



Spiritual Studies Institute

ESOTERIC HEALING SERIES 2010 QUESTIONS AND ANSWERS

*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.*

Questions Related to Esoteric Healing in General

Q1: During the Community Light Meditation, how can we align and blend heart and head so that the healing force can flow uninhibited through us and radiate out toward others?

A1: You can use one and/or several of the following methods:

- Blend heart and head by visualizing symbolically one circle drawn around heart and head, embracing both.
- Use the "as if method" by imagining as if head and heart were one.
- Visualize the etheric triangles:
 - o head center – heart center – ajna center, or
 - o head center – heart center – throat center
- Focus within the heart center and slowly breathe in and out through the center.

When desires are transmuted into love in the course of evolution, "*Thinking as a result of correct feeling is then substituted for personal sensitivity,*" giving us realistic information about the forces contacted (EH, 157). What we have then is a "thinking heart."

Esoteric literature tells us to meditate upon the nature of the heart, its cavities, and one of its valves to gain insight into the innermost mystery of the universe (TCF, 1098).

Here is a small hint: Four kind of essence make up the mental body (in contrast to the emotional and etheric body, each of which is made up of seven; TCF, 1098). We find the number four in the human heart, which is composed of four cavities. Furthermore, the blood streams into the chambers of the heart, forming a cross. "*This center (the heart) was called the crossroad, and was represented by an equilateral cross ... indicated the rotation of the fire of the heart. Rotation and equilaterality are the signs of balance*" (Agni Yoga Society, 1975, p. 158, para. 261).

Q2: To become a recipient and a distributor of life energy, with what energy center do we align ourselves?

A2: Depending on the states of consciousness or states of being, there are consecutive energy centers, which we can contact. We can establish a direct line of energy or life as follows:

- The heart center between the shoulder blades;
- The heart center in the head;
- The egoic lotus;

- The Master at the center of the ashram;
- The Christ at the center of the Hierarchy;
- The Monad, using the *antahkarana* between the Spiritual Triad and personality (TCF, 959);
- The Lord of Life Himself at the heart center of Shamballa.

Q3: What is meant by the term “head center,” and is it interchangeable with the egoic lotus?

A3: Sometimes it is used interchangeable. If not otherwise indicated, the beginner and intermediate healer works with the head center a few inches above the crown of the head. However, the healer does not work with only a single energy center. The healer works with a network of interlacing triangles consisting of several energy centers.

When the instructions call for a specific aspect of energy, the physical head centers can also be used. These physical head centers are “*the lowest aspect of egoic influence*” (TCF, 964). They anchor the consciousness in the physical body. As the three major centers in man begin to vibrate “*the effect [is] being felt as follows*”:

- “*As the major head center awakens, the pineal gland begins to function.*” It is the organ of spiritual perception.
- “*As the heart center becomes fully alive, the pituitary body enters into activity.*” It is the organ of form-building energy under the law of attraction.
- “*As the throat center assumes its right place in the process of evolution, the alta major center vibrates adequately.*” It is the organ of nervous energy making it possible to materialize the desired form (TCF, 961, 964).

There are all together seven head centers:

1. *head center – upper brain (cortex),*
2. *ajna center – lower brain,*
3. *throat center – medulla,*
4. *heart center – third ventricle,*
5. *solar plexus center – hypothalamus,*
6. *sacral center – thalamus,*
7. *base center – cerebellum*” (Hopking, 2005, p. 102).

The healer uses these physical head centers, if one in the

Ability of physical plane man wants to create upon the mental plane those vehicles for energy which - when set in motion by his conscious will - will produce certain specific effects upon the physical plane. This is brought about by egoic energy passed down the sutratma¹ to the physical brain, and retransmitted back to the mental plane, plus or minus that which has been gained or lost in the process. (TCF, 962)

Q4: How can a healer develop etheric vision?

A4: Etheric vision is the power to see energy-substance. It allows the healer to see the true form of the patient. In order “to see,” the healer shifts the focus from the coarse physical matter of the eyes to the substance within. The healer then looks from within outward and “sees.”

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

"An old esoteric manuscript in the Masters archives" instructs thus:

The vision of the higher sphere is hidden in the destiny of the fourth form of substance. The eye looks downwards and, behold, the atom disappears from view. ... When the eye negates the downward vision, and sees all from within outwards, the spheres again will be seen. (TCF, 1097)

Repeated practice is recommended, which is motivated by love and the willingness to serve.

