

Psychocentric Healing: Making Sound From Within

An Introductory Study Guide to A.A.B.-D.K.'s *Esoteric Healing*

by

José Becerra, M.D.

Summer 1997

“Though I speak with the tongues of men and of angels, and have not love, I am become as sounding brass, or a tinkling cymbal. And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove all mountains, and I have not love, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not love, it profiteth me nothing. Love suffereth long, and is kind; love envieth not; love vaunteth not itself, is not puffed up, doth not behave itself unseemingly, seeketh not her own, is not easily provoked, thinketh no evil; rejoiceth not in iniquity, but rejoiceth in the truth; beareth all things, believeth all things, hopeth all things, endureth all things.

“Love never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away. For we know in part, and we prophesy in part. But when that which is perfect is come, then that which is part shall be done away. When I was a child, I spake as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things. For now we see through a glass, darkly; but then face to face: now I know in part; but then I shall know even as I am also known.

“And now abideth faith, hope and love, these three; but the greatest of these is love.”

I Corinthians 13

Table of Contents

Introduction	3
I. Preliminary Definitions	5
II. Underlying Theory: Ten Laws and Six Rules	5
III. Goals and Objectives	9
A. Group Healing	
B. Teach and Advise	
C. Heal	
IV. Requirements of the Healer	12
V. Read, Study, Meditate, Carefully Experiment	15
VI. Healing Techniques.....	18
A. Introductory	
B. Advanced	
VII. Preventive Healing	22
Concluding Remarks	25
Appendices	
A. Seven Ray Causes of Disease	28
B. Planetary Diseases	30

Shaded text corresponds to ideas that, as far as the author knows, are not originally present in D.K.'s books.

Introduction

“The healing art will be the foremost, because the most necessary. Nowhere in human thought is the darkness greater than in connection with the laws concerning disease and death.”
-D.K.

The purpose of this introductory study guide is to outline some general principles underlying the ancient art and science of healing. There are seven basic premises held by the author of this guide that, in all fairness to the reader, should precede our consideration of this vast subject.

First, truth is the absolute criterion of reality. Simply stated: the true is real; the untrue is not.

Second, two ways to approach the real are: i) the heart approach, well represented by the poets, and ii) the head approach, well represented by the scientists of the world. We need the synthetic *heart thinking* approach to truly understand healing.

Third, there is an inherently hidden or unseen domain of reality. The hidden is *causally* related to the manifest in the same way that energy relates to matter [$e=mc^2$]. As above, so below.

Fourth, the more inclusive a thinker's consciousness, the greater and more effective capacity to scientifically experiment in the hidden domain of reality. Similar to institutions of higher learning that confer “philosophy doctorates,” successful and validated experimentation in the hidden domain of reality grants mastery degrees of wisdom.

Fifth, the art and science of healing already exists. Its scientific principles are being safeguarded by wise scholars to prevent misappropriation and misuse for selfish purposes.

Sixth, for the first time in recent history, some of the original principles and practices of scientific healing have been partially revealed in book form to the general public. The textbook, entitled ESOTERIC HEALING, was authored by Djwhual Khul, the Tibetan Master, and penned by Alice A. Bailey (Lucis Trust Publishing Co., 1953).

Seventh, truth is the absolute criterion of reality. These premises are either true or false. It is up to the earnest reader to discern their validity, actual or potential, according to the reader's best judgement. If these premises are accepted, at least as working hypotheses, we may then proceed to consider the principles underlying preventive healing as practiced and taught by graduates of the School of Wisdom on Earth.

Simplicity is our goal. The reader is invited and encouraged to consult the original textbook to obtain further details. The author of this guide, who does not have or claim access to secret or unpublished information related to this subject, is solely responsible for his interpretation of and punctuation added to the original text.

I. Preliminary Definitions

To heal [from hal, whole] is to make sound or whole, whereas esoteric [from Greek, eso = within, esoteriko] means “from within.” Therefore, esoteric healing may be defined as “to make sound from within,” that is, to restore health by means of sound or vibratory energy emanating from within the human being.

Psychocentric healing is the release of the original sound or “word” inherent in the soul so that its life can flow through any particular form. **Disease** is disharmony, a point of friction created by the form’s resistance to the soul’s life energy.

The **healer** is a transmitter of spiritual energy seeking to correctly relate the soul within the form. The patient [from Latin pati, pain] refers to the one “bearing pains calmly” until a healthy equilibrium is restored.

Love is the coherent force which makes all things whole. **Thought** is the propulsive complement of the attractive force of love. Thought carries **Light**, the very *substance* of things hoped for. **Enlightened love** is a substance as real as dense matter.

II. Underlying Theory

ALL DISEASE IS THE RESULT OF INHIBITED SOUL LIFE: this is the major underlying theory upon which the healer will work, and the basic law underlying scientific healing.

The (Ten) Laws and (Six) Rules of Healing

The Laws of Healing are one of three groups of laws governing the realms of : i) physical Nature [e.g., gravitation and electromagnetic forces], ii) the Soul [i.e., the Law of Essential Integrity or Healing] and iii) Life.

The Laws of Healing are imposed upon healers and provide unalterable conditions under which they must work; they may not and cannot evade them. The Rules, however, they impose upon themselves, constituting the conditions which they are advised to follow through discipline and understanding.

The **Laws of Healing** state that all disease is the result of inhibited soul life and

that the art of the healer consists in releasing the soul so that its life can flow through the form. Disease is presented as the product of past influences of the individual, humanity, and the Earth. These three influences, called the “Ancient Law of Evil Sharing,” gradually give place to the new “Law of Ancient Dominating Good” brought about by the spiritual will of humanity.

Disease is postulated to result from the misuse of force, by individuals or by groups, in some earlier life or in this one. Three major influences are said to predispose human beings to disease. These are: i) karmic (individual and group karma); ii) planetary (inherited diseases of humanity); and iii) psychological (emotional, etheric and mental).

