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# LIFESTREAM

Journal of the National Association for Esoteric Healing

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

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Cover: This mighty crabapple tree thrives in the New York Botanical Garden and was photographed by Stephanie Urdang during an annual spring visit.

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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:**

With this spring edition we begin our third year of publishing LIFESTREAM, JOURNAL OF THE NATIONAL ASSOCIATION FOR ESOTERIC HEALING. This volume is packed with articles that are fresh and forward thinking. No need to recycle old topics under new titles here! The pervasiveness of our work and depth of our members creates a synergy of endless opportunities for knowledge and growth.

As spring approaches and begins to settle in, leaving behind the dark, cold days of winter, we can lighten our hearts, minds, and souls with a good dose of laughing. Stephanie Urdang in *In Spirit In Laughter* walks us through the benefits of laughing and encourages us all to give it a try!

In *Getting “Forked” by Spiritual Assumptions* Susan Spencer writes about a topic we are all probably familiar with and which has caused us a bit of discomfort. Her experience and observations are poignant and relevant and help shine light on a difficult subject.

Bonnie Dysinger continues her expansive look at the chakras, this time focusing on the Throat Center. As we are awakening into spring, it is the perfect time to make clear the gateway between our mind and body and find balance for the center of our communication and mental creativity. Moreover, she reminds us of the power (and associated responsibility) we each have to create the world around us.

In the first case study Scottie Putman tells us the endearing story of her work and success involving her first horse client. Theresa Berry follows with a fascinating story of a client's growth through pain and change.

Our book review by Annemarie Loria on *YOUR SOUL'S PLAN* is fascinating and intriguing. For those looking to better understand their time on earth, this may be a book you want to read.

Coral Thorsen takes us through a beautiful meditation. Her final comment speaks volumes: “Allow the spring's increasing light to be your prompt and gratitude to be your key as you open the door and step more fully and consciously into your own illumination of greater light within.”

We hope you enjoy the Journal!

Blessings,  
Joni Larson  
Editor



## **In Spirit In Laughter**

**Stephanie Urdang**

There is a particular constant in Esoteric Healing classes and conferences, something I always notice and take home with me when it's over: the spontaneous musicality of laughter that's right on the surface of even the most serious of lectures. It's a gentle, cosmic laughter, a pure expression of the group soul as we joyfully play in the fields of the Source. Along with the protocols we learn and practice, I find that coming together and immersing in that sound are integral parts of the offered healings.

A number of studies report that children laugh up to four hundred times a day, and adults, on the average, only seven or eight times. It was Martin Luther who said, "You have as much laughter as you have faith." Based on laughter alone, a group of Esoteric Healers is blessed with the faith of the young.

However, not all laughter is created equal, nor is it always an expression of faith. Basically, there are three types of laughter. The first form is at the expense of others. The second is when you laugh at yourself. It is worth achieving and a sign that an individual is less defended in the ego than average humanity. The third type is the purest form of laughter, and what I refer to above regarding a group of Esoteric Healers. Rather than it being at the expense of others or one's self, it is laughter at the whole, the enjoyment of the experience in the Cosmos, where the beauty of it all makes laughter inevitable. It's an expression of advanced humanity.

***When you realize how perfect everything is, you will tilt your head back and laugh at the sky.***

Laughing as a spiritual and healing practice has a long history. In China, Pu-Tai, and in

Japan, Hotei, literally cloth sack (that never empties), are the names of laughing Buddhas, symbolizing happiness, contentment and abundance. The original Chinese Pu-Tai is believed to have been a real person who lived over a thousand years ago. In both countries, they are a constant of their cultures, can be found in almost everyone's home, and often in their businesses.

Also in China, there is a legend of three laughing monks who went from village to village and their only sermon was laughter. They stood and laughed as the people gathered. Before long, everyone was laughing too. They became very beloved, spreading their infinite wordless joy throughout the lands. It was how they spent their entire lives. When they got old, one of them died in a village where they were staying. The people were mournful but the remaining two monks kept laughing. When asked why, they said because they always wondered who would die first and their laughter was a celebration of his victory.

As the dying monk was fading, he requested that they ignore the rule of washing the body and changing his clothes before placing him into the funeral pyre. Because they believed that laughing on a daily basis cleansed the body of impurities making the bath and clean clothing unnecessary, they granted his wish. When he was placed in the fire, the monks and mourners had the surprise of their lives and the monk who passed had the last laugh. He'd hidden firecrackers in his pants and when they exploded, everyone present broke into a laughing fit.

Since the 1600's, philosophers and doctors have been writing about the benefits of laughter and, in some cases, the dangers and what the Victorian, George Vasey in

England, called the “stupid excitement of laughter.” In America, in 1876, Mark Twain, wrote in *THE ADVENTURES OF TOM SAWYER*,

The old man laughed loud and joyously, shook up the details of his anatomy from head to foot, and ended by saying that such a laugh was money in a man’s pocket, because it cut down the doctor’s bills like everything.<sup>1</sup>

Another American, the journalist Norman Cousins, made laughing at comedies to alleviate pain famous when, in 1979, he published *ANATOMY OF AN ILLNESS AS PERCEIVED BY THE PATIENT*. In it, he claimed to have cured chronic disease through practiced laughter.

The latest “Guru of Giggling,” is Madan Kataria of Mumbai, India. As a doctor studying the benefits of laughter on the physiology and psychology of his patients, he started a laughter club in 1995 with four men in a park. The first premise was through telling and laughing at jokes. But they quickly ran out of new ones and repeating them was not funny. As attendance increased and included women, so did off-color joke tellers. The women protested and as a counter measure, Kataria decided to do jokeless laughing, just for the sake and benefits of it, what he calls “laughter for no reason.”

Kataria’s wife, a yoga teacher, added specific breathing techniques to create a more potent practice. Since Yogis believe that more exhalation than inhalation is a beneficial ratio, and it’s naturally present in a good laugh, that is the reason they refer to it as yoga. And even though it began as a health practice, Kataria now refers to it as a “global movement for health, joy, and world peace.”<sup>2</sup> Today there are thousands of laughter clubs in sixty-six countries.

From *ESOTERIC HEALING*, in the following statement on what yoga will someday be

like, Alice Bailey could have been describing the soul-infused practice of Laughter Yoga:

In the yoga of the future, through meditation and alignment and right practices, the centres will be brought under the direct control of the soul—a very different thing to the control of the centres by the mind and one for which the masses of men are not yet ready. To this the Science of the Breath will be added—not breathing exercises as now taught . . . but a breathing rhythm imposed by the mind through which the soul can work, and which will not require anything more than the simple rhythmic physical breath but which will reorganise the subtler bodies and bring the centres into ordered activity, according to ray and point in evolution.<sup>3</sup>

A Laughter Yoga class begins with a few minutes of rhythmic breathing combined with the repeated sounds, Ho, ho, ha, ha, ha. This warms up the body. Then the laughter begins when the teacher instructs the class to laugh like a giggling child, or a witch, or an angel, or a cowboy, or a movie starlet. Laugh till you cry or can’t talk because you’re laughing too hard. Do not leave out the cosmic laughter. The possibilities are endless.

It’s a known fact that you can’t make yourself laugh by pretending and have it be genuine, unless of course you happen to be a great actor. But it’s equally known that in the presence of laughter, you cannot help but join in. In a group, its’ infectious quality creates honest and real laughter in seconds.

Each category of laughter in the class builds until it begins to quiet at which time the teacher or a student suggests another style of laughter. The object is to get the heart going, clear the lungs, change the mood, connect to your self, your soul, and to the hearts and souls of others. This goes on for

twenty or so minutes. After the laughing segment is over, it's a wonderful challenge to stop the hilarity and go into a cooling period of quiet breathing.

Kataria likes to say, "I have not seen anyone dying of Laughter, but I know millions who are dying because they are not Laughing."<sup>4</sup>

Alice Bailey, in *ESOTERIC HEALING*, said,

I would like to point out that I place the complications of *congestion* first upon the list of diseases arising in the etheric body, because it is at this time—and will be for a couple of centuries—the major cause of difficulty for the bulk of humanity, or of those people we esoterically call "solar-sacral" people. This is partly due to the age-long habits of suppression and of inhibition of which this race, as a whole, has developed. It is this congestion at the point of intake and outlet in the etheric body, which is responsible for the impeding of the free flow of the life force, with the results of a rapid succumbing to diseases. Hence, also, you will see how carefully assigned breathing exercises, with their subtle effect or reorganisation and readjusting subtler bodies (particularly the etheric and astral bodies) will become more and more generally used."<sup>5</sup>

To paraphrase, disease comes from congestion, suppression, and inhibition, particularly in the breath, the intake and outlet, because they are responsible for free flow of life force. One of the first things I learned in Level 1 is that "All disease is the result of inhibited soul life."<sup>6</sup> There is nothing like a good belly laugh to release pent up emotions and stress from the body and to increase one's breathing capacity. To do that as a practice in a group, one is required to leave inhibitions at the door and let the soul sing.

Scientists in many cultures have set out to prove the positive effects of laughter, but to no avail. From an article in *The New Yorker*:

Laughter is a funny thing. Even in the eyes of modern science, it remains mystifying, in part because it is so difficult to study. In the nineteenth century, scientists used a device called a magneto-electric machine to probe happy faces. More recently, they have taken blood and urine samples of people watching funny videos of the comedian Gallagher smashing watermelons or of other standup routines. They have conducted fMRI and PET scans of people laughing. They have tickled students and great apes, and even rats. They have learned, by manipulating digital recordings of giggles and guffaws, that the range of what we comprehend as laughter is remarkably wide. When laboratory work has proved futile, they have gone into the field, observing people in their natural habitats . . . . Still, laughter science must reckon with a frustrating paradox: a controlled environment, where all but the most salient variables can be eliminated—the experimental ideal—is often inimical to laughter.<sup>7</sup>

Therefore, I will refrain from making any big scientific claims on unproven effects of Laughter Yoga. I can only say that at the end of a class, I feel integrated wholeness between the body, mind, and spirit. My lungs feel expanded and clean, the sinuses are draining, my muscles are relaxed, and all organs feel alive. The digestive system gets immediately stimulated. And my mood is elevated for days. In fact, every part of me smiles: lips, chakras, internal organs, emotional and mental bodies, and especially my soul.

The potency of a laughing class, aside from the good feelings of the individual

practitioners, is in the intention: the fact that energy follows thought, made more or less positive by the group of individuals participating. It can be similar to Esoteric Healers who come together to meditate and heal as World Servers. Laughter connects people heart to heart and soul to soul, while creating a joyful sound, a vibration that ripples throughout the lands. As the numbers of World Servers and conscious Laughter Yoga practitioners increase, the more advanced, peaceful, and joyful the people and their planet shall be.

