

Esoteric Healing

Part 1

Introduction to Esoteric Healing

Instructor: Jen Wolffis, MSPT, CPEH

Heart Guided Healing

www.HeartGuidedHealing.com

HeartGuidedHealing@gmail.com



National Association for Esoteric Healing

www.naehonline.org

ESOTERIC HEALINGSM

PART 1

Introduction to Esoteric Healing



"In Support of Esoteric HealingSM Practitioners"

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BARBARA J. BRINER, D.O.
c/o NAEH
4655 Dobie Rd., Suite 240
Okemos, MI 48864
www.bioenergystudies.com

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THE SEVEN CENTERS AND RELATED ENDOCRINE GLANDS

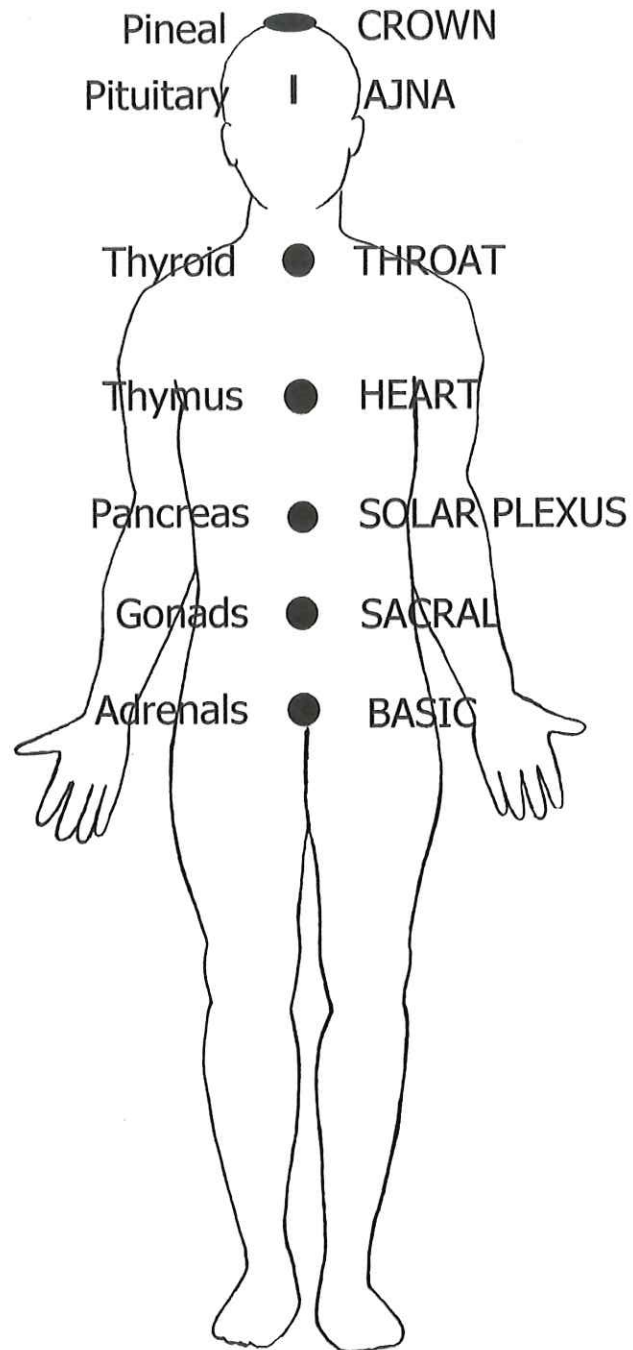
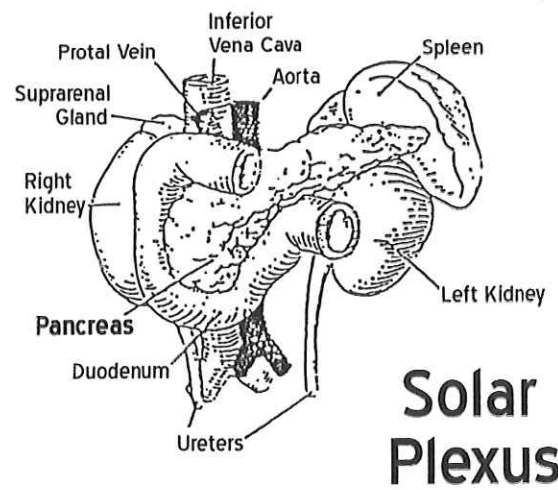
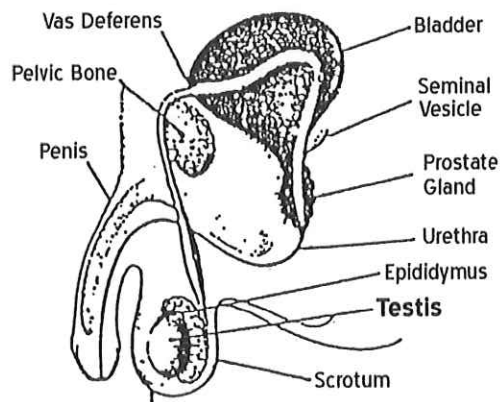
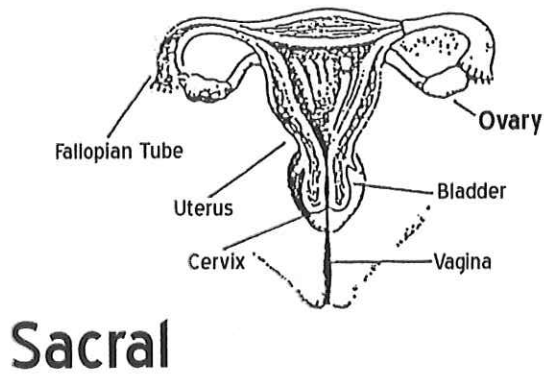
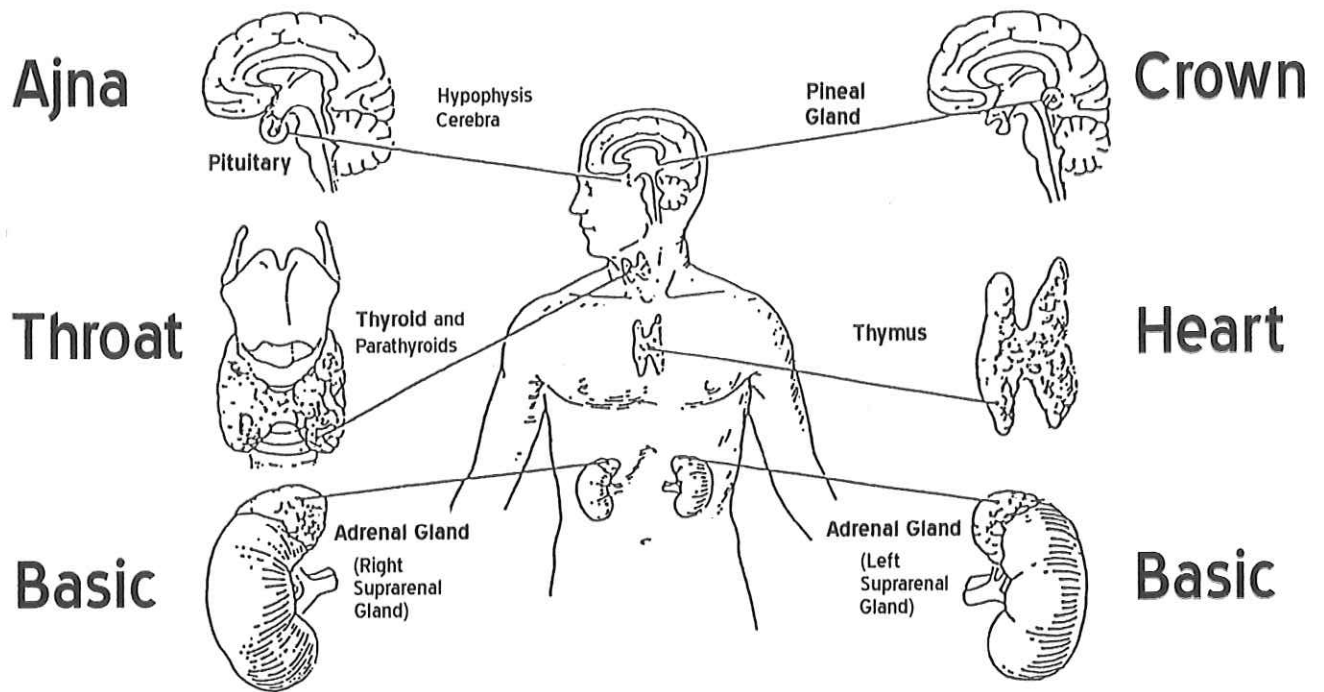


Figure 1. The Seven Centers and Related Endocrine Glands



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

Figure 2. Endocrine Glands and Related Centers

THE CENTERS AND RELATED NERVE GANGLIA

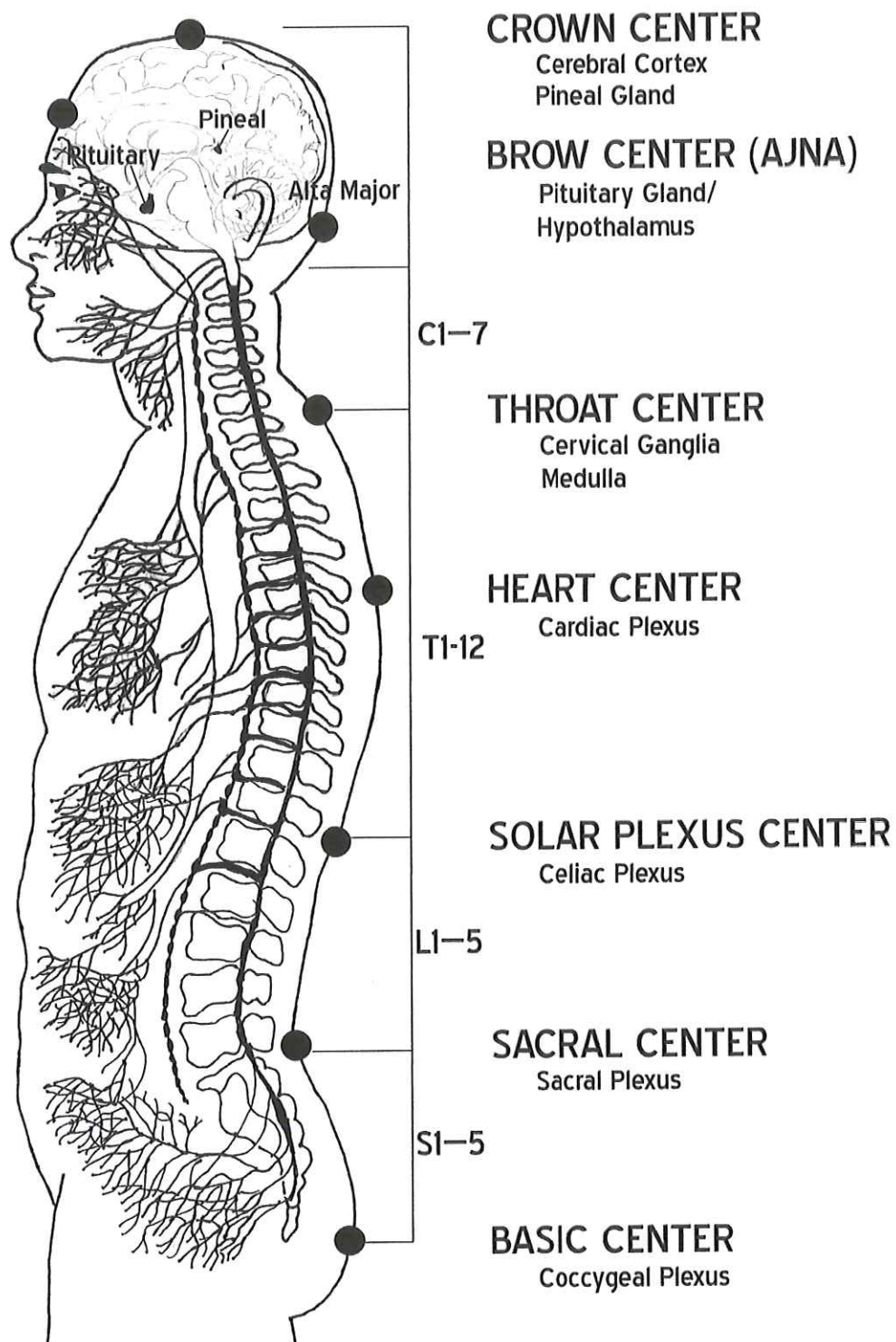


Figure 3. Centers and Related Nerve Ganglia

ASSOCIATIONS OF THE CENTERS

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








Table 1. Neurophysiological & Endocrine Associations of the Centers

NEUROPHYSIOLOGICAL & PSYCHOLOGICAL ASSOCIATION OF CENTERS

Table 2 Neurophysiological & Psychological Associations of the Centers

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



Chakra	Color	Function	Location	Related Areas
Crown: Sahasrara 	Purple or White	Knowingness and Higher Spiritual Information	Crown of the head	<u>Endocrine gland:</u> Pineal <u>Physiological System:</u> CNS Central Control, majority of the brain <u>Psychological Contribution:</u> Conscious awareness of unity with divine
Ajna 	Indigo	Clear seeing and Clairvoyance	Through center of forehead	<u>Endocrine gland:</u> pituitary, hypothalamus <u>Physiological System:</u> Autonomic Nervous System, frontal lobe, ear structure, sinuses <u>Psychological Contribution:</u> Spiritual creativity and intuitive understanding
Throat: Vishuddha 	Blue	Communication and Expression	Base of neck and throat	<u>Endocrine gland:</u> Thyroid <u>Physiological System:</u> Respiratory, lymphatics, listening, using voice, thyroid, parathyroid, shldr/elbow/hand, upper lung <u>Psychological Contribution:</u> Mental creativity
Heart: Anahata 	Green with Pink	Love, Ability to Validate and Be at Peace	Center of chest	<u>Endocrine gland:</u> Thymus <u>Physiological System:</u> Circulatory system, heart, arteries, veins, lower lungs, diaphragm, muscles, breasts <u>Psychological Contribution:</u> Unconditional love
Solar Plexus: Manipura 	Yellow	Energy Distribution and Personal Power	Solar Plexus	<u>Endocrine gland:</u> Pancreas <u>Physiological System:</u> Digestive system, Spleen, liver, pancreas, stomach, gallbladder, small and large intestines (colon). <u>Psychological Contribution:</u> Awareness of the "I". Issues of power/Control
Sacral: Svadhithana 	Orange	Emotionality, Sexuality and Creativity	A few finger widths below the navel	<u>Endocrine gland:</u> Gonads – testes & ovaries <u>Physiological System:</u> Male and female reproductive organs, prostate, hips/knees/feet <u>Psychological Contribution:</u> Relationships, physical creativity
Basic: Muladhara 	Red	Survival in the Body and Security	Base of spine	<u>Endocrine gland:</u> Adrenals <u>Physiological System:</u> Urinary system, fear, courage, vitality, spine, kidney. <u>Psychological Contribution:</u> Courage, Will-to-be

THE CONSTITUTION OF THE HUMAN BEING¹

Threefold: Pure Spirit

Soul

Personality

} Each part is also threefold

PERSONALITY / MATTER—the slowest vibration of energy

1. The dense Physical Body and the Etheric Body
2. The Emotional (astral) Body
3. The Mental Body (Lower Mind).

} These three levels constitute
the PERSONALITY.

These are the clothing—the outer garments for the SOUL while it is in incarnation upon the earth.

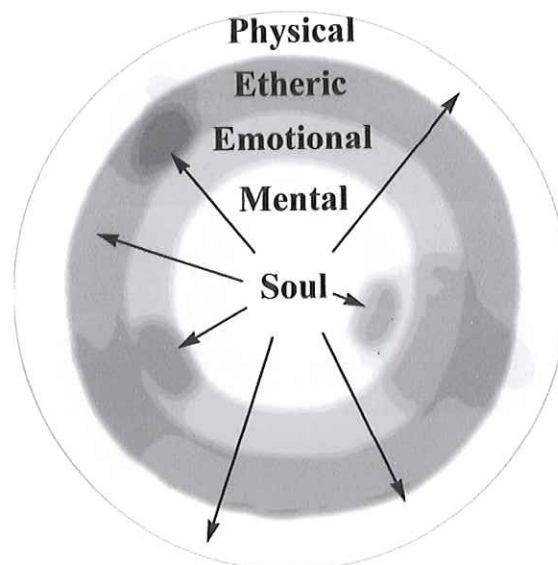
²
SOUL / SPIRIT—the individuality/the Causal Body—the interface between the
PERSONALITY and PURE SPIRIT:

1. Spiritual Will (Atma)
2. Intuition (Buddhi, love/wisdom, the Christ principle)
3. Higher Mind (Manas)

PURE SPIRIT—(Monad) the highest/finest level—is also threefold.

- 1 Will and Power. (Father)
1. Love/Wisdom (Son)
2. Active Intelligence (Holy Spirit)

Each aspect shades into the next; there are no clear-cut divisions—but these charts help to clarify our understanding.



¹ See Figure 1., p.2. ² In her books, Bailey uses the term "ego" to mean the soul, not to be confused with "ego" found in psychology.