Disease is also viewed as an effect of the basic centralization of an individual’s life energy. From the plane whereon those energies are focused are said to proceed those determining conditions which produce ill health. Disease, a distorted reflection of divine possibilities, in fact has its “roots” in the Good (mental plane), the Beautiful (emotional plane) and the True (etheric plane). The thwarted soul produces a point of friction. Upon this point the eyes of the personality are focused and this leads to disease. The art of the healer is concerned with the lifting of the downward focused eyes unto the soul, the true Healer within the form. The spiritual or third eye then directs the healing force.

The Laws of Healing also state that there is naught but energy, for God is Life. Two energies [the soul (solar) and the personality (lunar)] meet in an advanced human being, but other five [mental, emotional, etheric, astrological sun sign, astrological rising sign] are present. The conflict of these energies with forces [of the seven chakras] and of forces among themselves produce bodily ills. In short, solar control produces health; lunar control produces illness.

Therefore, the fundamental cause of disease is also related to energy, to its presence in excess as it pours through the seven centers (chakras), or to its deficiency. The keynote to good health is sharing or distribution. This is the fundamental principle of all spiritual healing: only by the right distribution of energy will the ills of the physical body be cured.

There are four major agents of distribution: the etheric vehicle, the nervous system, the endocrine system, and the blood stream. The glands are the major determining factor in connection with the general physical health of an individual. Diseases which are self-engendered (i.e., “psychological” or of “inner” origin) are caused by the failure, the limitation, the deficiency or the excess, and by the

overdevelopment or the underdevelopment, of the endocrine system. When life or energy flows unimpeded and through right direction to its related gland, then the form responds and ill health disappears.

The general method to promote health may be summarized in one word: HARMLESSNESS. At a very advanced stage of spiritual human development, harmlessness encompasses perfect poise, a completed point of view and divine understanding. The method used by Good is, we are told, Harmlessness. But not all healers can practice *perfect* harmlessness. In fact, harmlessness is also one of the initial and preparatory five commandments that need to be observed by all practitioners of the eight means to RajaYoga.

Lastly, two specific laws are mentioned by name: the Law of Death, and the Law of Life. According to the Law of Death, disease and death are the result of two active forces. One is the will of the soul drawing its essence back; the other is the magnetic power of the planetary life reabsorbing the atomic structure. Thus, under cyclic law, do all forms are stated to act. This Law, currently ruling, is to be replaced in the not-so-distant future by the Law of the liberated Life.

The **Rules of Healing**, on the other hand, state that the **self-trained** healer, knowing the inner stage of thought or of desire of the one who seeks help, should relate cause and effect and know the point exact through which relief must come. The Rules also advise that healers must achieve magnetic purity through purity of life. They must attain that dispelling radiance which shows itself in those who have linked the centers in the head and thus create a magnetic field.

The Rules also remind the reader about the fact that energy always follows thought, that there is nothing in the created world but energy in motion, and that every thought directs some aspects of that energy. When the magnetic field is established, then the radiation may go forth by: i) concentrating the needed energy within the healer's center corresponding to the one which has need in the patient, and ii) letting the two centers synchronize and together augment the force.

According to the Rules, careful diagnosis will be made much simpler by identifying the closest center related to the diseased organ and applying methods of esoteric healing. However, ordinary, ameliorative, medical or surgical methods should not be withheld.

Finally, the Rules describe two general modes of healing: magnetic and radiatory. In magnetic work, the healer links the soul, heart, brain and hands to pour

the “vital healing force” (i.e., prana) to the patient. It may cure or harm according to the knowledge of the healer. In radiatory work, the healer links the soul, brain, heart and auric emanation so that the healer’s presence feeds the soul life of the patient. The hands are not used. The patient’s soul, stimulated by the healer’s aura, responds by pouring forth soul energy onto the patient. Never should the uninitiated healer or the healing group direct willpower onto the patient: the uninitiated healer must always keep the will in leash. It is not will that must be used but love, because love releases, love adjusts and interprets, and love heals on all three planes. Healers are advised to give to all who seek their aid the fullest measure of love.

According to the textbook, if these LAWS are studied deeply by those who seek to learn to heal spiritually, and if healers endeavor to make their life conform to the RULES, a definite pattern of healing and an emerging technique will take shape in their minds and greatly increase their effective service.

A word of caution is in order. These Laws and Rules should not be misapplied by blaming patients for their diseases. In fact, such interpretation would negate the healing spirit of compassion inherent in them. Furthermore, such misapplication would also undo any healer’s success in “lifting of the downward focused eyes unto the soul.” Thus the importance for the healer to truly understand “the inner stage of thought or of desire of the one who seeks help” and to act accordingly.

III. GOALS and OBJECTIVES

Ultimate goal: TO HEAL AND TO TEACH

A. Group healing [*by* groups and *for* groups]

A primary objective at this time is not to train individuals to make them more efficient healers but to practice healing in group formation. Group members must first establish themselves in love and work towards group unity and understanding. A nucleus of even three people who mutually interact, who disinterestedly follow the path of service, who know the meaning of trust, who cooperate with each other and who guard the gate of speech can become effective healers.

Only from the heart can stream, in reality, those lines of energy which *link and bind* together. True love, silent, uncomplaining, non-critical and steadfast, is the goal and the quality of a healing group life. Then, when there is some definite work to do, the group will work as a unit with hearts and minds as one.

Rules and policies for healing groups

[Basic Rule of SILENCE: complete silence and reticence in relation to all healing work]

Policies for healing group: i) the work of the healer and of the healing groups will be supplementary to the orthodox care ("the patient should always be in the hands of a good and reputable doctor"); ii) the nature of the disease (determined by careful, orthodox medical diagnosis) should be known to the group; iii) the age of the patient, his birth date and some information anent his circumstances should also be known, so as to provide a focal point of interest, and a magnetic area should be construed around the patient which will attract the thought-directed energy of the group; iv) charts providing information on the anatomy of the body and the position and nature of the centers governing the diseased areas should be studied; and v) the faculty of imagination and the power of visualization should be emphasized and the ability should be developed to send streams of energy to the patient and to the area in the patient's body where the trouble lies.

B. To teach and to advise

1. The relation of healer and patient is basically an educational one. There are two ideas that should be impressed upon the mind of the one to be healed: i) cure is not guaranteed (thus recognizing and accepting the Law of Karma), and ii) fear is needless. One of the first objectives of the healing agent should be to aid the patient to achieve a happy, sane, expectant outlook upon his future.