***The human race has only one really effective weapon and that is laughter.***  
-- **Mark Twain**

And last, but certainly not least, “Laughter is carbonated holiness.”<sup>8</sup>

#### **Footnotes**

<sup>1</sup> Twain, M., *The Adventures of Tom Sawyer*, p. 191.

<sup>2</sup> Kataria, N., Laughter Yoga International.

<sup>3</sup> Bailey, A.A., *Esoteric Healing*, pp. 241-42.

<sup>4</sup> Kataria, M., at [http://laughteryoga.org/index.php?option=com\\_content&view=article&id=841&Itemid=587](http://laughteryoga.org/index.php?option=com_content&view=article&id=841&Itemid=587).

<sup>5</sup> Bailey, A.A., *Esoteric Healing*, p. 78.

<sup>6</sup> Bailey, A.A., *Esoteric Healing*, p. 5.

<sup>7</sup> Khatchadourian, R., *The Laughing Guru*, p. 56.

<sup>8</sup> Lamott, A., *Plan B: Further Thoughts on Faith*, p. 66.

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## ASSUMPTIONS

### Getting “Forked” by Spiritual Assumptions *Susan Spencer*

Recently, while traveling, I spent the weekend with a friend who happens to be an energy practitioner like myself. The experience ended unpleasantly and left me pondering some of the personal and spiritual assumptions we bring to this work. It occurred to me that we might do well to spend some time in more careful consideration of our assumptions. One that particularly interests me has to do with the notion that spiritual “advancement” or “evolution” is a guaranteed by-product of the work we do.

By way of illustration, allow me to digress a moment. In rather surprising ways, energy work (and Esoteric Healing in particular), occasionally reminds me of the academia I left behind two years ago. Within the academic community, there’s an understandable tendency to assume certain, almost automatic, intellectual “virtues”—of wit, wisdom, or erudition, for example. Though superiority may be too strong a word to apply here, those drawn to careers in academia generally assume a kind of self-evident intellectual prowess, the “merit badge” of their chosen profession, so to speak. Though such assumptions might be understandable, I’ve found that when they become too rigidly held, without being examined or questioned, the potential for the development of arrogance and pride increases considerably and may even pose a danger to the efficacy and integrity of academics. It seems, in fact, to fall neatly into that category of error that Bailey identifies as “glamour.”

During the past six years of my involvement in Esoteric Healing, I’ve occasionally heard fellow practitioners assert that the work we were doing bespoke a certain spiritual prowess or evolutionary advancement. During my weekend as a guest, for instance, my friend posited the belief that we don’t

reach the places we have in our work without having moved beyond the realm of “average humanity.” She most likely meant, I suppose, that we had somehow reached a sort of spiritual milestone, and she may well have been right. I wondered, however, at the unspoken assumption that this fact more or less ensured our immunity to the kinds of ego traps, soul errors, projections, hubris, neuroses, and endless, assorted spiritual “failings” that plague the teeming, unconscious mass of individuals affectionately referred to in esoteric circles as “average humanity.”

She spoke with a certainty I did not possess and could not muster. I have long mistrusted the suggestion that one eventually matriculates to a spiritual state that confers a kind of inoculation against one’s own shadow, egoism, selfishness, greed, competitiveness, or mean-spirited behavior, simply by virtue of the work we are doing. I’ve further wondered if such assumptions weren’t their own trap. The claim of spiritual advancement is not proof of such as a fact. Yes, it might be argued, we have a tool which ostensibly permits us to “test” evolutionary progress through the assessment of initiation levels. However, this seems a subjective process, prone to inaccuracy by the projections of the practitioner. Unfortunately, the trap of work such as ours is that we may risk ending up right back where we started, separating ourselves from “others” even as we utter the “language of the heart” and pepper our speech with words like “inclusion.” The fact is that we cannot logically be inclusive if we exclude certain others, no matter how much we profess to value the *concept* of inclusion. Bailey, in speaking of the dangers of “possessing a creed” argues that, “No matter how good a formula of beliefs it may be, it inevitably produces exclusiveness. It bars some out.”<sup>1</sup> Do we not need to exercise

extreme care in assuming that we can know with absolute certainty who falls into the category of “average humanity” and who has transcended this label?

When I was a professor of Communications, I used to be amused at my students’ shock at one fundamental concept of communication, which, in effect, states that “meanings are *not* found in the words we use.” Students were incredulous when I’d point out that most verbal declarations *are essentially meaningless* unless, over time, they are consistently *congruent* with our nonverbal behavior. Saying “I don’t want to judge” does not make a person non-judgmental, nor does it inoculate him from making judgmental statements.

In fact, the opposite may be true, because the meaning of any utterance can only be found in actions that accompany, and therefore support it, over time. Most communication contains complex subtexts. Consider again the statement, “I don’t want to judge.” The true intent, or subtext, of this statement often serves as a prelude to actually judging someone—a disclaimer, or caveat, if you will. In this case, the subtext—where true meaning resides—can sometimes be as much as 180 degrees removed from the actual statement, “I don’t want to judge.” Now, if meanings were to be literally found in words, the statement “I don’t want to judge” would *always* mean, “I am categorically against judgment” or “I have no desire to judge anyone, ever, for anything.” Needless to say, however strongly we may sense truth percolating in the subtext of the messages we hear, we usually receive the spoken messages of others literally, taking their words at face value, a fact which accounts for untold communicative disasters and derailments.

In point of fact, spoken messages are frequently as much as 180 degrees distant from a speaker’s true intent and motivation, or the meaning-laden subtext of what he is saying. Watch congressional hearings for a

day and you’ll know what I mean. When we don’t know—or don’t wish to know—our own motives (both the virtuous, “enlightened” ones, and the dark, competitive, nefarious ones)—or when we refuse to subject our motives, thoughts, and actions to uncompromising scrutiny, then I suspect spiritual maturity is delayed, no matter how impressive our meditative practices, how pretty our words, or how many people may come to us for healing.

***Spiritual advancement is most authentic when it involves a constant, vigilant attempt to understand and admit our own true intent and motives.***

It seems to me that spiritual advancement is most authentic when it involves a constant, vigilant attempt to identify and monitor our own shadow sides, to understand and admit our true intent and motives, including the sad, dark, but somehow ubiquitous desire to be separate from, and/or superior to, those individuals we see as outside of ourselves. I believe integral healing practice requires us to be aware of the effect of our actions on others and to monitor those actions with the goal of empathy and understanding. The ability to be self-examining and scrupulously truthful (to ourselves and others) is not unconditionally guaranteed by taking a series of courses on Esoteric Healing or some other energy modality, although this can, and usually does, help a great deal. However, since we are working in the quantum field, then we at least theoretically accept that we are both microcosm and macrocosm. It stands to reason, then, that healing will be more likely or more complete when we are able to willingly and lovingly admit that we contain, within *each* of ourselves, *both* average *and* advanced humanity. And so, similarly, do our “clients.”

“Seek first to understand rather than to win,” is a specific principle from a theory of win-win conflict resolution which I used to

teach in my courses. When fully considered, “seek first to understand rather than to win” is a spiritually demanding statement, yet one it does not behoove conscious individuals to shrink from. In conflict situations (which are not limited to “average humanity” alone), seeking first to understand requires an honest examination of our own behaviors, motives, prejudices, our state of mind, our anxieties, our fears, and our projections, to see how they might be contributing in some way to a conflict situation. In cases where this is missing, conflicts can be difficult or impossible to resolve.

Says Debbie Ford, author of *THE DARK SIDE OF THE LIGHT CHASERS*,

When we suppress [deny or fail to look at] any feeling or impulse, we are also suppressing its polar opposite. If we deny our ugliness, we lessen our beauty. If we deny our fear, we minimize our courage. If we deny our greed, we also reduce our generosity.<sup>2</sup>

In other words, unless we connect to, admit, and confront our own capacity for darkness, we cannot fully express the light. Unless we forgive the world for not being perfect (as we define perfection), we may try to browbeat ourselves and others into a projected state of perfection, as we define it—and be merciless (and sometimes mercilessly cruel) when we or others fall short of that vision. To imagine that we are above reproach—or about to be, as a result of our “work”—is, I believe, a mistaken assumption. Further, it has the potential to do injury to our relationships. The health of our relationships may well be as important as the health of our bodies, minds, and spirits. To justify walking away from difficult situations rather than working to understand and heal them, when needed, is perhaps to misuse our spiritual “capital.”

Furthermore, to imagine, often unconsciously, that the people who come to us for healing are sick or unconscious or deluded, etc. (while we hold the key to wholeness), is, I think, a misunderstanding of what this work asks of us. Who’s to say, for instance, that those who come to us—sometimes in great mental, emotional, and physical anguish—are not, in reality, as “evolved” (perhaps even more so) as we ourselves? Who’s to say that *they aren’t our teachers, our instructors, our facilitators?* Who’s to say that, in coming to us, they are not affording us the opportunity to *help ourselves through the process of “helping” them?*

***Who’s to say that our “clients” aren’t actually our teachers? In coming to us, they are affording us the opportunity to help ourselves through the process of “helping” them.***

The problem I see with the default assumption that studying Esoteric Healing elevates us spiritually is *not* that we don’t evolve spiritually in the process of our studies. For the most part, we do. Yet, sometimes, as the process unfolds, we may also begin to assume our own elevated state is simply a given. Again, I suspect this is a largely unconscious process, as it is with academics, perhaps even an understandable one. We see the promise of stainlessness and strive to become it. Yet, as long as we value the illusion of stainlessness, instead of the truth that we are all cooking together in this steaming kitchen of life, so to speak, I fear we run the risk of stabbing ourselves and others with our own misdirected “forks.”

I left my friend’s home at the end of the weekend in a state of profound confusion and distress. We had argued about something very suddenly—seemingly out of the blue. One moment, we were engaged in what I believed was a pleasant conversation; the next, the conversation had inexplicably

careened into chaos, leaving me afraid, panicked, and unable to get my bearings. Something had happened, but I couldn't, for the life of me, reconstruct the point at which it had all gone terribly, irrevocably wrong. How was such a fatal detour possible between two, so-called "awakened" people? I'd arrived at this person's house assuming we were good friends; I left feeling we were all but strangers. This realization shook me to my core, primarily because we both aspired to be in the business of healing and had spent many years "doing our work," as they say.

A later, half-hearted attempt at healing the breach—from a distance, via email—proved unsuccessful. We both felt wronged in our respective ways, and neither was willing to accept responsibility for her part in the situation, to confront her own shadow, and reach out to forgive our mutual human imperfections. Rather than "seeking first to understand," we fled to the shelter of our respective biases. In the end, we did not heal the issue or the relationship, but rather, left it to fester. Still, I can't help but think that summarily dismissing one's friends or friendships with the rationale that we've "outgrown" them (and "moved on" as a result of our spiritual evolution) is a risky proposition. If we're in the business of healing, why, then, would we not see all relationships as valuable, instructive, and equally as deserving of healing as our bodies, our emotions, our minds, and our spirits? I find myself asking this same question as I watch our politicians play out endless sagas of self-serving obstructionism, exclusivity, and false posturing—while the "health" and the good of the collective languishes in the balance.

