull behind the ethmoid sinuses and within the sphenoid bone.

EARS: Our ears are our organ of hearing and balance. Their purpose is to convert sound waves into nerve impulses that are carried to the brain which we then know as sound. This process is carried out by the outer, middle, and inner ear.

The outer ear is the pinna and ear canal. The **pinna** is cartilage covered with skin that picks up sound waves and funnels them through the ear canal to the eardrum. The **ear canal** contains ceruminous glands. These are the glands that make earwax. The earwax contains antibacterial substances that help to protect the ear from infection.

Fun facts about earwax: apply earwax to your occasional pimple; cats love to eat earwax. (Waller, p. 59.)

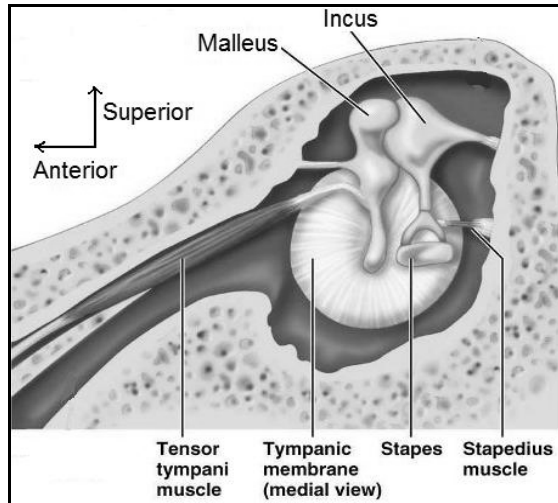
Common conditions of the outer ear include blockages due to wax build up or foreign objects, external otitis, and swimmer's ear.



The middle ear connects the outer and inner ear. It consists of the eardrum, the small air-filled chamber (tympanic cavity) that holds the ossicles, and the membrane (oval window) that connects to the inner ear.

The **eardrum** is a thin membrane (tympanic membrane) which separates the outer and middle ear. The **ossicles** are the tiny bones that vibrate with the eardrum. These bones are the malleus (hammer – attaches to the eardrum), incus (anvil – the middle bone that connects the malleus and stapes), and stapes (stirrup – connects to the oval window). The **eustachian tube** is also part of the middle ear and makes a connection between the middle ear and the back of the nose/throat. This is where outside air is allowed entrance into the middle ear. The function of the eustachian tube is to equalize the air pressure on each side of the eardrum (between the middle ear and outside the body). The tube rests in a collapsed position and opens when you swallow. Ear pressure becomes uncomfortable when the air pressure is not equalized. This can happen with sudden changes in air pressure such as flying in an airplane or if the eustachian tube is blocked from a cold. When you swallow or “make

your eardrum pop” you are causing the eustachian tube to open, which allows air into the middle ear which then equalizes the pressure on each side of the eardrum, thus relieving discomfort.



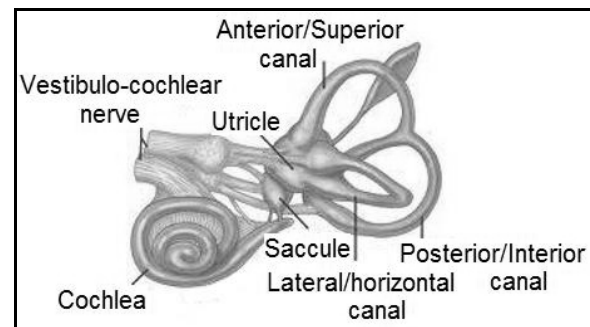
There are two tiny muscles within the middle ear. The **tensor tympani muscle** connects to the malleus, and the **stapedius muscle** connects to the stapes and oval window. Both are responsible for tightening the ossicles. When the ossicles are tightened less sound is transmitted to the inner ear. This protects the inner ear from damage due to loud sounds.

Common conditions of the middle ear include otitis media (acute, chronic, or serous), myringitis, and perforated eardrum.

The inner ear is referred to as the labyrinth and has two main functions: the function of hearing is through the cochlea and the function for balance is through the vestibular system.

The **cochlea** is a fluid-filled hollow coiled tube shaped like a snail's shell that responds to the vibrations from the middle ear. The organ of Corti within the cochlea contains over 20,000 cilia. The cilia extend into the fluid of the cochlea, vibrate to the various frequencies of sound sent from the middle

ear, and then convert these frequencies into nerve impulses that are carried by the **cochlear nerve** to the brain where they are then heard as sound. Loud noises damage the cilia and they do not regenerate or regrow once damage occurs. The cochlea and cochlear nerve resonate with the Crown Center.



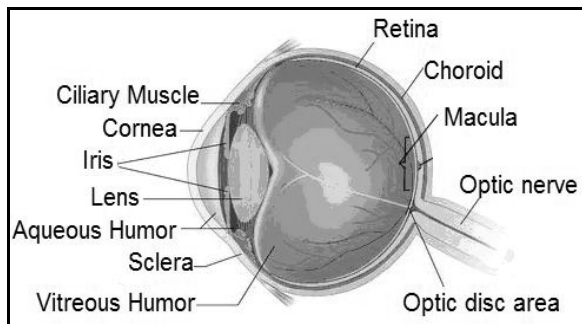
The **vestibular system** determines our sense of position and balance. The saccule and utricle are responsible for determining our position while the semicircular canals help us to maintain our balance. Movement of the head causes the fluid within the three semicircular canals to move and fill from one canal to another. The cilia within the canals respond by sending nerve impulses through the vestibular nerve to the brain. This tells the brain which direction the head is moving in order to assist with balance.

Common conditions of the inner ear include Meiner's Disease, tinnitus, and vertigo.

EYES: The eyes are the body's most developed sensory organ and are incredibly complex. There are three layers of the eyeball: the outer, middle, and inner.

The outer layer is the cornea and the sclera (the white of the eye). Most of this layer is the sclera. The **sclera** is tough fibrous tissue that holds the eye's "ball" shape. A thin membrane called the conjunctiva covers and moistens the cornea, sclera, and the inside of the eyelids. The **cornea** is the curved transparent dome that protects the iris as well as focuses the incoming light on the retina at the back of the eye.