2. Healer and patient should unreservedly agree about **the three possible SUCCESSFUL outcomes** of a healing experience: i) complete physical or psychological healing, or ii) the establishing of a state of mind which will enable the patient to live with himself and with his complaint, unhandicapped by the karmic limitations of his body, or iii) enabling the patient to achieve (with joy and facility) the right liberation from the body and, through the portal of death, to pass to complete health.

3. Ascertainment of those factors in the patient's life which are preventing the soul's energy from flooding everywhere; to find out what lines of thought are being indulged in which are causing that inertia of the will aspect which is so conducive to wrongdoing; to ascertain what it is in the emotional body which is affecting the nervous system, and thus obstructing the flow of energy from the soul to the emotional body, and thence to the nervous system; to discover what is the hindrance in the etheric body which is preventing the right flow of prana, or of solar vitality to every part of the body.

C. To heal

1. To create a HEALING THOUGHTFORM. The function of every thought-form is threefold: i) to respond to vibration, ii) to provide body for an idea, and iii) to carry out a specific purpose.

2. The healer has to grasp clearly and candidly certain exceedingly simple yet esoteric FACTS: i) that healing is simply and essentially the manipulation of energies; ii) the difference between incoming *energies* and outgoing *forces* in the human frame; iii) the patient's evolutionary status according to the patient's intellectual, emotional and physical caliber; iv) accurate knowledge of the seven major centers of force in the human frame; v) the difference between soul and personality; vi) if the healer's relationship with the patient is a soul or a personality one; vii) the location of the center controlling the area which involves the

point of friction; and viii) that disease and healing are both of them aspects of the great "relationship system" which governs all manifestation. If the healer will take these eight points and reflect and brood upon them, a sound foundation for all work to be done will be laid.

3. To work intelligently with the vital forces of the etheric body to reorganize and revitalize it. The work is, in reality, that of the judicious use of energy, applied with love and science. The synthetic power of the mind, aided by true love, will some day be THE INSTRUMENT of all true healers.

In summary, the work which should engage the attention of aspirants to healers will fall into three categories; these will work out sequentially and not simultaneously: i) first, the training in the principles of the healing art by studying the textbook *Esoteric Healing*; ii) later, when a group can function together with impersonality as a unit and with true interplay of love, such a group can *then* begin to do some definite healing work under soul direction or some initiated chela and in conformity with the teaching outlined in the textbook; and iii) finally, there will come the forming of subsidiary groups to be taught and developed by members of pioneer healing groups, under soul instruction, or under that of some initiated chela. These subsidiary groups will work under group direction for the healing of people.

IV. Requirements of the esoteric healer:

Any man or woman -given real interest and prompted by the incentive to serve-who thinks and loves ("heart thinking"), can be a healer.

The knowledge required by the healer in the New Age is more basic and less detailed. Healers deal with areas and not with organs; they are concerned with energies and their distribution points, and not with the details of the physical body.

PREREQUISITES to the art of healing: i) recognition of the Law of Cause and Effect; ii) correct diagnosis by a competent physician, and later by a spiritual clairvoyant; iii) belief in the law of immediate Karma (to intuit the karma of the moment); iv) willingness to recognize that healing might be detrimental and basically undesirable from the standpoint of the soul; v) active cooperation of healer and patient; vi) determined acquiescence on the part of the patient to accept whatever may be the demonstrated will of the soul (an expression of divine indifference); vii) effort upon the part of both healer and patient to express complete harmlessness; viii) effort on the part of the patient to adjust factors which might militate against the right spiritual perspective; ix) deliberate eliminating of qualities, lines of thought and of desires which could hinder the inflow of spiritual force; x) capacity of both healer and patient to integrate into the group soul with which they are subjectively affiliated. The objective underlying these ten requirements is to set up an unbroken rapport between the healer or the healing group and the patient who is receiving the scientific attention of the healing agent --group or individual.

The healing art presupposes: i) mastering of the science of soul contact; ii) constant practice of alignment; and iii) comprehension of the Science of the Centers (a modern form of Laya-Yoga).

A. ABSOLUTE minimum requirements (for *individual* healers): i) to ascertain their own rays [people on the sixth ray are advised to abstain from the healing art until they have arrived (consciously) at the initiate stage] *and* their own status before they can rightly heal; ii) possess a vehicle or body on the 2-4-6 ray line.

B. Other basic requirements

1. Observation of the six Rules of Esoteric Healing. In short, two words embody the requirements of all true healers: MAGNETISM and RADIATION. Healers

must be magnetic above everything else and must learn to work through the love aspect (and not through the wisdom aspect) of their rays.

2. In addition, three basic ("divine") requirements should be considered: i) emotional control, ii) to function as a detached and discerning Observer in the three worlds, and iii) a mind that can be held steady in the light.

3. Any healing practice should be preceded by at least three years of careful study about the nature of energy, the ray types and the centers. Healers of the future will undergo years of drastic training and will face a very severe course of training before their own equipment -personality, etheric body and its centers- are brought into such submission to the soul so that they offer no obstruction to the healing art.

4. Powerful qualities and attitudes essential to the successful practice of the healing art are: i) power to contact and work as a soul; ii) power to command the spiritual will; iii) power to establish telepathic rapport; iv) power of exact knowledge using vision and touch; v) power to reverse, reorient and "exalt" the consciousness of the patient ("polarize the will of the patient"); vi) power to direct soul energy (i.e., LIGHT substance) to the necessary area; vii) power to express magnetic purity and the needed radiance; viii) power to control the activity of the mechanism of the head; ix) power over the healer's own centers; x) power to utilize both exoteric and esoteric methods of healing; xi) power to work magnetically (using the hands as directing agents); xii) power to work with radiation (using the aura); xiii) power to practice at all times complete harmlessness; xiv) power to control the will and work through love; and xv) power eventually to wield the Law of Life. In the study of these requirements there is no need for discouragement... such a study will serve to set a needed goal for all healers in the New Age. The moving forward of a large group out of the ranks of average humanity on to the Path of Discipleship will provide -during the next five hundred years- many healers who will fulfill these requirements to some degree.

