

Esoteric Healing



National Association for Esoteric Healing

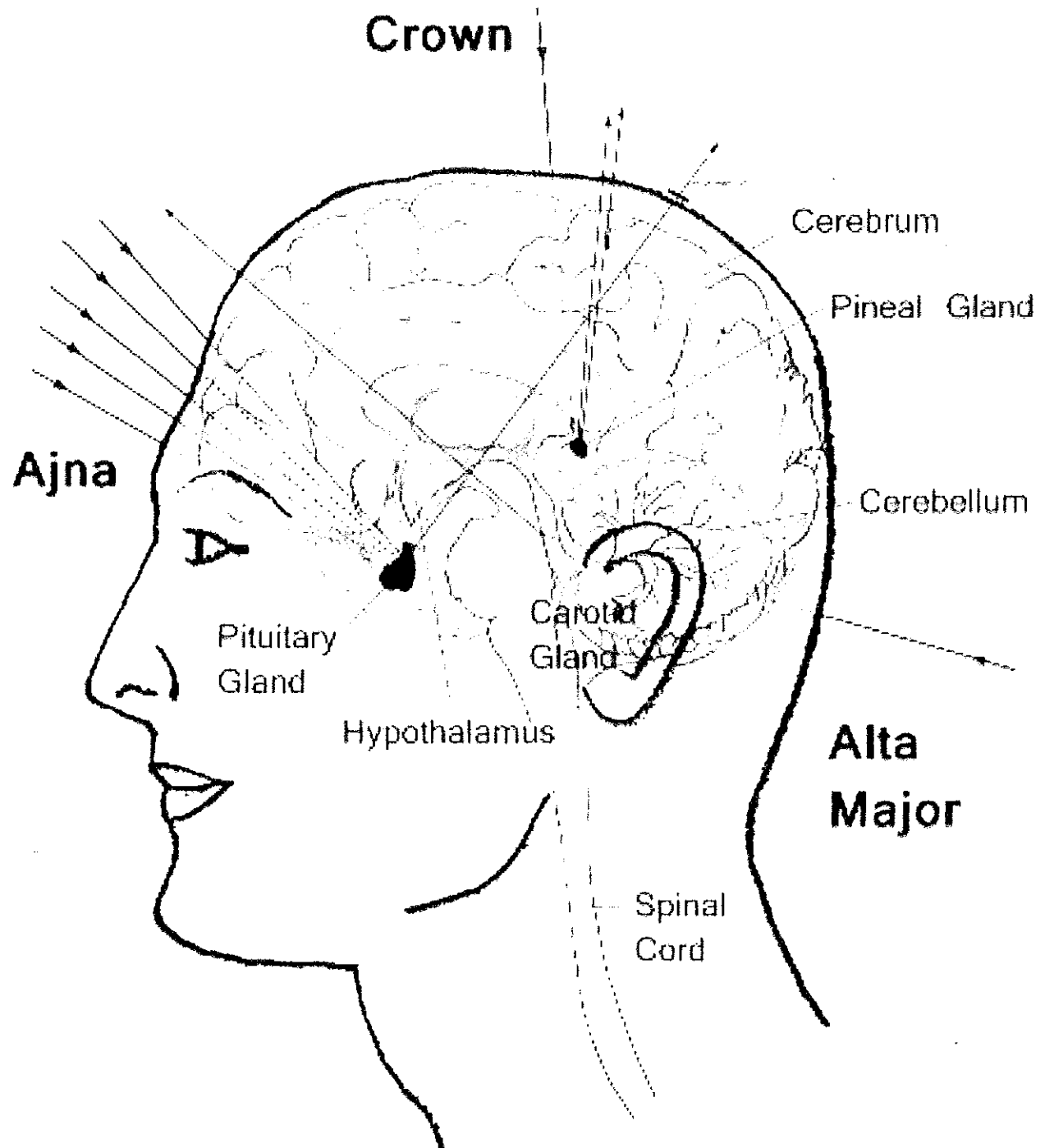
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Part 1 Session Sequence:

1. Align and Attune
2. Assess and Balance Centers: Ajna, Solar Plexus, Basic, Sacral, Heart, Throat (which 2 are most deficient?)
3. Balance all CORE TRIANGLES every session (ALL Δ 's across the top row)
4. Balance the Secondary Δ 's of the 2 most deficient centers (Work down the column of the 1 or 2 most deficient Centers)
5. Sweep spine, urinary tract, reproductive, circulation, lymphatics, or lungs (During Part 1 practical, balance either circulation or lymphatics for practice)

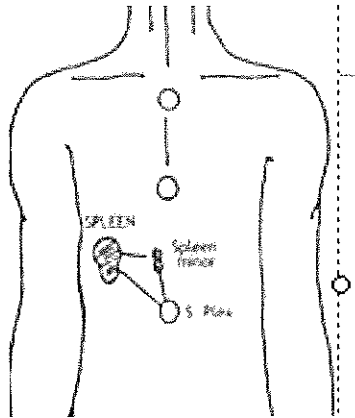
Center	SOLAR PLEXUS	BASIC	SACRAL	HEART	THROAT	AJNA
Core Δ 's (~every session)	Spleen Δ Liver Δ Pancreas Δ	Adrenal Δ Kidney Δ	Sacral Δ	Thymus Δ	Thyroid Δ Lymphatic Δ	Ajna Δ
Secondary Δ 's (~use as needed)	Stomach Δ SLP Δ	Lower Vitality Δ Upper Vitality Δ Fear Δ Courage Δ	Lower Extremity Δ 's: hip/knee/feet	Heart 1 Δ		
Endocrine Gland	Pancreas	Adrenals	Ovaries/Testes	Thymus	Thyroid	Pituitary
Organ System:		Spine Urinary Tract sweep: (kidneys, ureters, bladder urethra)	Reproductive Organ sweep	Circulatory sweep (arteries/veins)	Lymphatic sweep Lung sweep	

6. Re-assess Centers to make sure they are balanced.
7. Final balancing: Ajna
8. Grounding/Lower Extremity Δ 's: Hips/knees/feet
9. Paired Centers: Crown – Basic
Throat – Sacral
Heart – Solar Plexus
10. Close Aura: petals
11. Blessing