"We are never upset for the reason we think,"<sup>3</sup> reads a line from the workbook portion of *A COURSE IN MIRACLES*, a line which has resonated with me for decades. It often asserts itself when I find myself faced with a conflict of some sort. What I've discovered over the years, both in thinking

about and in teaching the principles I've been studying, is that very often the true culprit in conflicts is not two people, but, rather, two differing sets of assumptions that each party has come to believe as true. It is, I think, our *assumptions* that conflict with one another, not the part of us that is real. The part of us that is real often sends out some sort of alarm when we are in the thrall of an assumption rather than a fact. Whether we choose to hear it or not, it usually cautions us that we may be attaching too much weight, not to a truth, but to an assumption. And the one, singular assumption, which I think it may behoove us to approach with real caution is this one: "I can't possibly behave badly—after all, I'm on the 'path.'"

### Footnotes

<sup>1</sup> *Ponder on This*, p. 285.

<sup>2</sup> Ford, D., *The Dark Side of the Light Chasers*, p. 6.

<sup>3</sup> Schucman, H. & Thetford, W., *A Course in Miracles: Workbook*, p. 5.

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

### Anatomy of the Throat Center

*Bonnie K. Dysinger*

The Throat Center is the 5<sup>th</sup> chakra and is located between the 7<sup>th</sup> cervical and 1<sup>st</sup> thoracic vertebrae. The Throat Center balances with the Sacral Center and is receptive to the energies of Ray 3. It is the center for communication and mental creativity, the gateway between our mind and body. It is communication: expressing our inward feelings through our voice so others can hear our thoughts and feelings, through our ability to hear and listen, through the expressive motions of our arms and hands, and through the pen of our written words. It is mental creativity: helping us to create our life as expressed through our emotions, expressed through our thoughts, expressed through our physical body, and expressed through our life's lessons and experiences. What you speak or think you create.

Bailey talks about certain truths applicants for initiation are to study and about the great distinction between an "aspirant to the Path" and "application for initiation." Once you choose to seek initiation your life falls under a different set of 14 rules. (Bailey, 1997, pp. 192 – 208).

Rule 7 applies to our speech and thoughts:

Let the disciple turn his attention to the enunciating of those sounds which echo in the halls where walks the Master. Let him not sound the lesser notes which awaken vibration within the halls of Maya.<sup>1</sup>

"The disciple who seeks to enter within the Portals of Initiation cannot do so until he has learnt the power of speech and the power of silence."<sup>2</sup>

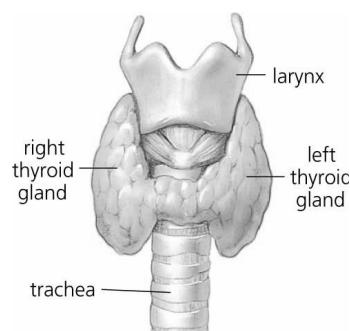
Let us always strive that our speech and thoughts are loving, wise, and necessary in

knowing that we are the ones creating our world around us.

**THYROID GLAND:** The thyroid gland is the endocrine gland of the Throat Center. It's located in the front of the neck just beneath the surface of the skin and below the larynx (Adam's apple). The thyroid measures about 2 inches wide and is shaped like a bow tie. The hormones produced by the thyroid gland, T3 and T4, stimulate most tissues in the body to produce proteins and to increase the amount of oxygen used by each cell. These hormones also affect the heart, respiration and metabolic rates, growth, skin, fertility, digestion, and heat production.

Thyroid hormones are regulated by the hormones released by the hypothalamus and the pituitary gland in the brain.

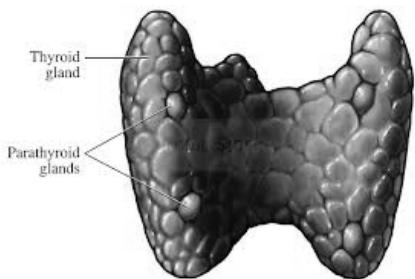
Calcitonin is also a hormone produced by the thyroid which helps the bones absorb calcium contributing to bone strength.



Symptoms of a thyroid disorder may include depression, fatigue, cold or heat intolerance, dry skin, hair loss, reproductive failure, anxiety, insomnia, fast heart rate, or bulging eyes.

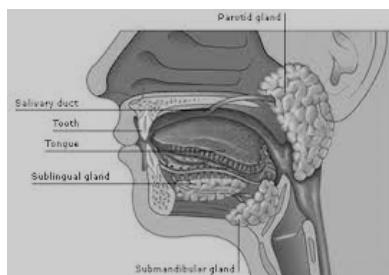
Common conditions of the thyroid include hypothyroidism, hyperthyroidism, Graves' disease, and goiters.

**PARATHYROID GLAND:** The parathyroid are four small glands embedded two on each side at the back of the thyroid gland. These glands, along with the thyroid, also work with the hormone calcitonin to balance the calcium level in the blood that is needed for muscle and nerve function, well-being of the body's cells, and to prevent bone loss.



**THE MOUTH:** Through the mouth we are able to eat and breathe. Chewing with the 20 baby teeth or 32 permanent **teeth** begins the break down of food in preparation for digestion. The **tongue** tastes and mixes the food. Its surface is covered with taste buds that distinguish between bitter, sweet, salty, or sour flavors.

There are three major **salivary glands** that produce saliva: the parotid, submandibular, and sublingual in addition to other small glands within the mouth.



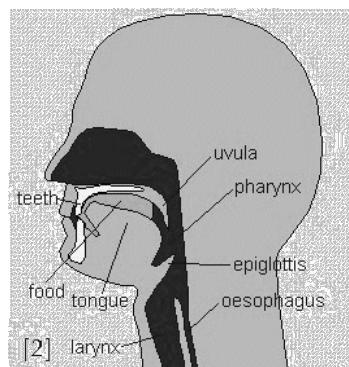
These glands produce about 1.5 liters of saliva a day. Production of saliva is stimulated by the parasympathetic nervous system and restricted by the sympathetic nervous system. When you are relaxed or experiencing a pleasurable anticipation, like eating chocolate cake, your mouth tends to fill with saliva – a.k.a. drooling. When you

are in a state of fear your mouth becomes dry. Saliva helps to keep the tissues of the mouth cleansed and healthy and prevents the teeth from mineral loss. Saliva begins the digestion process by breaking down food so it easily slides down the esophagus.

Common conditions of the mouth include canker sores, cold sores, gum disease, and dry mouth.

The **esophagus** connects the throat and stomach and moves food down to the stomach by muscular contractions. At the bottom of the esophagus is the lower esophageal sphincter. This is the sphincter (reflux valve) that prevents stomach acid from coming back up from the stomach.

Common conditions of the esophagus include dysphagia (difficulty swallowing) and heartburn.



## THE THROAT:

**Pharynx:** The pharynx in common terms is referred to as the throat. It is the common passage going down the throat for food, liquid, and air. At the top of the pharynx is the **epiglottis**, a flap of cartilage, which closes over the trachea when swallowing to keep food or liquid from going into the lungs. The throat then is the muscular passage where it directs food to the esophagus and air to the lungs. It is lined with mucus membrane and cilia (hair-like projections).

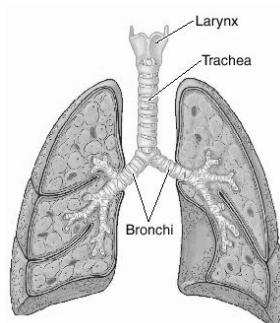
Common conditions of the pharynx include pharyngitis, tonsillitis, and sore throat.

**Larynx:** The larynx is the voice box which is responsible for the sound of the voice. The pharynx splits in two as it extends down the throat. The front (anterior) side becomes the larynx where air flows through to the lungs. The back (posterior) side becomes the esophagus taking food and liquid to the stomach. The larynx is composed of the hyoid bone, cartilage, and the vocal cords, all moved by muscles.

Common conditions of the larynx include laryngitis, hoarseness, nodules and polyps, and loss of the voice.

**RESPIRATORY FUNCTION:** As we inhale the breath enters in through the nose or mouth and passes down through the pharynx, through the larynx, through the trachea (windpipe) which then branches into the left and right bronchi and finally into the lungs.

**Trachea:** This is the “windpipe,” the largest of the airways. The trachea is the connection between the larynx and the bronchi. The trachea is a strong tube of smooth muscle with u-shaped cartilage all wrapped in connective tissue. The cilia (hair-like projections) within the trachea are what move mucus back up to the back of the throat where it is then coughed into the mouth; most often however, the mucus is swallowed.

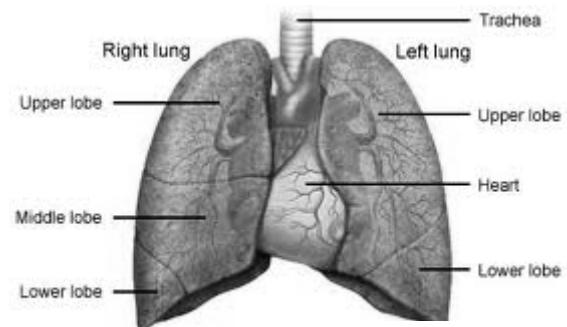


**Bronchi:** Two bronchi branch off from the trachea with each one connecting into a lung. They too are formed of smooth muscle and cartilage. The cartilage creates the solid flexible tube that holds the bronchi open. The bronchi continue to divide into smaller and smaller pathways until they no longer have any cartilage and become bronchioles.

At the end of the bronchioles are the alveoli, the small delicate air sacs in the lungs that are surrounded by the pulmonary capillaries. This is where the exchange of oxygen and carbon dioxide takes place via the blood in the lungs. LIFESTREAM (VOL. 2, NO. 1) describes this exchange between the blood, lungs, and heart.

Common conditions of the bronchi include asthma or bronchitis.

**Lungs:** The lungs are spongy expandable organs that infuse oxygen into the blood as we breathe in and release carbon dioxide from the blood as we breathe out. Their process in respiratory function is under the control of the Throat Center.



The two lungs are each divided into lobes. The right lung has three lobes and the left lung has two lobes. The left lung is smaller because it shares chest cavity space with the heart. By having lobes we are provided with a greater surface area for the respiratory exchange process.

Within the chest cavity the lungs are surrounded by a slippery membrane (pleura). This membrane also lines the

inside of the chest cavity and the minimal fluid between the two membranes allows for the lungs to move smoothly during the breathing process. Also within the chest cavity the lungs are protected by the bony structure of the sternum, spine, and ribs.