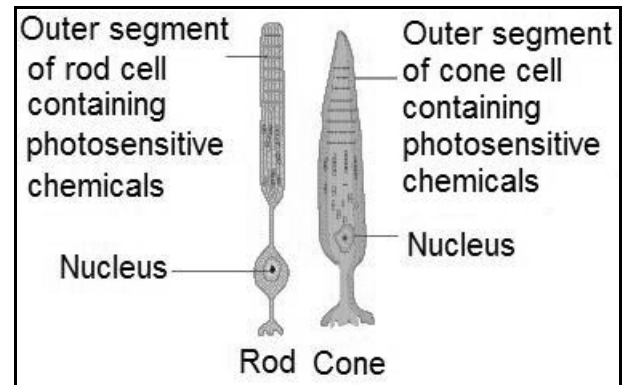
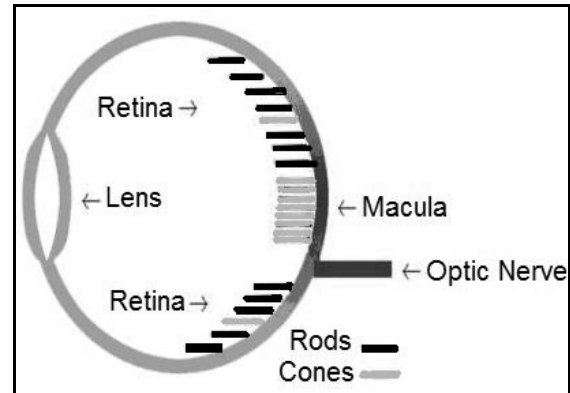
The middle layer is the iris, ciliary body, and choroid. This layer contains most of the blood vessels for the eyes. The **iris** is the colored part of the eye and controls the amount of light coming into the eye by dilating the pupil to allow more light when it's dark or constricting the pupil to allow less light when it's bright. Behind the iris are the lens and ciliary body. The **lens** focuses light onto the retina. The muscles of the **ciliary body**, which is located behind the iris, change the shape of the lens in order for the lens to focus on near or distance objects. The ciliary muscle contracts (thickens) the lens to focus on near objects and relaxes (thins) the lens to focus on distance objects. The ciliary body is also responsible for producing the aqueous fluid that provides oxygen, glucose, and protein for nourishment to the internal structures of the eye. The **choroid** is the inner lining of the eyeball laying between the retina and the sclera and contains the blood vessels that nourish all layers of the eye, particularly the retina.



The inner layer is the retinal lining in the back of the eye. The cells of the **retina** are the photoreceptors that sense light. The **macula** is the most sensitive area of the retina and has the highest density of photoreceptors. The macula is what makes our visual image sharp.

There are two types of photoreceptors called rods and cones in the retina. Located mostly in the peripheral area of the retina are the rods. The **rods** are light sensitive and able to see in dim light, are responsible for our night and peripheral vision, do not see

colors, and do not contribute to our visual clarity. **Cones** are located mostly in the macula, respond to bright lights, are responsible for our sharp visual clarity, and allow us to see colors.

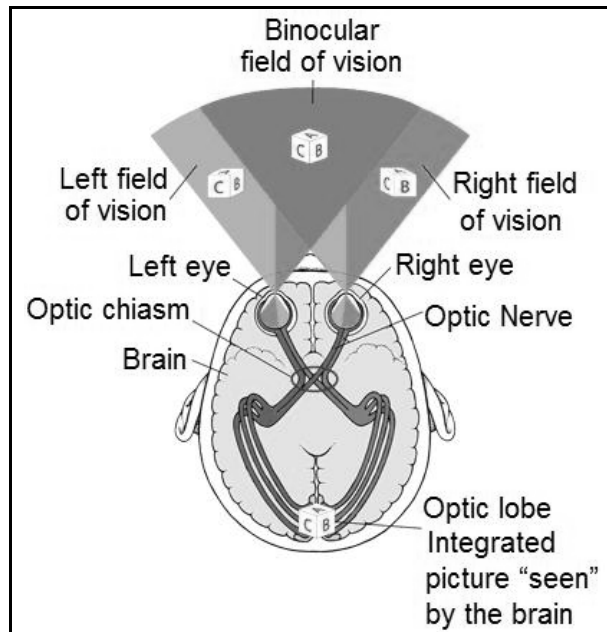


Each photoreceptor is linked to a nerve fiber. Bundles of these nerve fibers form the **optic nerve** which connects the retina to the brain. These now resonate with the Crown Center. As images come into the eyes, they are turned upside down by the retina and are then converted into electrical impulses by the photoreceptors. The electrical impulses are then carried by the optic nerve to the brain.

The two optic nerves meet at the **optic chiasm**. There, the optic nerve from each eye divides, and half of the nerve fibers from each side cross to the other side. Because of this arrangement, the brain receives information via both optic nerves for

the left visual field and for the right visual field.²

The optic nerve is a symbol of the antahkarana, and the entire structure of the eye ball is one of the most beautiful symbols of the threefold deity and the threefold man.³

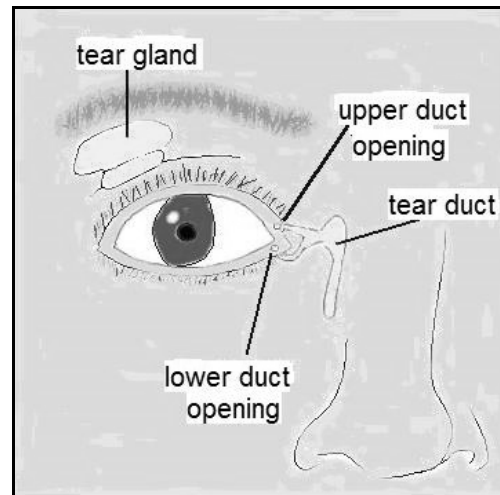


The optic nerves reach the **visual cortex** (a.k.a. optic lobe) at the back of the brain. The visual cortex is where the images are sensed and interpreted and turned back to right side up.

The eyeball has two sections that are filled with fluid. The anterior section is filled with fluid call **aqueous humor**. The posterior section is filled with a clear jell called **vitreous humor**. Both these fluids help to maintain the internal pressure of the eye as well as its shape.

The anterior section itself contains an anterior and posterior section. The posterior section includes the ciliary body that produces the aqueous fluid. This fluid flows into the anterior section of the eye and then drains out through the **drain points** located between the iris and cornea. This

constant flow of fluid production and fluid drainage helps to regulate the balance of pressure within the eye.



The **lacrimal (tear) glands** are located at the upper outer edge of the eyes underneath the eyelids and are responsible for the watery portion of the tears. Glands in the conjunctiva secrete mucus that mixes with the tears. Blinking spreads this mixture over the eyes keeping them moist and clean. When we release tears because of physical or emotional upset, the tears contain toxins and stress hormones. When we release tears from peeling an onion or from having something in our eye, the tears are similar to a saline solution. Tears then drain through the **upper and lower duct** openings in the corners of the eyes through the nose.

Common conditions of the eyes include conjunctivitis, dry eye, cataracts, macular degeneration, glaucoma, retinal detachment, diabetic retinopathy, near-sightedness, far-sightedness, and astigmatism.