THE CONSTITUTION OF THE HUMAN BEING

The Seven Planes and Man's Subtle Anatomy

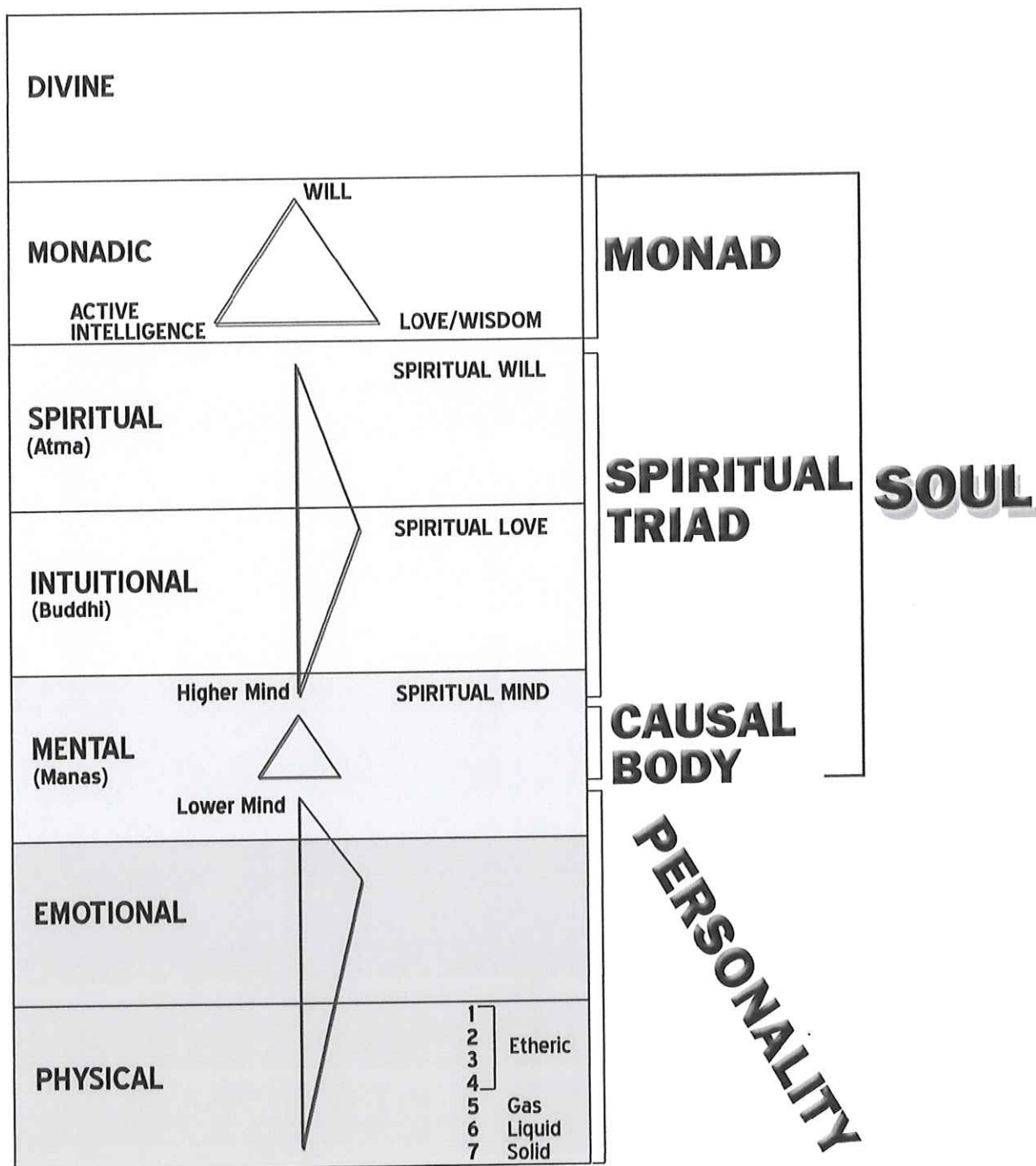
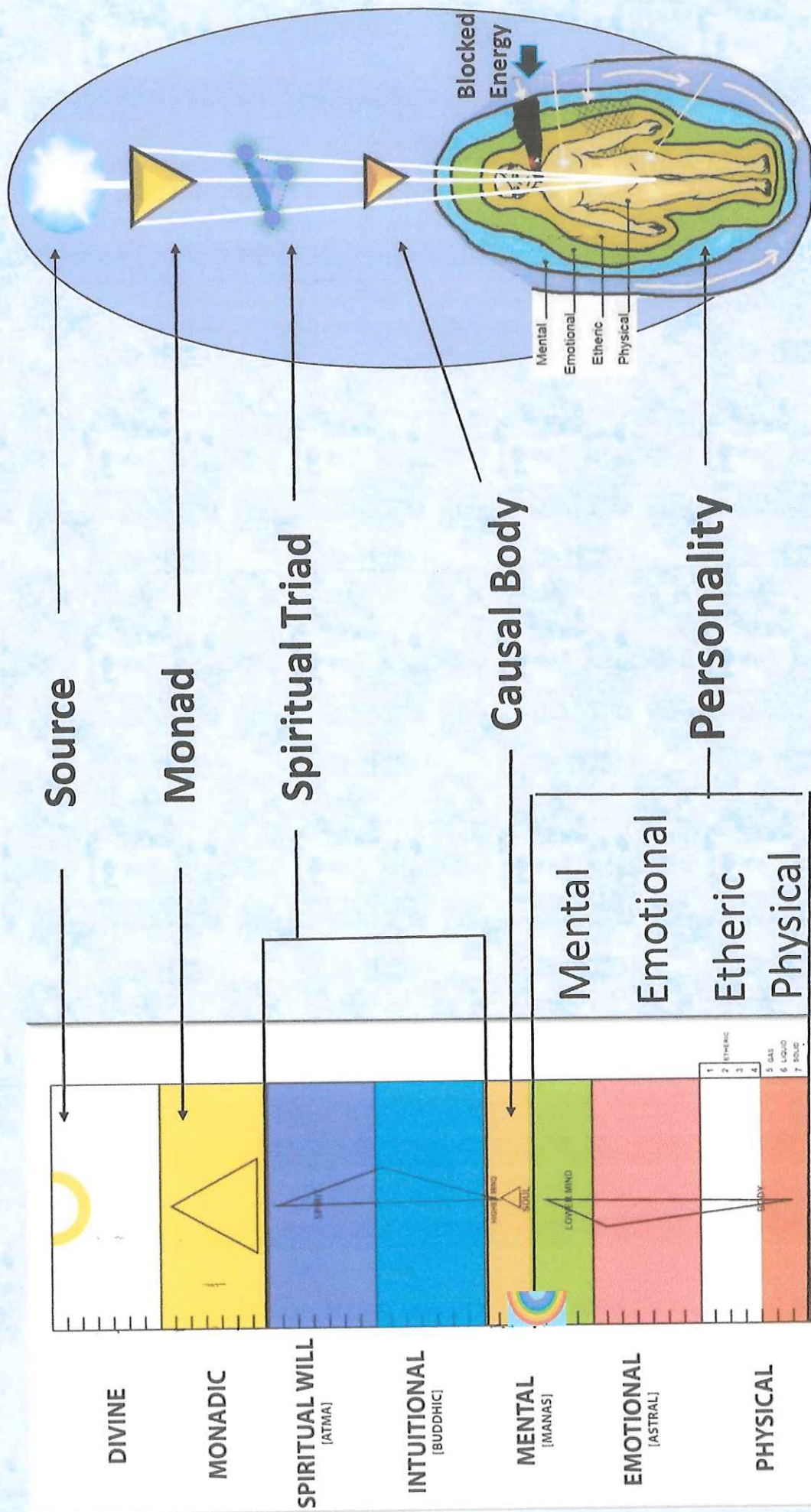
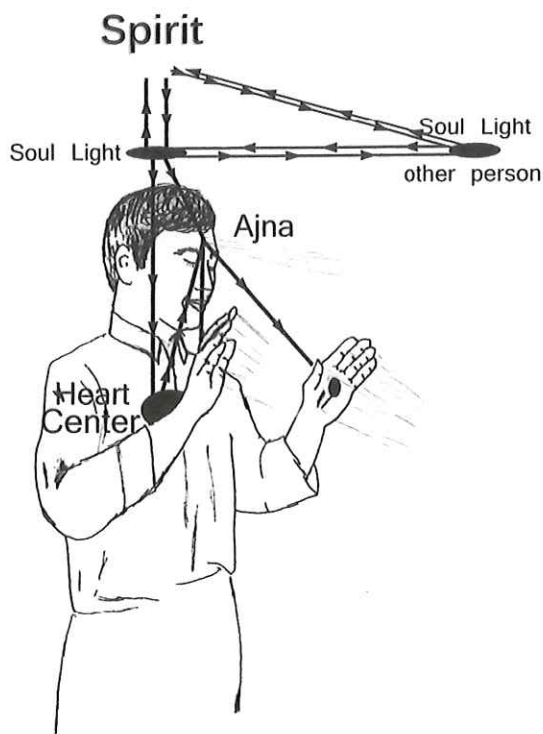


Figure 4. The Constitution of the Human Being

Constitution of the Human Being



ALIGNMENT AND ATTUNEMENT



Aligning and Attuning is crucial to this work, as our intention is to allow the Spiritual energy of Source—rather than our own will—to guide and enable the healing to occur.

Aligning and Attuning spiritualizes the work we do. It brings all aspects of personality to spiritual alignment to move us above judgment and preferences. It allows us to see the other person with spiritual eyes, as a spiritual being, rather than a blocked personality.

Aligning and Attuning with ourselves allows us to move beyond self-judgment, freeing us to love and accept ourselves and in turn those around us. We can only love and respect those around us to the degree we love and respect ourselves.

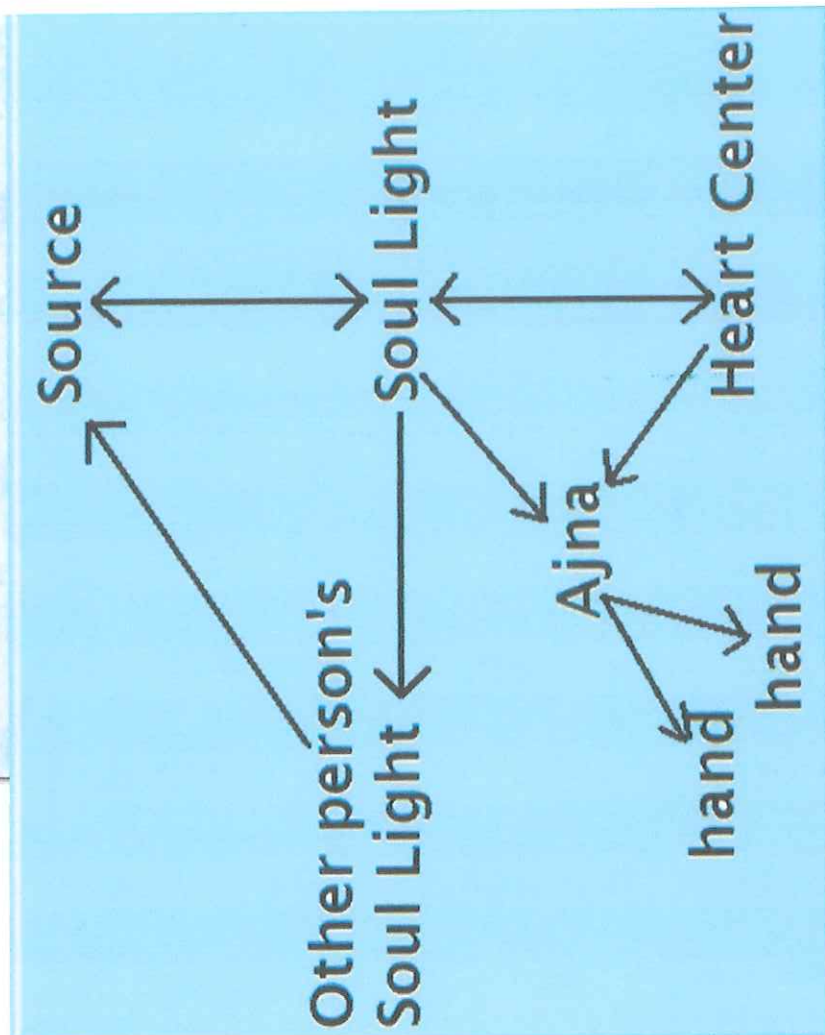
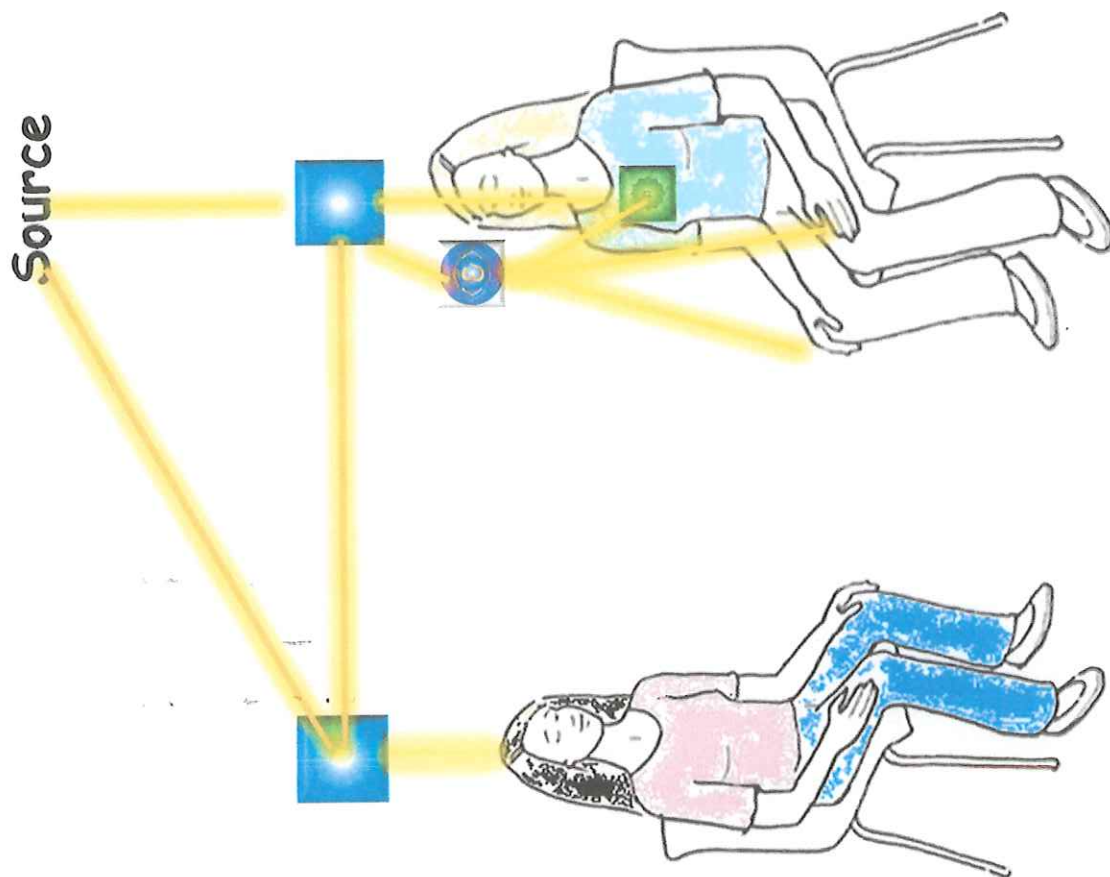
Whenever we Align and Attune, we are bringing spiritual energy into ourselves and also to the world around us.

Alignment (Connecting with Source):

1. Become aware of your Heart Center. Imagine a stream of light moving from your Heart Center to your Soul Light and into Spirit. Allow that Spiritual energy to flow back down into your Heart Center.
2. Let the Spiritual energy expand from your Heart Center into your Ajna, and from there to your hands. The Ajna serves to focus that energy.

Attunement (Connecting with the other person):

1. Imagine a stream of light flowing from your Soul Light to the Soul Light of the person who is asking for healing. Now, the three are connected: Source and both people.
2. Ask that healing be in accordance with the will of their Soul and for their highest good.



Is it the will of (name's) soul to have healing work today? Let this healing be according to the will of her soul and for her highest good.

SOLAR PLEXUS CENTER

Center of Emotions

LOCATION: Between 12th thoracic/1st lumbar vertebra

ENDOCRINE GLAND: Pancreas

ORGAN SYSTEM(S): Gastrointestinal system Spleen

BALANCES WITH: The Heart Center (emotional reaction balanced by unconditional love)

PSYCHOLOGICAL CONTRIBUTION:

This center connects us strongly to our emotional bodies and the unconscious mind. It can be over-activated by emotional over-reactions and blocked by those who are fearful of their own or other people's emotions. Many so-called "psychic" phenomena are connected to this center.

A person shifting the focus of their consciousness into this center is now fully into the totality of their emotional/astral body -and likely to be a person who "reacts" rather than responds to situations. Emotions can be in "full spate" and the lessons to be learned connect with coming to terms and coping with all aspects of the emotions including unconscious drives and fears. The main fears are about an inability to cope with emotions: one's own or other people's.

Some will manifest an overactive center, indicating an over-emotional personality; others can be so fearful of emotions that they will block the center. Many now are focused here -and it is an area of great difficulties. Emotional problems can drain a person of energy more effectively than great physical task and are the basis of many physical ailments.

*The evolution of one's consciousness through these lower three centers is concerned with personal development. Once we begin to focus on the centers above the diaphragm, we begin to be aware of the spiritual aspects of our being.

DIGESTIVE ORGANS

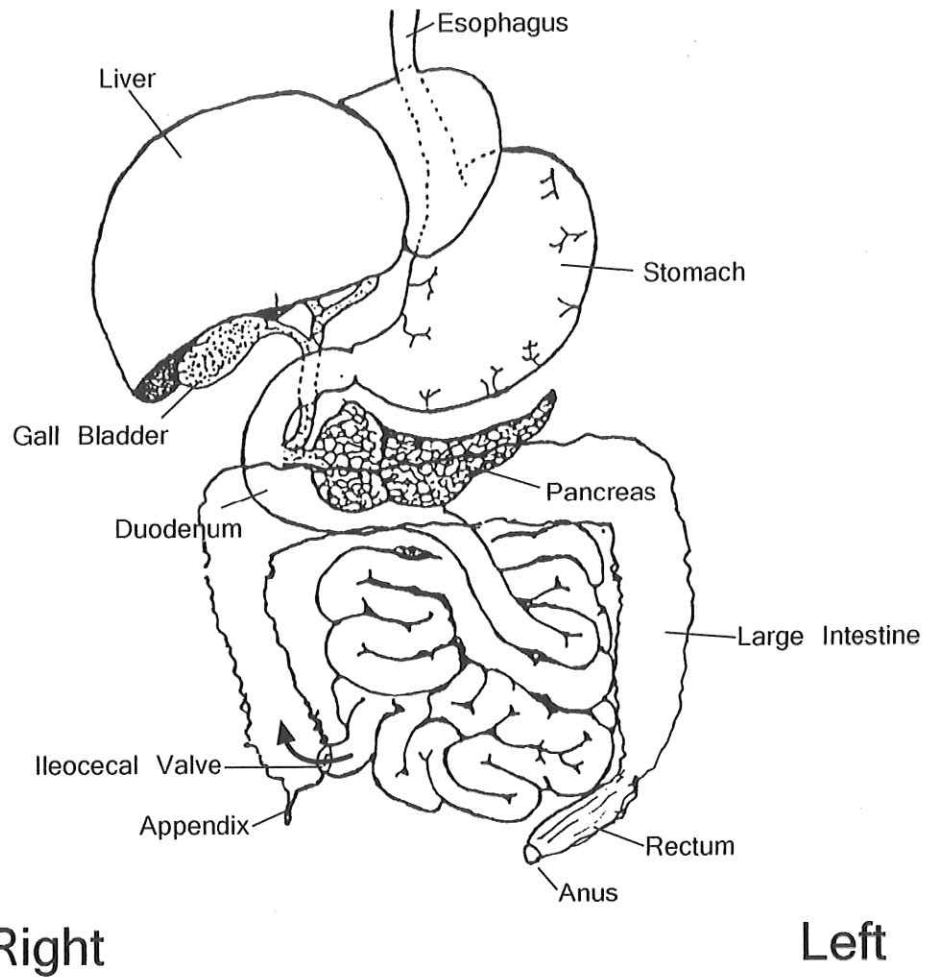
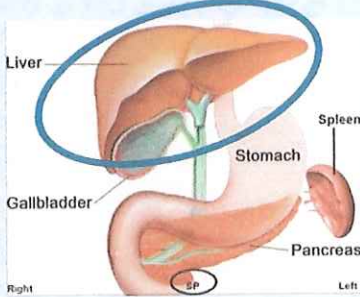
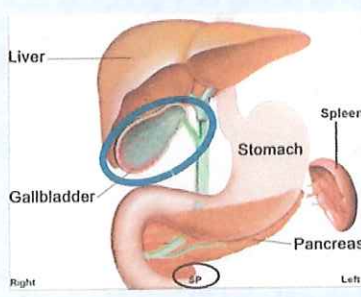


Figure 5. Digestive Organs



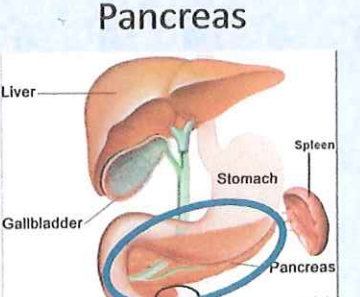
Liver

- Over 200 purposes
- Very dense and heavy
- Filters blood
- Metabolizes food and meds
- **SHOULD FEEL CALM**
- Metaphysically
 - Stores emotions of rage, hate, resentment and anger



Gallbladder

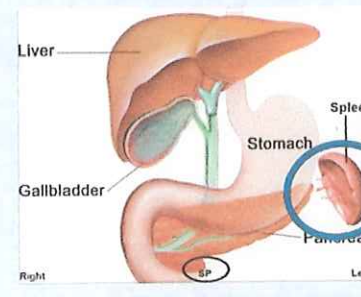
- Pear shaped pouch
- Stores bile from the liver
 - Aids in digestion
- Metaphysically
 - Associated with bitterness



Pancreas

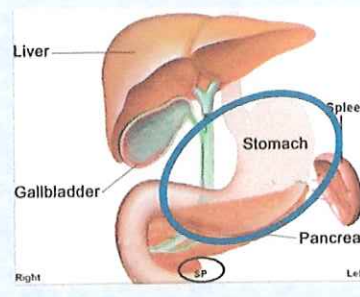
Pancreas is the Endocrine gland of the Solar Plexus:

- Produces the hormone insulin
 - Regulates sugar
- Produces digestive enzymes
 - Breaks down protein and fats
- Energetically feels solid and vibrant
- Metaphysically - Sweetness and joy in life




Spleen

- **PHYSICAL BODY:**
 - Part of our immune system
 - Stores and recycles blood cells.
- **ENERGY BODY:** Spleen Metabolizes energy
 - Produces energy for:
 - Etheric body
 - Emotional body
 - Mental body



Stomach

- Hollow organ
 - Elastic sac
- Where digestion begins
 - Breaks down food
- Metaphysically
 - Preparing our emotions for digestion



Our organs hold onto our emotions and if not unaddressed may become physical issues

Liver: anger, rage.

Pancreas: sweetness of life.

Stomach problems: difficulty digesting ideas, inability to assimilate the new.

Gallbladder: gallstones – bitterness, hard thoughts, condemning.