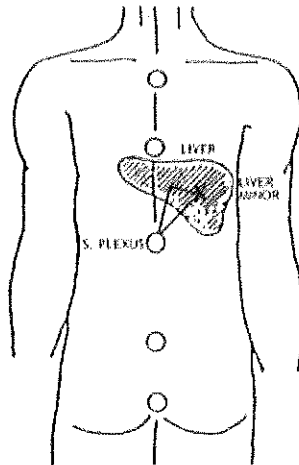


CORE TRIANGLES

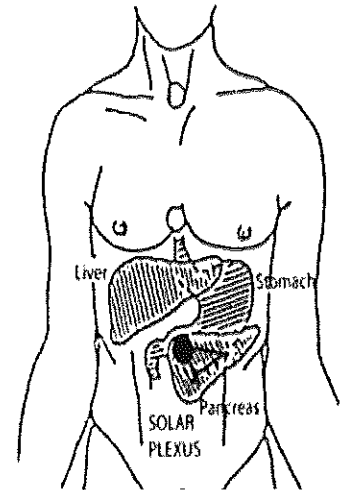
Solar Plexus



Spleen Triangle:
Solar Plexus C* + Spleen m. +
Spleen organ

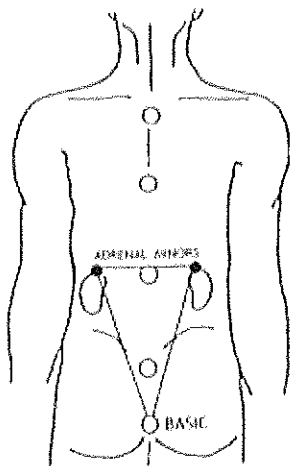


Liver Triangle:
Solar Plexus C* + Liver m. +
Liver

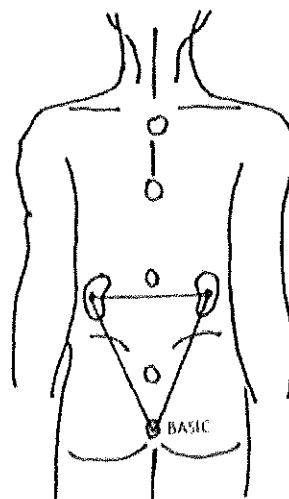


Pancreas Δ:
Solar Plexus* + Pancreas m + Pancreas organ

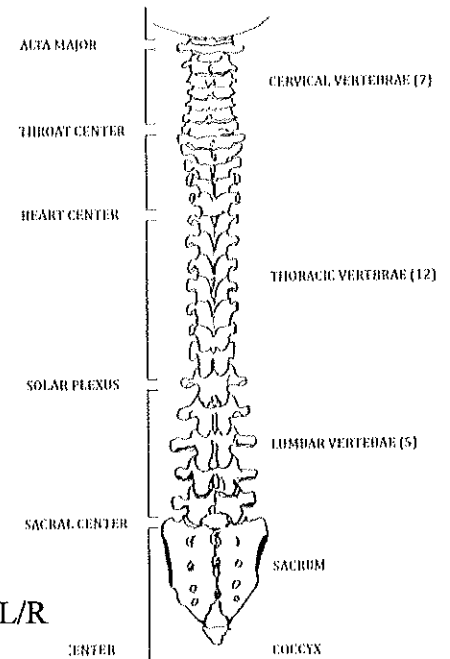
Basic Center



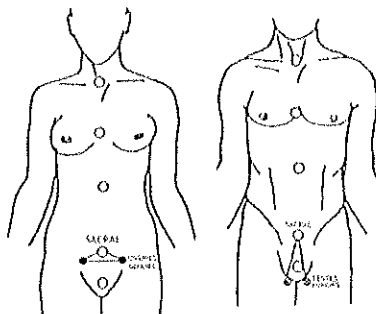
Adrenal Δ:
Basic Center* + Adrenal minors L/R



Kidney Δ:
Basic Center* + Kidney minors L/R



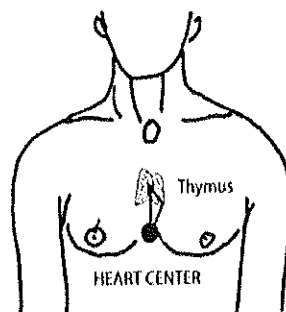
Sacral Center



Sacral Δ: female
Sacral Center* +
Ovary minors L/

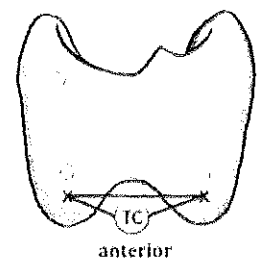
Sacral Δ: (male)
Sacral Center* +
testes minors L/R

Heart Center



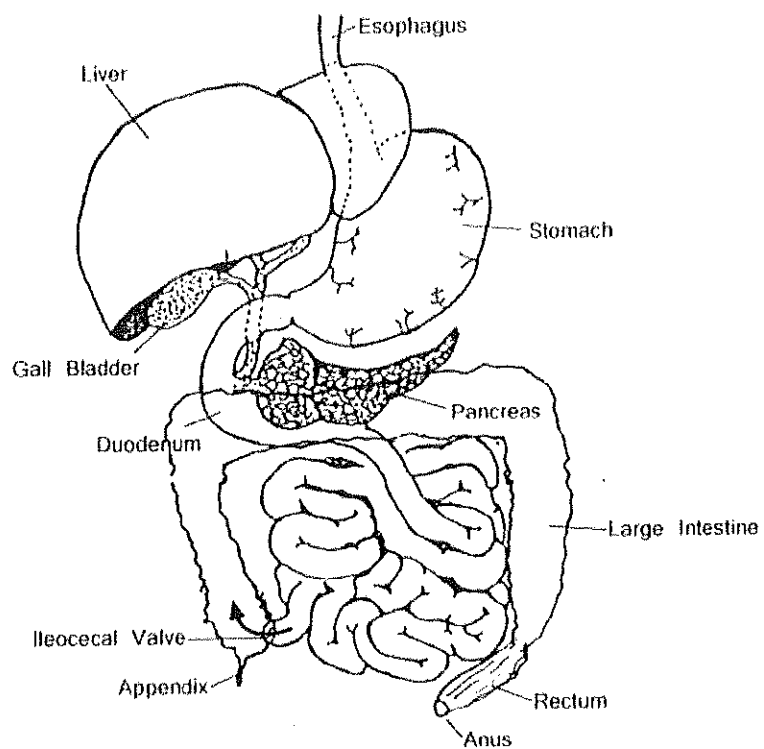
Thymus Δ:
Heart Center* + Thymus m.
+ Thymus gland

Throat Center



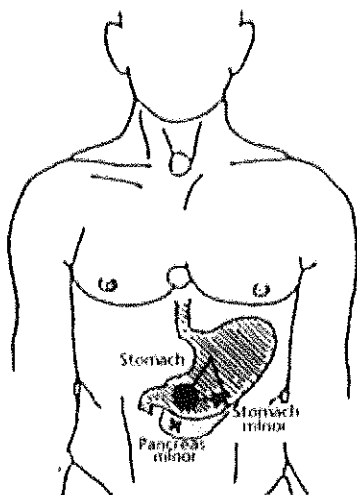
Thyroid Δ:
Throat Center* + Thyroid
minors L/R