Jan Hettich, LPN, CPEH, writes about how we see with all levels of our sight in her certification paper, *Vision: How We "See" the World*.⁴

Alisa Petruzzi, PT, CPEH, writes about and provides protocols in her certification paper. "The process to connect the eyes to the heart accentuates and supports love for self and others."⁵

Most common associated body parts for the Ajna Center: Eyes, ears, frontal lobes, pituitary, hypothalamus, and sinuses.

Other Esoteric Healing Treatments: Every body part (organ, muscle, bone, tissue, cell, etc.) has a minor. You can construct a triangle as you balance the minor, the body part, and the center.

Anatomy resources: An anatomy book or on-line Wikipedia medical information is a good resource for determining the function of the body part or locating a picture. Or, if you are aware there is an imbalance, send your intent for balance.

Footnotes

¹ Bailey, A.A., *Esoteric Healing*, p. 148.

² *The Merck Manual of Medical Information*, p. 1316 (bolding added).

³ Bailey, A.A., *Esoteric Healing*, p. 572.

⁴ Hettich, J., LIFESTREAM, p. 13.

⁵ Petruzzi, A., *Eyes of the Heart*, LIFESTREAM, p. 42.

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There is a peace that passeth understanding; it abides in the hearts of those who live in the eternal. There is a power that maketh all things new; it lives and moves in those who know the self as one.

Alice A. Bailey, INTELLECT TO INTUITION, p. 228.

Characteristics that indicate the Ajna Center may need balancing:		
Confusion Delusional Denial of what's going on Difficulty with concentration Dissociation Dream recall is poor Future, hard to imagine Hallucinations	Headaches Illusion Insensitive to others Judgmental Lack of discernment Lack of imagination Memory is poor Nightmares	Obsessions Poor intuitive ability Repressed memories Self-sacrificing Self-scrutiny Short sighted Vision is poor Visualization difficulties

Characteristics of a balanced Ajna Center:		
Balanced Clarity Creative Detachment Discernment Dream recall is good Imaginative Insightful	Inspirational Intuitive Memory is good Objective Perceptive Recognize repeating pattern Recognizes significance of symbols	Sees the big picture and knows what it means Self responsibility Thinks abstractly Thinks symbolically Universal love Visualizes well Wisdom

Body Language of an imbalanced Ajna Center:

- Any attempt to cover the eyes to avoid eye contact (e.g., sunglasses, hair, hands)

Our beliefs transform when we are conscious of changing our body language.

Chart 1. A Metaphor of the Body (A compilation of references is listed in Chart 4).

Align and Attune – Always

Core Triangles for all treatment sessions: Head Δ, Vagus Δ, Ajna – Ears Δ, Crown Center inflow/outflow Δ, Spleen Δ, Liver Δ, Adrenal Δ, Kidney Δ, Spine, Sacral Δ, Heart Δ, Lymphatic Δ, Neck Points Δ, Throat Center – Ears Δ, Voice Δ

Diagnosis	Brief Description	Suggested Triangle Treatment Protocol* (numbers correlate to Chart 2)	Possible Metaphysical Cause	Self Help Suggestions (numbers correlate to Chart 3)
Acute Sinusitis	See Sinusitis. May include fever, chills, yellow or green pus discharge from nose.			
Allergic Conjunctivitis	Seasonal. Mostly caused by grass or tree pollens in spring. See Conjunctivitis.	5, 6, allergy Δ, liver Δ, immune Δ, TC + conjunctiva + ray 3.		
Astigmatism	Caused by an irregularity in the curvature of the cornea resulting in blurred vision.	6, 7, Ajna + eyeball + eye m at levels (focus on shape; then gently rotate eyeball to L and R; hold in direction it moves the easiest; wait for it to shift and move itself towards midline).	Suggests that one may need to find balance between logic and intuition to realize harmony. Distorted perception. Fear of seeing Self.	1a, 1c. Examine the present without fixed ideas. Allow yourself a chance to learn.
Blepharitis	Inflammation of the margins of the eyelids. Eyes may become red and sensitive to light. Symptoms include swelling, itchiness, redness, excessive tearing, blurred vision, or discharge. See Conjunctivitis.	6, 7, TC + conjunctiva + ray 3, TC + eyelids + ray 3, TC + oil gland at edge of eyelids + ray 3.		

Diagnosis	Brief Description	Suggested Triangle Treatment Protocol* (numbers correlate to Chart 2)	Possible Metaphysical Cause	Self Help Suggestions (numbers correlate to Chart 3)
Cataracts	The lens behind the iris that allows the eye to focus has become clouded. Colors are faded, images are blurred, difficult seeing at night and/or in dimly lighted areas. Most commonly caused by age due to protein fibers in the eye clumping together.	6, 7, TC + lens + lens m at levels + ray 3. Treat frequently.	Inflexible and not willing to change one's focus to accommodate a new view of life. Not able to see the joy ahead.	1a, 1c. Wear UV protective sunglasses in bright sunlight. Stop smoking. Set and clearly imagine goals for Self. Look for the joy in life.
Chalazion	Obstruction in the opening of the deeper oil glands that lie under the conjunctiva at the edge of the eyelids. Symptoms include mild pain, irritation, or swollen eyelid.	6, 7, TC + conjunctiva + ray 3, TC + eyelids + ray 3, TC + oil gland at edge of eyelids + ray 3.		
Conjunctivitis	Inflammation of the clear mucous membrane (conjunctiva) around the white of the eye. Most commonly caused by a virus. Very contagious. White of the eye is red or pink, itchy, crusty around the eyelashes, discharge, feels scratchy when blinking, sensitive to light.	6, 7, immune Δ, liver Δ, TC + conjunctiva + ray 3.	Suppressed anger and/or frustration. Who/what is making you see red?	1a, 9, 10. I see a harmonious solution and I accept it now with eyes of love.
Corneal Ulcer	An open sore on the cornea usually from an injury that becomes infected. May be caused by a foreign object, irritation from contact lens, or eyelids not closing properly. A viral ulcer is often caused by a herpes virus.	6, 7, TC + cornea + cornea m + ray 3.		
Detached Retina	See Retinal Detachment.			