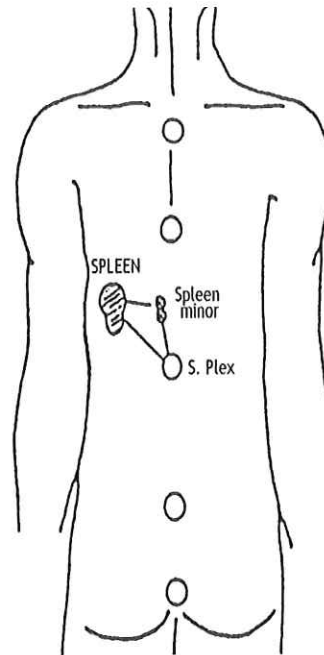
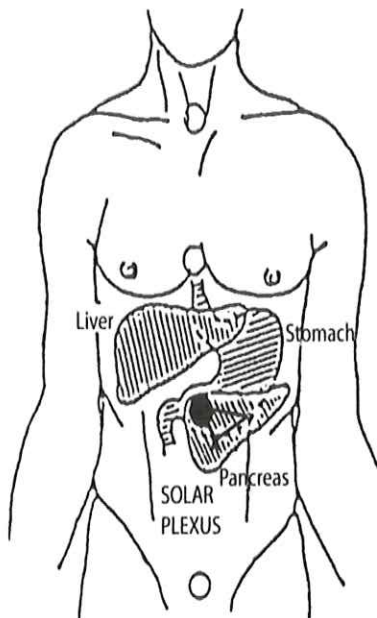
Small Intestine: Absorption, assimilation, elimination with ease.

Rectum (end of large intestine): release, letting go

ENERGY TRIANGLES:

PART I:

1. Pancreas \triangle : Solar Plexus + Pancreas minor + Pancreas organ
2. Spleen \triangle : Spleen minor + Solar Plexus + Spleen organ
3. Liver \triangle : Solar Plexus + Liver minor + Liver organ
4. Stomach \triangle : Solar Plexus + Stomach minor + Stomach organ
5. SLP \triangle : Stomach + Liver + Pancreas (organs) (helps to open and free solar plexus center as well as help digestive process)

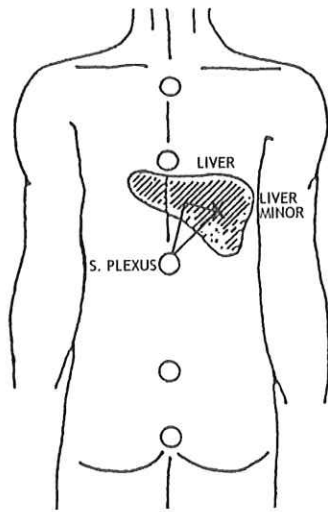


1. Pancreas \triangle :

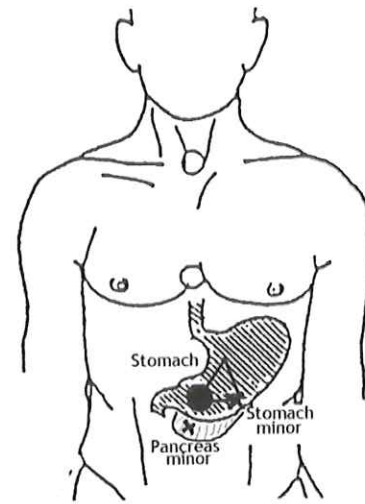
1. Pancreas \triangle :
Solar Plexus + Pancreas minor + Pancreas organ

2. Spleen \triangle :

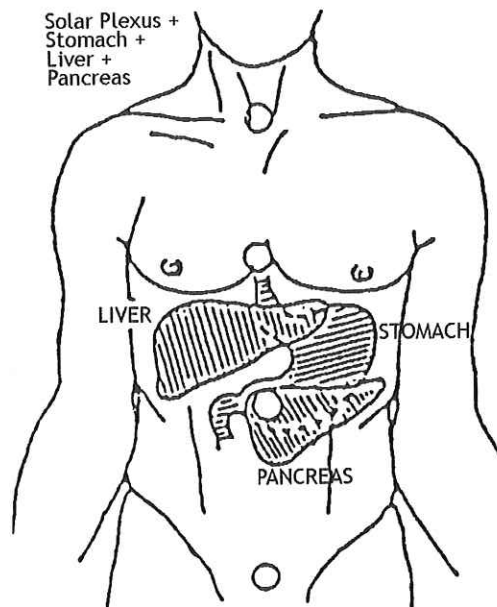
- Solar Plexus C. + Spleen m. +
Spleen organ



2. Liver \triangle :
Solar Plexus C. + Liver m. + Liver



4. Stomach \triangle :
Solar Plexus C. + Stomach m. + Stomach



5. S.L.P. \triangle : Pancreas + Liver + Stomach (organs)

BASIC CENTER

The Center for Will and Survival

LOCATION:	At the base of the spine, in the area of the coccyx
ENDOCRINE GLAND:	Adrenal Glands (2)
AFFECTS FUNCTION OF:	Adrenals Kidneys and Bladder Spine
ORGAN SYSTEM:	Urinary: kidneys, ureters, bladder, urethra Spine mechanical
BALANCES WITH:	CROWN CENTER: Spiritual Will Physical will-to-be (Will of body/ Will of Soul)

This center supports the other body centers via a power circuit from the spleen minor to the Basic Center, and then upwards to the other centers on the Spine. The "will to be" of the body manifests from here, and through this center we relate most strongly to our physical bodies.

Note: The balancing factor for the fear which can affect the adrenals is COURAGE.

PSYCHOLOGICAL CONTRIBUTION:

It is the "will-to-be" center. So is affected, strengthened, by the will to achieve, to do, to accomplish. It is affected by anger, but weakened by fear and depression (the lack of "willto-be").

It is concerned with our basic needs, firstly the need to survive.

This is where the consciousness of primitive man would have focused (fight or flight) -- where the baby would be focused. The bodily will-to-be is focused here.

A man focused here would equate self with his body -and his needs; therefore, he would relate to the material level of bodily comfort and satisfaction. The dominant emotions all connect to FEAR -for his security is invested in possessions and bodily comforts and health. The possibility of losing any of these could cause panic and/or the expression of anger. He would feel the anger to be justified. In fact, if you look at most situations where anger is expressed, you will find fear. Both anger and fear affect the adrenal glands -and the repeated activation of these glands can lead to exhaustion.

ENERGY TRIANGLES:

PART I:

1. Adrenal \triangle : Basic Center + adrenal minors L/R

-often easier to balance one adrenal at a time with the Basic Center and then balance both adrenals with each other and the Basic Center.

2. Kidney \triangle : Basic Center + kidney minor L/R

3. Fear \triangle : Basic Center + Adrenal minors + fear points on kidneys

4. Courage \triangle : Basic Center + knee minors

5. Lower Vitality \triangle : Spleen minor + Basic Center + Sacral Center

6. Upper Vitality \triangle : Spleen minor + Basic Center + Throat Center

SYSTEM:

Urinary

Spine-- Vertebrae

URINARY SYSTEM

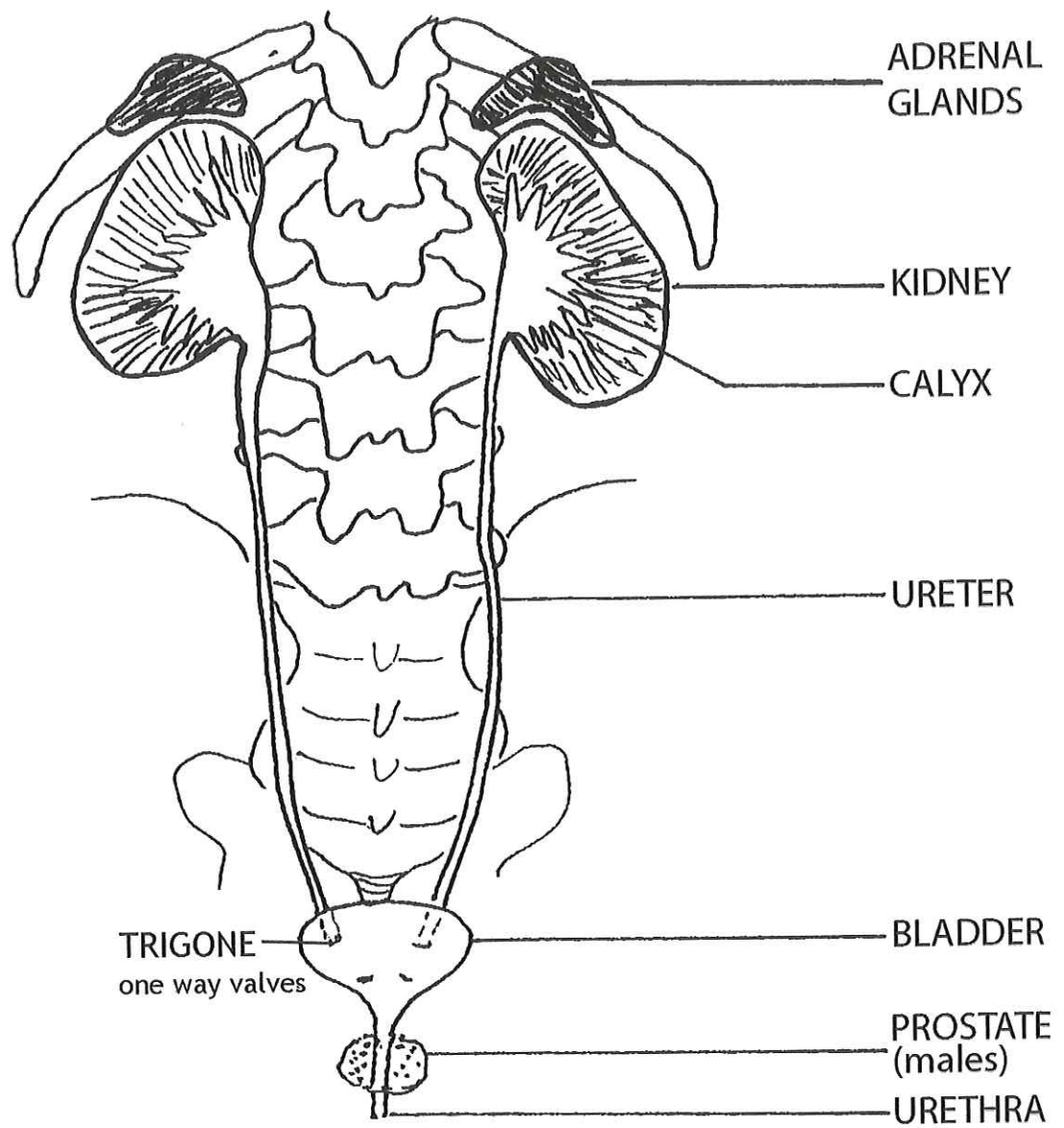
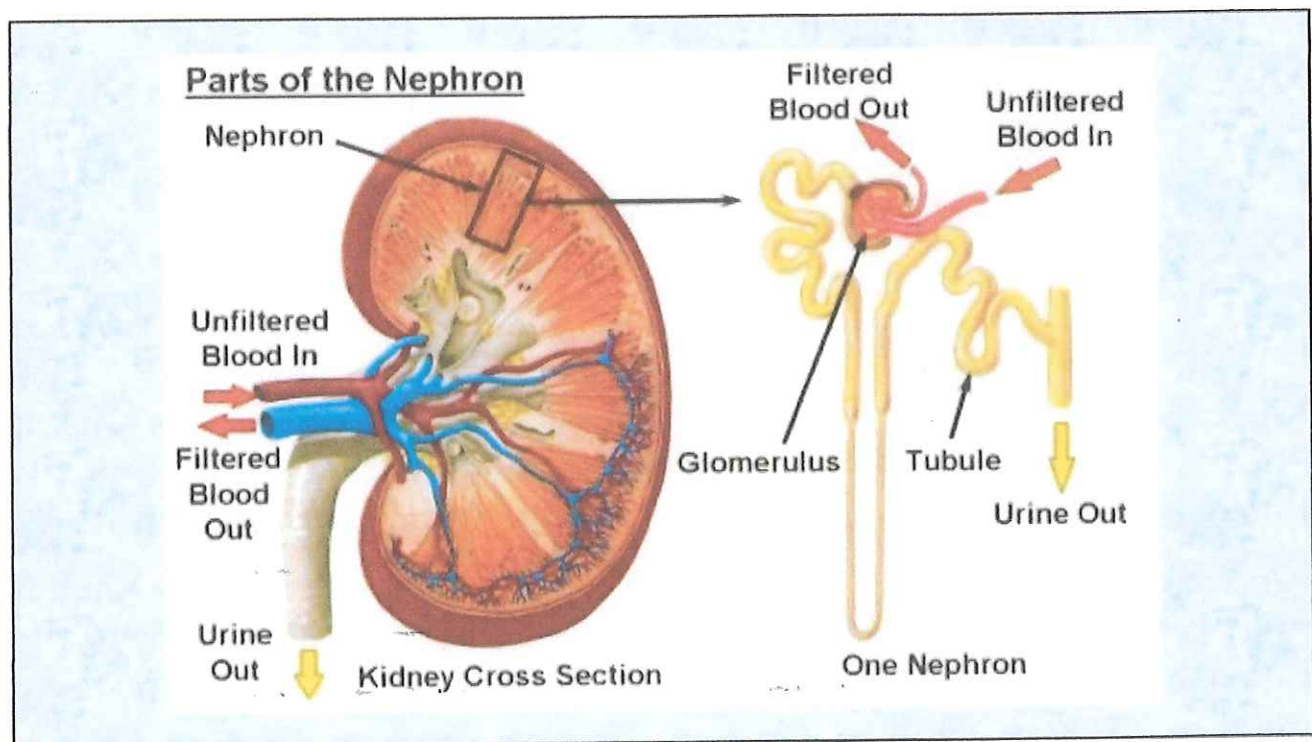
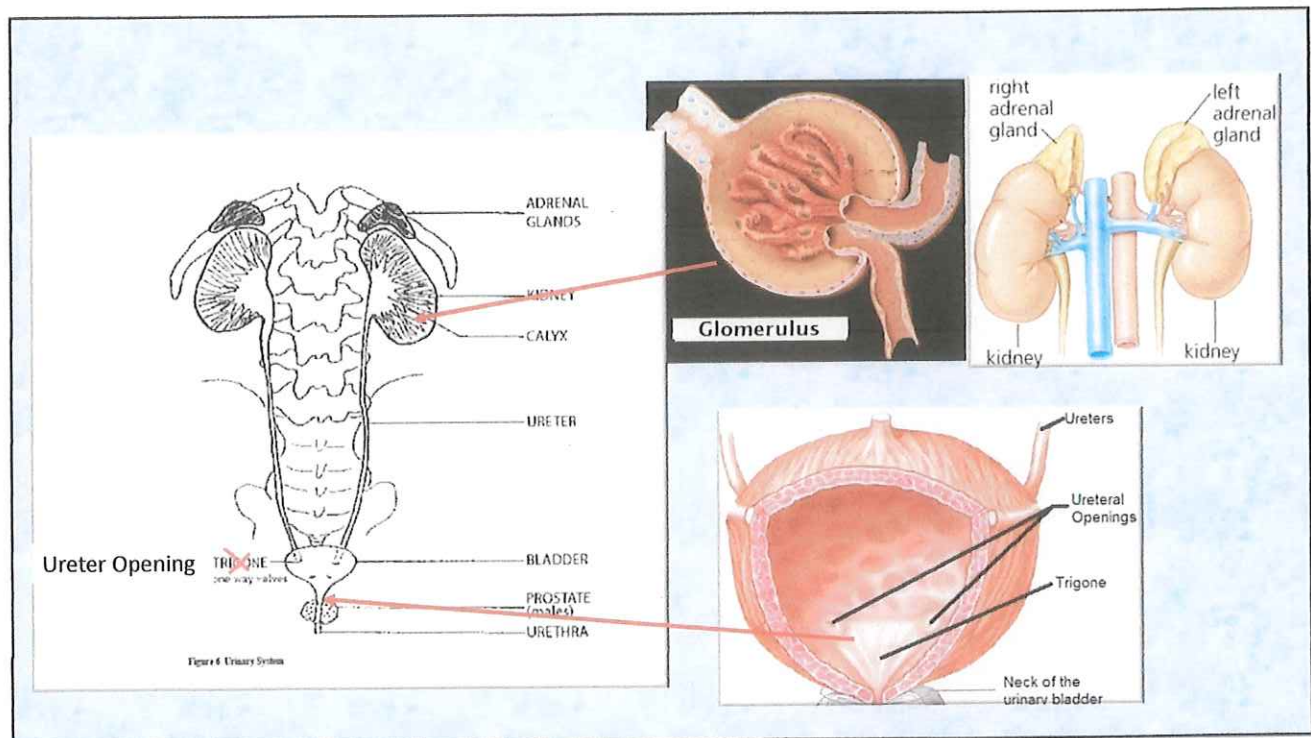
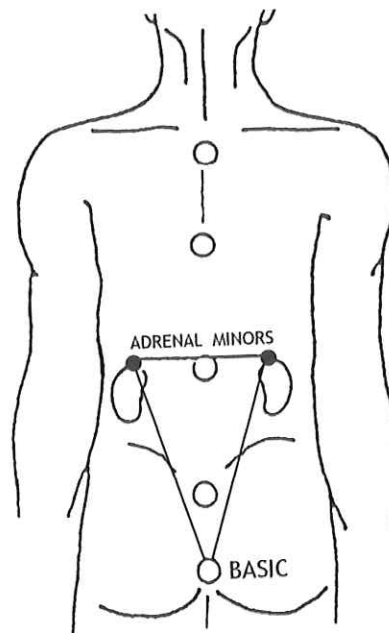
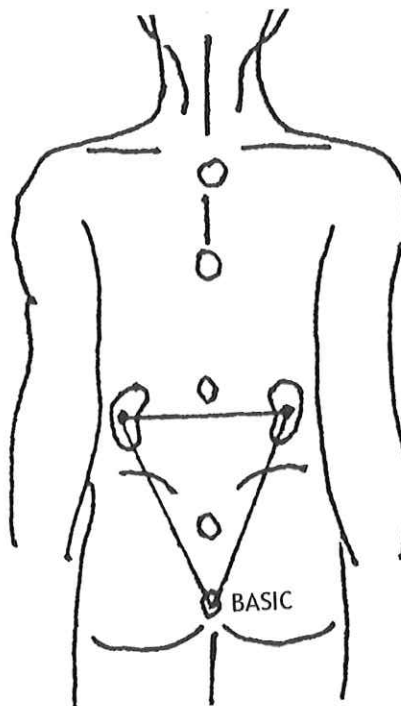


Figure 6. Urinary System

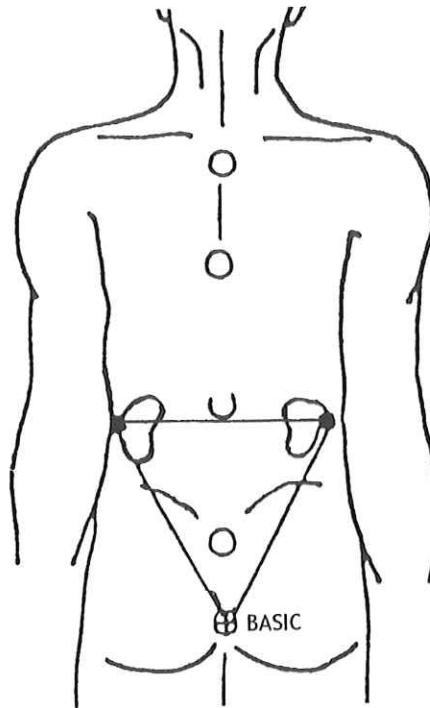




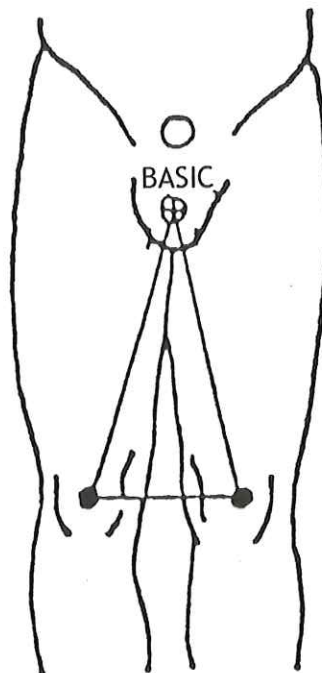
6. Adrenal \triangle : Basic Center + adrenal minors L/R



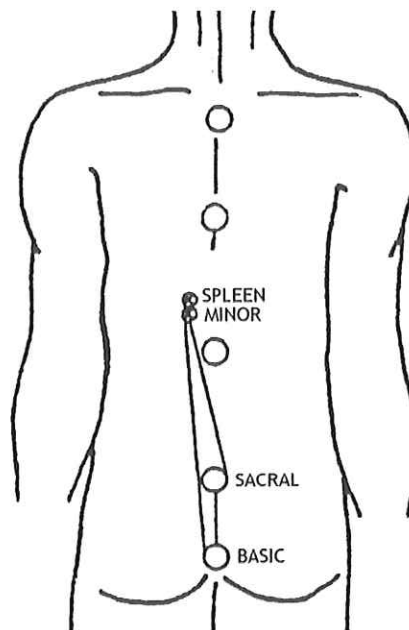
7. Kidney \triangle : Basic Center + kidney minors L/R



