

ESOTERIC HEALING: A MODERN PERSPECTIVE

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Any discussion of esoteric healing needs to be placed in the context of the current paradigms of healing, orthodox and unorthodox. The orthodox paradigm considers subjectivism, and the inner dimensions of healing as a nuisance to the progress of science and medicine. For the orthodox scientist, the golden standard of proof is the randomized, double-blinded, clinical trial. The so-called "placebo effect" is the remnant of an expression of reality that has not yielded to the reductionist grinder of a materialistic science.

The current competing paradigm, under the rubrics of holistic or alternative medicine, professes allegiance to the integration of spirit, mind and body. At first sight, it seems to be the answer to the shortcoming of the orthodox model. However, within this heterogeneous group of unorthodox diagnostic and treatment modalities, a self-centered body awareness is too many times the sole focus of attention. This emphasis on physical health can be easily ascertained by reading the current holistic literature as well as by its fierce competitive spirit against the orthodox modalities of diagnosis and treatment. If its focus were really different, why compete for the same bodies with such entrepreneurial passion? It seems that the spiritual dimensions of the holistic approach have been left outside any practical role in the process of healing. There are significant although very few exceptions to this generalization. In contrast, the science of esoteric healing stands on its own, the etymological meaning of esoteric healing is "to make sound from within." This definition adds new or maybe lost dimensions to the process of healing: the "within."

This definition also adds an unequivocal direction to the healing process. It is from within, and not from without, that the ultimate source of healing, of making sound and holy, is encountered. The physical body becomes the effect and not the cause of illness. Only then can the right perspective of spirit, mind and body be attained.

The origin of the science of esoteric healing is unknown to me, as is the origin of disease and pain. However, the existence of an underlying structure of thought is proven by the many systems of healing that have appeared throughout history before the advent of modern science. I am reluctant to ascribe detailed and exacting systems of healing such as Ayurvedic medicine and acupuncture to ignorance and superstition.

Furthermore, I do not think that what is publicly known today about these systems is all they really are. In this sense I see the different systems of healing akin to the many religions of the world today: they reveal a common origin and a common process of benign distortion of an original truth.

The science of esoteric healing is not the intellectual possession of any person, group, institution or nation. The science of esoteric healing is as naturally available as rivers and waterfalls. To the unready, however, this sacred science is as inaccessible as the mountaintop that supplies the flowing waters.

There are people who can naturally tap into a river or maybe a creek supplied by this knowledge. These are the natural healers of all ages: the higher they tap into the source, the purer their system. The lower their followers tap into that source, the more distorted it has

reached us. Many orthodox scientists find evidence of disproof in such distortions. I find irrefutable evidence of a mountaintop whenever I see a river, even if its water was polluted.

The basic principles of the science of esoteric healing are within reach to those who can access the mountaintop (the "within" dimensions of being). Furthermore, the path of ascent is not uncharted. In the same way that previous travelers have left some useful signs that have become the well known Yoga Sutras of Patanjali, travelers of this particular path have left behind some signs to guide the neophyte. The result is the laws and rules of esoteric healing as presented in Djwal Khul's treatise *Esoteric Healing*, (Lucis Publishing Co., New York; Lucis Press Ltd. London; 1953).

According to my views, there are three basic ideas or principles that underlie the science of esoteric healing. The first principal states that all disease is the result of inhibited soul life. The second principle postulates the existence of the reflection of the soul on the physical plane, the etheric body. The etheric body is the most immediate antecedent in the causal chain of events culminating in the physical expression of disease. The third principle of esoteric healing is the interdependence of all units of life within the planetary, solar and cosmic life. This last principle addresses the relationship between the individual and his environment. The first basic principle of esoteric healing deals with the most transcendental fact of human existence, the reality of the soul. A close parallel can be drawn between the nucleus within the atom and the soul within an individual. Both are infinite sources of energy at the microcosmic and macrocosmic levels, respectively. It was no accident that the first comprehensive treatise on the science of esoteric healing (1953) was closely timed to the release of atomic energy (1945). It is my belief that further progress in releasing the energy of the atom is hampered by our lack of understanding of the laws of the soul. The correct application of the laws and rules of esoteric healing are a step in the right

direction. It is known that the nucleus of our solar system, the Sun, releases atomic energy by a "natural" method quite different of that used by modern physics. The Sun releases atomic energy by fusion, whereas modern science attempts the same feat by fission. The laws of esoteric healing are closer to the fusion process in the sun than to the fission process in the modern nuclear reactor.