Diabetic Retinopathy	Damaged leaking blood vessels of the retina that may cause loss of vision. Seek medical attention.	6, 7, CC + retina m + retina (scan) + ray 1, repeat with HC + ray 2, CC + optic nerve + optic nerve m + ray 1, AM + optic lobe + optic lobe m (L/R), pancreas Δ, SLP Δ, blood sugar balance Δ, diabetes Δ.		
Dizziness	See Vertigo.			
Dry eyes	Not enough tears produced to keep the eyes moist. Usually affects both eyes. May feel pain, burning, scratchiness, itchiness, blurred vision, or eyes tire quickly from reading.	6, 7, TC + lacrimal duct + lacrimal duct m + ray 3, TC + vitreous + eye m + ray 3, TC + drain point + drain point m + ray 3 at levels.	Spitefulness. Anger. Refusal to see with love. Refusal to forgive.	1a, 1b, 1c, 9, 10. Breathe in anger – breathe out love. Breathe in refusal to forgive – breathe out forgiveness and love.
Dyslexia	A specific reading disorder. Difficulty separating single words from groups of words and parts of words within each word. Words and letters get mixed up.	1, 2, 3, 4, 6, 7, 8, 9, voice Δ, cerebral hemisphere Δ, AM + cerebellum, emotional body, mental body, personality body, infuse session with ray 5.	Scattered attention when one believes not capable of receiving what is available.	9, 10.
Ear Infections	See Otitis Media.			
Eardrum, Perforated	A hole in the eardrum most commonly caused by infection in the middle ear (Otitis Media). May also be caused by sudden change in pressure (e.g., diving, explosion, slap). Sudden severe pain and sometimes bleeding or tinnitus occurs.	1, Ajna + eardrum (sooth) + ray 4, TC + eardrum (sooth) + ray 3, see Otitis Media.		

Diagnosis	Brief Description	Suggested Triangle Treatment Protocol* (numbers correlate to Chart 2)	Possible Metaphysical Cause	Self Help Suggestions (numbers correlate to Chart 3)
External Otitis	Infection in the ear canal. May be generalized or in a small area (e.g. pimple). Symptoms are itching, white or yellow discharge, some level of swelling, and tenderness.	1, Ajna + ear canal + affected area – balance and sweep outward.	Not wanting to hear, anger, others around who are arguing, too much chaos.	1d, 9, 10.
Far-sightedness (Hyperopia)	Not able to see objects near to the eye (e.g. printed words). Occurs when the distance between the front and back of the eye is too short. Or, the lens and/or cornea for various reasons may not refract the light to the right spot on the retina.	6, 7, Ajna + eyeball + eye m focusing on the shape of the eyeball at levels, left eye + ray 3, right eye + ray 2, TC + lens + lens m + ray 3, TC + cornea + cornea m + ray 3.	Fear of or refusing to see the present.	1a, 1c, 9, 10, 11. I am safe.
Floaters	Dark specks composed of clumps of microscopic fibers from the substance of the vitreous humor that appear to move across the visual field. More common with aging. Rarely affects vision. Sudden increase of floaters or flashes of light could indicate a retinal detachment. See Retinal Detachment.	6, 7, TC + eye m + vitreous (scan) + ray 3, liver Δ, SLP Δ.	Suppression of anger.	9, 10. I am safe.
Glaucoma	Damage of the optic nerve from an imbalance in production and drainage of the aqueous humor fluid that increases the pressure within the eye. Symptoms usually not noticeable at first. Gradually may have a loss of peripheral vision, blurriness,	6, 7, Ajna + eyeball + eye m, TC + drain point + drain point m at levels + ray 3, TC + vitreous + eye m + ray 3, AM + optic lobe + optic lobe minor (L/R).	Feelings of insecurity causing one the need to be in control. Critical, narrow-minded, dogmatic. Long-standing hurts. Unforgiveness. Thinking you need to	1a, 1b, 1c, 1d, 2, 3, 5, 9, 10, 11.

	see halos around lights, eye and face pain, sensitivity to light, headaches, tearing, or redness of the eyes.			do something yourself in order for it be done well.	
Hearing Loss	The deterioration in the ability to detect and identify sounds. The two basic types of hearing loss are conductive and sensorineural.				
Conductive Hearing Loss	Sound waves are blocked from going through the ear (e.g. ear canal is plugged with earwax, boil, or tumor; fluid or tumor fill the middle ear).	1, balance each part of the outer and middle ear. Ajna + ear m + ear canal, then move to eardrum, malleus, incus, stapes, eustachian tube, tympanic muscle, stapedius muscle, and oval window.			
Sensorineural Hearing Loss	Damage to some part of the inner ear: the hair cells, auditory nerve, or auditory nerve pathway to the brain. May be caused by drugs, infections, tumors, head injury, or exposure to loud noises over time or a sudden loud noise.	1, balance each part of the inner ear. Ajna + ear m + vestibular system, then move to semi-circular canals, CC + cochlear + cochlea m.			
Hypertensive Retinopathy	Damage to the retina due to high blood pressure. Damage in the small blood vessel walls causes the walls to thicken resulting in reduced blood supply to the retina. Mild hypertension may also cause this issue if untreated for years.	6, 7, heart Δ, HC + vagus point Δ, heart organ Δ, thymus Δ, circulation, blood pressure Δ, ANS, kidney Δ, courage Δ, fear Δ, lymphatic Δ, HC emotional body.			

Diagnosis	Brief Description	Suggested Triangle Treatment Protocol* (numbers correlate to Chart 2)	Possible Metaphysical Cause	Self Help Suggestions (numbers correlate to Chart 3)
Labyrinthitis	An infection of the inner ear that may cause dizziness or deafness. Dizziness usually begins suddenly and gets worse within next few hours. Intense nausea. Head or eye movement may cause vomiting.	1, Ajna + semi-circular canal + ear m, CC + cochlea + cochlea m, AM + sooth the vestibular nerve (8 th cranial nerve) + ray 3, repeat with the CC + ray 1, AM + cerebellum, C7 – C1 of cervical spine, immune Δ.		
Macular Degeneration	Gradual loss of central vision due to the deterioration of the light-sensitive cells in the macula area of the retina. Peripheral vision is not affected. Vision becomes blurry, blind spot develops.	6, 7, Ajna + eyeball + eye m, CC + macula + macula m + ray 1, AM + optic lobe + optic lobe m (L/R).	Not wanting to see the realization of a truth that is right in front of your eyes.	1a, 1c, 2, 5, 9, 10.
Meniere's Disease	Build up of excess fluid in the semicircular canals that ruptures and surrounds membranes and damages sensory cells causing sudden attacks of vertigo, hearing loss, or tinnitus.	1, 5, CC + ear m + cochlea point (done on each side of head), sweep the semicircular canals, AM + sooth the vestibular nerve (8 th cranial nerve) + ray 3, repeat with the CC + ray 1, AM + cerebellum, Ajna + eustachian tube (sweep down) + ray 4, TC + eustachian tube (sweep down) + ray 3, immune Δ, lymphatic Δ, Ajna + tensor	Ask what in your life is out of balance?	1d, 2, 4, 9, 10, 14.