SOLAR PLEXUS CENTER

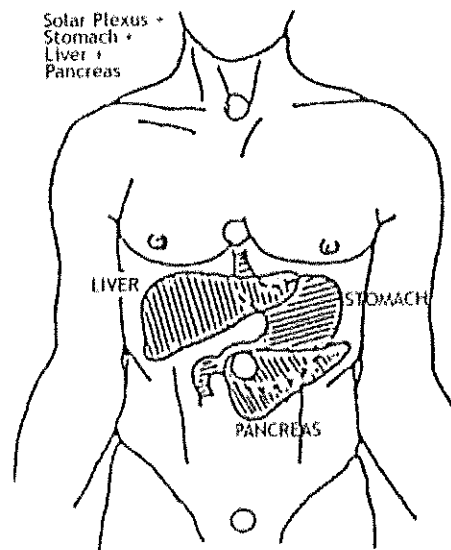


Right

Left

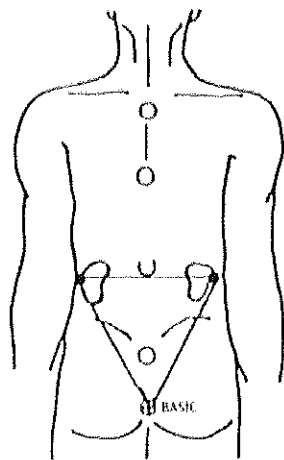
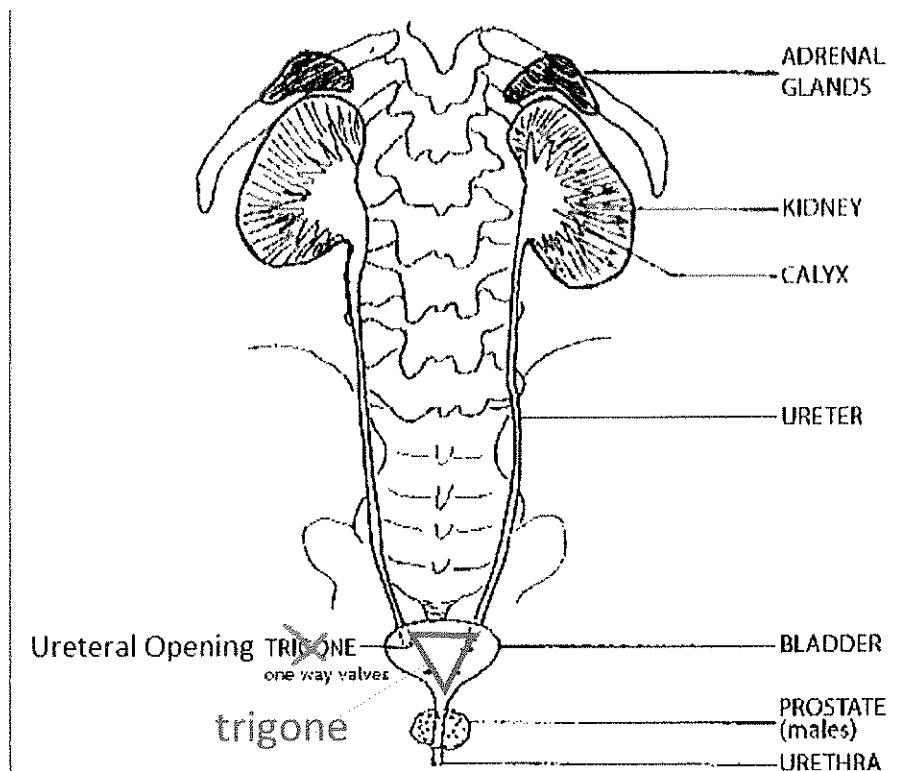


Stomach Δ:
Solar Plexus* + Stomach minor + Stomach

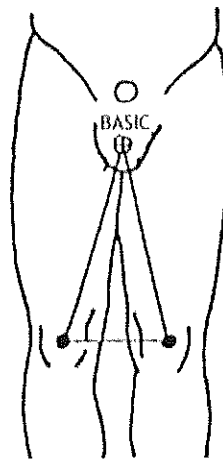


S.L.P Δ:
Pancreas* + Liver + Stomach

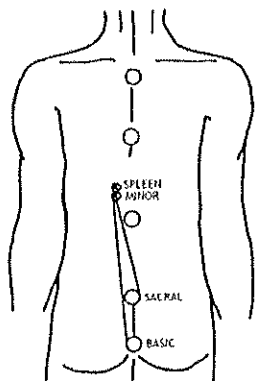
BASIC CENTER



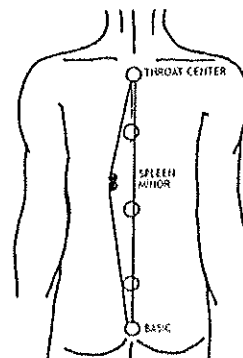
Fear $\triangle$:
Basic Center* + Fear points on kidney L/R



Courage $\triangle$:
Basic Center* + Knee minors L/R

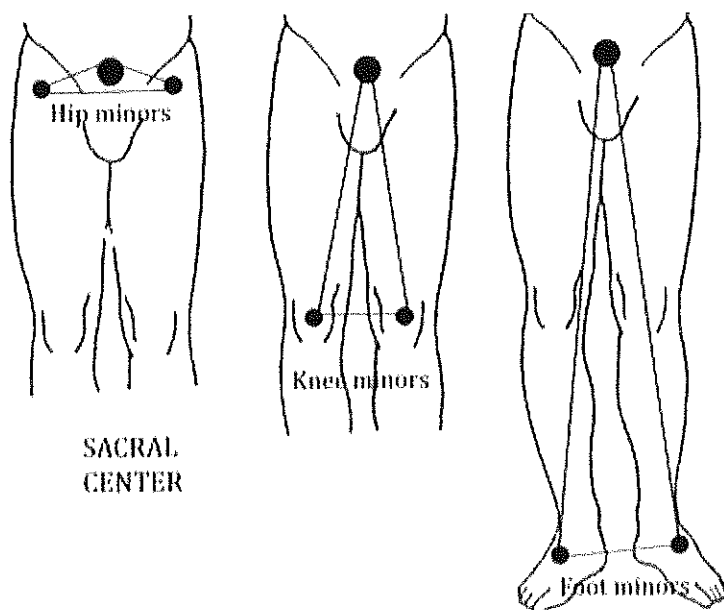
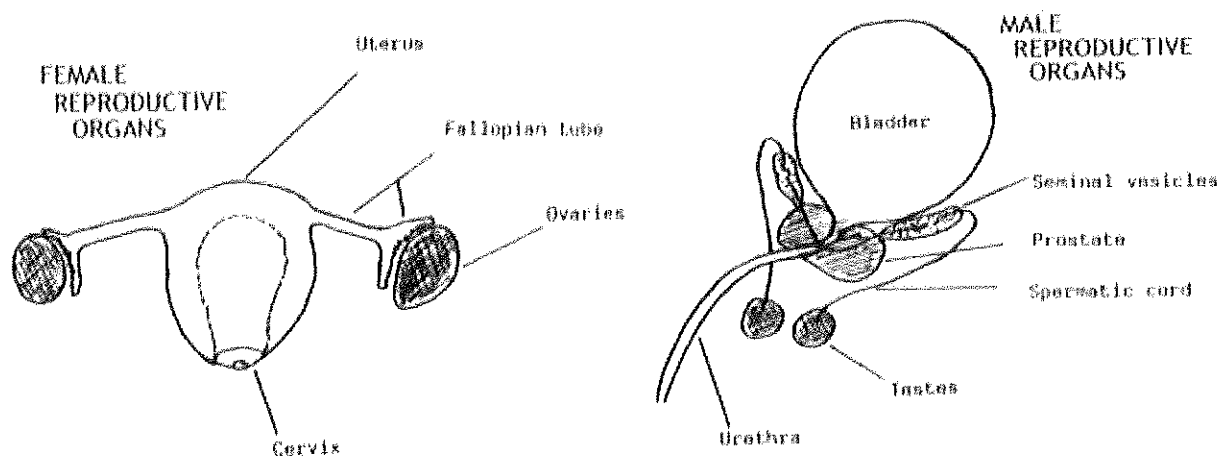


Lower Vitality $\triangle$:
Spleen minor* + Basic Center + Sacral Center



Upper Vitality $\triangle$:
Spleen minor* + Basic Center + Throat Center

SACRAL CENTER



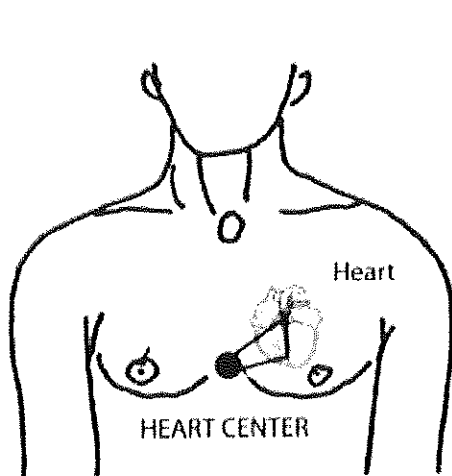
Lower Extremity Δ: (grounding Δ's)