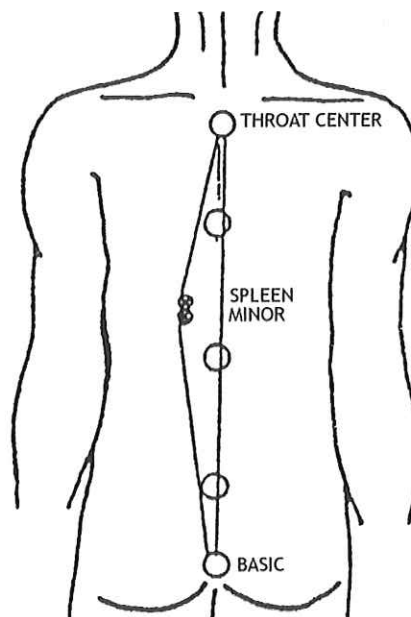
8. Fear \triangle : Basic Center + fear points on kidney L/R



9. Courage \triangle : Basic Center + knee minors L/R



10. Lower Vitality \triangle : Spleen minor + Basic Center + Sacral Center



11. Upper Vitality \triangle : Spleen minor + Basic Center + Throat Center

THE SPINE AND LOCATIONS OF THE FIVE LOWER CENTERS

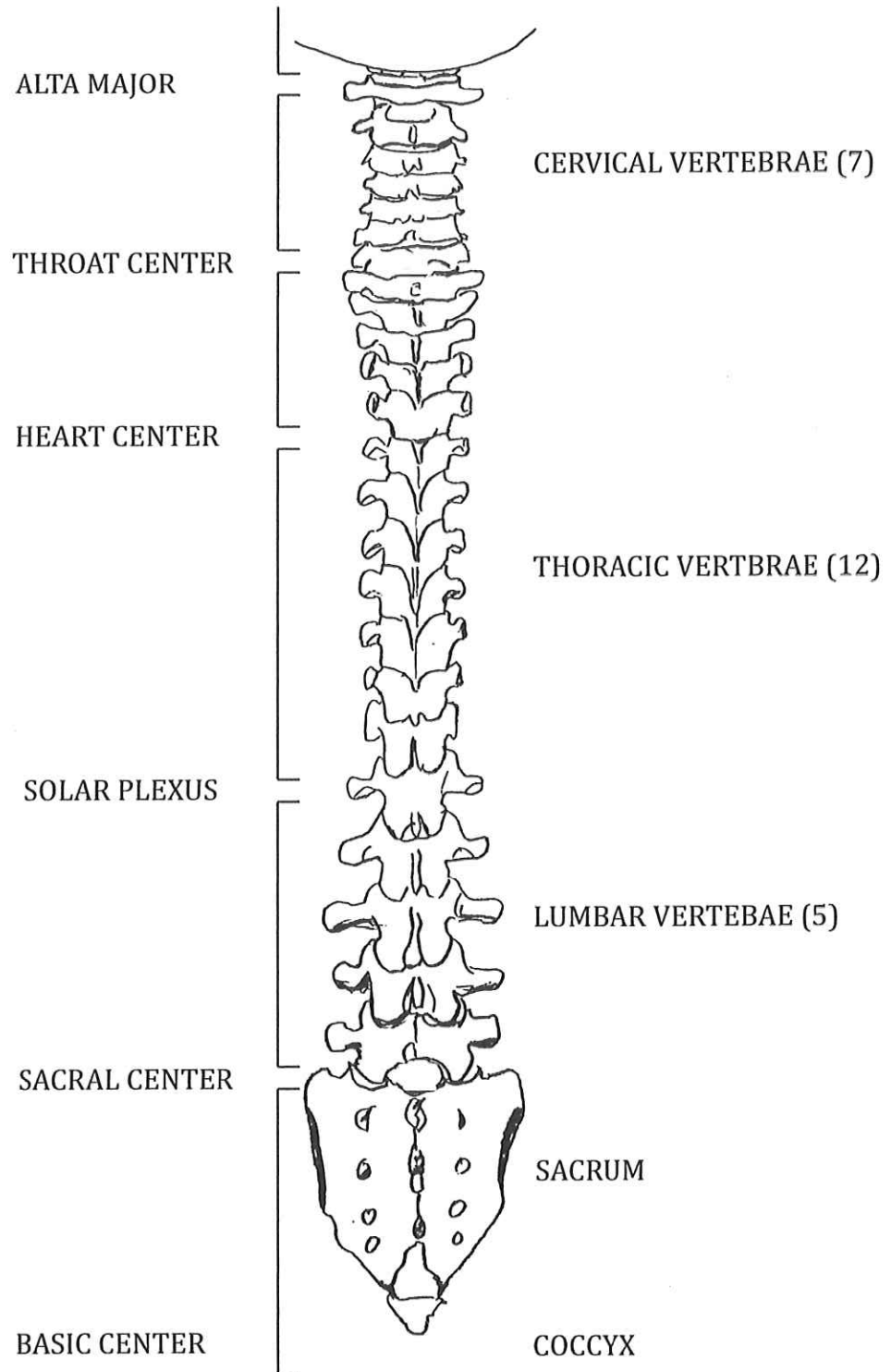
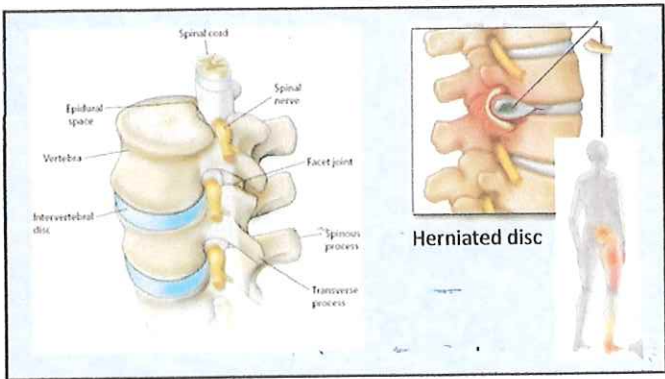
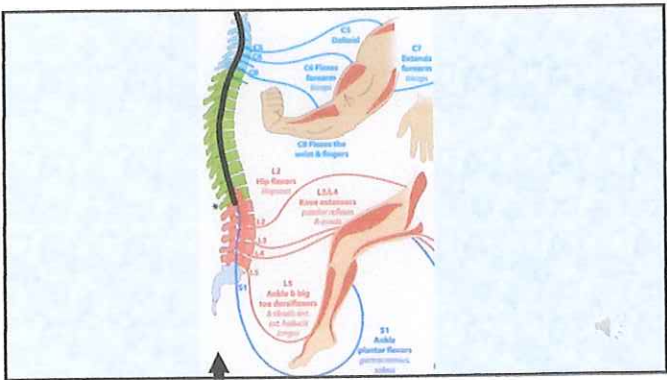
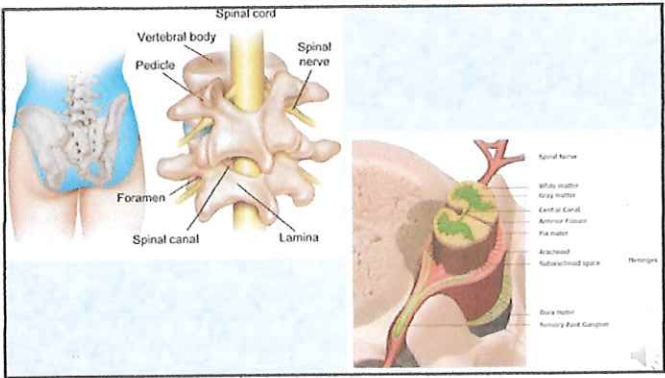
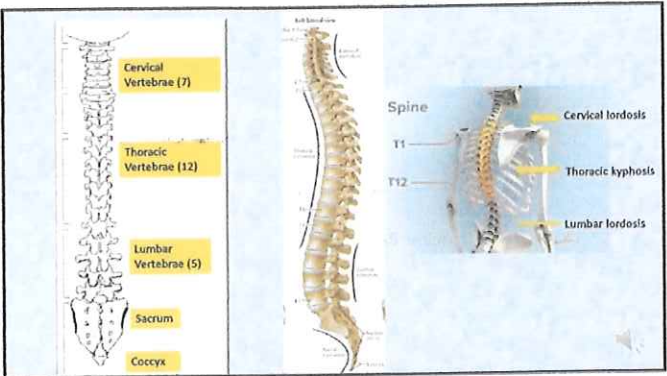
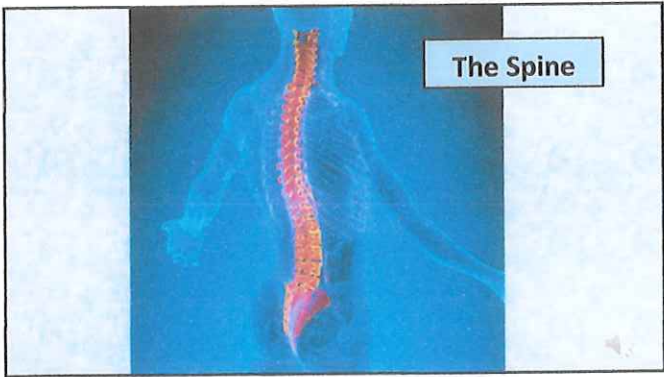


Figure 7. The Spine and Location of the Five Lower Centers



SACRAL CENTER

Center for Relationships

LOCATION:	Base of lumbar spine
ENDOCRINE GLAND:	Female: ovaries
Male: testes	
ORGAN SYSTEM:	Reproductive Lower
extremities	
AFFECTED BY:	Self-esteem Acceptance of Self-responsibility Attitudes towards sex/sexuality Relationships—especially parents, partner and own children Connection to earth (grounded)

RELATED MINOR CENTERS: Ovaries or testes
 Hip minors
 Knee minors
 Foot minors

BALANCES WITH: THROAT CENTER

This is a very powerful creative center through which we learn a lot about ourselves and within which we need eventually to become free. Once this center is balanced and clear (NOT by suppression) we are free to focus into higher creativity.

PSYCHOLOGIC CONTRIBUTION: The Sacral Center deals with personal relationships, e.g. parents, siblings, co-workers, friends, and to oneself. This center is strongly conditioned in one's early pre-verbal and childhood years by how one was treated by those caring for them as an infant/young child. If the child is loved, talked to lovingly, and their physical needs are met in a loving and timely manner, the child develops a good sense of self-worth, i.e. self-esteem. If the early pre-verbal/early childhood years were "neutral" or negative, poor self-esteem develops.

These early years (as well as karmic patterns brought into this lifetime) can condition one's ability to develop long-lasting relationships, *accept self-responsibility*, and affect one's own parenting abilities. IF the early developmental years were neutral or negative, counseling/psychotherapy will be helpful to understand and neutralize these conditioning, developmental patterns, thus bringing in Heart Center insight to grow through the early childhood effects.

This center may be affected by our attitude/beliefs about sex/sexuality. It does, of course, involve the organs of reproduction. However, sexuality is a minor percent of the entirety of the functions of this center.

The sacral center is very important in one's ability to "stay grounded" to the earth, i.e. to stand with energy moving into one's legs and feet. This enables us to stand and face life and its issues with strength and perspective, rather than be disconnected and have difficulty facing the quandaries that life presents to us.

ENERGY TRIANGLES:

PART I:

1. Sacral \triangle : Sacral Center + Ovary/Testes minor L/R
2. Lower Extremity \triangle s: hip: Sacral Center + hip minors
 (Grounding \triangle s) knee: Sacral Center + knee minors
 feet: Sacral Center + feet minors

The Lower Extremity worked in the order listed help to open and free the sacral center, help the individual to literally "stand on their own feet," and help to "ground" the spiritual energies brought in through meditation.

REPRODUCTIVE SYSTEM

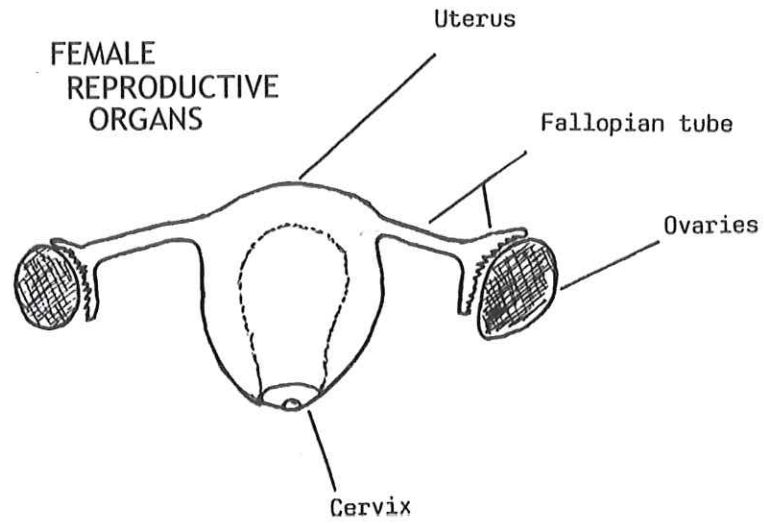


Figure 8. Female Reproductive System

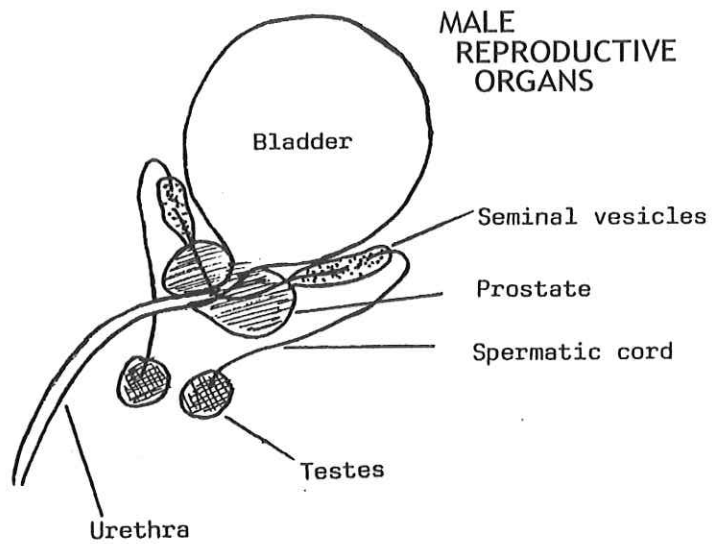
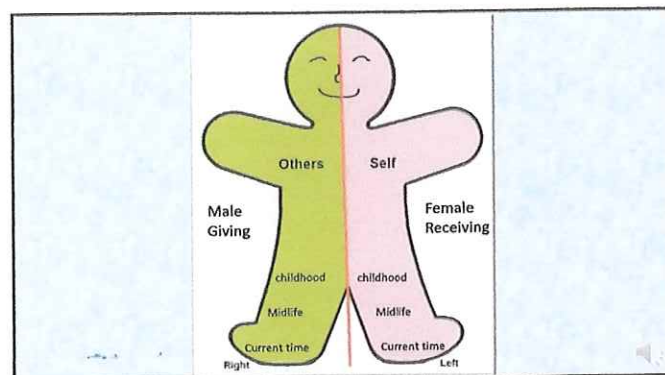
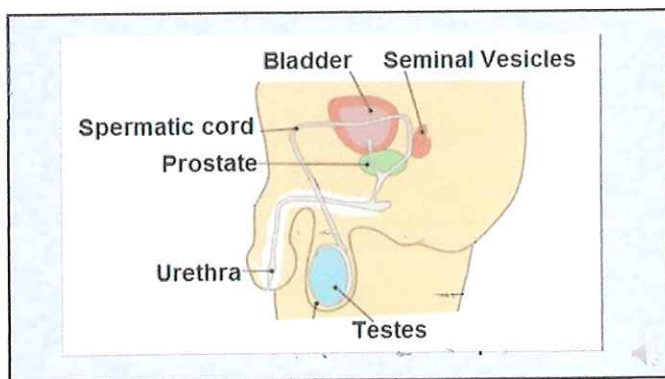
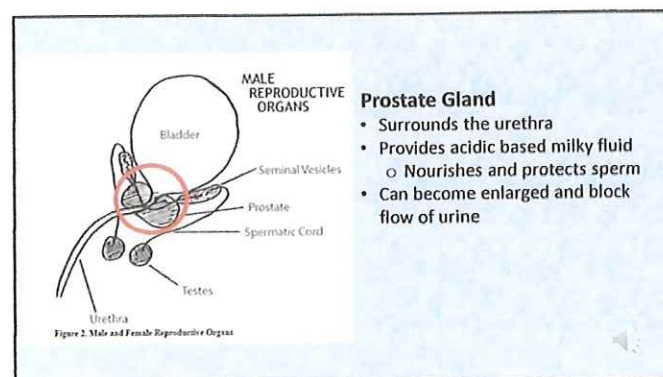
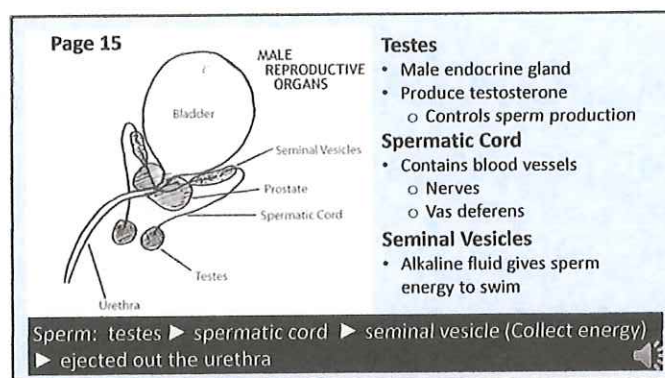
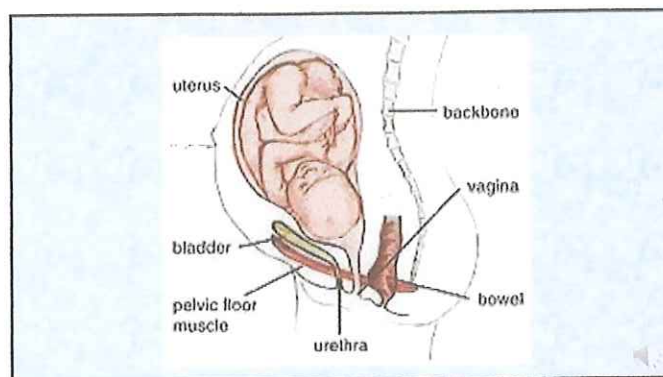
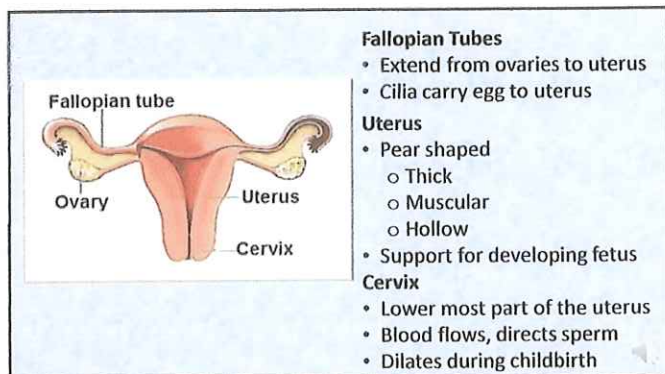
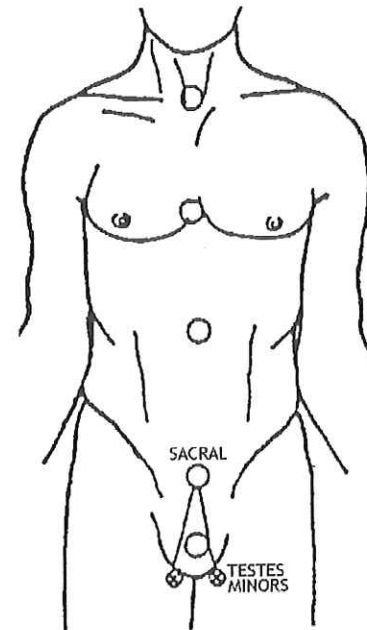
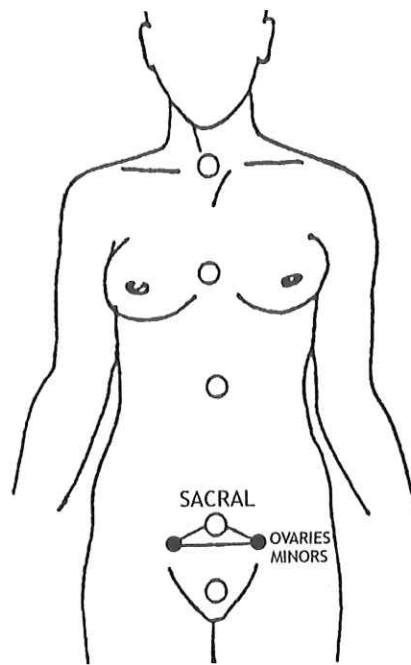