The esoteric healer attempts to release the energy of the soul by fusing with the patient's soul. This requires long practice and proficiency in the science of meditation. Meditation esoterically understood, is the means by which contact and complete integration with the soul are accomplished within the healer. This degree of integration with the soul is accomplished within the healer. This degree of integration with the soul is the real meaning behind terms such as "wholism" and integrity. Once this degree of inner alignment is achieved, then the healer, already made sound from within, serves as a catalyst for other human atoms to undergo the same transformation. Only then is the soul's energy safely released to heal and make sound not only the individual, but the whole planetary life of which he is part.

A decentralized attitude on the part of both patient and healer is needed in order for true and lasting healing to occur. The illness in the physical body is not the focus of attention. The art of the healer is concerned with the lifting of the downward focused eyes unto the soul, the true healer within the form. In consequence, there are three equally successful outcomes in esoteric healing, (1) complete healing (some times referred to as "spontaneous remission" or "placebo effect" by the skeptics), (2) the establishing of a state of mind which will enable the patient to live with himself and with his complaint, un-handicapped by the karmic limitations of his body, or (3) enabling the patient to achieve (with joy and facility) the right liberation from the body and, through the portal of death, to pass to complete health. It is this decentralized attitude that really sets apart what currently is accepted as "holistic" from the practice of true esoteric healing.

The second basic principle of esoteric healing postulates the existence of the etheric body. The etheric body is an energy field that interpenetrates the dense physical body. Its existence is not accepted as such by the orthodox biomedical community. However, research such as that done by Dr. Rupert Sheldrake strongly points in this direction.

The condition of the etheric body determines the degree of susceptibility to illness. Seven main foci of energy are recognized within the etheric body corresponding to each of the seven important endocrine glands: the pineal, pituitary, thyroid, thymus, pancreas, gonads and adrenal. Each of these foci is in a state of delicate balance bringing into dynamic equilibrium the energies coming from within (the emotions and the mind) and from the environment. Medical diagnosis is greatly simplified by paying attention to the state of each one of these foci. The growing field of psycho-neuro-immunology bears witness to the many recent discoveries on how the within (the soul, mind and emotions) expresses itself through the nervous and immune systems to render the physical body immune or susceptible to illness. The psychological causes of illness are very important in esoteric healing because they represent modifiable factors for which the individual is responsible (in this or in a former life) that are inhibiting the flow of life of the soul. Herein lies the greatest potential for prevention at the individual level of intervention. Disease such as arthritis and migraine are preventable in this or the next life if the right steps are taken in "negating the cause by the opposition of a trained will."

The third basic principle of the science of esoteric healing is the interdependence of all units of life within the planetary, solar and cosmic life. As we have seen, the etheric body is the point where a balance is reached between the inner and the outer environment (the outer environment includes inherited biological predisposition through parents). The etheric body is a direct link between the individual and the planetary life, including the rest of humanity. Communicable diseases,

epidemics, unintentional injuries and malnutrition are examples of illnesses for which the individual is not solely responsible. For instance, epidemics can be traced to the condition of the planetary etheric body. It is interesting that "communicable diseases" (a term not used in the treatise and for which I assume full responsibility) are classified in *Esoteric Healing* as "the planetary diseases: cancer, tuberculosis, syphilitic diseases." The allusion to "syphilitic diseases" I interpret as related to the modern term "sexually transmitted diseases." Also, the eventual discovery of cancer as a communicable disease is a prophecy made in the treatise. It is further stated, "Some day medicine will realize that behind every single disease lie these three main tendencies in the human body." The resemblance with what homeopaths call "miasms" is apparent.

The treatise is most emphatic in the need to integrate the knowledge of modern medicine, especially in dealing with environmentally related causes of disease, such as diseases preventable by immunization. Even with causes related to psychological factors it is stated, "ordinary, ameliorative, medical or surgical methods will not be withheld." In addition, the need to scientifically prove new experimental diagnosis and therapeutic methods is under covered.

Finally, the role of medical astrology in preventive medicine is related to this third basic principle of esoteric healing. It is stated, "The time has come for a study of the etheric body, of the conditioning rays which govern its manifestation in space, and of astrology, which governs its manifestation in time." It is predicted that eventually "the etheric body will be checked by correct astrological conclusions...Astrology, however, must be lifted out of the hands of those interested in prediction astrology and placed in the hands of trained mathematical scientists and in the hands of those who have given as much time to scientific training along astrological lines as is now given to training a reputable physician, a chemist or a biologist."

In summary, the etheric body, individual,

planetary and cosmic, is the scientific foundation for the study of past accumulated predispositions and the environment that precipitates such predispositions into actual disease. Research focused on the three basic principles discussed in this brief exposition is sorely needed to bring closer to reality the preventive and curative potential promised in the science of esoteric healing.

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