5. The ethical standards of conduct of the would-be healer should at least include: i) obtaining the patient's informed consent in which the experimental nature of esoteric healing is explained, and ii) abstaining from charging fees to patients for esoteric healing services as proof of the healer's right motivation and intention. Techniques of protection of the healer, as instructed in the textbook, should also be observed.

In summary, healers will give of their best to the one whose healing is sought. Having no clairvoyant power in the majority of cases, and being time-conscious and under the influence of karma, they will do their utmost along the lines of their own training and in accordance with the instructions given in the textbook. The objective before any healer at this time and at this given point in the evolutionary unfoldment of the race is the need, *when so asked*, to aid in the bringing about of health to the body and its sustained experience in life. No request for real aid must ever be refused. A deaf ear must not be turned to trouble, either physical, mental or psychological. But success in healing may not always mean release from disease and the so-called physical cure of the patient.

The whole science of healing will shift eventually and increasingly into the realm of PREVENTIVE MEDICINE and the psychological adjustment of the individual within his group, and the providing of right living conditions, correct dieting and housing for people. That, however, takes much time, and whilst the race is on its way to the newer modes of living, with their resultant effects of better health and a more correct comprehension of the laws of health, all who stand in the world as magnetic centers must proceed, according to the light that is in them, to work with people, in order to help them, to heal them, and to aid in making needed adjustments. Nothing should stop service along this line, not even the realization of limitation and of ignorance.

V. READ, STUDY, MEDITATE, CAREFULLY EXPERIMENT.

All training encompasses the stages of theory, reaction (experimentation and experience) and expression. It takes the dedicated life and the illumined mind to profit by the knowledge conveyed in the original textbook. Would-be healers are encouraged to learn by (intuitive) absorption more than by (logical) analysis.

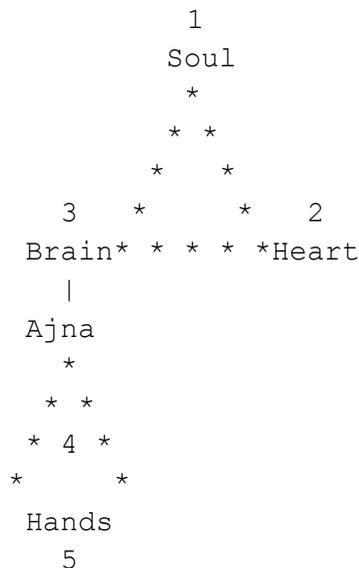
As previously stated, there are two general modes of esoteric, and thus preventive, healing: radiatory and magnetic. Both use the fundamental methods of vitalization and devitalization to counterbalance the excess or lack of energy in the centers.

1. In **Magnetic healing**, the healer, or healing group, does two things (in absolute SILENCE):

i) to attract to the healing center that type of energy which will counteract the disease, and

ii) to attract and absorb those forces which are producing the disease, drawing it forth from the patient.

In Magnetic healing, the patient's physical body is the objective of the healing art and the healer works with the prana or vital planetary fluid (animal magnetism) in close cooperation with the patient's physician or surgeon. From the healer's perspective, the technique can be depicted in the following diagram:



There are two ways to use the hands:

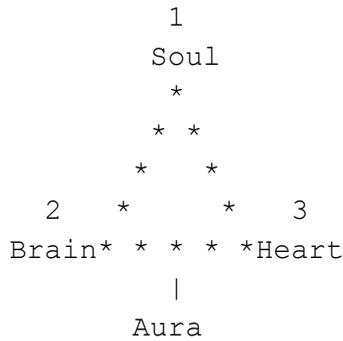
i) laying on of hands upon the patient's *physical* body (healers on the 2nd, 3rd and 5th rays): the right hand is laid upon the spinal center and the left hand over the troubled area for as long as the healer can hold the triangle of soul, heart and brain clearly in consciousness while energy flows between the two hands, back and forth within the diseased area. The result, if successful, is to burn up and absorb the forces causing the trouble *without* penetrating the body of the healer.

ii) use of hands in action or hand immersion in the *etheric* body of the patient [healers on the 1st, 4th and 7th rays]: creating a circulation of energy through the center in the patient's body controlling the distressed area, and thence outwards through that area to the healer's hands. The right hand is used first but both hands are positive while the discordant forces are withdrawn by the action of the energy passing through the hands, applied one after the other in a regular time rhythm. The discordant forces causing trouble pass through the hands, but are unable to focus themselves there, owing to the concentration of *positive* healing energies within the hands.

2. In **Radiatory healing**, the healer simply gathers power and then radiates it out to the patient in the form of a steadily radiant stream of energy. The work is of a twofold nature:

- i) to pour energy into the center in trouble, or
- ii) to stimulate a corresponding higher center so that by the intensification of the higher the vitality of the lower is reduced ("technique of the withdrawal of the fire").

In Radiatory healing the patient's soul feels the effect of the healing energy and the healer works with soul energy. The healer, either standing at that side of the patient in which the trouble is located (easier way) or, if the patient's vitality is strong enough, standing behind while the patient lie on the side (or at the patient's head, if advanced), radiates soul energy to the center(s) needed:



The healer *must on no account touch* the patient.

It will be apparent, therefore, that much must be known of the effects of these two basic and different modes of healing before a healer dare work. Specifically, the laying on of hands, as in magnetic healing, should be reserved for individually trained and licensed healers. This is so because the amount of energy conducted by direct hand contact, even if etheric only, may prove to be more immediately and irrevocably dangerous to the patient.

It is possible to combine both the magnetic and the radiatory modes of esoteric healing without the use of the hands by establishing a soul-mental-etheric interplay between the healer and the patient. The energies of the respective centers in the healer and the patient are “synchronized” and the healer determines whether the treatment requires an expulsive (magnetic abstraction) technique in an overstimulated center, a stimulating (radiatory) technique in a stagnant center, or to permit nature itself to bring about unassisted cure by holding the situation in steady balance, boosting the patient’s confidence and encouraging a period of patient waiting.