The lungs do not inhale or exhale on their own. This is done by the main muscles of respiration, the diaphragm (refer to LIFESTREAM, VOL. 2, NO. 1), the abdominal muscles, and the intercostal muscles between the ribs. On inhalation as the diaphragm pulls down drawing oxygen into and expanding the lungs, the intercostal muscles expand the rib cage. The abdominal muscles then push the relaxed diaphragm up against the lungs and the intercostal muscles pull the ribs in and down squeezing the air out of the lungs to exhale. While all this is happening there is an equalizing of the pressure within the chest cavity.

The left and right lungs are isolated from each other by the mediastinum. This is important because if the pressure within one side of the chest wall is released, e.g. puncture wound, that lung will collapse and not function in the breathing process. The chest wall pressure around the other lung is not affected and is therefore still able to continue the breathing process to sustain life.

Symptoms of a lung condition may include cough, chest pain, shortness of breath, wheezing, and coughing up non-white phlegm.

Common conditions of the lungs include COPD (chronic obstructive pulmonary disease), pneumonia, pleurisy, asthma, cystic fibrosis, and lung cancer.

**LYMPHATIC SYSTEM:** The lymphatic system provides vital protection from infectious disease. It consists of lymphatic fluid, vessels, lymph nodes, and two lymphatic ducts. It is considered secondary to the circulatory system.

Lymph fluid carries oxygen, proteins, minerals, and nutrients to nourish the tissues.

The lymph drains through a series of one-way tubes starting as capillaries in the tissues that continue forming larger vessels. The lymph system absorbs cells and debris that are too large to enter the blood capillaries. The vessels carry lymph fluid through hundreds of lymph nodes placed throughout the body. The lymph nodes are responsible for filtering infection, damaged cells, bacteria, and viruses out of the lymph fluid before it returns to the blood, thereby protecting us from infection and cancer.

Lymph fluid re-enters the blood through the right and left lymphatic ducts which connect to the subclavian veins below the clavicle. The right lymphatic duct receives lymph from the right upper quadrant of the body, and the right side of the head and neck; the left lymphatic duct receives lymph from both legs, the left upper quadrant of the body, and the left side of the head and neck.

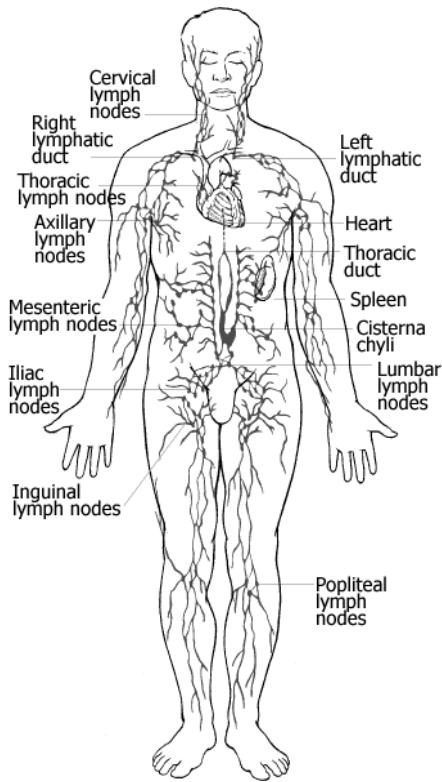
Lymph is circulated through the vessels when squeezed by surrounding muscles (movement and exercise) and by pressure changes in the chest cavity (deep breathing).

Daily we circulate about 3 liters of lymph fluid into the blood; the same amount leaves the blood and does not return again back into the blood.

When lymph vessels are damaged, edema (swelling) occurs in the surrounding area. However, remaining healthy lymph vessels will re-grow into the damaged area and reestablish good drainage.

Lymph nodes are clustered in the areas of the neck, armpit, groin, and behind the knee and range in size from 1 to 2 centimeters; however, the nodes can become quite large when fighting an infection. There are multiple vessels that enter the lymph node but just one that exits the node. Lymph

nodes have an outer layer (cortex) and an inner layer (medulla). White blood cells within the nodes surround the diseased cells to break them down into harmless parts to be released back into the lymph. Cells the white blood cells cannot break down remain within the node.



Tonsils are part of the lymphatic system and produce antibodies to protect against childhood diseases. The tonsils are located at the back of the mouth on each side of the throat.

Symptoms of a lymphatic condition may include enlarged or tender nodes, or the skin over a node feels warm and appears red.

**Future Articles:** Ears will be covered in a future LIFESTREAM article.

**Most common associated body parts for the Throat Center:** Thyroid gland, parathyroid glands, mouth, throat, pharynx, larynx, esophagus, respiratory system, trachea, bronchi, lungs, lymphatic system, ears, and shoulders, arms, and hands.

**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

<sup>1</sup> Bailey, A.A., *Initiation, Human and Solar*, p. 198.

<sup>2</sup> Id.

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<b>Characteristics that indicate the Throat Center may need balancing:</b>		
Alcoholic An authoritarian parent Avoids change Confusion Disorders of ears, neck, voice, throat Dominates conversations Excessive criticism Excuses, excuses, excuses Fear of speaking Frustration Gossips Hard to express words into feelings Inability to listen	Interrupts conversations Introvert Irrational Knows it all Lack of feeling in the voice Lies Loud dominating voice Mechanical voice Mixed messages Mumbles Negative self talk Poor rhythm Repeats the past	Runs away Secrets – threatens if tells Shrill voice Shy Small weak voice Talks too much Tight jaw Tone deaf Ungrounded Vague Verbal abuse Whiny or whispered voice Yelling, constantly

<b>Characteristics of a balanced Throat Center:</b>		
Ability to accept change Commitment Communicates clearly Courage to change and transform Creative Emotionally balanced Freedom	Good rhythm Grounded Honest communication Inspiring relationships Listens well Logical Manifests desires	Nurturing relationships Positive self talk Reasonable Respectful communication Silence, ability to practice Truthful Voice is rich and resonant

<b>Body Language of an imbalanced Throat Center:</b>
<ul style="list-style-type: none"> <li>➤ Placing one finger over the mouth while listening to another may show non-belief in what the speaker is saying.</li> <li>➤ Biting one's lips may be in fear of offending another.</li> <li>➤ Speaking through one's hand may be in fear of being heard.</li> <li>➤ Speaking from one side of the mouth. The closed side may show an inability to express from the feminine aspect (right side) or the masculine aspect (left side).</li> <li>➤ Blushing may be the fear of a reaction reflecting from an old past experience.</li> <li>➤ Wearing high collars may show suppression of one's feelings; not able to wear high collars or things around the neck may show a need for space or a need of courage for expressing personal creativity.</li> <li>➤ Placing hands over the ears may show one does not want to hear what you are saying.</li> </ul> <p><b><i>Our beliefs transform when we are conscious of changing our body language.</i></b></p>

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

**Align and Attune – Always**

Diagnosis	Brief Description	Suggested Triangle Treatment Protocol* (numbers correlate to Chart 2)	Possible Metaphysical Cause	Self Help Suggestions (numbers correlate to Chart 3)
Asthma	Swelling of the airway passages causing a restriction in breathing. Shortness of breath. May be from allergies, exercise, infections, or other.	5, 7, 10, diaphragm, emotional body at HC, point below HC, immune Δ, fear Δ, courage Δ.	Feeling trapped; fear of loss of freedom; smothering love; emotional protection.	1a, 1c, 1d. I am in charge of my own life.
Bronchitis	Inflammation of the bronchi usually from an infection but may be from an environmental irritant. Breathing is restricted. Cancer occurs when cells divide in an unregulated way and display uncontrolled growth.	3, 4, 5, 7, 10, immune Δ, diaphragm.	Blaming others for desires not being fulfilled. Arguments or yelling.	2, 3, 4, 5, 8, 9, 10, 16.
Cancer		No treatments on the body at the cancer site. Treat only if you are familiar with cancer treating techniques. (H) vagus point and HC, thymus Δ, immune Δ, prana Δ, breast Δ, BC, SC, TC, fear Δ, courage Δ, liver Δ, shock Δ, spleen center + thymus + vagus point minor.	Low self-worth; avoiding conflict; emotional trauma, unexpressed anger; feeling isolated; lack of trust in others; rescues and cares for others.	4, 6, 8, 9 10. (Refer also to LIFESTREAM, VOL. 2 NO.1, Chart 3 - 1, 2, 3, 5, 6, 7, 8.)
Canker Sores	Common small painful sores inside the mouth. Unknown cause but may be brought on by stress, depressed immune function, or infections.	3, 6, 7, 11, emotional body, balance the skin point at the sore + Ray 3.	Feeling insecure about expressing yourself.	1a, 1c, 1d, 3, 9, 10.

Diagnosis	Brief Description	Suggested Triangle Treatment Protocol* (numbers correlate to Chart 2)	Possible Metaphysical Cause	Self Help Suggestions (numbers correlate to Chart 3)
Cold Sores	Highly contagious herpes simplex type 1 virus is usually present on lip, under nose or chin. Virus remains dormant and reoccurs with stress.	3, 5, 6, 7, 8, 10, 11, AM, trigeminal nerve, immune Δ, fear Δ, courage Δ.	Fear of expressing your feelings. Holding onto anger.	1a, 2, 3, 4, 6, 9, 10.
COPD	Chronic Obstructive Pulmonary Disease – limited air flow to the lungs and difficulty breathing. Due to chronic bronchitis or emphysema or both.	See Bronchitis and Emphysema.		
Croup	An inflammation of the larynx, trachea, and bronchi airways due to a virus. Common in children 5 and younger. Identified as a bark like cough.	3, 4, 5, 7, 10, immune Δ, diaphragm.		
Cystic Fibrosis	An inherited disease affecting the lungs, bronchi, liver, gallbladder, pancreas, reproductive organs, sweat and salivary glands. Glands produce abnormal secretions of mucus or fluids.	5, 6, 7, 8, 9, 10, 11, 12, diaphragm, immune Δ, pancreas Δ and duct, liver Δ and duct, gallbladder Δ and duct, sweep common bile duct, SC Δ, stomach Δ, SLP Δ, small intestine and colon Δs, balance salivary parotid glands, circulatory system.	Belief life doesn't work for you; no desires for life; nothing to give for life.	Create a purpose for your life.
Dry Mouth	Salivary glands do not produce enough saliva leaving the mouth feeling dry.	7, 8, 9, 11, sweep the salivary glands.	Difficulty holding back your thoughts.	1a, 1d, 3, 4, 8, 9, 10, 16.
Dysphagia	Difficulty in swallowing; food not moving normally from throat to stomach. May be caused by muscle or nerve	1, 2, 7, sweep the esophagus + Ray 3, AM + esophagus + Ray 3.		