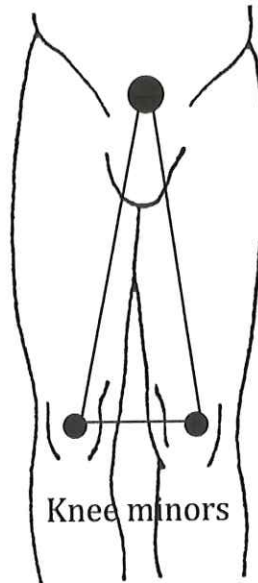
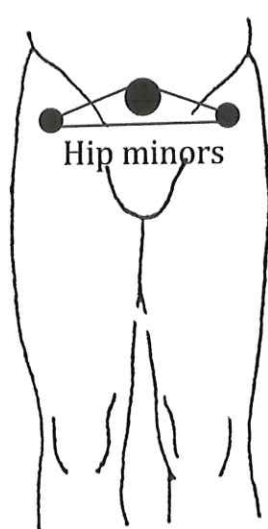
Figure 9. Male Reproductive System



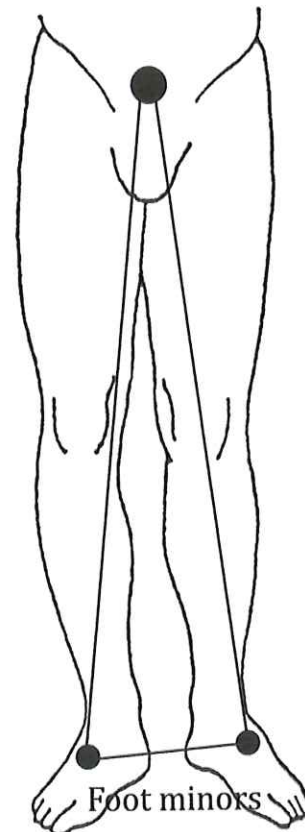


9. Sacral \triangle (Female) :
Sacral Center + Ovary minor L/R

10. Sacral \triangle (Male) :
Sacral Center + Testes minor L/R



SACRAL
CENTER



11. Lower Extremity \triangle : (grounding \triangle s)
hip: Sacral Center + hip minors
knee: Sacral Center + knee minors
feet: Sacral Center + feet minors

HEART CENTER

Center for Compassion and Unconditional Love

LOCATION: In region of Heart organ Between 4th/5th thoracic vertebrae

ENDOCRINE GLAND: Thymus Gland

ORGAN SYSTEM: Heart Organ and Circulation of Blood
Muscles of the body (including respiratory diaphragm)
Breasts
Immune System
Lower Lobes of Lungs

AFFECTED BY: Awareness of "Self" (existential)
Ability to express lovingness
Use of the Will (forcing our personal will on others can cause
great strain to the heart)

BALANCES WITH: SOLAR PLEXUS CENTER

PSYCHOLOGICAL CONTRIBUTION:

Focused here, the consciousness becomes aware of the self in a new way. Up to this point one can be aware of aspects of oneself -but now we begin to integrate the various aspects and discovery of the SELF.

We become more aware of other people in a less selfish way. We sense their feelings and want to help them for them, rather than for any benefit to ourselves. So we extend our consciousness outwards to others.

We are now in a position to take charge of ourselves -having discovered the still center of the self, the observer of our body, our feelings, our thoughts. Now we are ready to link to the soul. This process can bring much inner conflict in its initial stages -as personality and soul can be in conflict -and certain heart diseases can be so caused. Real love is unconditional -so if we place conditions on our loving, we can block the free flow of energy through this center. People who have been badly hurt by those they love, can be afraid of being hurt again and block the free flow of energy through the heart center.

Full awakening of the heart center should be preceded by the development of a well-balanced Solar Plexus/emotional Center, strong and unswayed by emotional "storm." The awakening energies of the heart should balance with the solar plexus and bring stability and true balance to the emotional body.

Note: As consciousness evolves, it does not focus in one center one day -and then move totally into the higher center the next; it is a gradual process. Many human beings are in

stages of transition -shifting the consciousness from below the human diaphragm to the centers above it. The transitory stages can be periods of hard work and much stress; it behooves us to be aware of this -to help ourselves and our patients. Our personal evolution is a matter of the way of life and involves much inner work and growth.

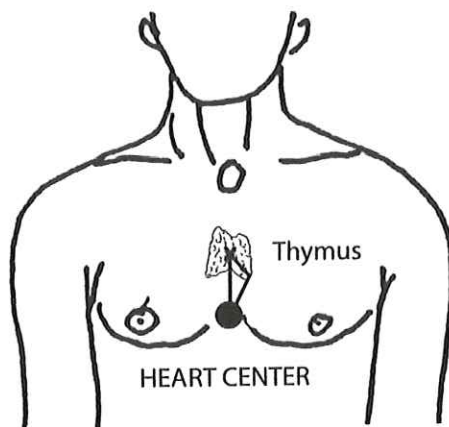
ENERGY TRIANGLES:

PART I:

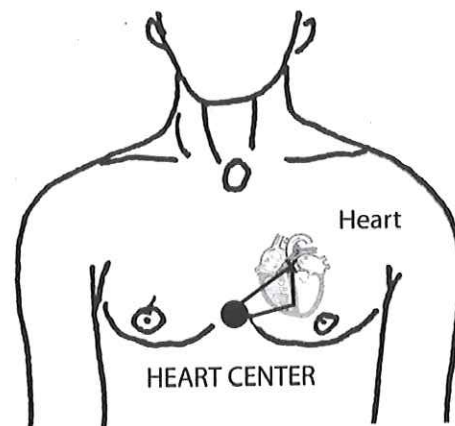
1. Thymus \triangle : Heart Center + Thymus minor + Thymus organ
2. Heart Organ \triangle #1: Heart Center + Heart Organ minor + Heart Organ

SYSTEM:

Circulatory System (excluding heart organ)



1. Thymus \triangle :
Heart center + Thymus minor + Thymus gland



2. Heart Organ \triangle #1:
Heart Center + Heart Organ minor + Heart organ

CIRCULATORY SYSTEM

This is the basic arterial-venous pattern of the body. The arteries carry the oxygenated blood away from the heart (and lungs) to the organs, extremities, and head.

The veins follow the arteries, but are of lower internal pressure. They carry the de-oxygenated blood from the extremities, head, and organs back to the heart (and lungs).

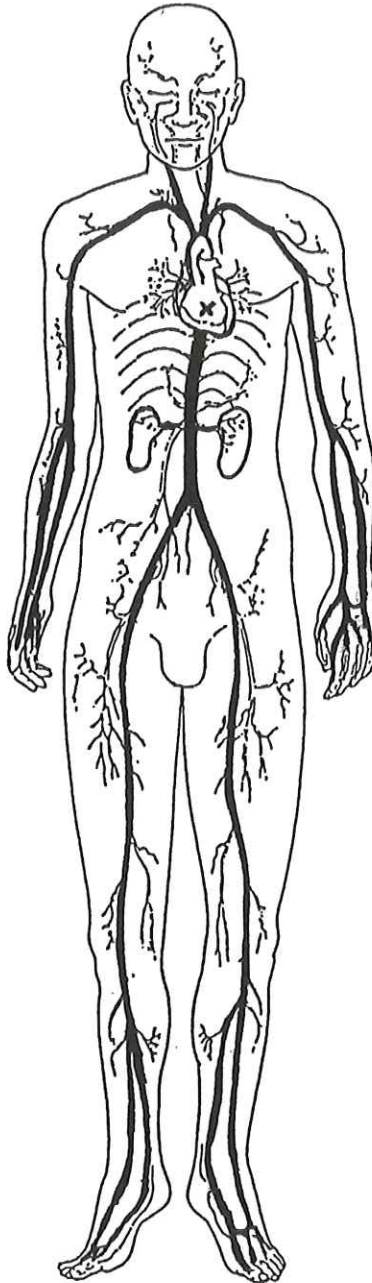
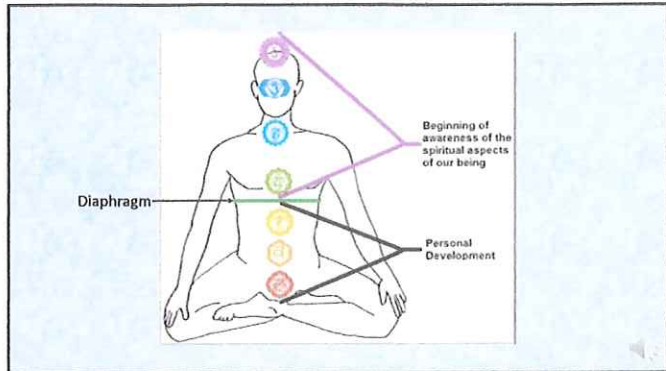


Figure 10. The Circulatory System



Heart Center

Issues: Love, injured by sudden loss/trauma, self-love, love for others, relationship, intimacy, devotion, reaching out and taking in, giving love, receiving love

Balanced characteristics:

Compassionate, loving, empathetic, self-loving, altruistic, peaceful, balanced, good immune system



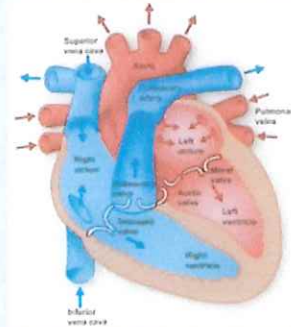
Heart Center

Deficiency:

Antisocial, withdrawn, cold, critical, judgmental, intolerant of self and others, loneliness, isolation, depression, fear of intimacy, fear of relationships, lack of empathy, narcissism

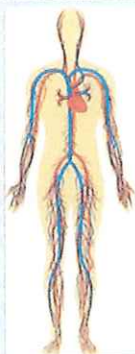
Excess

Codependency, poor boundaries, demanding, clinging, jealousy, overly sacrificing



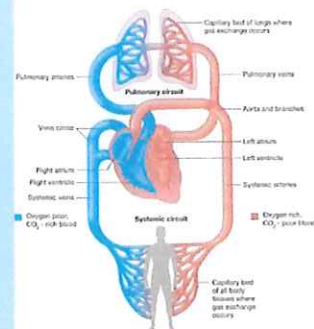
Heart Organ

- Pumps blood through circulatory system
 - Supply oxygen to tissues of the body



Circulatory System

- **ARTERIES** – flow AWAY from the heart
- **Veins** – flow toward the heart
- All cells need oxygenated blood to live



THROAT CENTER

Center for Mental Creativity and Communication

LOCATION:	Between 7th cervical/1st thoracic vertebrae
ENDOCRINE GLAND:	Thyroid Gland
ORGAN SYSTEM:	Thyroid Gland, Parathyroid Glands Pharynx, Larynx, Throat, Mouth (organs of expression) Respiratory System (Upper Lungs) Lymphatic System Upper Extremities
AFFECTED BY:	States of mental body; open mindedness Ability/opportunity to express creativity Communication

BALANCES WITH: SACRAL CENTER

The full development of the throat center needs to be preceded by the development of a balanced sacral center. Any marked sacral imbalance can be accentuated by strong throat center energies directed downwards in the event of insufficient higher creative outlets.

PSYCHOLOGICAL CONTRIBUTION:

Once the consciousness is focused here, then one has charge over oneself; that is, the emotional and mental bodies are in balance.

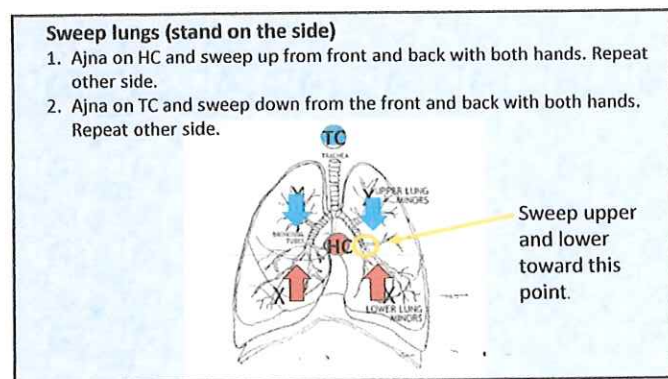
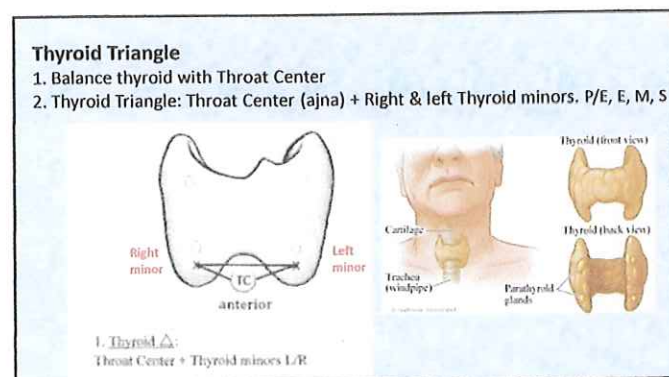
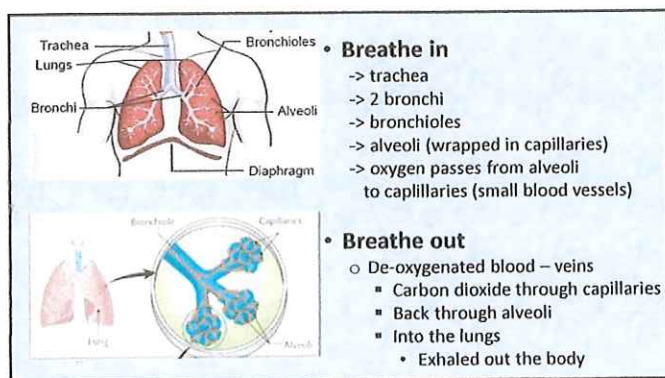
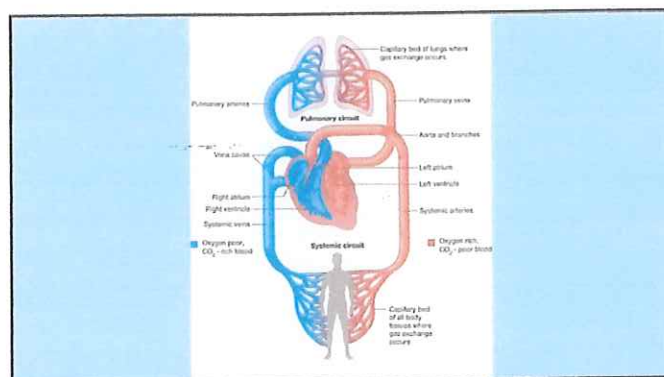
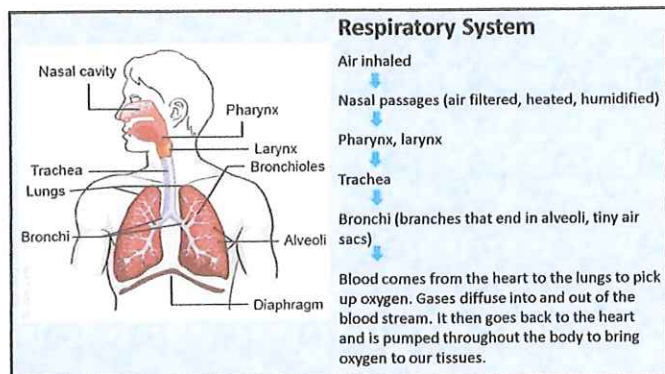
Reality is very different. We *know* we are more than a physical body, feelings and thoughts; we *know* that the inner self is a reality and that we are part of something much greater than ourselves. Our consciousness is reaching up to the spiritual levels and drawing in inspiration, knowledge, energy. We become aware that much of what was real to us before is in fact illusion.

Not only is this center creative -but it is also the center of communication skills talking AND listening.

Listening to what other people are really saying, which may not be the same as their words!
Listening to our own inner voice, too.

As this center "awakens," there can be much inner conflict as the person resists letting go of old ways of thinking.

Note: Any problems with the sacral region—check the Throat Center. Also, any problems with the throat area—check the Sacral Center.



ENERGY TRIANGLES:

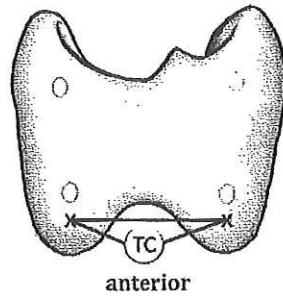
PART I:

1. Thyroid \triangle : Throat Center + Thyroid minors L/R
2. Lymphatic \triangle : Throat Center + Lymph drain points

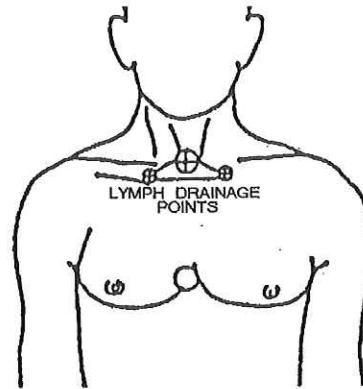
System:

Lymphatic System

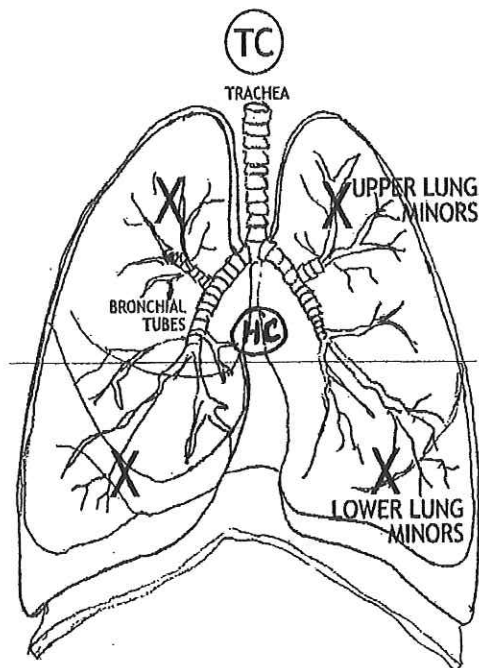
Sweep Lungs



1. Thyroid \triangle :
Throat Center + Thyroid minors L/R



2. Lymphatic \triangle :
Throat Center + Lymph drain points



Lung Sweep: HC: Lower lobes L/R TC: Upper lobes L/R

Figure 11. Respiratory System

THE LYMPHATIC SYSTEM

This is a secondary circulation intertwined with the blood circulation.

The basic material of the lymphatic system is the **lymph** which is **plasma** after it has been exuded from the capillaries. It gives nourishment to the tissue cells and in return takes away their waste products.

The liquid is drained off by tiny lymphatic vessels which join together to form larger lymph vessels and, as these lymph vessels convey lymph toward the heart, they are supplied with valves in much the same way as the veins.

Along their course towards the heart there are receiving or reservoir areas known as **lymph nodes**. They vary in size from pin head to a small almond. The purpose of these lymph nodes is to filter the lymph as it passes through and, in this way, to help prevent infection passing into the blood stream and to add **lymphocytes** to the lymph.

Eventually, all lymph passes into two principal lymph vessels, the **thoracic duct** and the right **lymphatic duct** which open into the blood stream at the junction of the right and left internal, **jugular and subclavian veins** where it becomes part of the general systemic circulation again.

There are approximately 100 of these lymphatic nodes scattered throughout the body along the line of the lymphatic vessels.

The most common superficial ones are:

- inguinals**—in the groin
- nodes in the **popliteal fossa**—or depression behind the knee
- supratrochlea**—in the crutch of the elbow
- axillary glands**—in the armpit
- supraclavicular glands**
- submandibular glands**—underneath the mandible
- cervical and occipital glands**

The lymphatic system is aided by the action of the diaphragm.

These superficial glands are the ones which swell when an infection is present in that part of the body.