			tympani muscle + tensor tympani m.		
Myringitis	A painful viral or bacterial infection of the eardrum where the middle ear is not affected.		1, Ajna + eardrum + ear m.		
Near-sightedness (Myopia)	Not able to see distant objects. Occurs when the distance between the front and back of the eye is too long. Or the lens and/or cornea for various reasons may not refract the light to the right spot on the retina.		6, 7, Ajna + eyeball + eye m at levels (focus on the shape of the eyeball) left eye + ray 3, right eye + ray 2, TC + lens + lens m + ray 3, TC + cornea + cornea m + ray 3.	Looking too far to the future without goals. Fear and lack of trust for what the future holds.	1a, 1c, 9, 10, 11. I am safe.
Otitis Media	A bacterial or viral infection in the middle ear causing inflammation behind the eardrum and in the eustachian tube.		1, 5, Ajna + eustachian tube (sweep down) + ray 4, TC + eustachian tube (sweep down) + ray 3, immune Δ, lymphatic Δ.	Not wanting to hear, anger, others around who are arguing, too much chaos.	1d, 9, 10.
Otosclerosis	Excessive growth of the bone that surrounds the middle and inner ear.		1, treat middle ear bones (malleus, incus, and stapes).		
Pink Eye	See Conjunctivitis.				
Red Eye	See Conjunctivitis and Glaucoma.				
Retinal Detachment	A separation of the retina from the choroid, the blood vessels that supply the retina. Painless condition. Symptoms may include floaters, flashes of bright light, veil falling across line of sight, loss of peripheral vision. Seek immediate medical assistance.		6, 7, Ajna + eyeball + eye m, CC + retina m + retina (scan) + ray 1, repeat with HC + ray 2, CC + optic nerve + optic nerve m + ray 1, AM + optic lobe + optic lobe m (L/R).		
ringing in the Ears	See Tinnitus.				

Diagnosis	Brief Description	Suggested Triangle Treatment Protocol* (numbers correlate to Chart 2)	Possible Metaphysical Cause	Self Help Suggestions (numbers correlate to Chart 3)
Serous Otitis Media	Fluid in the middle ear behind the eardrum that is not able to drain due to the swelling or restriction of the eustachian tube. Usually painless. If not treated may cause recurrent middle ear infections, hearing loss, and delays in speech development. Could also be result of infection of adenoids or tonsils, upper respiratory infection, or gastrointestinal reflux disease (GERD).	1, 5, Ajna + eustachian tube (sweep down) + ray 4, TC + eustachian tube (sweep down) + ray 3, immune Δ, lymphatic Δ, respiratory system Δs.	Not wanting to hear, anger, others around who are arguing, too much chaos.	1d, 9, 10.
Sinus Headache	Headache around the sinus area(s) because of inflammation, infection, or barometric change in pressure. See Sinusitis.			
Sinusitis	Inflammation of the lining of the membranes in the sinuses. Most commonly caused by allergies or infection. Symptoms are difficulty breathing through the nose and pain or tenderness over affected sinus: Maxillary will be toothache, headache, or pain over cheek below the eye, moving the eyes hurts; Ethmoid will be pain between or behind the eyes, deep headache between the brows, splitting headache over the forehead; Frontal will be headache over the forehead; Sphenoid is not well defined but may be felt in	5, AM + trigeminal nerves, C7 – C1 of cervical spine, immune Δ, lymphatic Δ, fear Δ, courage Δ, liver Δ, upper & lower lung Δs, emotional body.	Grief and fear of letting go. Suppression of anger. Irritation from someone close to you. Self pity. Uncried tears.	2, 5, 9, 10, 12, 13, 14, 15.

Stye	the front or back of the head. A localized infection of the hair follicles of the eyelash root. Also called the meibomian glands. These are small sebaceous glands that lie under the conjunctiva of the eyelids. Symptoms include tearing, light sensitivity, or scratchiness in the eye. May develop into a chalazion if not resolved within a week or so.	6, 7, TC + conjunctiva + ray 3, TC + eyelids + glands + meibomian glands m + ray 3, liver Δ.	Angry at life. Anger towards others.	1a, 1c, 2, 3, 9, 10.
Swimmer's Ear Tinnitus	See External Otitis. A ringing, buzz, or other persistent noise heard in the ear. Usually the result of nerve damage in the inner ear. Often resolves itself, but may be recurring. May also be from excessive ear wax, sinus conditions, blood pressure issues, diabetes, respiratory allergies, cardiovascular disease, or head or neck injuries.	1, 5, 8, Ajna + ear canal + ear m, Ajna + tensor tympani muscle + tensor tympani m, AM + cerebellum, CC + cochlea + cochlea m + ray 1, CC + cochlea nerve + cochlea nerve m + ray 1, diabetes Δ, blood pressure Δ, respiratory system, circulatory system, C7 – C1 of cervical spine.	Difficulty in listening. Not listening to the inner voice. Stubbornness.	1d, 2, 3, 9, 10, 13.
Vertigo	The sensation that the body or things around you are spinning, causing nausea and loss of balance. Caused by inner ear disorders affecting semicircular canals, 8 th cranial nerve, or connection of the brain stem to the cerebellum. May also be caused by Labrynthitis or Meniere's Disease.	1, 5, Ajna + tensor tympani muscle + tensor tympani m, AM + cerebellum, also see Labrynthitis and Meniere's Disease.	Reluctance in looking at an issue, reluctance to look at Self, scattered thinking, in situations of being overwhelmed.	1a, 1c, 2, 5, 9, 10, 13, 15.

*Triangle Treatment protocols do not replace the need to seek medical attention. Rather, the protocols are suggestions to assist with a client's treatment. Use your own discernment to determine if you need to add or delete other treatment triangles. You may also post your questions for additional treatment suggestions on our National Association for Esoteric Healing Facebook page.

(H) = Treat all Cancer sites only on the Head Center. DO NOT
 treat cancer site when not familiar with Head Center
 protocols.
 AM = Alta Major
 ANS = Autonomic Nervous System
 BC = Basic Center
 CC = Crown Center

HC = Heart Center
 m = minor
 PNS = Parasympathetic Nervous System
 SC = Sacral Center
 SNS = Sympathetic Nervous System
 SP = Solar Plexus Center
 TC = Throat Center