Dyspnea	problems. Shortness of breath; difficult to breath; feels like not able to breath fast enough or deeply enough; takes effort to breathe. See asthma, bronchitis, and emphysema.	5, 6, 7, 8, 9, 10, 11, diaphragm, fear $\Delta$ , courage $\Delta$ .	Rear of fully experiencing life.	9, 10. Choose to live life fully. Attempt to fill a small personal desire each day.
Emphysema	Delicate walls of the air sacs in the lungs are damaged that exchange carbon dioxide from the blood and oxygen from the air. Lungs become less flexible making it difficult to breathe. A daily morning cough produces sputum; shortness of breath with activities of daily living.	3, 4, 5, 7, 10, 11, diaphragm.	Blaming self or others for unfulfilled desires; fear of taking in life; not worthy of living.	2, 3, 4, 6, 9, 10, 15. I love life and I love myself.
Gingivitis	Infection of the gum tissue causing it to be red and swollen and bleeds when brushing teeth or biting into food.	6, 7, 11, circulatory system – paying special attention to the gums, balance gum tissue with TC, mouth at emotional and mental levels, immune $\Delta$ , emotional body, pleasure $\Delta$ .	Neglect.	9. Do something for yourself each day.
Goiter	Swelling of the thyroid gland. Noticed by swelling in throat area, hoarse voice, difficulty with swallowing. May be from a deficiency of or excess consumption of iodine.	1, 2, 7, 11.		

Diagnosis	Brief Description	Suggested Triangle Treatment Protocol* (numbers correlate to Chart 2)	Possible Metaphysical Cause	Self Help Suggestions (numbers correlate to Chart 3)
Graves' Disease	An autoimmune disorder. Excess thyroid hormones are secreted into the blood which may cause an enlarged thyroid, a rapid heart rate, palpitations, fatigue, excess perspiration, skin issues, and issues of the eyes such as increased tears, irritation, or unusual sensitivity to light.	1, 2, 7, 8, 9, 10, 11, eye Δ, heart Δ, circulation system, CC + cerebral hemisphere + CC minors, spleen center, SNS, Ojas thru to HC, colon Δs, SP, BC, fear Δ, courage Δ, + etheric, emotional and personality bodies.	Not good enough; not accepted by others; misuse of will.	1a, 1b, 4, 9, 10. Create purposeful steps towards a goal.
Hashimoto Thyroiditis	This is the most common cause of hypothyroidism. An autoimmune disorder where white blood cells and antibodies attack the thyroid gland affecting its ability to produce the thyroxine hormone. Other endocrine disorders also may be present. May experience lethargy, weight gain, dry skin, hair loss, depression, constipation or inability to tolerate the cold.	1, 2, 6, 7, 8, 9, 11, AM, SC, spleen center, inner head Δ, pancreas Δ, colon Δs, grounding Δs.	Loss of the creative urge; not wanting to change.	1b, 4, 7, 9, 10, 15. Release limited beliefs that no longer serve you.
Heartburn	The esophageal sphincter (reflux valve) between the esophagus and stomach is not functioning properly and allows stomach acid to back up into the esophagus.	9, 11, reflux valve, pyloric valve, stomach Δ, SLP Δ, sweep the lower esophagus + Ray 3, fear Δ, courage Δ.	Much fear. Fear of not getting ahead; placed attention on what you did not want to occur; difficulty in assimilating information	9, 10. Communicate desires to others and imagine them being fulfilled.
Hoarseness Hyperparathyroidism	See Laryngitis. Parathyroid gland is overactive, releasing too much parathyroid hormone. This leaves too much	1, 2, 7, 9, 11, kidney Δ, circulatory system.	1b, 3, 4, 9, 10, 11, 15.	

	calcium in the blood and not enough stored in the bones. Symptoms are fatigue, joint or muscle pain, increased thirst, and possible fractures.		
Hyperthyroidism	See Graves' Disease.	1, 2, 7, 9, 11, kidney $\Delta$ , circulatory system.	1b, 3, 4, 9, 10, 11, 15.
Hypoparathyroidism	Parathyroid gland is underactive and not releasing enough parathyroid hormone. Blood calcium levels drop too low. Symptoms are tingling, muscle cramps, pain, dry hair and skin, or cataracts. May be affected by kidney disease.		
Hypothyroidism	See Hashimoto Thyroiditis.	3, 5, 6, 7, 8, 10, 11, cook the larynx, diaphragm, immune $\Delta$ , point below the HC, hyoid bone + the minor + TC, fear $\Delta$ , courage $\Delta$ .	Fear of speaking up; resentment of authority.
Laryngitis	Inflammation of the larynx (voice box) causes a change in the voice (hoarse or loss of voice). Usually caused by a virus, excessive talking/yelling or an allergic reaction. May be present with bronchitis.	6, 7, 11, immune $\Delta$ .	Deep breaths.
Lymphadenitis	Inflammation of a lymph node(s). Caused mostly by an infection, the nodes are swollen and tender, and the skin over the node may appear red and feel warm.		
Lymphedema	Swelling created by lymph fluid. Occurs usually after a major surgery where lymph nodes and lymph vessels were removed or from radiation treatment.	6, 7, 11.	Deep breaths.

Diagnosis	Brief Description	Suggested Triangle Treatment Protocol* (numbers correlate to Chart 2)	Possible Metaphysical Cause	Self Help Suggestions (numbers correlate to Chart 3)
Osteoporosis	A metabolic disease causing the bone tissue to break down leaving bones thin and brittle and able to fracture easily. Fractures of the spine, hips, and wrists are most common. Fractures of the spine usually occur in the upper or middle spine. The parathyroid hormone helps in maintaining bone density.	1, 2, HC + bone marrow + bone marrow cells (megakaryocytes) then move from HC to Spleen.	Thinking one is no longer able to change her/his life in order to grow/develop.	Develop something new – a new skill or new business. Draw a picture for client to visualize light and energy filling his/her thyroid and parathyroid.
Parathyroid Disorder	See Hyperparathyroidism and Hypoparathyroidism.			
Periodontitis	Severe form of Gingivitis. Gum infection moves into and damages the jawbone. The jawbone holds the teeth in place.	1, 2, 6, 7, 11, circulatory system – paying special attention to the gums, balance gum tissue with TC, mouth at emotional and mental levels, immune $\Delta$ , emotional body, BC + jawbone, HC + bone marrow + bone marrow cells (megakaryocytes) then move from HC to Spleen, pleasure $\Delta$ .	Neglect or not nurturing Self; not able to make decisions; wishy-washy.	3, 4, 6, 9, 10, 16. I love and approve of myself. Do something for yourself every day.
Pharyngitis	The tissue of the throat is inflamed; caused by an infection from a cold virus. Commonly known as a sore throat.		3, 4, 6, 7, 8, 9, 10, 11, immune $\Delta$ .	Holding on to angry words; indecision.
Pleurisy	The inflammation of the pleura (the slippery membrane that surrounds the outside of the	5, 7, 8, 9, 10, immune $\Delta$ .		

Pneumonia	lungs and the inside of the chest cavity). Fluid accumulates between the pleura. Most commonly caused by influenza, pneumonia, or lupus.  An infection of the alveoli (small air sacs in the lungs) and the surrounding tissues. May be caused by bacteria, viruses, molds or followed by a cold or flu. Symptoms include chest pain, fever, chills, and shortness of breath.	5, 7, 8, 9, 10, immune Δ.  Repressed emotions have not been allowed to heal.	1a, 9, 10, 16.
Reflux	Heartburn or acid regurgitation. The valve between the esophagus and stomach will leak stomach acid up into the esophagus.	TC + reflux valve + reflux valve minor, sweep reflux valve, stomach Δ, sweep pyloric valve, BC, fear Δ, courage Δ.	Fear of not getting ahead; placing attention on what you did not want to occur; difficulty in assimilating information.
Shortness of Breath	See Dyspnea.	3, 5, 7, 8, 9, 10, 11, balance muscles of the throat + their minors + HC + Ray 2, balance separately the uvula, soft palate, tonsils, and tongue with their minor + TC + Ray 3.	
Sleep Apnea	Obstructive Sleep Apnea condition is frequent stopped breathing for at least 10 seconds as often as 20 to 30 times per hour. Throat muscles that support the soft palate, uvula, tonsils, and tongue are too relaxed to keep the throat open.	3, 5, 7, 8, 9, 10, 11, balance muscles of the throat + their minors + HC + Ray 2, balance separately the uvula, soft palate, tonsils, and tongue with their minor + TC + Ray 3.	
Snoring	Obstruction of air flow moving through the back of the mouth. May be caused by nasal congestion, sinus infection, a cold or allergies.	3, 5, 7, 8, 9, 10, 11 immune Δ, fear Δ, courage Δ.	Fear of letting go of or refusal to let go of old patterns.
Sore Throat	See Pharyngitis.		

Diagnosis	Brief Description	Suggested Triangle Treatment Protocol* (numbers correlate to Chart 2)	Possible Metaphysical Cause	Self Help Suggestions (numbers correlate to Chart 3)
Tonsillitis	Inflamed and swollen tonsils from infection. Sore throat, hard to swallow, fever, chills, and swollen neck glands. Occurs mostly with children.	3, 4, 5, 7, 8, 9, 10, 11, immune Δ.	Child – may feel unsafe to speak out. Adult – boundaries have been invaded.	Child – 1a, 4, 6, 9, 10. Adult – 1a, 3, 4, 6, 9, 10, 16. Learn to say “No”.
Toothache	A symptom of a tooth disorder. May be painful constantly or occasionally. Pain suggests tooth decay, a fractured tooth, gum disease, an exposed root, grinding of teeth, or a sinus infection.	2, 7, 8, 9, 11, jaw Δ, trigeminal nerve, sinus Δs, immune Δ, pleasure Δ.	Neglect; indecisiveness; not able to break down ideas to make decisions.	1b, 1d, 2, 4, 9, 10. Do something for yourself each day.
Thyroid Disorder	See Hyperthyroidism and Hypothyroidism.			
Vocal Cord Nodules	Small noncancerous callous-like lesions that form on both sides of the vocal cords from irritation of the vocal cords over an extended period of time. <i>E.g.</i> , overuse of the voice, allergies, smoking, caffeinated drinks, and reflux. A symptom is chronic hoarseness.	3, 7, 10, 11, cook the lesions.		8, 9, 10.
Vocal Cord Polyps	Fluid filled noncancerous lesions that form on one side of the vocal cord from irritation of the vocal cords over an extended period of time. <i>E.g.</i> , overuse of the voice, allergies, smoking, caffeinated drinks, and reflux. A symptom is chronic hoarseness.	3, 7, 10, 11, cook the lesions.		8, 9, 10.
Voice, Loss of	See Laryngitis.			