VI: Healing Techniques

Two model techniques are provided in this introductory guide that may prove useful if wisely applied by individuals and groups. In both techniques three possible successful outcomes are emphasized: i) complete healing; or ii) the establishing of a state of mind which will enable the patient to live with himself and with his/her complaint, unhandicapped by the karmic limitations of his/her body; or iii) enabling the patient to achieve (with joy and facility) the right liberation from the body and, through the portal of death, to pass to complete health.

The titles and descriptions of the two model techniques are self-explanatory. Readers of this guide are encouraged to consult the original textbook for details. Whenever healing is practiced, the thoughtful and judicious use of the Great Invocation is recommended.

The Great Invocation

From the point of Light within the Mind of God
Let light stream forth into the minds 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

A. INTRODUCTORY RADIATORY HEALING TECHNIQUE*

1. Group consciousness. By an act of will use the imagination to produce:
 - a. individual alignment of each healer with their soul,
 - b. linkage as a soul with the souls of other healers, and
 - c. linkage with other healers' minds and their emotional natures.
 - d. Forgetting about the group relation, and
 - e. concentration upon the work to be done.

2. Focusing of the LIGHT of LOVE. The healer:
 - a. individually links soul and brain,
 - b. gathers forces of love within aura,
 - c. focuses forces of love within the head as a radiant center of energy or a point of vivid light.

3. Projection of the LIGHT of LOVE.

- a. The healer visualizes the linking process going on as moving lines of LIVING LIGHT SUBSTANCE linking him/her to other healers and to the patient (from Latin "pati:" to suffer; the one who bears PAIN).
- b. As the healer projects this living light of love through the AJNA center (the "third" or mind's eye), to the group's heart (made up of the collective heart centers of all healers), and to the patient, the healer(s) say(s):

"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."

4. Focus. The healer:

- a. briefly directs his/her thoughts to the patient and to his/her illness;
- b. leaves the group, the patient and the illness in the background of his/her mind; and
- c. concentrates upon the FORCE of LOVE.

5. PRECIPITATION of the SUBSTANTIAL LIGHT of LOVE. The healer:

- a. FEELS deep love pouring in;
- b. holds his/her hands six inches away from the face, palms outwards;
- c. sends the substantial light of love as a STREAM of RADIANT LIGHT from the AJNA center and directs it through the medium of the hands to the patient

(actually SENSING the patient receiving it).

d. As the healer does this (5 a, b and c), s/he says aloud but in a low voice:

“MAY THE LOVE OF THE ONE SOUL, FOCUSED IN THIS GROUP, RADIATE UPON YOU, _____, AND PERMEATE EVERY PART OF YOUR BODY --HEALING, SOOTHING, STRENGTHENING; AND DISSIPATING ALL THAT HINDERS SERVICE AND GOOD HEALTH.”

* Note: adaptation of the Second Ray method of group healing. Possible successful outcomes are three: 1) complete healing; or 2) the establishing of a state of mind which will enable the patient to live with himself and with his/her complaint, unhandicapped by the karmic limitations of his/her body; or 3) enabling the patient to achieve (with joy and facility) the right liberation from the body and, through the portal of death, to pass to complete health.

B. ADVANCED* RADIATORY HEALING TECHNIQUE^s

1. MAGNETIC RADIANCE:

Rule 2: The healer: a) must achieve magnetic purity through purity of life; b) must attain that dispelling radiance which shows itself in every healer when the centres in the head have been linked. When this magnetic field is established, the radiation goes forth.

Through visualisation and creative imagination:

- a. The attention is creatively placed on the Head-Ajna-Alta Major centers triangle.
- b. The magnetic field of the Pineal-Pituitary-Carotid glands triangle is spiritually vitalised generating vital radiance.
- c. The vital radiance is then distributed and directed correctly by the Ajna-Left & Right Eye triangle.

2. ALIGNMENT

Rule 1: The healer must know the inner stage of thought or of desire of the one seeking help; relate cause and effect and know the point exact through which relief must come. For astral conditions:

- a. Soul-Astral Body-Etheric Heart triangle (primary: makes healer transmit energy)
- b. Etheric Head-Ajna-Heart centres triangle (secondary: makes effect on patient)
- c. Linking primary & secondary triangles by an “act of deliberation” (a deliberate act of faith and a firm statement of FIXED INTENTION)

3. RADIATORY/MAGNETIC SYNCHRONIZATION OF THE CENTERS

Rule 3: Let the healer concentrate the needed energy within the needed centre. Let the two synchronise.

[assumes existence of major centres in patient]

- a. Expulsion of surplus energy in overstimulated centre, or
- b. Stimulation of patient’s centre, or
- c. Preserve state of equilibrium wherein natural healing can take place.

***Note:** Two great streams of energy permeate and animate the human frame: the life stream and the consciousness stream. One works through the nervous system (consciousness) and the other through the blood stream (life). Initiate-Healers have to learn to work with the LIFE PRINCIPLE, and not with some vague energy which is set in motion by the power of thought or by the potency of love. This life principle is contacted and set in motion by the mode of clearing certain etheric channels within the etheric structure which underlies every part of the patient’s body; that is, by directing streams of energy, via certain centres, and thus affecting certain glands in the area of the physical body which is diseased. The endocrine glands constitute an interlinking and interlocking directorate of vital importance, linked and united, animated and directed by the seven etheric centres. These glands are direct precipitations of the seven types of pranic or life energy flowing through the seven etheric centres, and are the ultimate intermediaries between the healer and the patient. The initiate-healer does not work with the consciousness aspect; the true healer works entirely with the life aspect.

§ Note: Possible successful outcomes are three: 1) complete healing; or 2) the establishing of a state of mind which will enable the patient to live with himself and with his/her complaint, unhandicapped by the karmic limitations of his/her body; or 3) enabling the patient to achieve (with joy and facility) the right liberation from the body and, through the portal of death, to pass to complete health.

VII. *Psychocentric* Healing

Accurate knowledge about the energy management process related to the dynamic reception, assimilation and transmission of psychic and life forces in the human frame will radically transform the practice of medicine from its currently misplaced and reductionistic “curative” focus to a much simpler and comprehensive preventive approach. This energy management process will be increasingly controlled by the individual as s/he interacts with his/her environment in a more effective and efficient way.