Chart 2. Balancing Suggestions

*	Ajna Center Triangles	Balance to help with:	
	Ajna		Registers and focuses the intention to create, spiritual creativity, knowingness, epilepsy (over-stimulated ajna), openmindedness, personality, ADD, ADHD, autism.
1	Ear Triangle		Conditions of physical balance, motion sickness, vertigo, dizziness, ear aches, hearing issues, ear structure.
2	Ajna + Hypothalamus		Personality control, fear, anger, autonomic nervous system, endocrine function, body temperature, appetite, awake time, sleep, water within the body.
3	Ajna + Pituitary		Physiological relation to the parathyroid glands, hormones.
4	Energy Triangle		Depleted energy.
5	Sinus Triangles		Sinus issues, before – during – and after flying.
6	Eye Triangle		Right eye = emotional energy, the eye of buddhi, the light of the soul works through and is directed through the right eye. Left eye = mental energy, the eye of manas, the light of the personality functions through the left eye, an agent of the lower concrete mind.
7	Glamour Triangle		Elimination of glamour (e.g., materiality, sentient desire), responsibility and duties, devotion, spiritual path.
8	Ajna + Frontal Lobes		Left frontal lobe = detail; right frontal lobe = creative. Alzheimers (helps when caught early), dementia, memory (+ hippocampus), memory processing, day-to-day functions, Parkinson's disease, any head injury, helps with tests – exams, reasoning, problem solving, planning, speech, thought, emotions, relax bladder.
9	Increase Intuition Triangle		Intuition.
10	Upper Triangle of Integration		Spiritual gift – draws one up in consciousness.
11	Lower Triangle of Integration		Brings aspects of the personality into alignment.
12	Triangle of Fusion		Brings the personality aspect in line with the soul.

Chart 3. Self Help: Suggested Ways to Help Balance the Ajna Center

1. Affirmations:
 - a. It is safe to see.
 - b. I am open to the wisdom within.
 - c. I see all things with clarity.
 - d. It is safe to hear.
2. Meditation – on a regular basis.
3. Center oneself in the heart.
4. Be with those who want nothing from you.
5. Be gentle with your Self.
6. Record and interpret your dreams.
7. Study mythology to stimulate your imagination and find a deeper meaning of life.
8. Create visual art:
 - a. draw your chakras – how they feel or what they look like.
 - b. create a collage.
 - c. create and color a mandala.
9. Squared breathing.
10. Hong-Sau.
11. Practice visualization.
12. Use discernment and wisdom to make decisions versus fear and ego.
13. Look beyond the obvious of a problem or situation to find the bigger picture.
14. Use and trust your intuition.
15. Review your life and ask where are you limiting yourself? Prepare to take a risk!

Chart 4. Resources

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CASE STUDY

Treatment Report – Faith in the Work *Carolyn Rose Frost*

Treatment #1

S: A 63 year old female, married mother of 5, grandmother of 7. Surgical history of ganglion cysts on left wrist and cartilage removal in right knee (scar on inside left on right knee). Developed cancer in right breast at age 48. Currently taking medication for thyroid (hypothyroidism) and heart (arrhythmia). No allergies were reported.

Client seeking help for: lower back pain, aching left shoulder, tiredness, depression, anxiety, headaches, lack of self-confidence, nausea, guilt, trouble sleeping, lack of love. “Headaches getting worse; I just don’t feel very well.”

O: Client’s clothes showed a weight loss. She did not smile and was very softly spoken. Her eyes watered as she was speaking about the issues she was experiencing with her family.

A: When assessing Centers, the Basic and Sacral Centers were blocked and all others diminished. During the session, I balanced the restricted adrenal glands one at a time with the Basic Center before balancing both adrenal glands with Basic Center. I continued until I could feel a fair energy flow and “see” a brightness. To help with the digestive process, I balanced the pancreas to the Solar Plexus, before doing the SLP Triangle, as taught in Part 1. I concentrated on the circulatory system to increase energy flow throughout the body and the digestive system to relieve nausea symptoms. While doing the circulatory system, I imagined the blood full of life and giving energy to the body. I felt a sense of acceptance as the energy went from a diminished state to a balanced flow. The digestive system went from a restricted state to a balanced flow. As I was drawn to do the forgiveness triangle

(Sacral Center + sacroiliac points – emotional aspect) the client released some emotional issues by crying.

After reassessing the Centers, I was beginning to see some color and felt a fair energy flow.

P: The client reported a “lighter feeling.” We discussed the session and I suggested the “Daily OM” reading, on dailyom.com and some breathing exercises. We also discussed meditation and affirmations, which the client agreed to think about. At this time, the client wanted to work through her problems without more medications and requested a follow-up visit.

Treatment #2

S: Client was returning for another follow-up session and reported feeling much stronger and able to cope with family issues. The headaches were less frequent, and the back pain was gone. Digestive problems were resolved and her appetite was back to normal. The relationship with one daughter was still stressful, but client said she felt much more confident and in control.

O: The client was smiling, speaking with confidence, and had gained some weight. “Filling out my clothes,” she said with a smile! The Basic and Sacral Centers showed improvement and went from blocked to balanced. I felt they were willing to be balanced. As I balanced the other Centers, a greeny\blue\purple mix appeared. However, I was constantly being “pulled back” to the right hip area to the point I could not continue with my triangles. It was a magnetic feeling; darkness came with a feeling of “knowing.” I asked the client if she was experiencing any hip problems and she advised that she had “just put my hip out” on the way to our session. She did not

mention it as she felt it was just one of those things she had to live with. To her it was not worth mentioning. I continued working on the restricted hip area (Sacral Center + hip + hip minor) until the darkness lightened and I had a feeling of balanced energy flow and “greenness.” The client reported the pain disappeared in her hip.

A: As a result of the hip finding, I concentrated more on the Sacral area and then went to the Throat after I had the feeling of “squeak up should be speak up.” Both Centers felt balanced and responded with brightness. I interpreted that throat quote was to encourage the client to speak up and be noticed. I discussed the issue of “speaking up” and the client commented it was something she had started doing but was doing so in a quiet voice.

P: The client felt that the sessions were definitely giving her strength, and she was feeling joy in her life. She was still experiencing difficulties with her daughter, but felt much better after the session. She was going to continue reading the Daily OM’s, take time for herself, and call for another appointment in a few weeks. I was pleased she was ready to “go it alone” for a while.

Treatment #3

S: The client reported that her earlier symptoms were more improved – no headaches, no nausea, and was fairly good, but had just fallen an hour ago. She was concerned as her “left side was very painful.” Client did not want to go to the doctor as she felt it would mean an X-ray and “I would be bandaged up then, and I would not be able to move at all.” So she came to me.

O: I could see her left eye was beginning to swell, and she could not lift her arm without hurting her rib area. “Heal and seal” came to me. I worked a triangle top rib>bottom rib>Source. Continuing to work with my

eyes closed, I held the area, repeating those words, until my hands were guided to move to the client’s right hand. It was like an X-ray and the triangles thumb/fingertips>wrist>Source came to me.