\*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  
PNS = Parasympathetic Nervous System  
SC = Sacral Center  
SNS = Sympathetic Nervous System  
SP = Solar Plexus Center  
TC = Throat Center

**Chart 2. Balancing Suggestions**

*	Throat Center Triangles	Balance to help with:
	Throat Center	Cushion between bones, connective tissue, cysts, body fluids, herniated disc, tendon and ligament injury, promotes self-awareness, communication, creativity.
1	Thyroid Triangle	Bone density, calcium absorption, cold body, dry skin, hair loss, hyperthyroid, hypothyroid, metabolism, osteopenia, osteoporosis, muscle cramps, weight gain, sleep issues.
2	Parathyroid Triangle	Bone density (fragile bones or teeth), calcium absorption in the blood affecting bones, kidneys, and small intestines; cold body, dry skin, metabolism, osteopenia, osteoporosis, nervous tendencies, difficulty with muscle control, sense of failure or inadequacy - self worth restored, arthritis, muscle cramps.
3	Voice Triangle	All conditions of the voice, communication, singing, speech, expression.
4	Ear Triangle	Listening, hearing, brings awareness of opportunities that present themselves, helps one to get in touch with inner self, true sound and expression.
5	Upper and Lower Lung Triangles	Asthma, bronchitis, congestion, COPD, cystic fibrosis, emphysema, any lung problem, pneumonia, stress, grief, tension.
6	Minor below the TC + Breast minor Triangle	Self nurturing.
7	Lympathic Triangle and Lympathic System	Appendicitis, arthritis, auto immune diseases, high cholesterol, fracture sites, swelling, grief, illness, infection, injuries, preventative health care, cellulite, skin issues, stuck - inability to move forward, throat issues, good to do in every treatment because of: environmental pollutions, poor eating habits, lack of exercise, poor breathing, and stress.
8	Shoulders, Elbows, Hands Triangle	Helps to open and free the Throat Center energies, expression.
9	Upper Triangle of Force	Balance with the lower triangle of force to balance: the entire body, body language, menopause, prolapsed (fallen out of place) organs, crisis, grounding, spiritual pursuit.
10	Respiratory System	Asthma, bronchitis, congestion, COPD, cystic fibrosis, emphysema, stress.
11	Mental Body	Autism, homework issues, relationship issues, life's "shoulds", strokes, throat issues, writers block, focus on mental activities, seeking knowledge, intuitive blocks, difficulty seeing the bigger picture, rational mind gets in the way, too smart for own good, outsmart themselves, excessive mental focus, neurologically deficient.

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

1. Affirmations:
  - a. It is safe to speak.
  - b. I am creative.
  - c. My voice is necessary.
  - d. I communicate clearly.
2. Eliminate all unkind, unnecessary, and wasteful words. (Bailey, 1997, p. 199)
3. Meditation focused on the throat chakra.
4. Write your thoughts in a journal or diary.
5. Practice patience.
6. Laugh!
7. Sing, chant, tone.
8. Practice silence – start with a few hours and work up to a couple of days.
9. Squared breathing.
10. Hong-Sau.
11. Tell a story.
12. Loosen the neck and shoulders.
13. Use blue to calm and reassure yourself.
14. Let go of the need to know everything.
15. Take on a new interest such as dancing, singing, writing, or art to increase your creativity.
16. Be honest in your thinking, speaking, and actions.
17. Consider light arm weights as a way to energize your Throat Center.

#### Chart 4. Resources

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## **Treatment Report – The Equus of Flow/Empathy**

**Scottie Putman, Ph.D.**

### **Treatment #1**

**S:** My case study is about a horse. Not just any horse, but my very *first* horse treated with Esoteric Healing. RD is a Holsteiner, 17.3 hands, dark bay, 11 years old. She was bred and born in Bath, Michigan. She lived on the farm until she was 4 years old. At 2 years she had OCD surgery on her hocks. She was moved to Nashville, then to Sunfield, then recently to Okemos. She has had one love of her life, her current person.

Osteochondritis dissecans (OCD) is a relatively common developmental disease that affects horses of all types. Although the exact cause of OCD and the steps leading up to it are not definitively known, there is a reasonable consensus about the general cause. The disease is generally considered to be multifactorial - a combination of several factors acting together. One of these factors is rapid growth and large body size. Another factor can be hormonal imbalances during development, including insulin and thyroid hormones (American College of Veterinary Surgeons).

**O:** For our first treatment, Terrill (my husband and partner) and I visited the pasture with the “owner/person”. Terrill was to treat one of her horses and I the other. We sat on the ground just outside one corner of the pasture to work.

RD’s person had indicated that RD was skittish, easily spooked, and wished for her to feel safe and calm down. RD could not “speak” to me, but I tried to listen as I began the treatment. She had an OCD chip removal surgery around age 2 and was just “turned out” to recover. There were OCD chips in both hocks.

After she recovered, she was sent to Nashville for four weeks to get her “started”

(with a saddle) and then her current person claimed her and moved her to Sunfield, and recently to Okemos where she is pastured with her buddy from Sunfield and two other new horses.

As is my usual MO, I did not want to overwhelm RD with too much on the first treatment and I had the luxury of knowing that I would have more than one opportunity to work with her. I was delighted to discover how receptive her spirit was. I discovered that her chakra centers were fairly well balanced and her Heart Center had flowing to excessive energy at all levels. Not outrageous, just very strong.

I balanced all centers on the head, then assessed and balanced the head triangles and organs and the core triangles. She had flowing to excessive energy at her right ovary, which balanced nicely. I also balanced the fear, courage, and grounding triangles (I included the Earth center) for her spookiness. I assessed and balanced her thymus, her heart organ (and center), her prana, and thyroid. Then I assessed and balanced her right and left eye triangles. Eyes are important to a horse, especially a skittish horse. There were no surprises here and they balanced nicely. I also noticed that her right hock seemed a little tight, or sore. This was one of the two surgery sites. I requested energy and worked on the muscles around it.

When I finished, and was still sitting on the ground at the corner of the pasture, RD walked up to the fence and stuck her nose through it, stretched her neck out so her head was flat and reached for me – to touch me. I stretched my arm out and we touched, my hand, her nose. She was complete.

**A:** My analysis/assessment of the subjective and objective findings includes the following:

The huge heart energy just seemed like evidence of RD's incredible capacity for love and acceptance. My second visit would reveal how much she truly loves her person, but even at this visit I could sense her capacity for love. It even extended to include me in an all encompassing sort of way. I did not get any indication that there was a problem at the heart, just a large capacity.

I did, however, feel the energy at the right ovary, but at this time did not have an inclination or clear direction for analyzing it. I just made a note of it. It did not feel dangerous, just noteworthy. In FRONTIERS OF HEALTH, Page says that the Sacral Chakra says, "I am in relationship to . . ." (compared to the Basic Chakra, which says, "I am"). The ovaries are associated with the Sacral Chakra, and RD is definitely a relationship horse. Having just been moved, maybe her right ovary is working a little overtime to balance her relationships with others (her person, her buddy, and the two new horses in the pasture).

**P:** My after-treatment discussion this time was with RD's person. I shared with her what I'd found, what I did, and what I thought. We agreed that I would continue in the same vein next time, but would also do a little research to see if there were other triangles that might be effective to help the skittishness. She acknowledged that RD sometimes shows signs of soreness in her right hock. RD's person is exceptionally intuitive and close with her horses. It's a delight to observe.

### **Treatment #2**

**S:** RD's person reported that RD was actually a little better, but still afraid to be ridden outside in the trails and preferred the safety of the pole barn.

**O:** I observe that RD is not as curious about the visitors this time, but seems quite comfortable with what might be happening and continues to munch her grass. I settle in to my usual corner of the pasture, just outside the fence. This time when I align and attune, I am reminded to include RD's person, so I align and attune the three of us. I should have thought of this the first time, for as a friend reminded me, working with animals is "group work" both from the perspective of who you invite to join for help and also from the perspective of who you include in the treatment. I also invited all of my guides, spirits, angels, and animals to help me this time.

RD's centers were, once again, fairly balanced and flowing, and the excessive energy at the Heart Center seems to have leveled out. She tested slightly diminished at the physical level on Sacral and slightly diminished at the mental level on Throat. Her spine and heart were in good shape. I stroked her vagus nerve for calmness and went right to work on the fear and courage triangles. This time I was led to include the Heart Chakra in both the fear and courage triangle, which I did by splitting my ajna.

I also balanced her heart organ and thymus triangles, her vagus, HC and heart organ triangle, her thyroid and parathyroids and "shoulders, elbows, hands." Each balanced nicely with nothing remarkable discovered. I added the hormone pentagon this time, because of the OCD and the diminished Sacral Center at the physical level. It balanced nicely.

**A:** Things went well this treatment and little was remarkable. RD was strong in her presence and we connected clearly. I was aware of my "group" and grateful for their help. I felt as though I was reading cues relatively well and doing what was appropriate. Why was I called upon to add the Heart Chakra to the fear and courage triangles? I intuit that it might be because the fear and courage triangles are part of the

Basic Center, which is the center of fear and confidence, part of the issues of the personality, and the Heart Chakra is the center of love and confidence (self-love) and is the first of the centers encountered moving from the personality to the soul. RD is a horse with both a strong personality and a strong soul. Perhaps she is one of the ones that Bailey refers to in ANIMAL KINGDOM who shall be among the first to cross from the animal kingdom to the human kingdom?

Her Throat Chakra tested slightly diminished at the mental level. Page reminds us that the Throat Chakra is the center of change and transformation. RD has experienced a number of changes in her horse life, from surgery to moving several times. Page also reminds us that change takes courage, hence the skittishness and the need for balancing her fear and courage triangles.

**P:** The plan is to continue to treat the skittishness and fear. RD's person thinks we are making progress. Something intervenes, however, that adds to our plan just a little.

### Treatment #3

**S:** I want to briefly mention treatment #2, which was my first absentee treatment with RD. It was remarkable because when I aligned and attuned with RD and her person, I was taken aback. RD was *right* there, right in my face! She was saying, "where have you been?! I have been waiting for you!" There is no question in my heart about what she was saying. Obviously, permission to treat came swiftly.

Between Treatment #2 and #3, RD's person suffered a great loss. Two of her dogs died, both of whom she dearly loved. One was very old, the other had cancer that overcame her and it was unfortunate that their leaving came so close. There was a lot of grieving involved. Treatment #3 was also absentee, and again, permission came swiftly.

**O:** I knew that her person was grieving, but I was surprised by what I found in RD. Her Sacral Center assessed slightly excessive at all levels and her Heart Center assessed restricted at all levels. Her other centers were balanced, if not flowing. I balanced all centers, then continued with the core triangles, which seemed in fairly good shape. I felt a pounding at the emotional level of the Heart Center, and stayed with it. Eventually it subsided and balanced.