Optimal health will be the natural and universal outcome of an optimal equilibrium or dynamic synchronization between an individual and his/her environment. When this optimal equilibrium be perfect, and thus permanent, the individual will attain perfect health. As humanity advances along its evolutionary path, the individual, both as a personal identity (i.e., physical body, emotions and intellect) and as a spiritual identity (i.e., Soul), will become an increasingly crucial determinant in health and disease as s/he interacts with his/her physical (i.e., earth, water, air) and subtle (i.e., fire, electromagnetism) environment.

Three major laws of health will be recognized to govern the relationship between the individual and his/her environment: 1) the will-to-live, focused in the respiratory system (air); 2) the synchronization of forces in the human frame, a dynamic equilibrium between the vital (life) force from the environment and the subjective psychic force within the individual (fire); and 3) the correct assimilation and elimination of material substance by means of the gastrointestinal (earth) and the genitourinary (water) systems.

The practice of goodwill by the individual will provide a key to prevent respiratory disorders and will promote rhythmic habits of health. The laws of vitality, intimately related to the synchronization of forces, will prime the human frame towards health. The correct assimilation and elimination of earth and water will prevent diseases originating below the diaphragm.

Psychocentric healing, the healing of inner cleavages predisposing to disease, will provide the scientific basis for preventive "public health" interventions in the future. There are three "inner causes" of disease that need to be considered.

1. Emotional causes are the most prevalent factors predisposing to disease. The first two manifestations of emotional force, FEAR and DEPRESSION ("the basic evils"), constitute the "Dweller on the Threshold" in this age and cycle. Both of them indicate sentient reaction to psychological factors and cannot be dealt with by the use of another factor such as courage. They must be met by the omniscience of the soul working through the mind, -not by its omnipotence. When fear and depression are overcome, the race will enter into its heritage of happiness, of true satisfaction and of liberation.

Three specific emotions need to be considered:

- i) Uncontrolled and ill-regulated emotion: "stress of temper," tendency to criticism, violent dislikes, superiority complex and unkind judgements resulting in acidity, "attacks of biliousness," gallbladder disease and chronic gastric ulcers,
 - ii) Desire, predisposing to diseases of group origin by inhibition (cancer), by means of uncontrolled sexual impulses (sexually transmitted diseases [including HIV/AIDS] and homosexuality) or by depletion (tuberculosis), and
 - iii) Worry (FEAR) and irritation (IMPERIL), insidious poisons that prevent true vision. They are the most prevalent causes today among individuals suffering the results of their self-interest, self-sufficiency and self-satisfaction . Worry (psychological fever) predisposes to influenza and breathing difficulties (asthma).
2. Etheric causes are next in prevalence. These include: i) congestion, ii) lack of coordination and integration and iii) overstimulation of the centers.
3. Mental causes are the least prevalent because at the present the race is emotionally and not mentally polarized. These causes are: i) wrong mental attitudes (need for rhythmic life habits); ii) fanaticism (dominance of thoughtforms), and iii) frustrated idealism.

Modern research on the bioelectromagnetic correlates of healing processes serves as a promising new paradigm to understand the etheric causes of disease. Pioneering work, such as Drs. Harold Burr's and Robert Becker's, has laid the foundation to better understand the "second nervous system," a primitive internal direct current system that works as an analog computer, using pain or injury as triggers in a simple but powerful negative feedback loop. Cybernetic regulation of healing processes is thus made possible by electromagnetic signals of very low power, such as those associated with the acupuncture points and meridians.

Drs. Carl Jung's and Roberto Assagioli's pioneering work in transcendental psychology serve a similar purpose for the emotional and mental causes of disease. In particular, Assagioli's Psychosynthesis serves as the foundation for the integration between the principles of esoteric and exoteric psychology in preventive healing.

Concluding Remarks

"To lay the foundation for a future structure of knowledge, and to initiate a true system of spiritual healing taught to would-be healers." --D.K.

The main contribution of *Esoteric Healing* to the modern medical literature is to present and emphasize the "inner" predisposing conditions related to health, death and disease for the purpose of suggesting therapeutic and preventive approaches that would guide the healing and medical practice in the near and distant future. The stated purpose of the book is *not* to cover the patho-physiological aspects of specific diseases and conditions.

However, the reader of *Esoteric Healing* is faced with three formidable barriers that may preclude a fair consideration and a true understanding of this important textbook. These are: the complexity of the subject matter itself, the peculiar mode of presentation, and the "political" views expressed from the perspective of the spiritual Hierarchy.

The subject of causation, of what constitute a "cause" in the "real" world, has been debated for centuries in the philosophic (e.g., empiricists *versus* idealists) and scientific (e.g., Koch's postulates of causation) arenas. No consensus truly exists on the subject. Therefore, when more than half of a book is dedicated to the "basic causes" of disease, the reader should be warned about the difficulties inherent in the subject itself. For instance, "heredity" is considered from the "psychological" (i.e., the result of previous incarnations and individual karma), the "group" (i.e., inherited karmic predisposition for syphilis and sexually transmitted diseases [STD], tuberculosis [TB] and cancer [CA]), and the "planetary" (i.e., inherent in the substance and "soil" of the planet) perspectives. How do these concepts relate to chromosomically hereditary and communicable "congenital" diseases and predispositions is left to the reader to fully understand. Furthermore, the practice of corpse burial is claimed to have effaced the distinction between the planetary soil as a cause of disease (in the mineral, vegetable, animal and human kingdoms) and the "causes emanating from group life." Therefore, STD, TB and CA are also referred to as "planetary" diseases throughout the book.

The second major barrier is related to the peculiar mode of presentation. The book is the result of a series of spiritual instructions received by a group from 1942 until some time before 1950. D.K. sequentially "paints" a *synthesis* of ideas

rather than to draw a systematic *analysis* of them. In fact, D.K. advises to “learn by absorption more than by analysis.” Each lesson adds a new brush stroke of details and insights, building on and retouching the ideas previously presented. This is *not* the orthodox way to introduce ideas for scientific consideration in the medical profession. Furthermore, the text is not always consistent and unambiguous in the use of significant terms, such as, “psychological” (“inner” *versus* psychosynthetic *versus* the usual psychoanalytic interpretation); “nervous” (mental conditions *versus* neurological diseases); and others. Groups of symptoms are mostly unorthodox and the classification of diseases is not always consistent (e.g., “insanity” for “nervous” diseases). Even the very crucial Rules of Healing are inconsistently numbered throughout the book.