THE LYMPHATIC SYSTEM

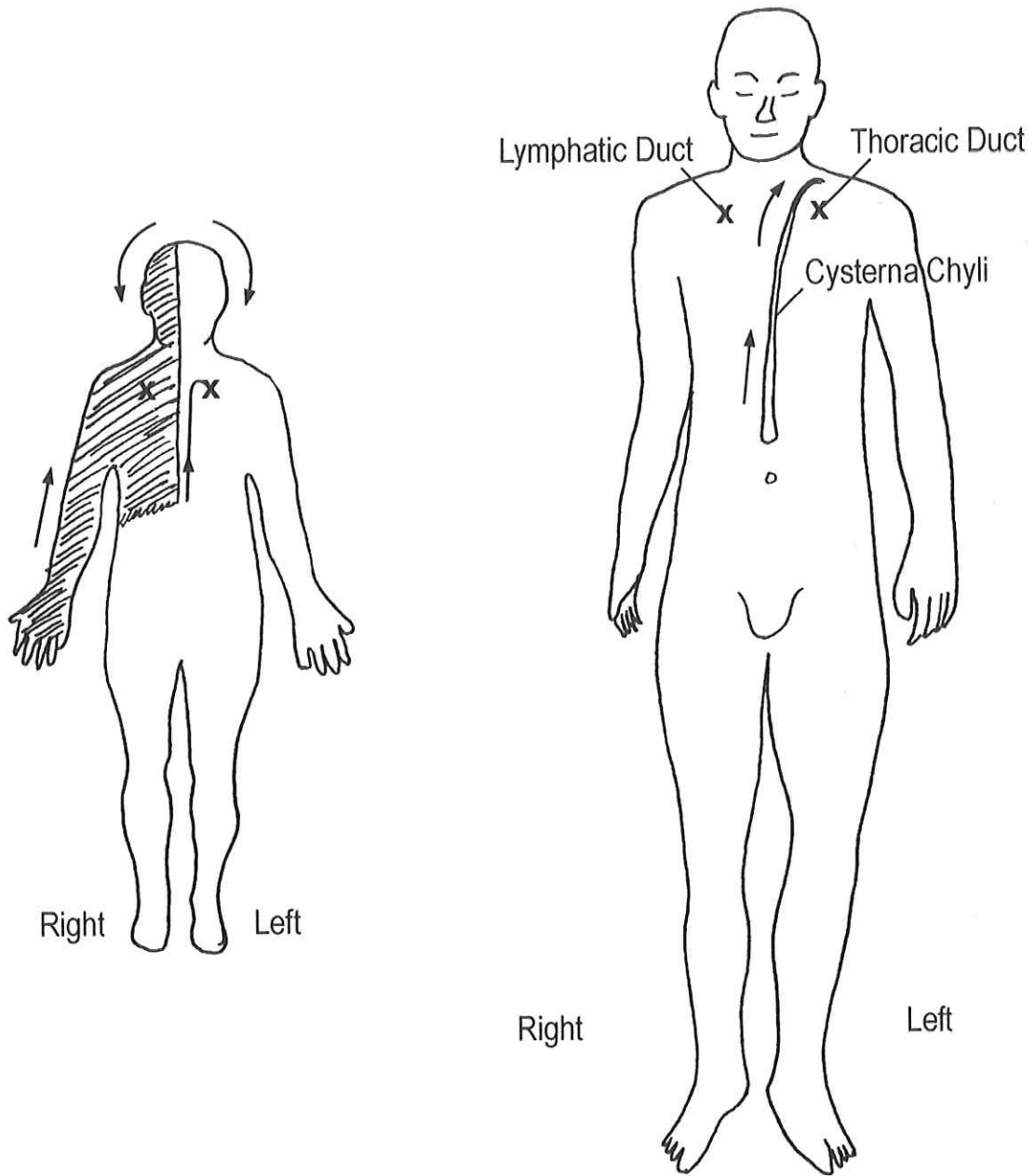
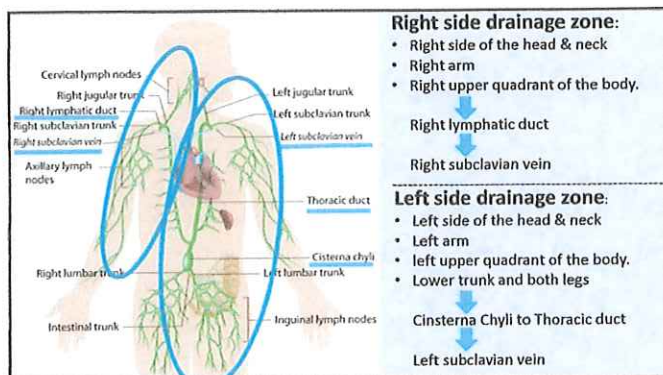
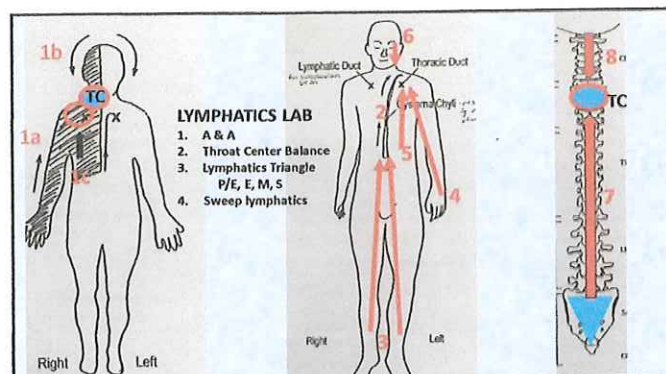
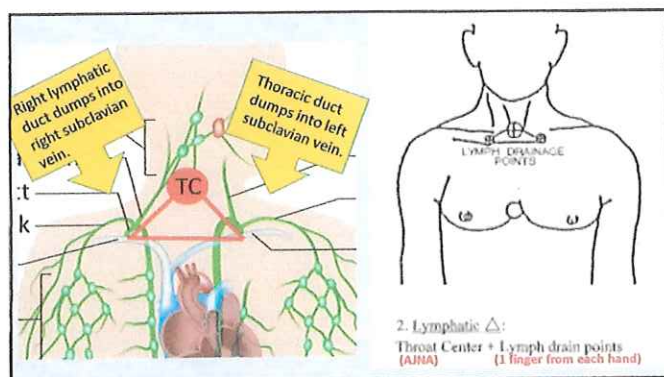


Figure 12. The Lymphatic System



Contraindication to lymphatic sweeping on the body:

Do not treat the lymphatic system on someone with leukemia or any type of cancer.



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.

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 △: Solar Plexus + Spleen minor + Spleen
2. Liver △: 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 △: Solar Plexus + Pancreas + Pancreas minor
4. Stomach △: Solar Plexus + Stomach minor + Stomach
5. SLP △: 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 △: 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 △: Basic Center + Kidney minors
8. Fear △: Basic Center + fear points near kidneys
9. Courage △: Basic center + knee minors
10. Sacral △: Sacral Center + Ovaries/Testes
11. Lower Extremity △s: hip: Sacral Center + hip minors knee:
Sacral Center + knee minors feet: Sacral Center + feet minors
12. Thyroid △: Throat Center + Thyroid minors
13. Lymphatic △: Throat Center + Lymph drain points
14. Lower Vitality △: Spleen minor + Basic Center + Sacral Center
15. Upper Vitality △: Spleen minor + Basic Center + Throat Center

SYSTEMS:

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

BRINGING IT ALL TOGETHER: HEALING PROCEDURES

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.

SUGGESTED PROCEDURE:

1. Settle the client
 2. Alignment (to own soul, client's soul, Source)
 3. Ajna
 4. Solar Plexus
 5. Basic
 6. Sacral
 7. Heart
 8. Throat
- } Balance each main center
9. Treat Primary Δ 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)
 13. Then we encircle the client with light (visualize), give thanks to Spirit (silently), give them a blessing (silently), and put hands lightly on the client's shoulders as a signal we have finished.

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 15 Kidney Δ 15 Spine 18	Sacral Δ 22	Thymus Δ 24	Thyroid Δ 27 Lymphatic Δ 27	Ajna Δ enrichment
Secondary Δ 's (~use as needed)	Stomach Δ SLP Δ	Lower Vitality Δ 17 Upper Vitality Δ 17 Fear Δ 16 Courage Δ 16	Lower Extremity Δ 's: (hip/knee/feet) 22	Heart 1 Δ 24		
Endocrine Gland	Pancreas	Adrenals	Ovaries/Testes	Thymus	Thyroid	Pituitary
Organ System:		Spine 18 Urinary Tract sweep 14: (kidneys, ureters, bladder urethra)	Reproductive Organ sweep 21	Circulatory sweep (arteries/veins) 25	Lymphatic sweep 29a Lung sweep 26a	

6. Re-assess Centers to make sure they are balanced.
7. Final balancing: Ajna
8. Grounding/Lower Extremity Δ 's: Hips/knees/feet 22 or enrichment
9. Paired Centers (enrichment): Crown – Basic
Throat – Sacral
Heart – Solar Plexus
10. Close Aura: petals
11. Blessing

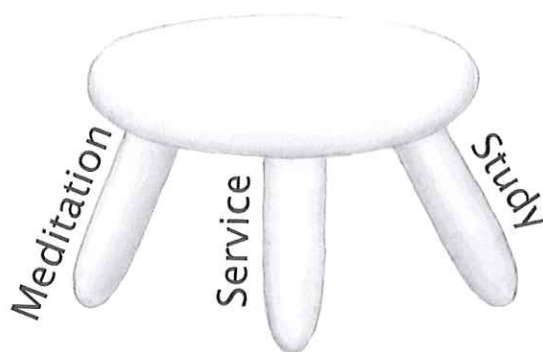
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Center	SOLAR PLEXUS	BASIC	SACRAL	HEART	THROAT	AJNA
Core Δ 's (~every session)	Spleen Δ 10 Liver Δ 11 Pancreas Δ 10	Adrenal Δ 15 Kidney Δ 15 Spine 18	Sacral Δ 22	Thymus Δ 24	Thyroid Δ 27 Lymphatic Δ 27	Ajna Δ enrichment
Secondary Δ 's (~use as needed)	Stomach Δ 11 SLP Δ 11	Lower Vitality Δ 17 Upper Vitality Δ 17 Fear Δ 16 Courage Δ 16	Lower Extremity Δ 's: (hip/knee/feet) 22	Heart 1 Δ 24		
Endocrine Gland	Pancreas	Adrenals	Ovaries/Testes	Thymus	Thyroid	Pituitary
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Throat – Sacral
Heart – Solar Plexus
10. Close Aura: petals
11. Blessing

THE THREE-LEGGED STOOL AND THE SCIENCE OF MEDITATION



A. Meditation

1. Definition: Concentrated spiritual aspiration through the focused and controlled mind. It is the steady daily attempt to become consciously in touch with the Soul or Higher Self.
2. Stages of meditation (*TWM*, Bailey, p. 366)
 - a. Concentration

Holding the mind firmly and steadily on the object of attention without wavering or distraction; learning to focus the mind.
 - b. Meditation:
 - i. The prolonged focus of the attention.
 - ii. The Mind's power to hold itself in the Light.
 - iii. Become aware of the Plan and bring through needed ideas
 - c. Contemplation Through the activity of the Soul, one finds oneself able to enter into that Silence which will enable one to tap the Divine Mind, wrest God's thought out of the Divine Consciousness and to know.
 - d. Illumination Is a result of a, b, and c—the carrying down into the brain, the Consciousness of the knowledge achieved.
4. Principles for practicing meditation
 - a. Sit upright in chair or on floor.
 - b. Focus eyes upward to Spiritual Eye (pt. between the eyes)
 - c. Watch breath, don't control it.
 - d. Let mind quieten.
 - e. Practice

10 minutes, 1-2 times per day
regularly and daily

B. Service

1. Definition: Spontaneous effect of Soul contact, outstanding characteristic of the Soul (Bailey).
True service is an instinct of the Soul. (Lansdowne, *Initiations and the Rays*, p. 120.)
2. Server may be distinguished by the following qualities:
 - a. harmlessness— active refraining from those acts and *speech* that cause suffering.

C. Study

1. Reading inspirational (inspire = breathe in new ideas) materials:
 - a. prepares the mind and opens to new ideas.
 - b. are helpful just before meditation as a "seed thought."
2. Too much intellectual study without time for assimilation causes "spiritual indigestion."
 - a. does it soften and warm you heart?
 - b. does it give you a false sense of understanding by too many esoteric facts?

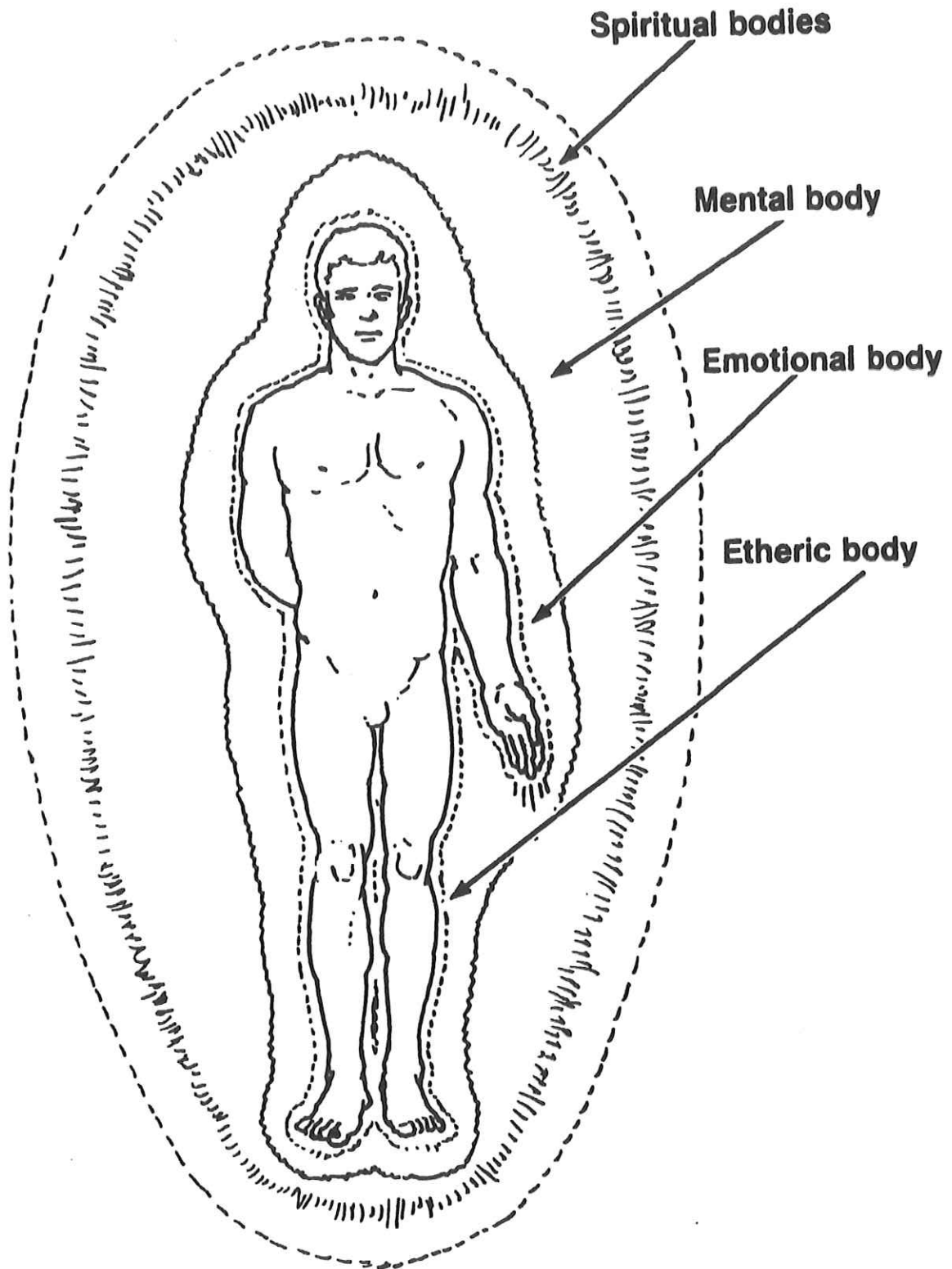


Figure 13. Human Energy Fields

THE CAUSES OF DISEASE

Quote: Law I

"All disease is the result of inhibited soul life. This is true of all forms in all kingdoms. The art of the healer consists in releasing the soul so that its life can flow through the aggregate of organisms which constitute any particular form."

Esoteric Healing, p. 532.

"When there is complete unobstructed inflow from the soul to the seven vitalizing centers, you have perfect health..."

Esoteric Healing, p. 539.

"Disease is solely and purely corrective: it is neither vindictive nor cruel; but it is the means adopted by our own Souls to point out to us our faults: to prevent our making greater errors: to hinder us from doing more harm: and to bring us back to that path of Truth and Light from which we should never have strayed."

Edward Bach

(From an address given to homeopathic physicians in Southport, England, February, 1931. *Collected Works*, p. 114.)

LAW IV

"Disease, both physical and psychological, has its roots in the good, the beautiful and the true. It is but a distorted reflection of divine possibilities. The thwarted soul, seeking full expression of some divine characteristic or inner spiritual reality, produces--within the substance of its sheaths--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, and all is well."

Alice Bailey, *Esoteric Healing*, p. 564.

RULES FOR LIFE

(From *Chicken Soup for the Soul*)

1. You will receive a body.

You may like it or hate it, but it will be yours for the entire period of this time around.

2. You will learn lessons.

You are enrolled in a full-time informal school called Life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.

3. There are no mistakes, only lessons.

Growth is a process of trial and error: Experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works."

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.

5. Learning lessons does not end.

There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.

6. "There" is no better than "here."

When your "there" has become a "here," you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself.

8. What you make of your life is up to you.

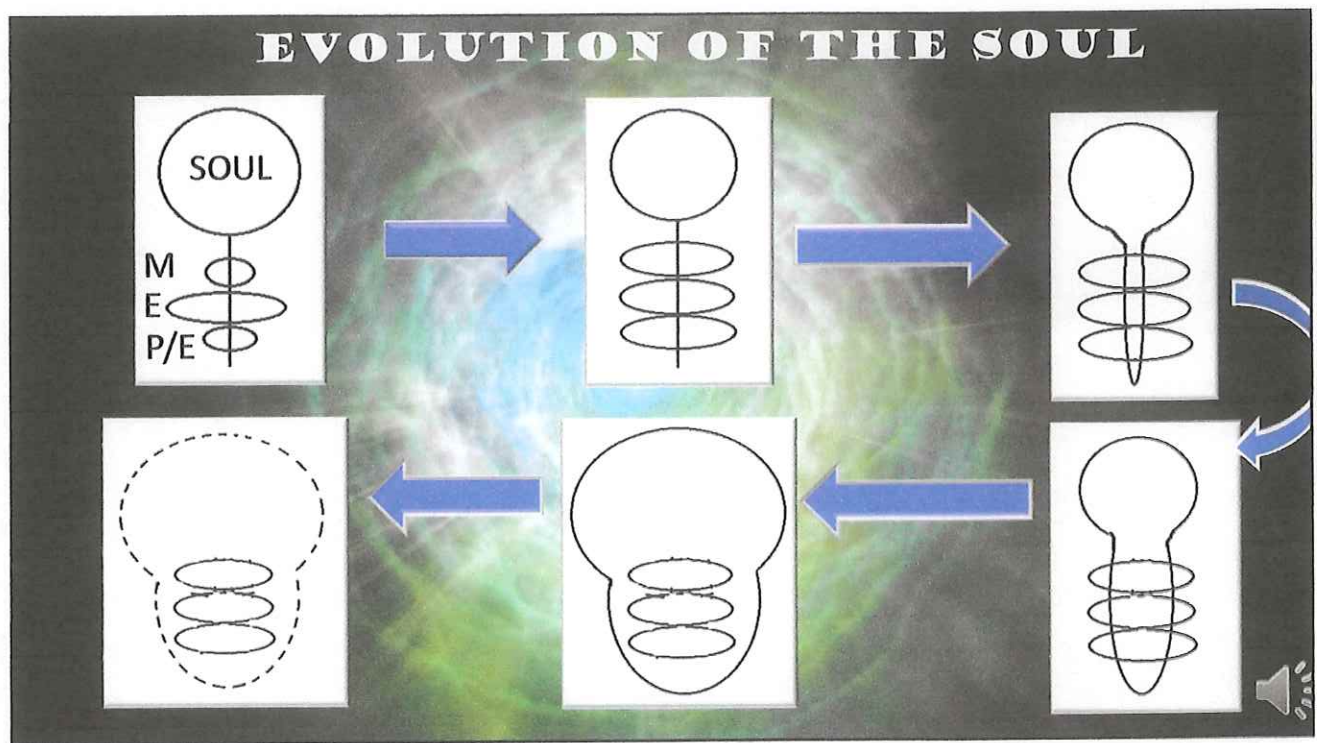
You have all the tools and resources you need. What you do with them is up to you. The choice is yours.

9. Your answers lie inside you.

The answers to Life's questions lie inside you. All you need to do is look, listen and trust.