Hip: Sacral Center* + hip minors L/R

Knee: Sacral Center* + knee minors L/R

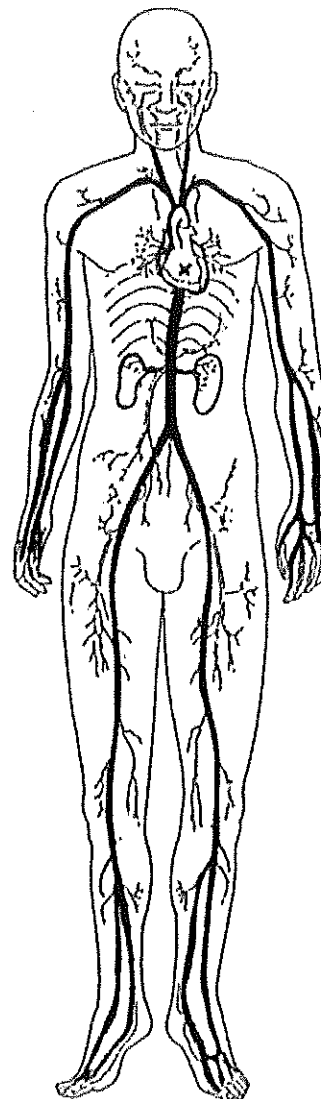
Feet: Sacral Center* + feet minors L/R

HEART CENTER



Heart Organ Δ #1:

Heart Center* + Heart Organ minor + Heart organ

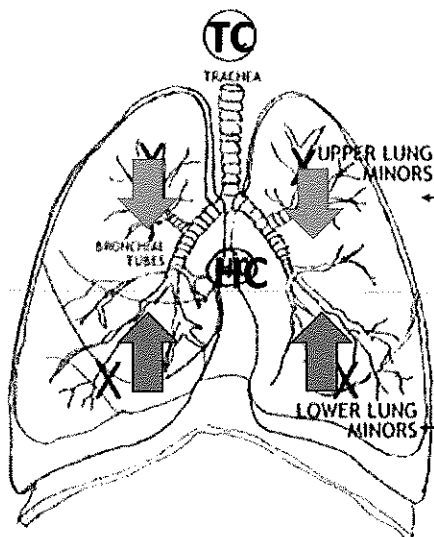


Circulation:

Heart Center*+

← Sweep arteries

Sweep veins



Upper lung

Throat Center*+

← sweep downward
front/back, L/R

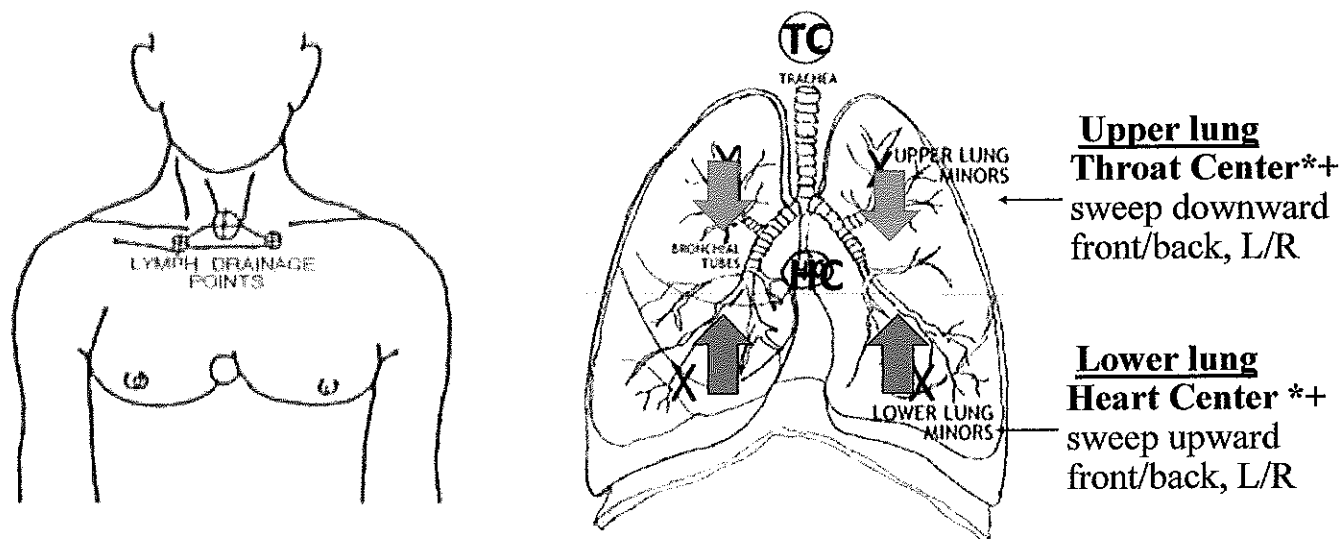
Lower lung

Heart Center *+

← sweep upward
front/back, L/R

Figure 11. Respiratory System

THROAT CENTER



Lymphatic Δ:
 Throat Center* + Lymphatic drain points L/R

Figure 11. Respiratory System

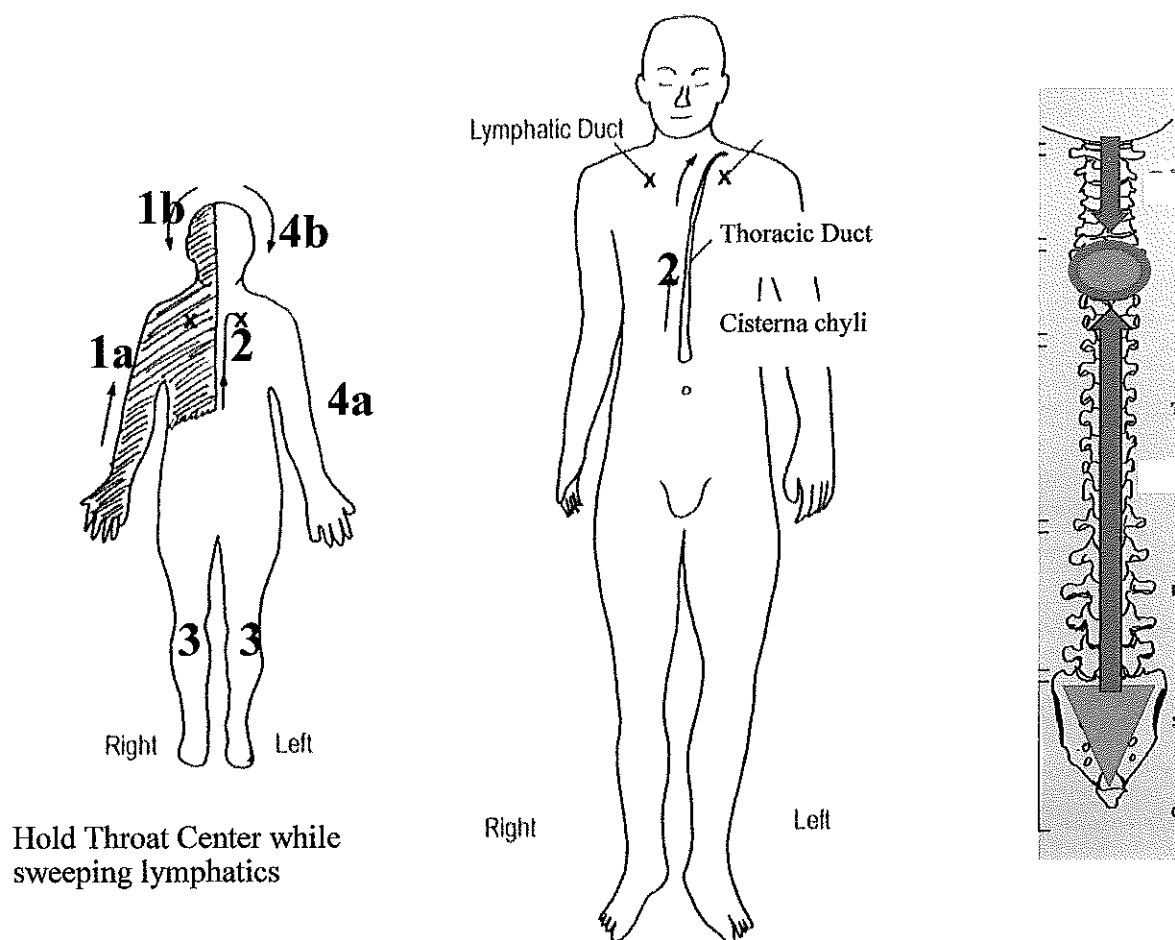
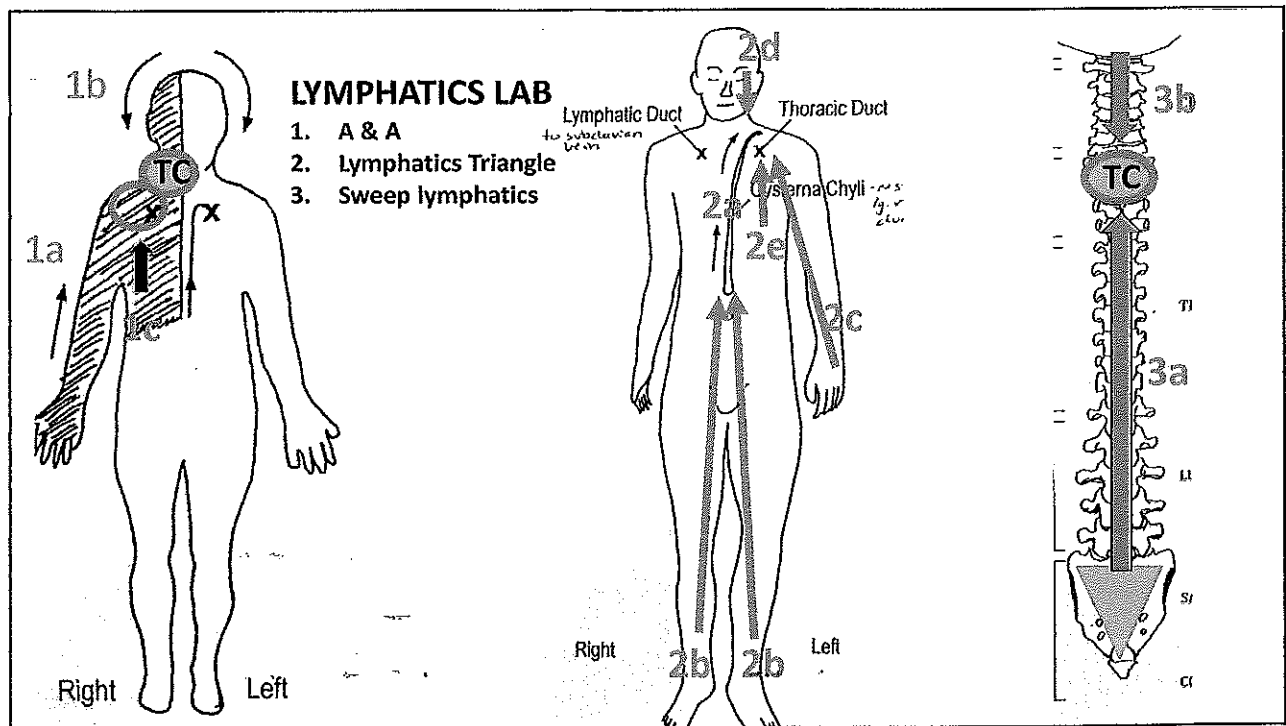
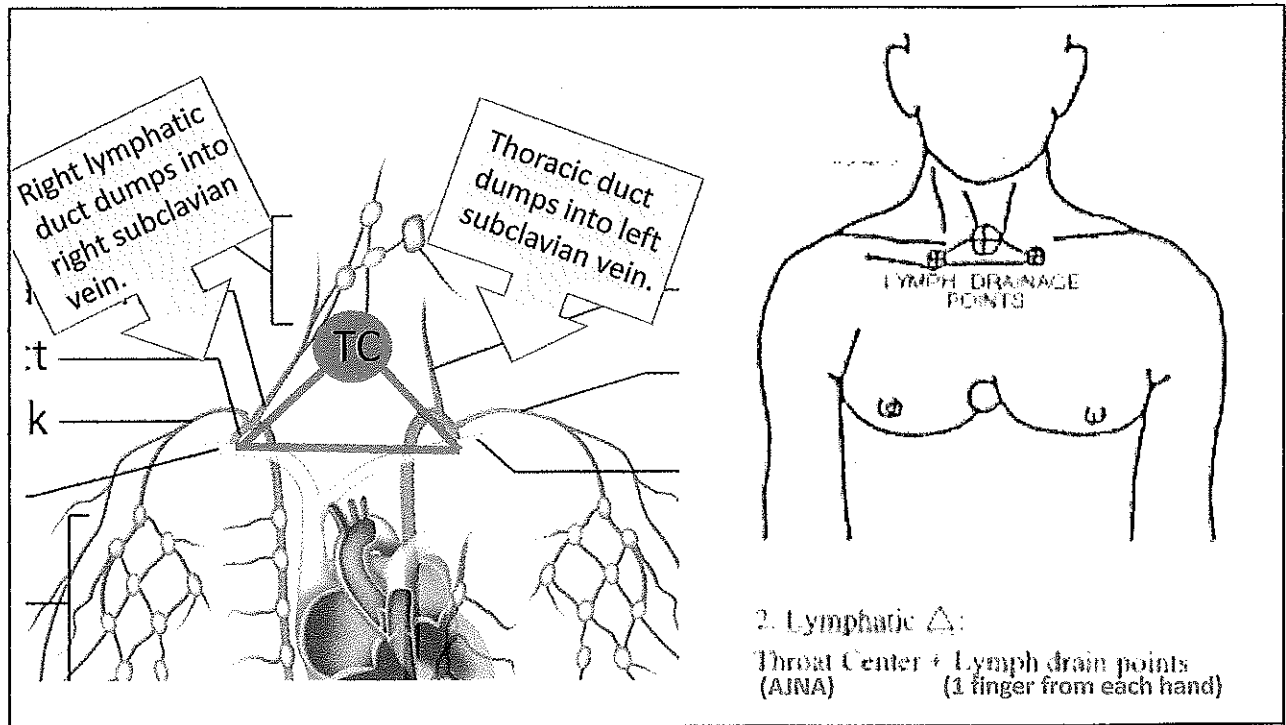


Figure 12. The Lymphatic System



TREATMENT OF THE LYMPHATIC SYSTEM

1. Lymph Triangle

2. Right Side of the Body

- a. Hold TC with one hand
- b. With other hand gently and slowly "sweep" or "stroke" towards the lymph drain point (lymphatic duct) on the right. this includes right arm right side of head and face, and right side of chest and breast.