Even though her Solar Plexus center had felt balanced, I was moved to work on the shock triangle since her person had suffered a shock, and what I found was overwhelming. The shock triangle held me there, and I felt an overwhelming need coming from this triangle; it was diminished. As I stayed with the shock triangle I could feel it balancing, especially at the emotional level. I also balanced the pancreas triangle, the stomach triangle, and the SLP triangle after I felt the shock triangle. I went on to balance the heart and the thymus.

Her ovaries were especially excessive at the emotional level. I used the hormone pentagon again and this time it held me for a long time, but eventually balanced. I continued on with the fear and courage triangles and the grounding triangles according to plan. I could actually feel gratitude coming from RD. At the end, I did fusion and integration.

**A:** I have no doubt that RDs diminished and needy shock triangle was due to her feeling grief for her person. That, coupled with the diminished energy at the Heart Center, tells the tale. She is a relationship horse with a great capacity for love, and she was suffering shock and grief for her person. Here was my second client suffering grief, but in a different way than the first. I was amazed at the strength of her connection and at the strength of her emotions.

But what about the ovaries? Why would they be so excessive? I puzzled over it, and

learned later from her person that RD was “in heat”! She certainly was having a lot going on during this treatment.

**P:** The plan was for at least one more treatment.

## Synthesis

*1. Why did you select this client for a case study?* I selected this client for case study because the experience of treating her was so immense. She is a big horse, in body, spirit, and energy. I was absolutely bowled over by the size and quality of her energy, by her eagerness to be treated, and by what I learned about the present moment from her.

*2. Explain the treatment outcome and why or why not it was what you hoped for or expected.* I didn’t have an expectation when I went into this treatment, but because RD belonged to an old friend, I had hopes. It’s hard to have a 17.3 hand horse want to sit in your lap when she gets spooked! The outcome was very good. The last time I talked with RD’s person for feedback, she told me that she had been able to ride her out of the arena around the property and she was not nearly as skittish as she had been.

*3. What did you learn from treating this client?* This has actually been one of my favorite learning experiences. I’m not sure if I can capture all that I learned from RD. I learned that horse energy is HUGE, and fine. I also learned that RD had certain expectations of me as I treated her. She preferred face to face, ajna to ajna, but would tolerate when I needed to turn her around in my mind. Also, she was always at the ready. And she was always understanding, tolerant, and grateful.

I learned more about absentee treatments from her than ever. When I aligned and attuned, she was right there, waiting. Time and space mattered not to her. It led me to

some interesting shifts in understanding/belief. It pretty much changed my slightly skeptical mind about that phenomenon! I believe that it was in absentee treatments with RD that I began to get a glimpse of what “whole” means, and how even though in our daily life we experience time as linear, it is not.

I’m interested to treat more horses now to discover how much was “horse” and how much was “RD, this particular horse.”

The other thing I learned from working with this client was about the other animals. At the end of our first (and subsequent) face to face treatments, every horse in every other nearby pasture had gathered at the corner closest to where we were working. RD’s person said they stood there the entire time with necks stretched toward us as if soaking up the energy.

*4. What resources did you access, if any, in order to better understand this client’s treatment needs?* I had a long telephone conversation about working with animals with an Esoteric Healing practitioner friend. That was incredibly helpful. I read Wallace Smith’s accounting of treating Lucky (online). I checked several horse anatomy and general horse books out of the library to refresh my memory. I also visited the web to learn more about OCD and OCD chip removal. And last, but not least, I turned to Christine Page’s FRONTIERS OF HEALTH.

RD



## Resources

American College of Veterinary Surgeons,  
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exploring new perspective on the ways we view and manage our organizations, believing that by changing the way we think we can learn new ways of working together, learn to work with honor, respect each other, and create a livable, sustainable future of potential. In addition to teaching, she consults with organizations in strategic planning, creative thinking, and opening to possibility.

## 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.

## **Treatment Report – The Power of Listening**

***Theresa Berry***

### **Treatment #1**

**S:** This 64 year old male (MB) had contacted me by phone asking for help with issues of poor health in his lungs and lower extremities, which had been exacerbated by the unexpected loss of his wife 2 months before.

Client communication was very emotional and weepy. He stated “he felt like he has lost himself with the death of his wife and would just as soon join her.” He is confused about the future saying, “I don’t know how to do this alone.”

Client and his wife were both retired professionals, well known in their community and very well traveled. This has deeply impacted all his relationships, as they depended on each other for daily life. He said “we helped care for each other.” He lives in a rather isolated location.

The client’s symptoms include difficulty in handling the emotional impact of the death of his wife. He had congestion in his lungs reflected by coughing, wheezing, and tightness in his chest, in addition to pain and weakness in his lower extremities to the point of difficulty in walking. He described “weakness throughout his system.”

The client’s stated medical history included chronic lung issues, weakness of the heart, pain and weakness in the lower extremities due to having fallen 2 times before.

This client used homeopathic remedies along with vitamins and probiotic enzymes to help restore his system. No other medications noted. No known allergies. Client expressed a diminished appetite with sensitivity to spicy foods.

Client also stated he was currently seeing his family doctor, a psychotherapist, and a massage therapist. Client stated, “I feel like they are not really helping.”

**O:** All treatments for this client were absentee so my observations were voice and behavioral. He was weak in voice and coughing, but open to help.

To begin with, all the major centers were in a flux of imbalance. There were so many variations of energy it felt chaotic. The ajna was blocked and the alta was restricted. The CC inflow and outflow were restricted. Centers were weak and at the least diminished, with the exception being the SP at the P/E and the HC and TC at the emotional and mental levels were excessive.

Spleen, liver, adrenals, kidneys, and pancreas were all restricted in energy requiring more time. Lymph very restricted. When balancing the ajna to the pituitary there was a definite block. I felt no flow of energy like it was disconnected yet I could still feel the energy being there available. Alta to vagus nerve was very restricted as was the vagus nerve to HC. Vagus nerve flow got more restricted as it descended. Then soothed and smoothed the nerve ganglions in the spine. Also alta to his cerebellum energy was excessive but diminished quickly with the balancing on all levels.

Bones felt thin and weak, diminished energy in respect to density. Used TC and Ray 3. Heart and fear triangles felt diminished and pulled me in before balancing.

Grounding in lower body was nearly totally blocked below the hips. In rechecking the centers the BC and TC had minimal change, the other centers were fair.

**A:** The head triangle was very slow to balance during the treatment. When I did ajna to the frontal lobes the lobes were quivering. I was confused between the feeling of it being blocked and the impression of the energy building excessively to burst outward. After holding to discern, the blockage changed to a diminished energy. Most core triangles were slow to balance. Spent extra time in nervous system combing the vagus nerve down and through each plexus. Lower body grounding triangles improved from blocked to restricted. The blocked ajna and the restricted alta did not respond to the treatment. This was very puzzling to me.

**P:** My follow up treatments will continue to work on balancing the ajna and alta, to strengthen nervous system, and work with grounding triangles.

I recommended the client see himself surrounded by white light whenever he felt weak. Do a relaxation meditation. Allow himself to weep and grieve without judgment. Use the mantra "Om Shanti Om" for peace.

### **Treatment # 2**

**S:** Client had requested help with pain in lower extremities, especially the knees. And he said, "He wanted to work on releasing old patterns generationally and otherwise." He believes these behaviors are what hinder him in moving forward in new relationships in a healthy way. Family history reveals traits of abuse and co-dependency.

Client has expressed getting relief from previous treatments, having a gradual improvement "better and better." Before treatments started there had been a steady decline in his health. He reported feeling physically and emotionally stronger.

**O:** Client has stronger communication in an enthusiastic way. His voice energy is stronger.

This session led me strongly to the bones, joints, and the muscles. His centers were fair for the most part. SC was restricted on the P/E and E while M and S levels were diminished. BC was all restricted. CC in/out balanced easily which was an improvement over previous treatment. While grounding SC at chronic right knee weakness I stopped to write this: "Interesting, it seems as if cellular make up particles are communicating with me about what and how they are working and healing. No words, just understanding. Wow!" Continued grounding at SC successfully. Held HC and Ray 2 to do circulatory system and energize muscles of the hips, legs, and feet. Asked for hydration of the muscles and the spinal column. I balanced colon triangles. I combed down the vagus nerve twice, once in the beginning of the session and again at the end. Overall the triangles were fairly strong and easily balanced. At closing all centers were fair or balanced with the exception of the BC that was still slightly diminished but an improvement to the original restricted energy. Bone marrow appeared diminished, brown looking. Also used HC to infuse bones with light.

**A:** I wasn't sure why I was lead to bones, joints, and muscles but I went where I was led. I found the muscles to be dehydrated so holding HC I asked the muscles to become hydrated and fluid. When doing immune system triangle I noted that the bone marrow didn't look right, a brown color. I held HC and infused bones with light. When I combed the vagus down the second time it was much stronger and felt as if energy was flowing better. His system was much stronger after this treatment. An amazing thing happened during this session that I have never had before or since. I shared with my client the message I received while working on him. (I share all that happens in a treatment with the client because ultimately it is their work.) He told me that he had been working with a prayer to cleanse cellular memory! My response was

"Oh my gosh, I heard that prayer working in your body! That is amazing!"

**P:** I plan to continue working on client requests. To research work for bone marrow and healing for parental abuse issues.

My recommendations for client are continue the prayer – it's working! Meditation, reflection, and contemplation. More water. Also mild exercise, either walking or stretching.

### Treatment #3

**S:** Client called after falling in garage. Hit left knee on cement also injuring his back and lower spine. Client complaining of nerve pain in lower lumbar and legs.

Client said, "Nerve pain is very difficult and very humbling." He stated that he needed a lot of help just to get around or do anything. He explained that he had fallen two other times in a similar way injuring both knees separately. He asked for help with the pain and to strengthen his legs. Pain is constant and severe. He is taking anti-inflammatories.

Before this fall the client has been getting treatments for many months with continued progress. He has requested treatment once a week until further notice.

**O:** I can hear the struggle with the pain in the client's voice, groaning when attempting to move. He has very limited movement. The SP was slightly excessive, BC all restricted, SC and HC slightly diminished. TC was fair. CC in/out was dim and restricted. The BC spine was P/E restricted, E excessive, M excessive, and S diminished. I balanced at all levels. There was a spinal realignment in the lumbar area. At close BC was only slightly diminished. The majority of triangles balanced fairly easily. Shock triangle was slow to balance; ileocecal was restricted. Courage triangle was restricted on all levels. I balanced each and showered

it with Ray 7. Interesting that when I balanced the immune system my ajna hurt. At close only TC and BC were diminished. All others balanced. CC both fair.