10. You will forget all this.

~Chérie Carter-Scott



THE SIGNIFICANCE OF THE ENDOCRINE GLANDS

As you are aware, the seven major centers link with the endocrine system. Each center conditions its related gland, which in its turn pours out its hormones to influence the body. It is the center which affects the gland and not the other way around. So centers themselves are affected by the emotional, mental and spiritual levels of our being. Let us consider the glands as they relate to the centers in ascending order through the body:

1. Basic Center/Adrenal Glands:

The adrenal gland has two parts—an outer cortex and an inner medulla. The **outer cortex** produces three groups of hormones in response to stimulation from pituitary hormones:

- a. those stimulating retention of sodium and excretion of potassium, thus affecting the salt and water balance in the body
- b. those affecting glucose, amino acids, and fat metabolism (among this group are the steroid hormones which, because they have the effect of reducing inflammation in the body, are now manufactured synthetically for use by the medical profession in a wide range of ailments.)
- c. sex hormones—both male (androgens) and female (estrogens) are produced in men and women.

The **inner medulla** produces ADRENALIN and NOR-ADRENALIN (nor-epinephrine), which are responsible for rapid bodily responses due to extreme stress. Stressful situations, such as emotional trauma, pain, extremes of temperature or low blood sugar will stimulate the hypothalamus (situated just above the pituitary gland) to transmit a nerve impulse to the adrenal medulla. In response to this, adrenalin and nor-adrenalin are released into the blood stream. Their combined action prepares the body for extreme activity by stimulating breathing, raising blood pressure, pulse rate, and heart output. Blood levels of glucose and fatty acids are also increased, liberating tissue food, enhancing muscle activity, reducing blood supply to the intestines and skin so there is more blood available for the muscles. If this is triggered by emotional trauma, there will probably be no external response (i.e. no fight or flight)—but the adrenalin is still being pumped into the system—and repeated emotional stress can eventually lead to exhaustion, leaving the body vulnerable to chronic disease. In addition, this can seriously overload the pancreas by the repeated elevated blood sugar levels (*Holistic Herbal*, p. 92)

Esoterically, the keynote of the Basic Center is the WILL-TO-BE and we are told that the correct functioning of the adrenal glands relates to the "directed will" and to "courage."³ The Basic Center also relates to the seventh ray—synthesis, ceremonial order (directed will ?)

³ Bailey, Alice. *Esoteric Psychology, Vol. II*. (Lucis Trust: New York), p. 529.

2. Sacral Center/Gonads (Ovaries or Testes):

Apart from the production of ova or sperm, the gonads produce hormones which affect our feminine or masculine physical qualities. The testes produce testosterone and the ovaries produce estrogen and progesterone. Hormone imbalance, which can cause a number of problems, is more commonly found in women—and like all other forms of hormonal imbalance, one has to look to the center for the cause. This is the general rule; there are exceptions to every rule and we must remember that hormonal imbalance can be caused by nutritional deficiencies. For example, it has been found that *some* women who suffer from

P.M.S. (pre-menstrual syndrome) are deficient in vitamin B6 and a supplement of this vitamin is enough to clear the problem entirely. Other women are not helped by the supplement at all.

As with the other endocrine glands, testes and ovaries work in conjunction with the pituitary gland.

The state of the Sacral Center is affected by our attitudes about sex and our own sexuality. It is also affected by our relationships—not only with our partners, but also with our parents and our children. There is a lot of physical energy connected with the Sacral Center which can be used as a creative force. Some men, afraid to use what they fear may be an aggressive energy, block this energy—and then seem to lose some of their "drive." This Center is also conditioned by our self-esteem.

As we evolve, the energy of this center balances with and transfers to the higher creative center—the throat. (In this connection, it is interesting to note that the ray affecting the Sacral Center is the fifth ray of "concrete knowledge," while that affecting the Throat Center is the third ray of "Active Intelligence.")

3. Solar Plexus Center/Pancreas:

The pancreas is mainly concerned with producing digestive enzymes which break down the protein, fats and carbohydrates in the duodenum and neutralizes the highly acid juices from the stomach. In addition to these enzymes, the pancreas also produces insulin and glucagon. These two hormones are produced by groups of cells within the pancreas known as the "Islets of Langerhans." Insulin is produced in response to a rise in the blood sugar level, for example, after a meal, and reduces the glucose production by the liver. Glucagon has the opposite effect and increases glucose production from the liver. These two hormones thereby balance the blood sugar level.

The pancreas function can be damaged by excessive, prolonged stress—because of the repeated outpourings from the adrenal glands and because the Solar Plexus Center connects

so closely to the emotional body, which when disturbed, eventually disturbs the gland. Again, remember that the pancreas can also be affected by bad dietary habits.

You will find a great deal of information about the esoteric significance of the endocrine glands scattered throughout the Tibetan's writings—but most of it is about those glands that are cited *above* the diaphragm. Because we will eventually transfer energy from the lower three centers to the higher centers, it is the glands relating to the higher centers that have the deeper significance.

4. Heart Center/Thymus Gland:

The thymus gland lies beneath the breastbone and its function is connected with the immune system—mainly in childhood, as it shrinks in the adult. It is also thought that the thymus may react too with the adrenal glands under stress.

Esoterically, we are told that LOVE functions through the thymus—that is, the LOVE OF GOD. The Heart Center is under the influence of the second ray of LOVE/WISDOM. We are also told that the life aspect of the Soul is anchored in the Heart Center (the consciousness aspect in the head) for the duration of the physical lifetime, and that this life aspect influences the thymus gland, which in turn influences the life aspect of the body. Therefore, one might consider the life aspect of the body. One might consider the idea that the immune system breaks down when the life aspect begins to withdraw. When we are more highly evolved than we are at present, apparently the thymus gland will not atrophy with age but will attain its true function. It will act in correlation with the PINEAL gland, which also functions more fully. It is said that⁴ through the full functioning of the thymus gland the "divine will-to-good" will make itself felt. This, we are told, "will happen normally and naturally as man learns to function as a soul and not just as a personality."⁵ The thymus gland also connects to the Vagus Nerve—thus to the autonomic nervous system.

5. Throat Center/Thyroid Gland:

The thyroid gland, situated at the base of the throat, wrapped around the windpipe, has an important role to play in the regulation of the body's metabolism. The two main thyroid hormones balance the metabolic rate of the body—if there is excessive hormone over-activity and restlessness within the mind and body. An underactive thyroid will burn food too slowly, causing weight gain, lethargy, and sometimes depression. Iodine is required by the thyroid and shortage of this mineral can cause problems. The richest plant source of iodine is seaweed. If the thyroid hormone deficiency occurs in childhood, then it can stunt physical

⁴ EH. 160.⁵⁵

⁵ Ibid. 536.

and mental growth. Embedded in the gland are four tiny glands known as the **Parathyroid glands** whose function affects the calcium and phosphorus balance in the body.

Esoterically, the thyroid is connected with our creativity—once the throat center is beginning to awake. It is essential that the increased energies passing through this center find an outlet, otherwise they will over stimulate the thyroid and parathyroid and thus be the cause of imbalance. Equally, under-activity can be caused by the refusal to open the throat center—to open one's mind. Rigidity of ideas can cause blockages in the throat. The third ray of ACTIVE INTELLIGENCE acts through the throat center.

6. Ajna Center/Pituitary Gland:

The **pituitary gland** is known as the "master gland" because it produces hormones which direct the activity of the lower five endocrine glands, keeping them all in balance and harmony with the whole body. The **hypothalamus** is cited just above the pituitary gland; it is the main co-ordinating center between the endocrine glands and the nervous system. It monitors and regulates the autonomic nervous system as well as appetite, temperature, sleep and the menstrual cycle. It also produces hormones that will induce labor, start milk production and affect the water balance.

The pituitary gland is divided into two parts: the posterior, which stores hormones released by the hypothalamus, and the anterior, which produces the hormones that affect the other glands, and thus the entire body.

Esoterically, too, both the centers and the gland have the function of co-ordinating the various activities of the body to act in harmony with the whole—to co-ordinate the personality aspect of a person so that this may eventually become balanced and ready to co-operate with the higher self. The Ajna Center contains a reflection of all the lower five Centers—so when all of them act in unison, the Ajna can function fully as the highest and most powerful creative center (the counterpart of the Sacral and Throat Centers).

7. Crown Center/Pineal Gland:

Medically, the function of the pineal gland is not understood. It has been found to contain vestiges of optic tissue and experiments have shown that nerve impulses arise in the pineal in response to light.

Esoterically, we are told that this gland is active in infancy and stays active until such time as the "will-to-be" is firmly established. It would then appear to have no useful function until we begin to "wake up" spiritually and the Crown Center begins to function more fully. The first ray of the WILL and POWER (of God) acts through this center. The thread of consciousness is anchored near the pineal gland, just as the thread of life is anchored in the heart center.

This information is shared with you at this stage to give you some idea of the beautiful, intricate plan of the human constitution; how consciousness informs the centers, the glands and thus the entire body, and how it is possible—by working within the centers—to affect the most minute functions of the body. Don't try to remember all this at this stage—this is an overview. You will fill in all the details for yourselves, given time, experience, and a certain amount of study.

Note: Certain details refer to subjects not covered on this first course (mainly the rays)—but some have been included for your interest in later courses.

An Invocation of the Evolutionary Christ Energy

(based on "The Great Invocation")

From the point of Light within the Mind of God Let
light stream forth into the minds of all: Let Light
descend on Earth.

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

From the Center where the will of God is known Let
purpose guide the human wills of all: The Purpose
which the Wise Ones know and serve.

From the Center which we call the Human Race Let
the Plan of Love and Light work out And may it fill
the Earth with Living Power.

LET LIGHT AND LOVE AND POWER
FULFILL THE PLAN ON EARTH

The Mantram of Unification

The souls 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 and outer cleavages be gone. Let
love prevail. Let all people love.

RECOMMENDED READING (PART 1 ESOTERIC HEALINGSM)

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(This is the main text on which this work is based.)

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Page, Christine, MD. *Frontiers of Health*. (Rider: London, 2000).

Anatomy:

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Meditation:

Kornfield, Jack. *Meditation for Beginners*. (Sounds True, Inc. 2008) (Includes a CD)

Leshan, Lawrence. *How to Meditate*. (Little, Brown and Co.: USA, 1999).

Miley, Jeanie. *The Spiritual Art of Creative Silence: Lessons in Christian Meditation*.
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Spiritual Perspective:

Yogananda, Parmahansa. *Autobiography of a Yogi*. (Self-Realization Fellowship:
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Enrichment Pages

1E – History of Esoteric Healing

2E – Sensing Energy Practical

3E – Final Closing

4E – Self/others

5E – Head image

6E – The Ajna

7E – Alta Major

8E – Things for an Esoteric Healing

Facilitator to Remember

9E – The Great Invocation

HISTORY

The Metaphysical Roots of Esoteric Healing

Barbara J. Briner, D.O.

Truth has always been, but has not always been available to the conscious mind of humanity. In Atlantis the higher Truths were known. But as the cataclysms continued there for several thousand years, mass emigrations occurred throughout the world, especially to Egypt and Central and South America. So the metaphysical Truths were spread even as Atlantis gradually ended. (Shure.)

In ancient Hindustan (India) the Rishis knew the highest Truth through their meditations. As the spiritual light dimmed outwardly, the Truths were ever present in the spiritual realms, accessible in meditation.

But the Truths continued in India and Tibet and gradually spread via enlightened teachers elsewhere in the world, especially to Persia, Chaldea, and Greece. So the metaphysical Truths spread, but only to the few who would hear. (Shure.) And the west was preoccupied for ages with Christianity as its focus; so the highest Truths were embedded in religious fervor and literal, external translation.

In 1831 in Russia (now the Ukraine), Helena Petrovna (later to become Blavatsky) was born of wealthy parents. Her early life was one of genius, musical talent, and a penchant for travel. She traveled frequently to Europe, the United States (later becoming a U.S. citizen), India, and Tibet. She lived for years in India, becoming very learned in Buddhism, Hinduism, and Sanskrit. In 1851, when she was a young woman, a teacher whom she called Mahatma came to her. He told her "he needs her participation in the work he is to undertake, and she will need to live in Tibet for three years to prepare for this important mission." In 1868 she began her three years

in Tibet, staying at several monasteries. In 1873 she moved to the United States where she met Col. Henry Olcott, an attorney, American buddhist, and spiritualist. In 1875 together they established the Theosophical Society. Col. Olcott served as the first President and Blavatsky as the first Secretary. They soon traveled to India and established the headquarters of the Theosophical Society in Adjar, Madras, India. Eventually Blavatsky returned to London. She died on May 8, 1891.

The Theosophical Society was the focus of Blavatsky's life's work. She was aided in its beginnings by two Mahatmas—Master El Morya and Master Kuthumi. Master Kuthumi was the Mahatma who had come to her years earlier requesting her help. The name "Theosophical" is derived from Thea, meaning God, and Sophia, meaning wisdom. She felt that the name was a continuation of the work of Greek and Alexandrian philosophers and referred to the divine wisdom of inner enlightenment. The Theosophical Society's motto is "There is no realization higher than Truth." The theosophical discipline includes the practice of study, meditation, and service (the 3-legged stool of the INEH).

The Theosophical Society represented the landmark culmination of Blavatsky's life. She wrote a number of books dealing with metaphysical truths, but is best known for *THE SECRET DOCTRINE*. She described this book as the accumulated wisdom of the ages.

Her work brought new metaphysical concepts to the west—ascended masters; the monad; causal body; atmic, buddhic, manasic levels; the subtle bodies of the etheric, astral, and mental bodies; the 7 Rays; and the Spiritual Hierarchy. Her

monumental teachings directly influenced Helena Roerich (founder of Agni Yoga), Elizabeth Clare and Mark Prophet (The Summit Lighthouse), Gary Ballard (The I AM DISCOURSES and I Am Society), and Alice Bailey (Lucis Trust and the Arcane School). The seeds of metaphysical thought in the west as well as in India were greatly advanced by the teachings of Blavatsky. She is the mother of metaphysical thought and philosophy for the west.

Blavatsky is the mother of metaphysical thought and philosophy for the west.

As so often happens, an overlap was occurring. In 1880 in England, Alice A. Bailey (married name) was born. She was born to wealthy parents and raised as a member of the Anglican Church. She had problems finding her way in life and by the age of 15 had tried to commit suicide on three occasions, but gave up because even that was not working. Shortly after, a distinguished man appeared to her (later determined to be Master Kuthumi) and told her that she needed self control to do the work that was planned for her to do.

She married in her early 20s, had three children, and moved to the United States. There she divorced her husband and worked hard to support her children. In 1915 she discovered and joined the Theosophical Society. It was in the Society's meditation room that she recognized the picture of Master Kuthumi as the man who had appeared to her years before. In 1919 an oriental man appeared to her in her living room and told her he wanted to work with her to continue the work. She told him she would have to ask her guru, Master Kuthumi, who gave his permission for her to work with the Tibetan. (The Tibetan was later identified as the Master Djwhal Khul.) Djwhal Khul (D.K.) telepathically communicated information to Alice Bailey for 30 years and they created 24 books. While working in the Theosophical Society

she met her future husband, Foster Bailey, who was the National Secretary to the Theosophical Society.

The Theosophical Society published her first book INITIATION, HUMAN AND SOLAR but stopped further publication of her other books due to her disagreements with the second President of the Theosophical Society, Annie Besant. Bailey objected to the "neo-theosophy" of Annie Besant and wanted the Theosophical Society to return more to the Blavatsky teachings. Because of their views, Bailey and her husband subsequently were dismissed from their positions within the Theosophical Society.

Bailey saw her task as the continuation and further development of Blavatsky's teachings. She and Foster Bailey went on to develop the Lucis Trust in 1922 to publish and protect the 24 books written by Bailey with D.K. on esoteric philosophy. In 1923 the Baileys founded the Arcane School, a correspondence school that teaches the Bailey material. Bailey's work is based on the theosophical work of Blavatsky, but develops karma, reincarnation, ascended masters, divine plan, the constitution of man, Esoteric Healing, the 7 Rays, esoteric astrology, humanity's divine status, as well as the metaphysical metaphor of Christ's life.

Bailey died in 1949, but Foster Bailey continued her work until his passing in 1977. Both the Lucis Trust and the Arcane School are healthy and continually growing in influence in today's metaphysical development in society by sparking the development of a number of Bailey-based organizations, including the University of the Seven Rays (Michael Robbins, founder), Psychosynthesis (Robert Assagioli), and Frontiers of Health (Dr. Christine Page).

In the early 1960's a British woman, Brenda Selby Johnston, who had been studying with the Arcane School for nine years, met a British scientist, Rex Riant, who had been

working on developing radar during World War II. Dr. Riant discovered that he would see points of light over the physical bodies of people and that, if he held various points of light with a finger from each hand, the person would feel better, especially if one had symptoms e.g., headache, joint pain, stomach upset, etc. He taught Johnston how to locate and hold these very specific points. As a Bailey student she recognized that the points of light that Dr. Riant saw and used were, in fact, the same energy points, minors, and centers as described in Bailey's *ESOTERIC HEALING*. Up to this time there was no practical method to use the information in Bailey's book. Dr. Riant had no understanding of Bailey's metaphysical principles. He just knew that if he held the energy points, the symptoms people had were alleviated. Thus a new system of healing, Esoteric Healing, was born, based on the metaphysical principles first set forth by Blavatsky and later developed by Bailey.

Johnston had good success with this method of healing and developed a healing clinic in her home. She began showing this method to those who had been helped by it. Two to three practitioners, "the healing team," would work together in Johnston's home clinic. In 1973, a metaphysical teacher and M.D., Dr. Douglas Baker, invited Johnston to talk and teach this method of healing at a "Festival," i.e., conference. She was reluctant to do so, so she meditated about the invitation and received the inner direction: "You have to go, you are all we've got!" So she went, taught, and demonstrated this method of Esoteric Healing—and her teaching career was launched.

In 1975 Johnston's students wrote a brief book, *NEW AGE HEALING*, and listed her as the author.

She continued her healing clinics, developed her classes, and began teaching others to teach Esoteric Healing. Some of the first teachers were Dinah Lawson, Netta Wells,

Anne Higgins, Helen Franklin, and Alan Hopking. The group of Esoteric Healers was growing and more classes were being taught. It was time to organize. The original group, formed in 1984, was named the International Health Research Network. (IHRN).

In the early 1980's, Johnston began teaching Esoteric Healing to a small group in Dallas, Texas, at the invitation of Clarice Baureis. In 1986, Dr. Barbara Briner was given a copy of Johnston's book, *NEW AGE HEALING*, and shortly thereafter invited Johnston (who brought Netta Wells) to teach Esoteric Healing in Lansing, Michigan. Johnston returned with Dinah Lawson to teach Esoteric Healing, Part 2, in 1987. Subsequent classes in Lansing were taught by Dinah Lawson and Anne Higgins. From 1989 through the present, Esoteric Healing has been taught by Dr. Briner in Lansing. Other United States teachers have been trained and the work continues to grow.

In 1993 the English group had to change the name from IHRN to the International Network of Esoteric Healing (INEH) so that the English practitioners could receive government reimbursement for their healing sessions. At this time, classes were being taught by teachers other than Johnston and by teacher-trainees in England, Germany, Holland, Italy, Poland, Greece, the United States, Canada, Australia, and Zimbabwe (South Africa). The original courses as designed and taught by Johnston were Parts 1, 2, and 3. In 1991, the teaching group, with Johnston's approval, designed the Part 4 course. The work was slowly growing worldwide.

In the United States many students were taking the INEH courses. However, there was no organization that students and practitioners could join. The professional world in the United States was changing in that certification or accreditation was becoming increasingly necessary to use

Esoteric Healing in the workplace. But neither certification nor accreditation was available. And so the Esoteric Healing training for hundreds of practitioners remained esoteric, i.e. hidden, and the practitioners were scattered with no organization to which they could belong.

In 2006-2007 a small group of Esoteric Healing practitioners organized the National Association for Esoteric Healing (NAEH). The NAEH is an organization for Esoteric Healing students and practitioners to join and be part of and build a group energy. It is an organization in which esoteric healers teach themselves by application of the same metaphysical principles they have learned. These principles were first elucidated by Blavatsky, developed by Bailey, and taught by Johnston and the INEH teachers. Esoteric healers use the principles daily in their meditations, esoteric healing work, personal philosophy, and teaching of friends and family. Their work is like the banyan tree. Deep metaphysical roots in Tibet, India, a strong trunk of the metaphysical developed by Blavatsky, and its continuation and development by Bailey and the application of Christ's life and teachings.

Esoteric Healing is like a banyan tree, with deep metaphysical roots and branches forming for each new student-practitioner.

For each student-practitioner a branch is formed. It grows outward, sends down air roots to touch the earth, receive the nutritional food of spirit, and stabilize the growth of the tree. Each branch has leaves of all the lives the practitioner influences by her own life. The tree grows taller, broader, more stable, and supported by the air roots of metaphysical belief and practice of the Esoteric Healing practitioners. Eventually the tree attracts others because of its size, beauty, stability, and protective shade.