3. Left Side of Body

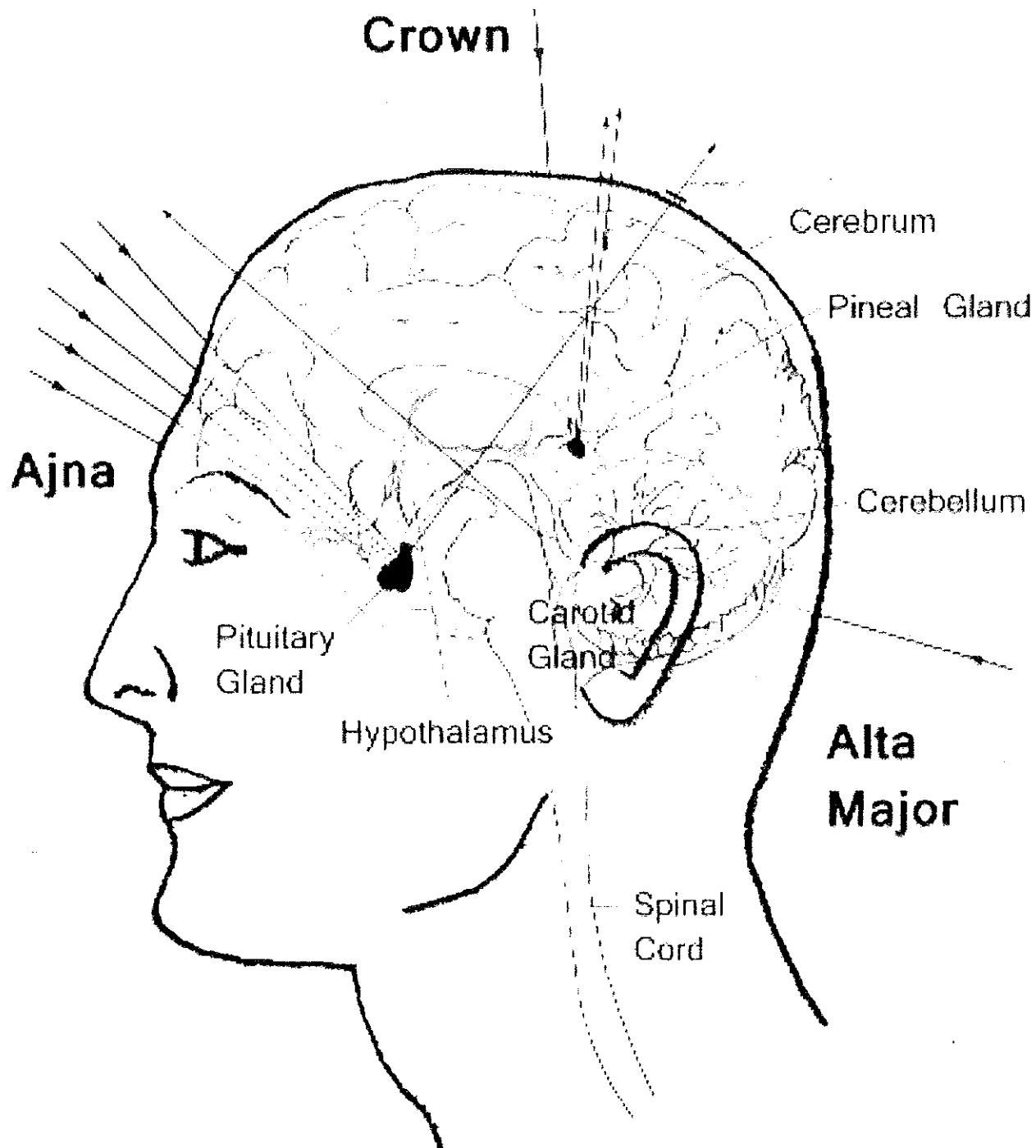
- a. Hold TC with one hand
- b. With other hand sweep the cisterna chyli upwards from the pelvic region to the left lymph drain point (thoracic duct).
- c. While still holding the TC with the one hand, use the other hand to sweep the feet, ankles, legs upwards into the pelvis. Sweep upwards along the cisterna chyli to lymph drain point.
- d. Sweep left arm, left side of head and face, left side of chest and breast to lymph drain point on left.

4. Spine

To clear the spine, continue to hold TC from the back.

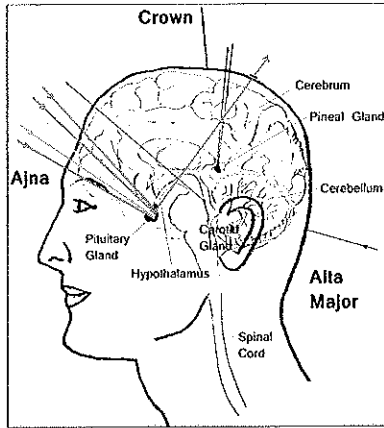
Starting from basic center sweep up the spine to TC.

Starting at base of skull sweep neck area downwards to TC.

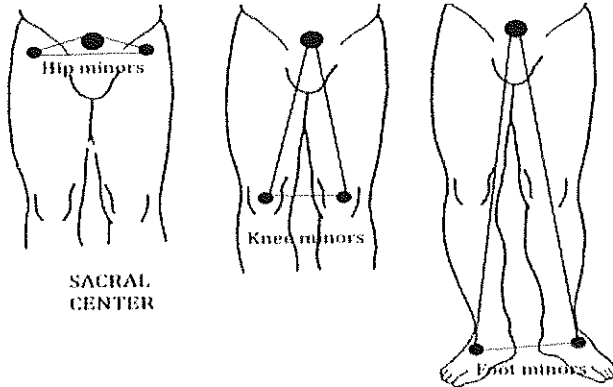


Final Balancing/ Closing - Part 1

Ajna Center



Grounding Trian-



Lower Extremity Δ: (grounding Δ's)