Q5: Please explain how to assure the healer's willpower and thoughts are arrested so as not to cause harm to the patient. I know in class you said by staying completely Soul aligned there is no thought or one's own will. How can we be assured that we stay 100% in Soul and thereby not harm the patient?

A5: "Healer has the duty to render himself effective, and according to what he is, so will be the effect upon the patient" (EH, 8).

Considering our state of consciousness today, and regardless of our good intentions, there is no 100% assurance not to harm. It renders us humble and motivates us every day anew to do the following:

1. Live as much as possible through the heart and head centers, less or not in the solar plexus center.
2. Surrender daily your personal will to the Divine Will. "Thy Will [shall] be done."
3. Self-care and right rhythm will provide energy to stay soul-connected and at the same time present in the here and now.
4. Through daily intention for self-forgetfulness, harmlessness, and right speech serve the individual healee and humanity as a whole.
5. Accept that which cannot be changed.
6. Perform actions without attachments (EP II, 103); serve with no expectations.

Those healers who have contact with the spiritual triad and who therefore have triadal consciousness will always be successful healers and make no mistakes (EH, 547). This knowledge motivates us healers to apply ourselves disciplined and focused to our own spiritual development.

Questions Related to Esoteric Healing Meditation

Q6. When discussing using an etheric triangle consisting of Soul, Heart Center, etheric brain, and hands (or auric emanation): How do you do this? Do you make a triangle with Soul, Heart Center, and etheric brain and then connect that to the hands (or aura) or do you just connect all four points? How do you connect to the aura? Do you use one point or simply intentionally connect generally?

A6: How to use triangles:

Beginning healers can visualize three respective points, one after the other, starting with the highest point (if not indicated otherwise), within the etheric field connecting them with lines of living light.

Intermediate healers can visualize the triangle as a whole, three connected points as a two-dimensional surface, knowing that it will rotate multi-dimensionally within the etheric field.

Placing triangles involves:

1. Placing the attention or focus on the three point of the triangle;
2. Vitalizing the magnetic field spiritually through soul energy;
3. Directing and distributing the healing energy through the medium of the ajna center (EH, 582).

We use the mind to connect with the aura by going outward approximately a few inches from the solar plexus center in the back or we can connect with it all at once visualizing it in its totality.

Q7: During the stage of Preparation of Healing Group and Healer wherein we connect with group brothers' souls, mind, and emotional natures: Do we make three distinct connections?

A7: We have two choices. We can do three distinct connections. Or after soul fusion as the group soul, we can become aware and/or fuse collectively with the mind and emotional nature of the group soul.

Q8: During the stage of Preparation of Healing Group and Healer wherein as Group Soul we connect with Master, Hierarchy, and Shamballa: Do we try to use a triangle or just mentally touch all three points?

A8: We can use a line of light and life ascending to these levels of consciousness.

Q9: Transmission of Healing Energies: For about how long do we send out the stream of healing light? If doing radiatory healing, do we visualize our auras moving out and touching the one to be healed or simply that the stream of healing light moves out from our stationary aura?

A9: The length of the transmission of healing energy is limited by our ability to focus. How long can we focus without being uninterrupted by extraneous thoughts? Perhaps one to two earth minutes?

The aura of any living form is not stationary. It is a living, pulsating energy sphere. We can influence it with the mind. For instance, in radiatory healing we can visualize the aura moving out and enclosing the one we seek to heal. Or we can visualize the one we seek to heal with us, enclosing him in our aura.

Q10: Closing of Channels of Transmission stage: Is the Healing Triangle the triangle of the healing group, the healer, and the healee; the triangle of Group Soul, the Hierarchy, and the NGWS; the triangle of Soul, Heart Center, and Ajna Center; the triangle of Soul, Heart Center, and etheric brain; or something else?

A10: We close the triangles in reverse manner in which we had opened them.

This is as follows in the Radiatory Healing Meditation:

auric emanations – heart center – etheric brain – soul.

The following triangles you can leave in your field for your own protection:

ajna center – heart center – soul

group soul – Hierarchy – New Group of World Servers

group soul – Hierarchy – soul of humanity.

Questions Related to Sending Healing Energy to the United Nations

Q11: Where do we focus the healing energy: the organization itself, the “inner council” of the UN, the soul of the UN, the head of the UN, or something else?

A11: We are sending healing energy to the personality of the UN by visualizing a large glassy white obelisk inside and filling up the UN building, similar to the obelisk in front of the White House, Washington, DC. This in turn will stimulate the soul of the UN.

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