



Spiritual Studies Institute

## **Esoteric Healing Meditation Series (Shortform)** **Radiatory Healing Meditation**

*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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The healing meditation includes the following stages:

1. Preparation of the Healing Group
2. Intention Setting
3. Transmission of Healing Energies
4. Turning off Transmission of Healing Energies
5. Precipitation of Healing Energies to Humanity

### **1. Preparation of the Healing Group**

We align ourselves, identify with soul, and say the following mantra:

*We are Soul.  
We are the Light Divine.  
We are Love. We are Will.  
We are Fixed Design.*

We link as soul with all group members by saying their name and/or gift quality. We sense being united in bonds of spiritual love.

We quietly sound the OM, identifying with the Group Soul. As the Group Soul, we connect with divine healing energies and with the Christ consciousness.

We say the following mantra.

*With purity of motive, inspired by a loving heart,  
we offer ourselves for this work of healing.*

This offer we make as a group and to the one we seek to heal (EH, 103).

## **2. Intention setting**

Within ourselves, we gather energies of love and focus ourselves – and all that we have to offer – within the head. We picture ourselves as radiant points of vivid light.

For a moment, we think about and link with the one we seek to heal. Then we redirect our focus (EH, 104).

From Soul, we feel deep love pouring into us. We say the following mantra:

*May the love of the One Soul, focussed in this group,  
radiate upon you ... (name of healee),  
and permeate every part of your body –  
healing, soothing, strengthening;  
and dissipating all that hinders service and good health. (EH, 105)*

## **3. Transmission of Healing Energies**

From the point between the eyebrows, the ajna center, in silence and in one-pointed concentration, we send out a stream of radiant love to the one we seek to heal. We visualize it as pouring out and we sense it being received.

## **4. Turning off the Healing Energies**

Via the ajna center, we turn off the healing energy by gently withdrawing our auric emanation.

## **5. Precipitation of healing energies to humanity**

We visualize all the "sons of men" as "Suns of God" having radiant health. On behalf of the entire human race, we close with the Great Invocation.

***THE GREAT INVOCATION***

*From the point of light within the mind of God  
Let light stream forth into the mind of men.  
Let light descend on Earth.*

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

*From the center where the Will of God is known  
Let purpose guide the little wills of men –  
The purpose which the Masters know and serve.*

*From the center which we call the race of men  
Let the Plan of Love and Light work out  
And may it seal the door where evil dwells.*

***Let Light and Love and Power restore the Plan on Earth***

OM OM OM

Silently within our hearts, we offer thanks for the opportunity to serve.

Reference:

Bailey, A. A. (1953). *Esoteric healing: A treatise on the seven rays* (Vol. 4, 16th ed.). New York, NY: Lucis Publishing.

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