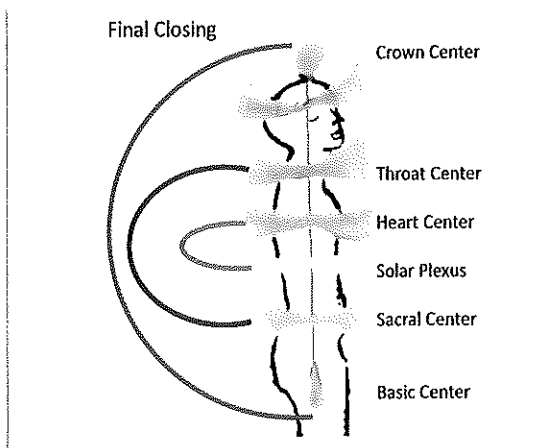
Hip: Sacral Center* + hip minors L/R

Knee: Sacral Center* + knee minors L/

R

Feet: Sacral Center* + feet minors L/R

Paired Centers Balanc-

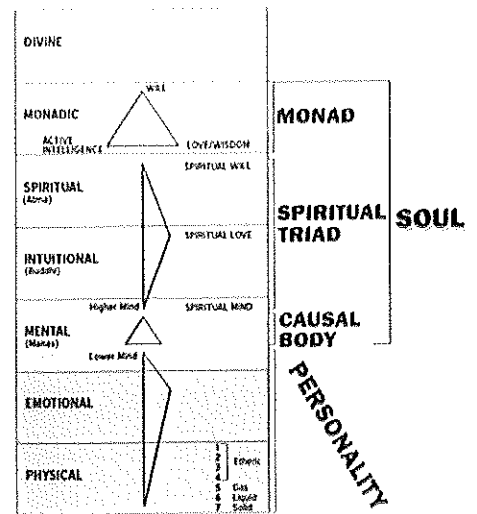
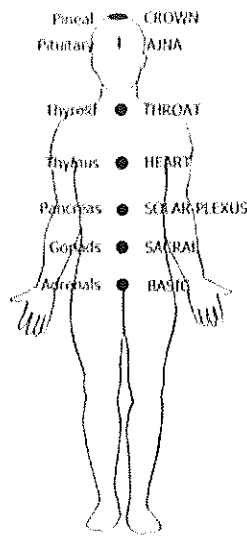
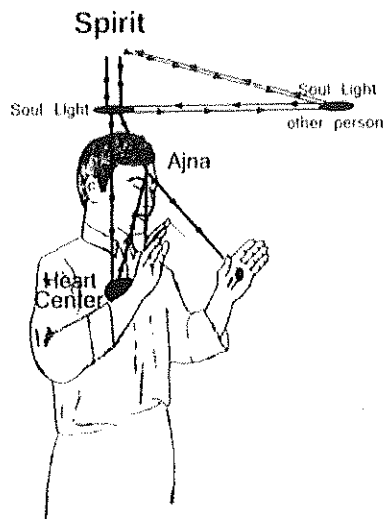


**Close Aura
Blessing**

Esoteric Healing – Part 1 Triangles

Basic Center Triangles	Balance to help with:
Basic Center	Will, survival, feeling safe, determination, courage, bones, depression, fear, anger issues, addictions, disorganized, hoarding, laziness
Adrenal Triangle	Directed will, courage, inflammation, stress, fatigue, blood pressure, anxiety
Kidney Triangle	Kidney problems, kidney stones, blood pressure, diabetes, lupus, worry
Spine Triangle	Addictions, low back pain, congenital spine issues, fused spine, displacements, arthritis, spinal muscles, eroded disc, trauma, relationship problems
Fear Triangle	Fear, terminal conditions, after accidents, children in distress, depression, shock, hindering decision making, unable to take steps for change
Courage Triangle	Courage, depression (see Fear Triangle and balance together)
Lower Vitality Triangle Upper Vitality Triangle	Chronic fatigue syndrome, depression Energizes the centers above the diaphragm
Lower Prana Triangle Urinary System – ureters, bladder, and urethra	Chronic fatigue syndrome, depression, energizing triangle – good to do before working on the spine Kidney and bladder stones, incontinence, cystitis, any urinary system issue, bed-wetting,
Sacral Center Triangles	Balance to help with:
Sacral Center	Self-acceptance, self-esteem, self-responsibility, vitality, attractiveness, personal abuse, transforming, creativity, family connections, fears, resentment, bonds, love, hate, superiority, inferiority
Sacral Triangle	Low back pain, personal relationships, attitude toward sex and/or sexuality, family responsibility, personal tastes, deep hurt, separation, polarity, opposition, reproduction
Grounding Triangle	Grounding, opens and frees the Sacral Center, ground spiritual energies brought in through meditation, issues with the hips, knees, or feet, helps one to stand on their own feet, back or joint problems
Genital Organ Triangles (Female – ovaries, fallopian tubes, uterus, & cervix. Male – testes, epididymis, vas deferens, spermatic cords, prostate, & seminal vesicles.)	Female and male reproduction system and organs, infertility issues

Solar Plexus Triangles	Balance to help with:
Solar Plexus	Emotional issues, power and control issues, gastrointestinal system issues, energy, block of emotions, reactive versus responds, compulsive, aggressiveness, co-dependent, low self-esteem, manipulates others, rescues others, lack of confidence
Liver Triangle	Anger and/or rage at emotional level; unexpressed resentment; for transplants (also bless and give thanks)
Pancreas Triangle	Diabetes at emotional level; pancreatitis; effects of cystic fibrosis on the pancreas
Stomach Triangle	Acidity at emotional level; having to "swallow it" sweep through at emotional level; anxiety; stress
SLP Triangle	Organs function better; keeps emotional life under control; helps to open and free the Solar Plexus Center; helps digestive process, emotional trauma
Heart Center Triangles	Balance to help with:
Heart Center	Self-acceptance, lacks joy in life, fibromyalgia, addictions, consciousness, impersonality, healing, humility, responsibility, goodwill, tolerance, compassion, muscles
Thymus Triangle	Auto-immune disorders, lacks joy in life, loneliness, human growth hormone, immune system, immune system for chemo, cancer (H), chemo, depression, anemia, baby's digestion of mother's milk, development of sex glands in puberty, influences the height of an individual, balance between higher and lower instincts
Heart Organ Triangle	Heart disease, congestive heart failure, high or low blood pressure
Circulation	Circulation, high cholesterol, anemia, auto immune disease, distributes heart energy, bones that won't fuse, cramps
Lower Lungs - sweep	Stress, pneumonia, lung issues, emphysema, grief, bronchitis, congestion, COPD, cystic fibrosis, asthma
Muscles	Sore or injured muscles, fractures
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
Thyroid Triangle	Bone density, calcium absorption, cold body, dry skin, hyperthyroid, hypothyroid, metabolism, osteopenia, osteoporosis, muscle cramps.
Upper Lungs - sweep	Asthma, bronchitis, congestion, COPD, cystic fibrosis, emphysema, any lung problem, pneumonia, stress, grief.
Lymphatic Triangle & Lymphatic System	Appendicitis, arthritis, auto immune diseases, high cholesterol, fracture sites, 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.



Center	Physiological System	Endocrine Gland	Psychological Contribution
Basic	Urinary	Adrenals	Courage, Will-to-Be
Sacral	Reproductive	Gonads	Relationships Physical Creativity
Solar Plexus	Digestive	Pancreas	Awareness of the "I" Issues of Power Control
Heart	Circulatory	Thymus	Unconditional Love
Throat	Respiratory	Thyroid	Mental Creativity
Ajna (Brow)	Autonomic Nervous System	Pituitary Hypothalamus	Spiritual Creativity & Intuitive Understanding
Crown	CNS Central Control	Pineal	Conscious Awareness of Unity with Divine

Center	Nerve Plexus	Physiological System	Endocrine Gland
Basic	Sacral-Coccygeal	Urinary	Adrenals
Sacral	Sacral	Reproductive	Gonads
Solar Plexus	Celiac Plexus	Digestive	Pancreas
Heart	Cardiac Plexus	Circulatory	Thymus
Throat	Cervical Ganglia Medulla	Respiratory	Thyroid
Ajna (Brow)	Hypothalamus Pituitary	Autonomic Nervous System	Pituitary
Crown	Cerebral Cortex Pineal	CNS Central Control	Pineal