A: During my usual AA, I also called for the angels who oversee bones and asked for additional help/guidance, as I was without paper resources. Due to our time limit, after assessing the Centers and doing core triangles, I concentrated on the Solar Plexus, whose energy was restricted, paying special attention to all organs. I did the Solar Plexus and lower lungs and Throat Center and upper lungs, which I felt needed balancing. Energy went from fair to balanced in both cases. I envisioned the rib cage. There was a sharpness on the left side and I asked for help.

The client’s right hand was swollen and showing signs of discoloration, which she had not previously noticed. Solar Plexus was improved after reassessment. At closing I felt very humble and thanked everyone for their assistance.

P: The client thanked me, and asked if I would do an absentee treatment the next morning (Friday), as she was leaving town for the weekend and did not want discomfort whilst travelling. I agreed, and also planned a follow-up visit the next week as I was concerned about her ribs. I advised a visit to the doctor if the pain in her side did not improve to her satisfaction. By now, this client understands the words “energy follows thought,” and I asked her to envision her injuries already healed, surrounded by healing white light.

Synthesis

1. Why did you select this client for a case study? I selected this client for a case study because she came for several different reasons, all of which were helped by Esoteric Healing: ie. emotional stress, lack

of self-esteem, headaches, hip, and fall to name a few. She has faith in this type of healing.

2. Explain the treatment outcome and why or why not it was what you hoped for or expected. The treatment was much more than I had hoped for. When the client first came she was experiencing great difficulty with family members that were affecting her life and work. Her Centers became stronger and I could see the dramatic change in her coping mechanisms and outlook on life. I could feel the difference in her Centers with each visit.

3. What did you learn from treating this client? This case study showed me that it is indeed the client's soul who is in charge – a client might come with an idea of a healing but it is not always the type of healing they receive, as in the case of the hip episode. When the soul is ready it happens, and the client has not had any more problems in the hip area.

I also received confirmation that it is not me doing the healing as I was led to areas that needed work. As this client came at a time when I was not expecting to work on her, I

did not have my usual “cheat sheet” a.k.a. “procedure sheet” I made. Although I have worked without the sheet before, the seriousness which I felt after her fall made me want to make sure I did not skip any triangles/procedures. It also confirmed that we are not alone when we do this work—we just have to ask.

It also showed me how much faith a client has in me even when I was Esoteric Healer at Class 1, 2, and 3 Levels.

4. What resources did you access, if any, in order to better understand this client's treatment needs? I reviewed class notes and researched definitions for ganglion cysts, cancer, hypothyroidism, arrhythmia to help me understand the esoteric causes of these problems.

Carolyn Rose Frost, CPEH, moved to the United States from England in 1974. She lives a life of service and creativity, spending many years as a teacher, consultant, and mentor. Carolyn felt her gift at an early age and has been practicing the healing arts officially for five years.

**BUDDHA'S BRAIN:
THE PRACTICAL NEUROSCIENCE OF HAPPINESS, LOVE & WISDOM
by R. Hanson and R. Mendius
Constance McCloy**

The first time I read *BUDDHA'S BRAIN* I couldn't put it down. It is that rare text that illustrates the links between neurobiology, psychology and spiritual philosophy/practice. Authors Rick Hanson, PhD (psychologist, neuroplasticity researcher) and Richard Mendius, MD (neurologist) are scientists who are also Buddhist and long-time meditators. In *BUDDHA'S BRAIN* they use a clear, accessible, and often humorous approach in describing the connections between "the mind" and the brain and how they can be affected by survival instincts, cognitive and contemplative practices.

One of the foundational concepts in the book is "neuroplasticity", the ability of the adult brain to change throughout the lifespan. The "mind" (i.e., flow of thoughts and inspirations regardless of origin or type) essentially shapes and sculpts the brain.

We can actually use the mind to change the brain. The simple truth is that how we focus our attention, how we intentionally direct the flow of energy and information through our neural circuits, can directly alter the brain's activity and its sculpture. The key is to know the steps toward using our awareness in ways that promote well-being.¹

The earlier portions of the book address the Buddha's stated "causes of suffering" and then show the reader that suffering is strongly related to the way the human brain is wired for survival. The evolving brain has three layers of structure and function. Two of these layers, the reptilian and paleomammalian brains, are focused on

three strategies for survival: 1) creating separations; 2) maintaining physical and mental/emotional stability at all cost; and 3) approaching opportunities and avoiding threats.

While effective for survival, these strategies often cause pain and distress, sending a pulsation of alarm signals throughout the entire nervous system (i.e., a fight, flight or flee reaction). This reaction escalates further when the strategy doesn't work. For example, we live in a world where change occurs almost constantly. However, we are wired to maintain physical/mental/emotional stability at all cost. As a result, our nervous systems are constantly in "alert mode" until we learn to psychologically manage the changes in our lives.

According to Hanson and Mendius, humans (unlike most animals) often create additional suffering by using the more advanced cortical areas of the brain to worry about the future, regret past actions, and blame or judge self/others in the present. In addition, the human brain is more sensitive to "negative" experiences, such as things that frustrate or cause us pain. The authors point out that most of this "cortical" level of pain is actually "made up" or created by our thoughts and reactions. Interestingly, they find this point actually very hopeful because our thoughts and reactions can be changed and, in turn, can change brain structures and our experience of being human.

The authors have coalesced the Buddha's teachings about the path to freedom from suffering into three main precepts: 1) virtue; 2) mindfulness; and 3) wisdom.

They state that virtue means learning to regulate your thoughts, actions, and words so that they are beneficial to yourself and to others. Mindfulness requires observation and awareness of one's internal and external world. Humans learn by attention, so what we attend to affects our level of happiness. Most meditative or contemplative practices are mindfulness practices, although one can be mindful within one's daily life. The authors call wisdom "applied common sense." Wisdom results when we come to understand what hurts us and what helps us (i.e., what causes suffering and what helps it to end); we then let go of that which doesn't serve us and we strengthen that which helps. These three precepts engage higher cortical areas of the brain, such as the prefrontal cortex (behind upper forehead); they activate the calming parasympathetic nervous system and send positive emotions to the limbic system. Over time, individuals who engage in practices that enhance virtue, mindfulness, and wisdom experience fewer feelings of stress, worry, and anger and more feelings of contentedness, happiness, and love.

Throughout the book, the authors weave back and forth between spiritual concepts, mental/emotional experiences and practices, and the neurological structures involved and affected by each. They provide numerous practical exercises and meditation scripts that help people to gradually "remove obscurations" to uncover their "true nature."

Your true nature is both a refuge and a resource for the sometimes difficult work of psychological growth and spiritual practice. It's a remarkable fact that the people who have gone the very deepest into the mind- the sages and saints of every religious tradition- all say essentially the same thing: your fundamental nature is pure, conscious, peaceful, radiant, loving, and wise, and it is joined in mysterious ways with the ultimate

underpinnings of reality, by whatever name we give That. Although your true nature may be hidden momentarily by stress and worry, anger and unfulfilled longings, it still continues to exist. Knowing this can be a great comfort.