Thus, the Esoteric Healer's metaphysical heritage extends directly to Blavatsky. Her life was a synthesis of all the ancient wisdom teachings of India and Tibet. She brought it to the west for our understanding and application. Bailey continued and further developed the principles brought forth by Blavatsky, adding the metaphysical principles of Christ's life and teaching to her work. Johnston, the Arcane student, combined the practical work of Dr. Riant to develop the form of Esoteric Healing in its metaphysical principles and practice that esoteric healers use every day. Each esoteric healer touches the lives of others by who she is and her Esoteric Healing work. Esoteric Healers are growing a tall, strong tree in the world forest of life that anchors the Ancient Wisdom Teachings. "By their fruit ye shall know them."¹

The mission of the NAEH is to foster and support an environment of aspiration, integrity and right practice related to the field of Esoteric Healing, as well as to provide a membership organization that upholds standardizing the art, science and practice of the understanding of Esoteric Healing in the United States and abroad, and to contribute to the healing and spiritual advancement of humanity.

Mantra of Unification

All people 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
Which underlies the happenings of the time.
Let vision come and insight.
Let the future stand revealed.
Let inner union demonstrate and outer
cleavages be gone.
Let love prevail.
Let all people love.

The Gandhi Prayer²

I offer you peace, I offer you friendship,
I offer you love,
I hear your needs, I see your beauty,
I acknowledge your feelings,
Our wisdom comes from a Higher Source
I acknowledge that Source in you
Let us work together.

Footnotes

¹ Matt. 7. 20.

² Quote from Barbara Linkner's quilt,
Naples, FL.

Resources

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Wikipedia: Arcane School.

Wikipedia: Helena P. Blavatsky.

Wikipedia: Lucis Trust.

Wikipedia: The Theosophical Society.

Barbara Briner, D.O. is an osteopathic physician specializing in Osteopathic Manipulative Medicine (OMM), Craniosacral Osteopathy, and Energy Medicine. She graduated from the Chicago College of Osteopathic Medicine and has been in practice for over 35 years.

Dr. Briner began her study of Esoteric Healing in 1986 with Mrs. Brenda Johnston, who originates from England and is the developer of Esoteric Healing. In 1989, Dr. Briner began teaching the Esoteric Healing courses. She was an INEH accredited teacher of Esoteric Healing for over 20 years. She has taught hundreds of students throughout the United States, including the majority of the International Network of Esoteric Healing (INEH) teachers in the United States, and she has served as the official teacher-trainer for a large number of the current INEH teachers in the United States. In 2006 she co-founded the NAEH and through the NAEH teaches students and teacher-trainees. For more information, visit Dr. Briner at www.bioenergystudy.com.

Where there is great love there are always miracles.

Willa Cather

DEATH COMES FOR THE ARCHBISHOP

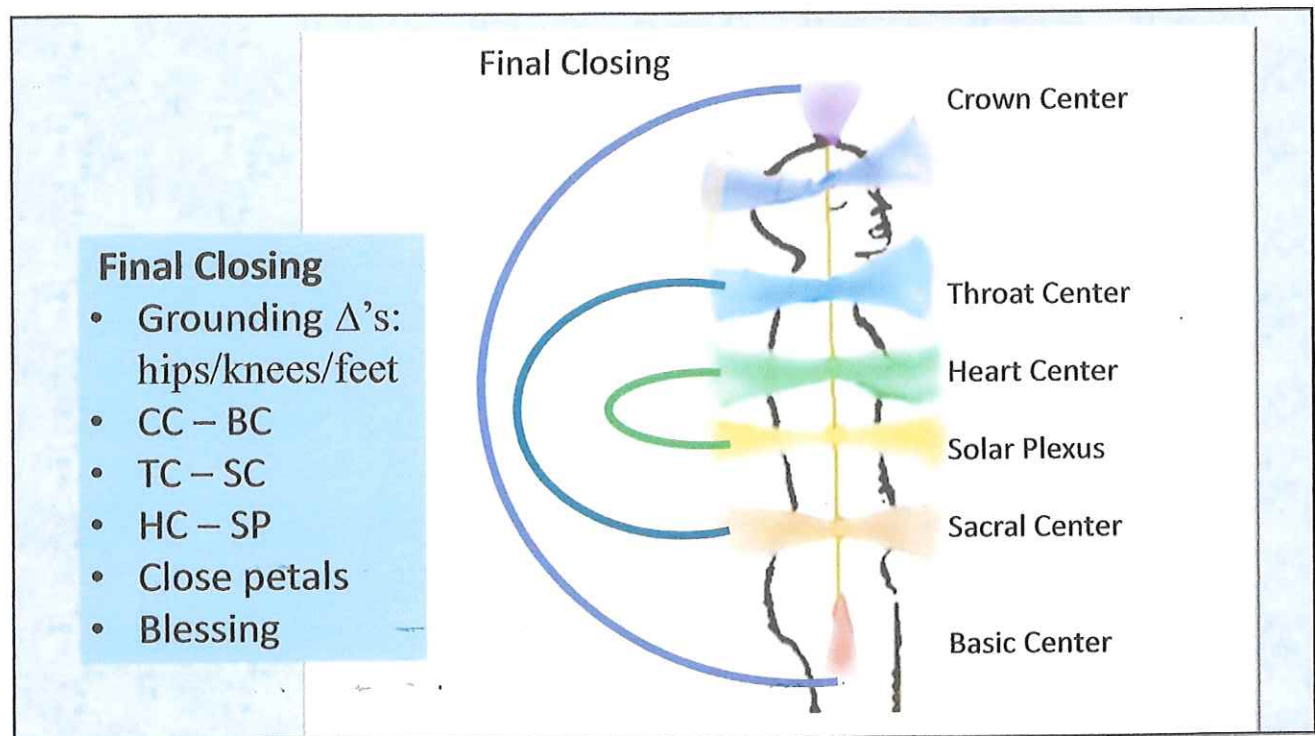
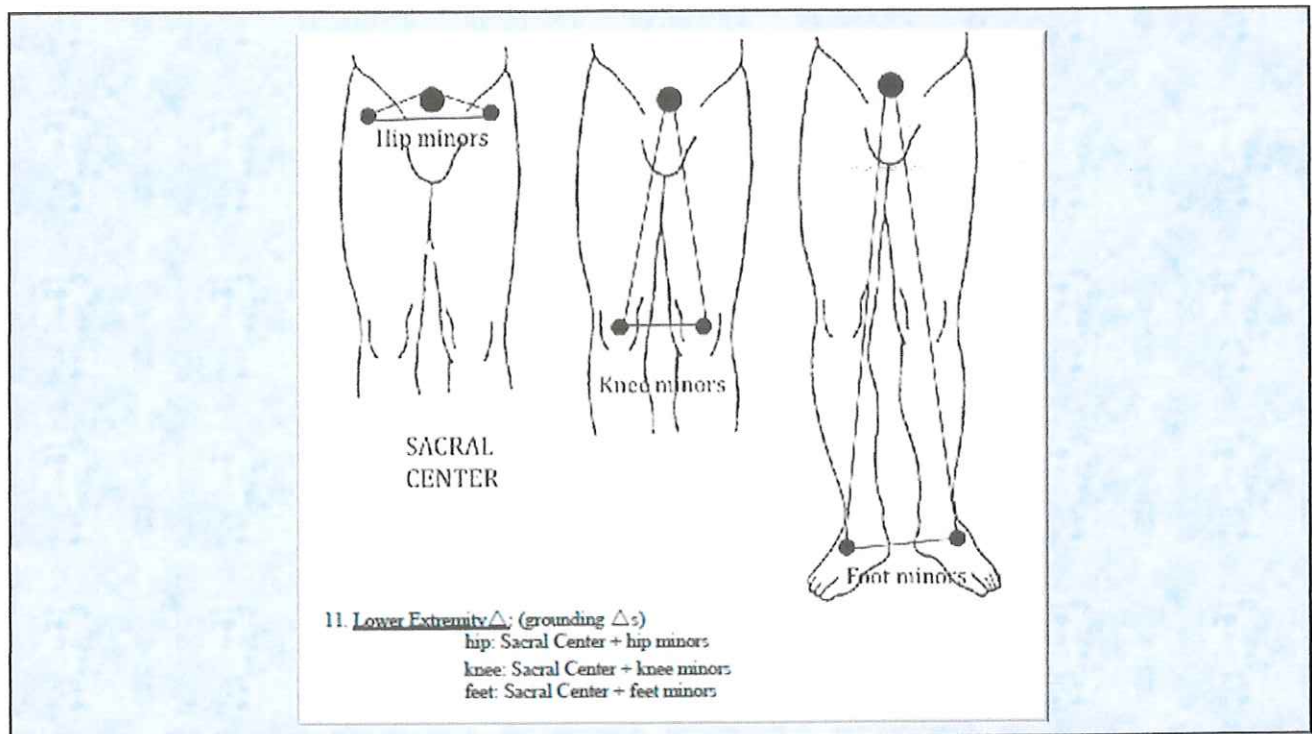
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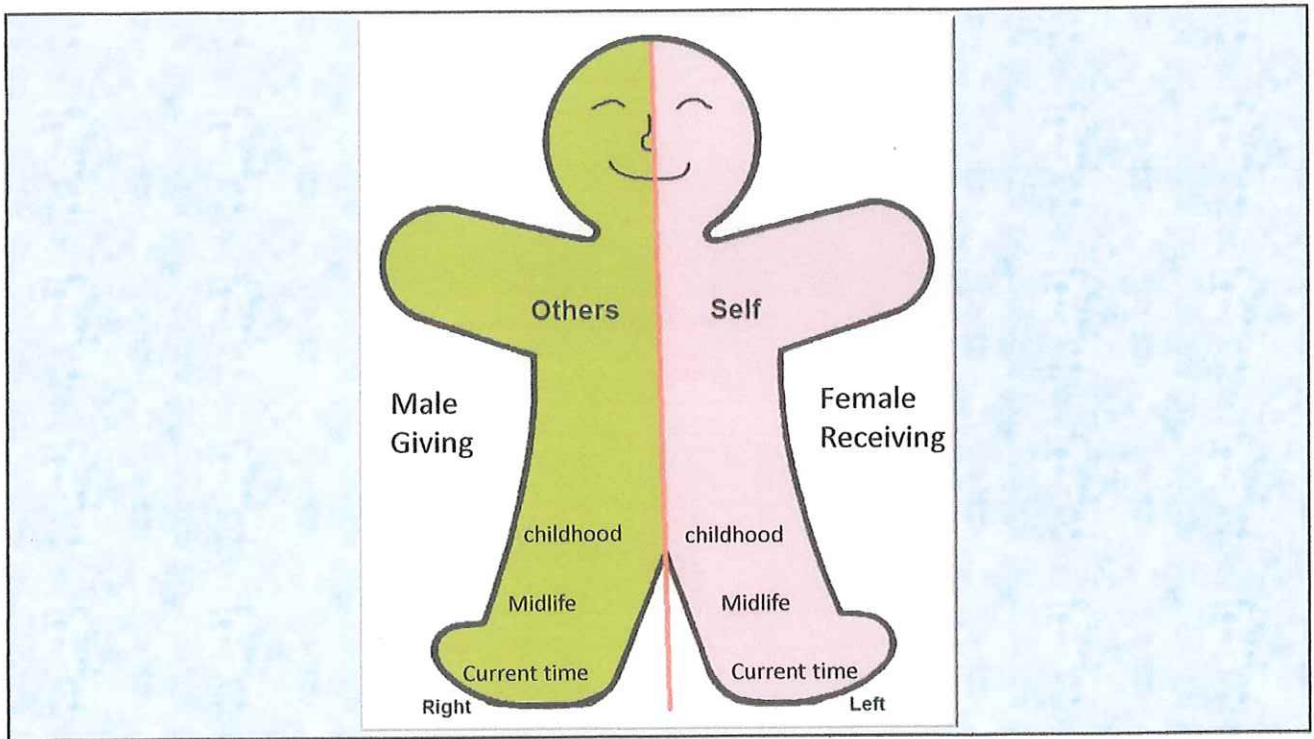
Sensing Energy Exercise

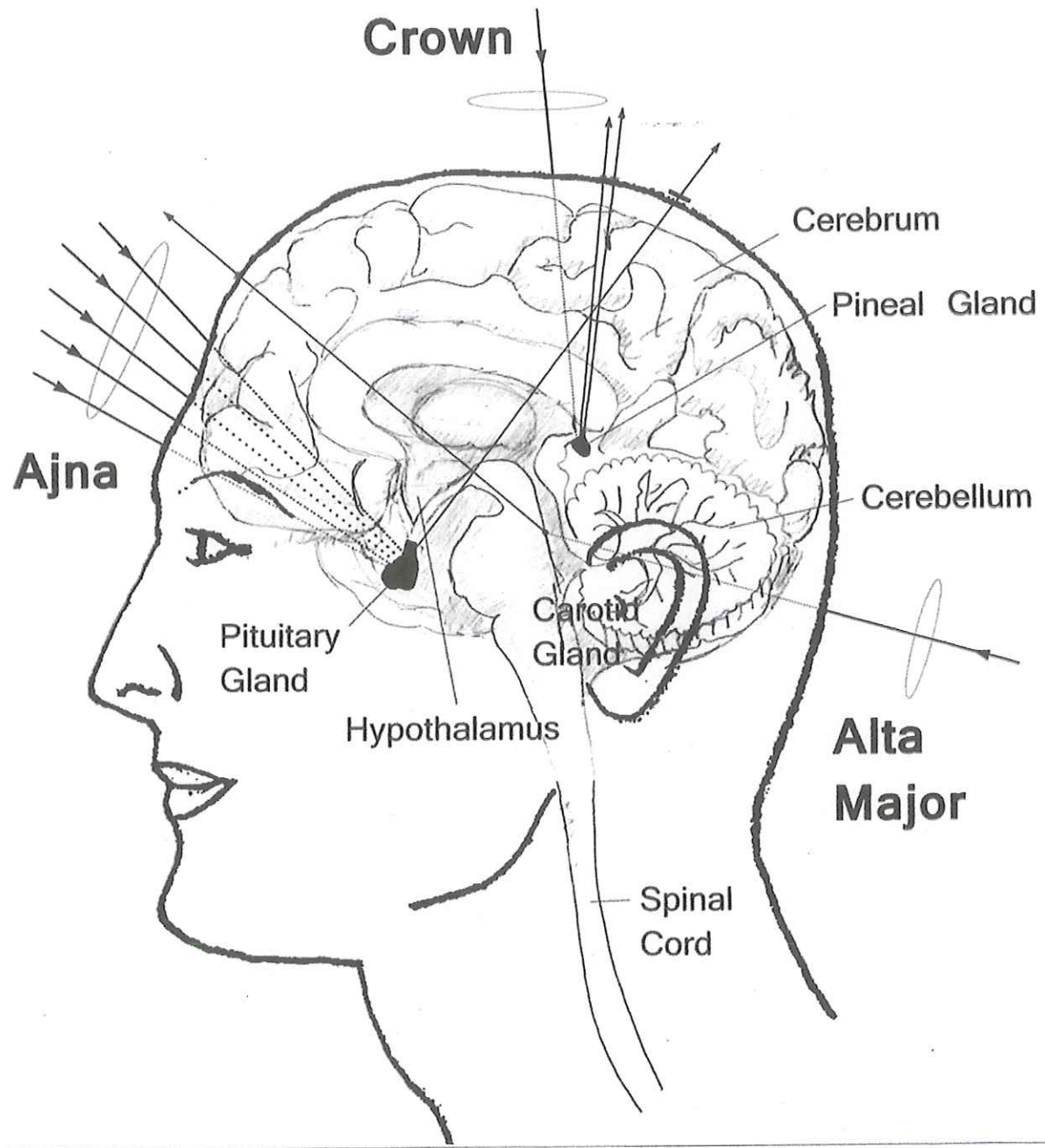
- Rub hands together or rub thumb in palm.
- Bring palms together to sense barrier of the energy
- Sense elbow - think elbow. Compare right and left
- Sense knees - think knees. Compare right and left
- Sense liver - think liver
- Sense pancreas - think pancreas
- Sense Centers (notice location of hand where you sense the energy of each Center) Whether you sense it or not, think "balance" and hold for 10sec.

Then bring your hand back out and re-assess. Did it change?

- Solar Plexus...
- Basic Center...
- Sacral Center...
- Heart Center...
- Throat Center







THE AJNA CENTER (Brow Chakra)

The Center of Intuition and Spiritual Creativity

LOCATION:	Mid-brow
ENDOCRINE GLAND:	Pituitary
ORGAN SYSTEMS:	Pituitary Hypothalamus Frontal lobes of brain Ears Sinuses

PSYCHOLOGICAL CONTRIBUTION:

This is the center of spiritual creativity and perception. In the process of awakening, resistance to new perceptions can cause inner conflict. Some try to condition their inner seeing and hearing; that is, only seeing and hearing what they wish and blocking certain information.

This can cause a block in the free flow of energy through the center and result in physical problems, not only to the head, but - because of the proximity of the pituitary gland - to the body as well, via the endocrine glandular system.

The in-taking of knowledge and energy, without the out-flowing that should normally and naturally follow, will also cause problems. For example - the great energy we draw to us and create in meditation should be used in some way - not only because we are withholding a benefit to others if we do not - but also because if we do not, we will have a tremendous build-up of pressure within our heads.

As this center achieves its capacity - the third eye opens and the spiritual gifts are present in their highest forms.

THE ALTA MAJOR CENTER:

LOCATION: Back of Head/Top of the Spine

ENDOCRINE GLAND: Carotid gland (not in physical anatomy)
(correlates physically/energetically with
the SUBCOMMISSURE GLAND)

AFFECTS FUNCTION OF: Cerebellum
Medulla oblongata
Spinal cord
Vagus nerve

AFFECTED BY: conflict between Soul (Crown)
and Personality (Ajna)

RELATED ENERGY TRIANGLES: Parts 3 and 4

Conflict between the will of the soul and that of the personality can cause tension in the head, which manifests particularly in the area of the Alta Major; thus affects the entire nervous system. This cause of tension will not occur until there is a degree of awakening of soul awareness. Too much meditation can have an adverse effect - as too little meditation (or none at all). If you can obtain a balance between Crown and Ajna centers, this will help the state of the Alta Major - via the Head Triangle.

Things for an Esoteric Healing Facilitator to Remember

1. Study, Service, and Mediation are important daily tasks that will assist in your spiritual growth. You will lead humanity by your example.
2. Always align and attune before you start any healing session. Always!
3. Provide the highest quality Esoteric Healing session for which you are capable.
4. Allow energy to flow through your soul to soul connection with your client and let go of any outcome of the healing session. Using the energy of your personality inhibits spiritual healing.
5. You are the healing facilitator; you are not the healer. The client's soul is the true healer of the form.
6. Ask your client for permission to give an Esoteric Healing session.
 - a. If a child – ask for the parent's (or legal guardian) permission
 - b. If an animal – ask for the owner's permission
7. Talk to clients before an Esoteric Healing session so they feel comfortable and relaxed. Explain your session process and allow clients to ask questions.
8. You are providing a sacred service by being allowed to help another being. Accept responsibility to do no harm to the, physical, emotional, mental, and spiritual well-being of any and all clients.
9. If you are emotionally attached to your client and to the outcome of a session, refer your client to another Esoteric Healing practitioner.
10. Respect the confidential nature of your professional relationship with clients and your client's right to privacy and her/his own journey.
11. Keep a record of your client's session, however it makes sense to you. They are helpful references when a client returns for future sessions.
12. Know the scope of your work and refer your client to others when warranted. Esoteric Healing practitioners know that Esoteric Healing is not a substitute for professional medical advice, diagnosis, or treatment; nor do we claim to cure.
13. Feel empathy and compassion for your client and remain centered while clients work through their challenges and lessons. You are not here to fix people. You are here to create a space where the client is able to heal her/himself by balancing the energy of the physical/etheric, emotional, mental, and spiritual body of your client.

The Great Invocation

(Revised Version)

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

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

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

*From the center which we call the human race
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

LIKERT SCALE – ENERGY FLOW CONTINUUM

1 = Blocked	1.5 = Restricted	2 = Diminished	2.5 = Fair	3 = Balanced/Flowing	4 = Mildly Excessive	5 = Excessive

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	
Centers				Sacral Center			
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			
Core Triangles				Seminal Vesicles			
SP- Spleen T							
SP-Liver T				Heart			
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				Throat			
TC-Thyroid T				Lymph system			
				Upper Lung sweep			
Solar Plexus				Closing			
SLP Triangle				Crown-Basic			
Stomach T				Throat-Sacral			
				Heart-Solar Plexus			
Basic Center				Petals, Blessing			
Urinary Tract:							
Kidney-calyx				Notes:			
Ureter-Trigone							
Bladder							
Urethra							
Fear T							
Courage T							
Lower Vitality T							
Upper Vitality T.							