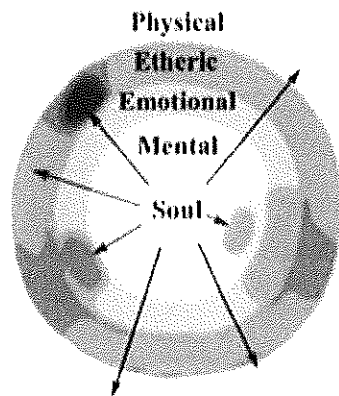


FIG 1 CENTERS AND RELATED NERVE GANGLIA

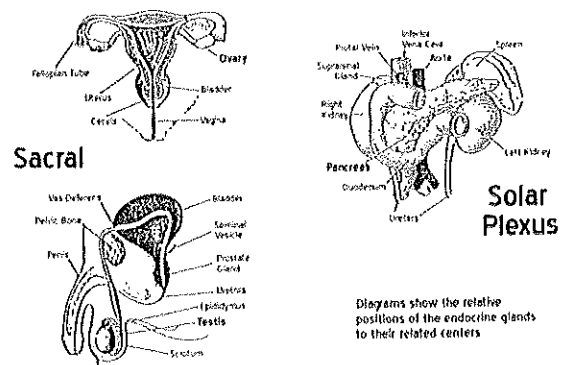
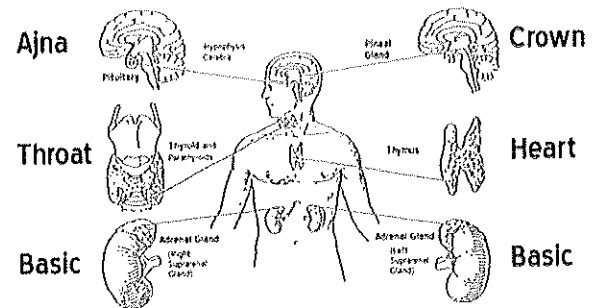
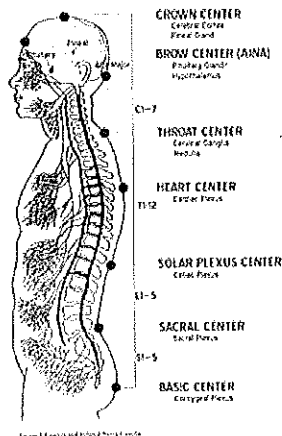


Figure 2 Endocrine Glands and Related Centers



Diagrams show the relative positions of the endocrine glands to their related centers

Main Precepts:

1. Man is spirit/soul/mental and emotional and etheric/physical
2. The etheric body vitalizes and conditions the physical, but is itself affected by the emotional, mental and spiritual levels.
3. The major centers are meeting points for all the levels of a person.
4. By working to harmonize the flow of energy in and through the etheric body, an effect can come about not only to the physical body, but also to the causal areas within the emotional or mental bodies to free the energy of the soul to flow through all the bodies and thus restore well-being. (ALL DISEASE IS THE RESULT OF INHIBITED SOUL LIFE...first law of esoteric healing)
5. Healing can only be received if it is in accordance with the will of the soul.
6. Disease is part of our learning process.
7. Energy follows thought.

ENERGY TRIANGLES—Part 1:

Rather than visualize energy triangles as three lines in a triangular shape, concentrate on the idea of *three points* and think of these as points of resonance, each vibrating or resonating and calling forth a response from the other two points (or areas) to which it is related. The main triangles we cover in this course are as follows:

1. Spleen $\triangle$: Solar Plexus + Spleen minor + Spleen
2. Liver $\triangle$: Solar Plexus + Liver minor + Liver — hardly a triangular shape, but rather two points and a large organ — all of which needs to be scanned
3. Pancreas $\triangle$: Solar Plexus + Pancreas + Pancreas minor
4. Stomach $\triangle$: Solar Plexus + Stomach minor + Stomach
5. SLP $\triangle$: Pancreas + Stomach + Liver
—Balance Pancreas to Solar Plexus Center first — helps to open and free Solar Plexus Center as well as help digestive process
6. Adrenal $\triangle$: Basic Center + both Adrenal Gland minors — often easier to balance one adrenal at a time with the Basic Center and — then balance both adrenal glands with each other and the Basic Center
7. Kidney $\triangle$: Basic Center + Kidney minors
8. Fear $\triangle$: Basic Center + Fear points near kidneys
9. Courage $\triangle$: Basic center + Knee minors
10. Sacral $\triangle$: Sacral Center + Ovaries/Testes
11. Lower Extremity $\triangle$ s: hip: Sacral Center + hip minors knee: Sacral Center + knee minors feet: Sacral Center + feet minors
12. Thyroid $\triangle$: Throat Center + Thyroid minors
13. Lymphatic $\triangle$: Throat Center + Lymph drain points
14. Lower Vitality $\triangle$: Spleen minor + Basic Center + Sacral Center
15. Upper Vitality $\triangle$: Spleen minor + Basic Center + Throat Center

SUGGESTED PROCEDURE:

1. Settle the client
 2. Alignment (to own soul, client's soul, Source)
 3. ~~Alignment~~
 4. Solar Plexus
 5. Basic
 6. Sacral
 7. Heart
 8. Throat
- } Balance each main center

SYSTEMS:

Respiratory System: Lungs
The Spine
Urinary System
Reproductive System
Circulation
Lymphatic System

9. Treat Primary $\triangle$ s (see chart).
10. Check any gland/organ/system relating to any center that was out of balance
11. If indicated: spine, lymphatic system, heart and circulation, digestive system, reproductive system, lungs, prana triangle, head areas, etc. etc.
12. To finish, balance the centers in pairs: Crown to Basic (Will of Soul/Will of Body) Throat to Sacral (Mental and Physical Creativity) Heart to Solar Plexus (Love/Emotion)

Esoteric Healing Practitioner Session Log

Practitioner Name: _____

Session number	Date of session	Client initials	In person = P Absentee = A	Human = H Animal = An	Length of session	Total session time 50 hours or 3000 minutes
1						0
2						0
3						0
4						0
5						0
6						0
7						0
8						0
9						0
10						0
11						0
12						0
13						0
14						0
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16						0
17						0
18						0
19						0
20						0
21						0
22						0
23						0
24						0
25						0
26						0

Esoteric Healing Level 1

Date:		Name:		Time:		to	
Concerns / goals:				Payment:			
1=blocked; 1.5 restricted; 2 diminished; 2.5 fair; 3 balanced; 4 mildly excessive; 5 excessive							
Balance:		p/e / emotional / mental / spiritual		Balance:		p/e / emotional / mental / spiritual	
<u>Centers</u>				<u>Sacral Center</u>			
Solar Plexus				Hips l r			
Basic Center				knees l r			
Sacral Center				feet l r			
Heart Center				Ovaries/Testes			
Throat Center				F. Tubes/Sp. Cord			
				Uterus/Prostate			
<u>Core Triangles</u>				Seminal Vesicles			
SP- Spleen T							
SP-Liver T				<u>Heart</u>			
SP- Pancreas T				Heart T			
BC-Adrenal T l r				Circulatory:			
BC-Kidney T l r				Arteries			
BC-Spine				Veins			
SC-Sacral T				Lower lung sweep			
HC-Thymus T							
TC-Lymphatic T				<u>Throat</u>			
TC-Thyroid T				Lymph system			
				Upper Lung sweep			
<u>Solar Plexus</u>				<u>Closing</u>			
SLP Triangle				Crown-Basic			
Stomach T				Throat-Sacral			
				Heart-Solar Plexus			
<u>Basic Center</u>				Petals, Blessing			
Urinary Tract:							
Kidney-calyx				<u>Notes:</u>			
Ureter-Trigone							
Bladder							
Urethra							
Fear T							
Courage T							
Lower Vitality T							
Upper Vitality T.							