



Spiritual Studies Institute

ESOTERIC HEALING SERIES

Introduction

*We honor and thank all who came before us,
all teachers, from whom we have learned and who have
been there for us with infinite patience, love, and wisdom.*

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1. Esoteric Healing Series: Introduction

1.1 Expectation of students:

- o New students: "What do you expect from this class?"
- o Intermediate students:

"What have you gained from the previous two years of esoteric healing classes? What to you expect from the present class?"

1.2 What it is:

- o In simple everyday language we will explore the possible underlying, energetic causes of health and/or disease.
- o We will use mainly, but not exclusively, the healing principles as given by the Tibetan Lama Djwshal Khul and defined and explained in Esoteric Healing by A. A. Bailey.
- o We will apply these principle through exploration of case histories to psychological states, for instance to depression, anxiety, obsession-compulsion, and addiction.

[group learning](#) • [self-discovery](#) • [spiritual transformation](#)

- o We will learn group healing meditation and healing mantrams.
- o At the completion of the eight classes we will have a foundation in understanding the underlying causes of health and disease and will be able to participate in healing meditation using soul energy.

1.3 What it is not

Disclaimer: The information in this lecture is not intended to diagnose, treat, cure, or prevent any disease or illness. Nor will we explore disease and health from a physiological and scientific point of view. Matters of personal health should be under the direction of a physician.

2. Context of EH

2.1 In the universe

KEY THOUGHTS

- o Macro- and microcosmic orbit of energies
- o Struggle between descending and ascending streams of energies

In what context can we understand disease, pain and suffering within the world? Esoteric philosophy understands disease as a temporary manifestation of disharmonious energies.

Within the universe, there are two streams of energy flowing along an interwoven network. These energies stream forth from the innermost center of the unmanifested universe to the outermost manifested universe and return back. All is interconnected and constantly circulating and transmitting (EH, 615). One stream is outgoing and descending, resulting in involution. The other stream is returning and ascending, resulting in evolution.

Ancient wisdom tells us "as above so below." To translate this concept from the cosmos into the world of a single human being, we speak of the macrocosmic orbit or of the microcosmic orbit respectively. Within each of us are streams of energies, all interconnected and constantly circulating and transmitting; one streams down and one up. We utilize these energies in our Community Light Meditation (Hoehne, 2009), for instance, to improve our health and/or gain insight into different situations in our life.

In this framework, disease can be understood as the result of friction between these two paths of energy. In esoteric literature we read that atomic substance of the descending path is temporarily. The atomic substance of the descending path dominates temporarily its own kind of form nature over the ascending energies of soul. The results are temporary disharmony, suffering, pain, disease, and maybe even death.

Why is this so? It is to a great part our resistance to and attitude about disease that causes suffering. Resistance to or pre-occupation with disease "simply energizes it" (EH, 32). If we would focus instead on the underlying energies and possible causes of disease, disease would become an opportunity for insight and meaning and therefore could be healing.

2.2 Frontier

KEY THOUGHTS

- o Alternative treatment modality
- o Causes and not effects
- o No guaranteed cure

Presently, Esoteric Healing is considered a frontier. A clear terminology has not yet been developed to describe its process adequately. It is still a secondary alternative treatment modality to conventional medical treatment. This must always be respected and given due consideration.

Esoteric Healing is subjective and focuses on causes and not effects. No cure can be guaranteed. There are three possible outcomes of healing, and all are of equal importance within the Law of Cause and Effect (EH, 714). These three possible outcomes are: complete healing, acceptance and adjustment, and assistance in the dying process (EH, 8).

3. Requirements of the Esoteric Healer

KEY THOUGHTS

- o Silence
- o Healing group
- o Focused mind
- o Soul is the healer
- o Harmlessness

3.1 Silence

Esoteric Healing is subjective and focuses on causes and not effects. Absolute silence is required regarding all healing work (EH, 105). The universe is interconnected through a network of energies and forces, which is called the etheric web¹. Every event causes ripples throughout this web, going out concentrically and returning. Healing involves the manipulation of these energies by the focused mind and intent of the esoteric healer. Therefore, any thought or word of the healer is such an event and can have either a healing or a harmful effect. Speech particularly will deflect and dissolve the healing force.

3.2 Healing group

Esoteric thought views the universe as one. To utilize this oneness esoteric healer do not work as a single individual, but work through the group of which they are a part. The healing group can be objective or subjective. The healing group, the healer, and the healee become one during the healing process (EH, 645).

3.3 Focused mind

The esoteric healer must be able to focus the mind. A gentle, but firm continuous stream of healing energies is directed from the point between the

¹ For the definition of ether, please refer to the glossary.

eyebrows, the ajna center, toward the appropriate area or energy center of the healee.

3.4 Soul is the healer

The healer is always the soul of the healee. Both freedom of choice of the personality and the soul of the healee are paramount and need to be respected at all times. In such a way the healing process becomes an allowing and not a forcing. The esoteric healer gently redirects the focus of the healee upward toward the world of causes, the world of meaning, of soul, and health.

Even though esoteric healers work as soul through their own personality, the relationship between the healer and healee must be personal. It will facilitate shared understanding and dynamic cooperation within the healing process (EH, 385, 600).

3.5 Harmlessness

The healer needs to be unselfish. All possible personal needs, judgments, criticism, attachment, and self-centeredness of the healer have no place in the healing process. They hinder oneness and healing and, in addition, create separation and harm.

4. Energies Involved

KEY THOUGHTS

- o Love
- o Prana

There are two methods the esoteric healer can use: radiatory and/or magnetic healing. Both methods are different and depend on the healer and the healee. The advanced esoteric healer uses both methods—radiatory and/or magnetic—depending on the need at hand. The healer goes back and forth between both methods, either in the same healing session or in a subsequent one.

4.1 Love

Radiatory healing uses the loving energies of Soul. They are selfless, coherent, and full of life-giving quality.

4.2 Prana

Magnetic healing works with prana, the etheric force of the etheric body. It vitalizes and becomes responsive to the mind. Together they blend and fuse into one stream of healing.

Reference:

- Bailey, A. A. (1953). *Esoteric healing: A treatise on the seven rays* (Vol. 4, 16th ed.). New York, NY: Lucis Publishing.
- Hoehne, U. L. (2009). *Community Light Meditation*. Unpublished manuscript, Spiritual Studies Institute, Escondido, CA.

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