The reasons of this peculiar mode of presentation are made clearer as the reader slowly makes progress in studying the subject (p. 658). First, D.K. is safeguarding information that, if misused and misappropriated by the unready, may prove very dangerous. Second, the active effort required from the reader is part of an *authentication process*. Only those possessing the “right” key may decode the ambiguities and apparent inconsistencies throughout the text. The “right” key is very simple, though: right motivation to serve in true love for others. Of course, intellectual development to master conceptual abstractions is assumed.

Superficially, statements such as: 1) “Cancer is definitely the result of the activity of the lower concrete mind and of the stimulation of the etheric body which the mind can bring about” (p. 238); 2) “I repeat that disease is not the result of thought” (p. 95); and 3) “the roots of [cancer] are deep-seated in the emotional or desire nature, and are grounded in the astral body” (p. 58) do seem contradictory.

Furthermore, it is stated that, “cancer is primarily a disease of inhibition... producing an over-development of the cellular life, through over-stimulation”(p. 59). Then, given that gastric ulcer predisposes to gastric cancer, why is it stated that “if the patient is suffering from such a difficulty as gastric ulcer, the *stimulation* of the solar plexus center may produce a cure?” (p. 283)

The earnest reader and student of *Esoteric Healing* is faced with these and many other paradoxical statements. They serve as koans or riddles to prove discernment, right motivation and love of humanity.

The third major barrier is related to the modern standards of “politically correct” views, at least in the United States. *Some* views presented in the textbook touch-

ing on the Jewish problem, homosexuality, masculine polarization of the human Hierarchy, African-Americans and the exponents of "New Age" healing modalities (Christian Science, Mental Science and others) are likely to be strongly repudiated by some. Any attempt to reinterpret and clarify may actually bring more confusion to the discussion of the issues at hand. Therefore, the reader of this treatise is well advised to hold judgment until HARMLESSNESS rules: "perfect poise, a completed point of view and divine understanding" (Law IX). In any case, the reader should also bear in mind some words from the "Extract from a Statement by the Tibetan" prefacing all the books, including *Esoteric Healing*: "If [the books] present truth in such a way that it follows sequentially upon that already offered in the world teachings, if the information given raises the aspiration and the will-to-serve from the plane of the emotions to that of the mind (the plane whereon the Masters *can* be found) then they will have served their purpose. If the teaching conveyed calls forth a response from the illumined mind of the worker in the world, and brings a flashing forth of his intuition, then let that teaching be accepted. But not otherwise. If the statements meet with eventual corroboration, or are deemed true under the test of the Law of Correspondences, then that is well and good. But should this not be so, let not the student accept what is said."

This introductory study guide aims at provoking thought and at providing a panoramic view of the field of esoteric healing to aid the unfamiliar reader in discerning a general pattern and outline. We are mindful of the forthcoming impact of the Shamballa force in the year 2000 and it is our purpose to use this opportunity to make an impact upon the thinkers of the race about this new and undiscovered field of esoteric healing. Yes, there are basic sciences that still need to be developed before esoteric healing can thrive, such as esoteric anatomy, esoteric psychology and medical astrology. But so was the case 500 years ago before the Renaissance brought light to new fields of knowledge. We are hopeful that the Plan will unfold as foreseen by wiser Minds and that esoteric and preventive healing will become mainstream practice in the not so distant future.

Of course, the reader is free to accept or reject the ideas conveyed herein. However, in either case, knowledge has been gained, and knowledge always carries responsibility with it. We firmly believe that truth is the absolute criterion of reality. May the future reveal the truth.

Appendix A: THE SEVEN RAY CAUSES OF DISHARMONY AND DISEASE

These seven ray causes represent the quality of the descending energies and the taints which these energies carry and convey to all forms which are vitalized by the life of our planetary Logos.

RAY 1: Power to crystallize, to harden, to bring about attrition, and cause the great abstracting process we call death. [calcifications, lithiasis, all atrophying processes, old age.]

* Cancer is a mysterious and subtle reaction to [the misuse of] the energy of the first ray, the will-to-live.

RAY 2: Power to overstimulate, to produce accretion, to pile together, to build too many forms, to attract too many atoms... dying as a result of excessive vitality... too potent etheric vehicle. [Tumors, cancers, growths, overdevelopment of bodily aspects, overlarge organs, supernumerary bodily parts.]

* Tuberculosis is the result of the misuse of the energy of the second ray.

RAY 3: Manipulation of desire and the wild maneuvering for its satisfaction along material lines [Gastric and intestinal disorders, certain brain disorders, low vitality]

* The syphilitic diseases are due to the misuse of third ray energy.

RAY 4: Diffusion of energy leads to... a condition of constant devitalization... [susceptibility to diseases indigenous in the planet itself; epidemics, influenza]

RAY 5: Cleavage is the outstanding characteristic-cleavage within the individual or between the individual and his group, rendering him antisocial. Source of many psychological disorders and mental trouble, insanities, brain lesions, imbecilities (gaps between the physical and the subtle bodies), migraine.

RAY 6: Desire, bewilderment, weakness, perversions and one-pointed development of sexual and other satisfactions grow out of the misuse of this energy. Ills and diseases of humanity which are based upon the misuse of the mission and function of sex. [sadistic cruelty, lust, "erroneous marriage between the poles."]

RAY 7: Bringing together of Life, the lives and the general livingness of the creative process... promiscuity and the endless moving interplay of all life within all lives. Infections and contagious diseases: the activity of all germs and bacteria within the medium which will best nurture them.

Appendix B: Planetary Diseases

Indigenous in the planet itself, although not specific to human beings, are: i) sexually transmitted diseases; ii) cancer; and iii) tuberculosis. Behind every single disease lie these three main tendencies in the human body.