**A:** I rechecked the ileocecal valve with the colon triangles and it balanced well. Unexpectedly the fear triangle balanced easily. After balancing I filled all injured areas with light and the appropriate ray. Combed vagus nerve and soothed and smoothed the spinal nerves. Did all circulation for bruising and possible vascular damage. I made sure to use the fusion triangle as it has greatly assisted this client in the past. I thought it was curious that the TC went from fair to diminished.

I was impressed to balance BC to the shoulders, elbows and hands.

**P:** I plan to continue to treat the injured areas as needed while supporting whole system to stabilize. Focus on spine and circulatory. Recommended continuing meditation and prayer. Surround self with white light. Eat well and drink lots of water. Use castor oil on swollen painful spots. Envision self well and walking.

### Synthesis

I selected this client because I had treated him many times over the last 18 months. Although these treatments do not reflect the expanse of the work we did they are little samples of it. Each of the above sessions was a "to be continued" story.

One of my strongest curiosities was contained in the beginning work where his ajna and alta were so blocked. I found that it responded well to the fusion triangle and used it thereafter. The extent of his abuse and fractionation of self allowed me to go to depths I had not previously experienced. The body of work changed as it progressed, by releasing the old limited conditioning he moved deeper into revaluing the self within. I think this assisted him in being able to

reestablish a personally designed connection to God in a simpler way. He chose a Christian-based belief to ground himself to still being here in the flesh. We worked considerably with the Divine mother energy to bring healing of abuse issues, through the physical work.

When I asked how the work helped him with the grief from losing his wife he said "I doubt I would have gone through the experience alive." He stated he went into a dark neurosis and lost his connection to God. The work assisted him in being able to "just carry on living" until he could regain his bearings. I never expected him to answer this way. In respect to the lower extremities and the fall, he said it was a radical improvement, much shorter duration, less than half the time. He said it was a much milder recovery not nearly as painful. He also felt that the work slowed the progression of pain and nerve damage from extending into the other leg as it had before. Last time he fell it took 2½ months for him to be able to walk without the cane for 5 minutes. But then the excruciating pain returned. This time he was walking with the cane in 3 weeks with minimal pain. After 11 weekly treatments he had healed to his satisfaction from this fall. The first time he fell, it took 6 months just to begin to feel better.

I learned that Esoteric Healing could literally help anything especially when the client is willing. Even in my darkest moments when I thought, "what can I do?" the work stood to be an invaluable tool. I also learned that people could heal faster with less pain even in difficult situations when Esoteric Healing is applied.

For resources I used meditation and intuition. I listened. In addition I used my syllabuses from levels 1-4. I also used various Alice Bailey books and multiple anatomy books as well as charts.

My basic format usually begins with meditation on helping client. I have found that even in trauma or quick response situations I have an automatic process of requesting divine guidance. I always call in what I refer to as the AAGG: Angels and Ancestor Guides and Guardians and any others of the light who wish to help me and the client. This happens prior to the actual treatment process.

I align and attune in the traditional way that is my own form, none-the-less was the same. I start in the head and when I balance the alta I often am called to balance those minors. I continue to assess centers in esoteric order checking at each level noting imbalances. I do core triangles and then recheck centers to see if it balanced or further work is needed. I always comb down the vagus nerve into the body. In addition I always do the circulation and the lymph. I always balance the fear and courage triangles as well. Grounding is always at the finish. I reassess the centers to note any remaining imbalances. I carry this forward to look at for future treatments and to discuss with the clients. I then close and bless.

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***Theresa Berry*** is a wife and a mother of two adult children. She has been studying the occult and metaphysics for over 15 years. In 1998, due to her own health difficulties, she was guided to natural remedies and forms of healing. This lead her to the study of energy healing, specifically Polarity Therapy. Finding great relief fueled the fire of her passion for healing herself and then helping others. Hungering for more, she began studying Esoteric Healing, currently continuing her education to the upper levels. She has a love and understanding of the crystal and stone kingdom, which assists her in her healing work. She also employs Manual Medicine Therapy, spiritual counseling, personal empowerment guidance, hypnotherapy, and past-life journeying in her healing practice.

## **YOUR SOUL'S PLAN by Robert Schwartz**

**Annemarie Loria**

I recommend YOUR SOUL'S PLAN by Robert Schwartz for everyone who wants to gain a deeper insight to their life circumstances. I read the book a few years ago based on the recommendation of a friend. At the time I had taken only a few Esoteric Healing classes. I felt this book gave me a better understanding of discussion in class in several areas and impacted how I look at the world. I am sure we have all had the thought cross our mind or heard others say "Why me? Why am I going through this? Why do such bad things happen to good people?" Some may be surprised to learn that you may have planned your life's circumstances (good or not so good) in depth before you were born. I say "may have" because we have to remember, although things were planned, we also have free will and can exercise that anytime we want, which in turn can create challenges that were not necessarily planned. However, Mr. Schwartz's research finds that the majority of life challenges are indeed planned.

In the book Mr. Schwartz interviewed ten different people from very different walks of life with very common challenges. The challenges range from alcoholism or drug addiction to accidents and suicides to blindness, deafness, or physical illness to the loss of loved ones. Four different mediums and channels are involved in the interviews and were chosen based on their specialty. In each session questions are asked to gain insight into each individual's life plan so the person who was being interviewed and the reader can gain a better understanding of certain life challenges.

Mr. Schwartz begins by discussing the pre-birth session, karma, the veil, why we incarnate, and why we plan challenges. He even mentions that "the feeling of *déjà vu* is often accurately attributed to a past-life event, but many *déjà vu* experiences are

memories of pre-birth plans."<sup>1</sup> He believes we need to experience who we are not before we can remember who we are and that the absence of something will better teach us to appreciate that very thing.

He talks about our bodies being sensitive receivers (and transmitters) of energy and that—

as we awaken and respond positively in other ways to our challenges, we carve an "energetic pathway" that makes it easier for others to cope with – and heal from – their challenges. This idea is based on the premise that we are all energetically connected to and affected by one another. The stories in this book suggest that each of us has an impact that far exceeds our knowing. Our ability to affect the world so forcefully is equally a wonderful opportunity and a great responsibility.<sup>2</sup>

I learned so much from this book that I can't recommend it enough; it was very enlightening for me!

### **Footnote**

<sup>1</sup> Schwartz, R., *Your Soul's Plan*, p. 21-22.

<sup>2</sup> *Id.* at 25-26.

### **Reference**

Schwartz, R. (2007). *Your Soul's Plan*. Berkeley CA: Frog Books.

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## **Opening to the Greater Light Within**

*Coral Thorsen*

### **Pre-Meditation Comments**

As we approach springtime and lengthening daylight hours, the increasing light of day serves to remind us of our ever-increasing light within. Our beautiful, radiant light within, the core of who we really are, is uniquely ours but also in complete oneness with Divine source energy. Our very light IS the light of the Divine flowing through us. We are that drop of the great ocean of Spirit.

This meditation is offered to bridge our consciousness in the sacred oneness shared with Divinity, our own ever-expanding greater light within.

### **Meditation**

Center yourself physically in a comfortable position, allowing your spine to be straight, your body relaxed, your eyes closed and in an upward position. Take three deep cleansing breaths, inhaling and exhaling slowly as you shift your body awareness away from the tension of the day into a state of readiness for deeper relaxation. (pause)

Allow your perspective to shift from body awareness to the perspective of being within your Heart Chakra.

With each inhalation, allow yourself to breathe in the beautiful energy of peace, filling every part of you with the peaceful calm of loving light. You may sense this loving light as a feeling or visualize it as a color (pink, green, blue-- whatever color you choose as calm, loving light).

As you exhale, allow gratitude from your heart to be shared with the world. It can be gratitude for this opportunity to still your senses and reunite with Spirit in meditation. It can be gratitude for loving family or friends, gratitude for approaching

springtime, gratitude for being-- gratitude for anything. This gratitude exhalation may also be visualized as any preferred color of light. Simply breathe in the peaceful calm of loving light, and breathe out gratitude to the world.

As you continue with each calm and slowing breath of peaceful love and gratitude, sense the increasing light that flows through you. (pause)

Notice the relaxation of your muscles, the quieting of your thoughts and emotions. There is ONLY peaceful, loving light and gratitude. It is all that exists as you release the unreality of the 3-D world and enter the reality of who you really are-- Spirit in oneness with Source. (pause)

With each breath you move deeper within your Heart Center, your core of being and connectedness, where calm, peace, love, and gratitude flow unimpeded. Allow yourself to enter deeper into your Heart Center with each loving, peaceful, grateful breath.

From this deep point of peace, within your Heart Center open to your natural connection to Earth. Allow the flow to connect you naturally, flowing from your Heart Chakra downward through your lower chakra centers, moving down your legs and out of the base of your spine, much like a three legged stool connecting deep into the living Earth's God Source energy. Consciously allow yourself to gratefully connect to various aspects of Earth energy: First connecting with the Earth Star, then to the Earth Heart Chakra. (pause)

Feel the continuation of peaceful loving Earth energy as it flows into and feeds your being. (pause)

Now gradually expand your connection to the various dimensions and kingdoms of Earth: the mineral, plant, and animal kingdoms; the nature spirits; devic kingdom. Open to the true and real connection that is yours with Earth. Feel how Earth Spirit holds, loves, and feeds you. Share your gratitude with Earth. Sense the immediate strengthening of oneness that returns to you, the greater light that fills you, that is you. You are one with the living God Source Light of Earth. Allow yourself to feel the energy of increasing light on Earth that awakens the spring of spiritual growth. Awaken the increasing light within you.

With your connection firmly established with Earth, return now to your Heart Center. With gratitude breathe yourself open to divine Source energy, opening all channels of your chakra centers, allowing expansion through your Crown Center, through your Soul Light, through your Monad, and beyond. As you consciously open, feel the Divine light within you growing. Sense and welcome, with loving gratitude, the pure Source energy that fills you, that is you. Allow yourself to sense and visualize the dazzling White Light of Source within you as you expand into more of who you really are. Feel the all encompassing presence of God essence and recognize that this oneness is your natural state of being.

Holding your presence deep within your Heart Center, allow yourself to grow in expansion, sensing the full and true connection you possess with God, you as a drop of Spirit, reunited with the great ocean of Spirit. Feel yourself as the conduit of flow that you are, the conscious reuniting of flow through you, your drop unable to be discriminated from Spirit's ocean flowing through you. With each breath of flow, your light becomes brighter, your inner light is fed and rekindled, you are reconnected consciously and forever to the oneness.

Allow yourself to radiate your Divine light within, affirming: "I AM a child of the Light.

I love the Light. I bless the Light. I AM one with the Light. I AM the Light."

### **Post-Meditation Comments**

Remember, we become that upon which we meditate. Allow the spring's increasing light to be your prompt and gratitude to be your key as you open the door and step more fully and consciously into your own illumination of greater light within.

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