BUDDHA'S BRAIN is well organized in its presentation and illustrations and inspirational with regard to the insights and exercises shared. Information in this book is relevant to Esoteric Healing because it teaches the reader various ways to focus the mind toward more constructive perspectives, to balance the emotions, to overcome survival reactions, and to open one's mind and heart to compassionate ways of living. The neuroanatomy and physiology information in this book also is useful with regard to the development of Esoteric Healing protocols. I highly recommend this book for any practitioner or teacher of Esoteric Healing.

Footnotes

¹ Hanson, R. & Mendius, R., *Buddha's Brain, The Practical Neuroscience of Happiness, Love & Wisdom*, p. v.

² *Id.* at 15.

Reference

Hanson, R. & Mendius, R. (2009). *Buddha's Brain: The Practical Neuroscience of Happiness, Love & Wisdom*. Oakland, CA: New Harbinger Publications.

Constance McCloy, EdD, PT, CPEH has been an Esoteric Healing Practitioner for 12 years, is currently in the INEH Teacher Trainee program, and has worked with physical therapist/academician for more than 35 years. She owns two businesses: *Merging Hearts*, focused on energy work for people and animals, and *Hope Health Promotion*, where she assists older adults with becoming and remaining physically independent so that they may age-in-place.

Higher Than Thought

Irmgard Kurtz

Is there anything higher than thought? Meditation is in truth higher than thought. The earth seems to rest in silent meditation; and the waters and the mountains and the sky and the heavens seem all to be in meditation. Whenever a man attains greatness on this earth, he has his reward according to his meditation.¹

I had the great good fortune to have lived at our Yoga Retreat, the Song of the Morning Ranch, where Yogacharya, our Yoga teacher, taught us work, meditation, and God-realization. Those were special and blessed times when we would gather at the end of the day for our evening meditation. We would start with an opening prayer, and then began chanting some of Yogananda's Cosmic Chants. This greatly helped to interiorize and still the mind. Yogacharya gave general instructions on meditation. He would quote often from the *Bhagavad Gita*, or *Song Celestial*, the Hindu Bible.

Sequestered should he sit, steadfastly meditating, solitary, his thoughts controlled, his passions laid away, quit of belongings. In a fair, still spot having his fixed abode—not too much raised, nor yet too low—let him abide, his goods a cloth, a deerskin and the Kusa-grass. There, setting hard his mind upon the One, the Restraining heart and senses, silent, calm. Let him accomplish Yoga and achieve pureness of soul, holding immovable body and neck and head, his gaze absorbed upon his nose end, rapt from all around. Tranquil in spirit, free of fear, intent upon his Bramacharya vow, Devout, Musing on me, lost in the thought of me. That Yojin, so devoted, so controlled, comes to the peace beyond, - My peace, the peace of high Nirvana!

In the Upanishads we also find wonderful instructions on meditation.

Retire into solitude. Seat yourself on a clean spot and in upright posture, with the head and neck in a straight line. Be indifferent to the world. Control all the senses. Bow down in devotion to your guru. Then enter the lotus of the heart and there meditate on the presence of Brahman, the pure, the infinite, the blissful. Unmanifest to the senses, beyond thought, infinite in form is God. He is the Doer of all good. He is forever tranquil, He is immortal. He is One, without beginning, middle or end; He is all-pervading, he is infinite wisdom, and he is bliss. The seers meditate on Him and reach the source of all beings, the witness of all. He goes beyond darkness, He is Brahma, He is the supreme the changeless reality. He is the primal energy. He is eternity. He is all.

We entered into our own inner "temple of silence," sitting comfortably in a chair, or cross-legged on the floor, with the spine straight, palms upturned, resting at the juncture of the thighs and the abdomen, to prevent the body from bending forward once the correct posture has been assumed. The body will be stable, yet relaxed, so that it is easily possible to remain completely still. The gaze of the eyes upturned to the mid-spot between the eyebrows, the seat of the spiritual eye, or the window of the soul. We read in the Bible, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light."²

Then begin to watch one's breath as it slowly enters and exits the lungs. Breath is life, and by breath our soul is bound to our physical body. In the Bible's story of

creation it says that God “breathed into his nostrils the breath of life; and man became a living being.”³

The first breath anchors a baby’s life to the body, and the last breath will take life back to eternity. And so we watch our breath; as random thoughts arise, lay them aside with “neti, neti,” not this, not that, until a sense of total stillness is attained. And in this state of inner stillness one might hear the inner sounds of the universe, the “music of the spheres,” or see a point of light, or a great blazing sun, but whether one sees the light of the infinite or not, one should continue to concentrate inwardly, praying deeply to God and his great saints, the elder brothers and way-showers, invoking their presence and blessing.

Paramahansa Yogananda, the great Hindu Master, said, “Meditation is the missing link between religion and realization, church and God, man and God, soul and spirit. Meditation is the science of re-uniting the soul with Spirit. Meditation is that special form of concentration used to know God.”

Again we read from the Katha Upanishads:

When the five senses and the mind are still, and reason itself rests in silence, then begins the Path Supreme. This calm steadiness of the senses is called Yoga. . . . When all desires that cling to the heart are surrendered, then a mortal becomes immortal, and even in this world he is one with Brahman.

At close of meditation Yogacharya would say, “Day by day as you learn to meditate a new awareness will come. A new living relationship with God will be established. The mist of silence and mystery that hangs

over everything will slowly vanish before the dawning of light of your mental and devotional search for God.”

We would close with a prayer, sing or chant a closing hymn, and stay a while longer in this holy atmosphere of peace. How often did we see four or five deer just standing outside the Lodge, looking into the windows. The hymn *My God and I Go in the Fields Together* took on an entirely different meaning, when even the deer from the forest would come and join us in our evening meditations and prayers.

The Creator made the senses outward going; they go to the world of matter outside, not to the Spirit within. But a Sage who sought immortality looked within himself and found his own Soul.⁴

OM, Peace, Bliss, Amen.

Footnotes

¹ Upanishads.

² Matthew 6:22.

³ Genesis 2:7.

⁴ Katha Upanishads.

Resources

The King James Bible (2003).

Upanishads.

Irmgard Kurtz, CPEH, began formal and regular meditation in 1960 when she joined *Self-Realization Fellowship* to which she is still an active member. In 1964, Irm began learning from Yogacharya J. Oliver Black, one of Yogananda’s foremost disciples. She lived at his Retreat in Vanderbilt, Michigan, from 1971 to 1982. Irm took her first Esoteric Healing class in 1989 and has been a helper in all the classes since then.

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.