Sexually Transmitted Diseases

STDs, the result of the misuse of the Third Ray energy, is a disease inherited from the excesses indulged in the 3th Root Race more than 15 million years ago. Then, the emphasis of the life force was upon the development, use, control and reproduction of the physical body. The misuse of the sex life may be considered as the essential primeval evil (“original sin”).

In the infancy of the human race, a great mismatching (e.g., sexual intercourse with the animal kingdom), promiscuity and a series of perversions took place. A great new law was then imposed: “The soul that sinneth, it shall die.” As the centuries slipped by and the Third Root Race submitted to the evil impulses of the animal nature, gradually the earliest type of venereal disease made its appearance.

Through the practice of burial, the very soil of the planet is permeated with the germs of these diseases, a fact quite unknown to modern science. “Deep in the soil the evil lies, emerging into form from time to time, and only fire and suffering can cleanse the mother of the evil which her children have given onto her” (from the Masters’ Archives).

Definite and rapid cures for STDs have been discovered. In the long run they will safeguard the race and will return bodies to the soil after death freed from the plague which has contaminated the earth for endless ages. There will thus be brought about a gradual purifying of the soil. The sound **public health** practice of cremation should also prove instrumental in the eradication of all three planetary diseases.

Tuberculosis

Tuberculosis, the result of the misuse of the Second Ray energy, is a disease inherited from the 4th. Root Race more than 12 million years ago. The 3rd. Root Race was not afflicted by tuberculosis. Tuberculosis was originally caused by an inordinate desire for material possessions and their subsequent misappropriation

("theft"). The Planetary Hierarchy then enacted a new law to visually convey the consequences of such "sin:" death by suffocation (tuberculosis). For the first time in human history a mental relationship between individual action and death was recognized. However, the lesson was not learned and humanity fell so deep into the bondage of desire that Divine Intervention was necessary, culminating in the destruction and purification of the 4th. Root Race by the Great Flood. The recent World War (1914-1945) reenacted this old struggle between the Planetary Hierarchy and the Forces of Materialism, and afforded humanity the opportunity to redress this ancient mistake.

Although tuberculosis was devastatingly rampant at a certain stage during the 4th. Root Race, cancer was the major factor which devastated it. Cancer was based on a shift of the life force from the physical body into the emotional nature producing an overdevelopment of the cellular life through overstimulation. Tuberculosis, a disease that has been GENERATED principally in the current 5th. Root Race, was caused by the shift of the life emphasis away from the emotional nature into that of the mind nature, producing a temporary starvation of the emotional nature. It is largely a disease of depletion ("consumption").

Unlike sexually transmitted diseases, the modern medical treatment of tuberculosis produces complete cures and will bring about a gradual fading out of tuberculosis transmission. A healthy lifestyle, good nutrition, clean air and sunshine should be part of a comprehensive preventive and therapeutic antituberculosis approach. The sound public health practice of cremation should also prove instrumental in the eradication of all three planetary diseases.

In the secret of RIGHT RHYTHMIC LIVING and right proportional accent upon all phases of life will come (as it is rapidly coming) COMPLETE IMMUNITY from tuberculosis. In the meantime, and until other biological vaccination techniques are developed, the ancillary protection conferred by the use of the current TB vaccine may be considered in populations with high incidence of tuberculosis that do not have access to modern medical care. The science of inoculation, to be shortly superseded by a higher technique, is purely physical in origin and concerns only the animal body. The effect of vaccines on the inner bodies is practically nil, and far less than the diseases themselves.

Tuberculosis will be the first of the three planetary diseases to disappear. As modern medicine is extended into the densely populated areas of the Orient and to areas suffering hitherto from inadequate medical attention, tuberculosis will be stamped out altogether (stated before the current HIV/AIDS epidemic).

Cancer

Cancer, the result of the misuse of the First Ray energy, is a disease inherited from the 4th Root Race. Although tuberculosis was devastatingly rampant at a certain stage during the 4th. Root Race, cancer was the major factor which devastated this 4th. Root Race. The 3rd Root Race did not have cancer. Cancer was originally caused by a reaction to the diseases connected with the sex life which became so rampant in the later 3rd and in the early 4th Root Races.

Cancer is a disease most definitely related to the centers, and it will be found that the center in the area wherein the cancer exists is overactive, with a consequent increase of energy pouring through the related bodily substance. This overstimulation of a center can be due not only to the activity of the center and its consequent radiation, but also to the suppression, and subsequent damning up of energy, imposed by the mind upon any particular center.

Psychologically, cancer is primarily a disease of inhibition; physically, cancer is the result of a shift of the life force from the physical body into that of the emotional nature, producing an overdevelopment of the cellular life through overstimulation. Cell defenses are impaired as a result of a weakness in the etheric or vital body probably related to the physical-emotional shift of the life force. This allows overstimulation in some part of bodily cell structure and results in cancer.

Though both men and women suffer from cancer, the general cause is not identical. The basic cause is the same, that is, a reaction from an overexpression of the sex life through the cultivation of the desire nature. However, owing to the risks they run in childbearing, women's major inhibitions are along the sex line. Men, on the other hand, suffer from the general inhibition of the emotional-desire-feeling expression.

The curing of cancer in the early stages falls into two parts: 1) stimulation of the healthy tissues surrounding the cancer, and 2) building in of new tissue to replace the diseased tissue which is being gradually absorbed and driven out. This is accomplished by blending the directed will of the patient and of the healing group into one functioning unit of force. The spiritual will must be present as a quiet deep pool of power behind all expression of the energy of love. Love, a substance as real as dense matter, can be used to drive out diseased tissue and provide a healthy substitute in place of the diseased material which has been eliminated.

The prevention of cancer lies in the right transmutation of emotional force. As the race develops right emotional control cancer will disappear. The sound public health practice of cremation should also prove instrumental in the eradication of all three planetary diseases.

THE MANTRAM OF UNIFICATION

The sons of men 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 that underlies the happenings of the
time.

Let vision come and insight.
Let the future stand revealed.
Let inner union demonstrate the outer cleavages be gone.
Let love prevail. Let all men love.

END