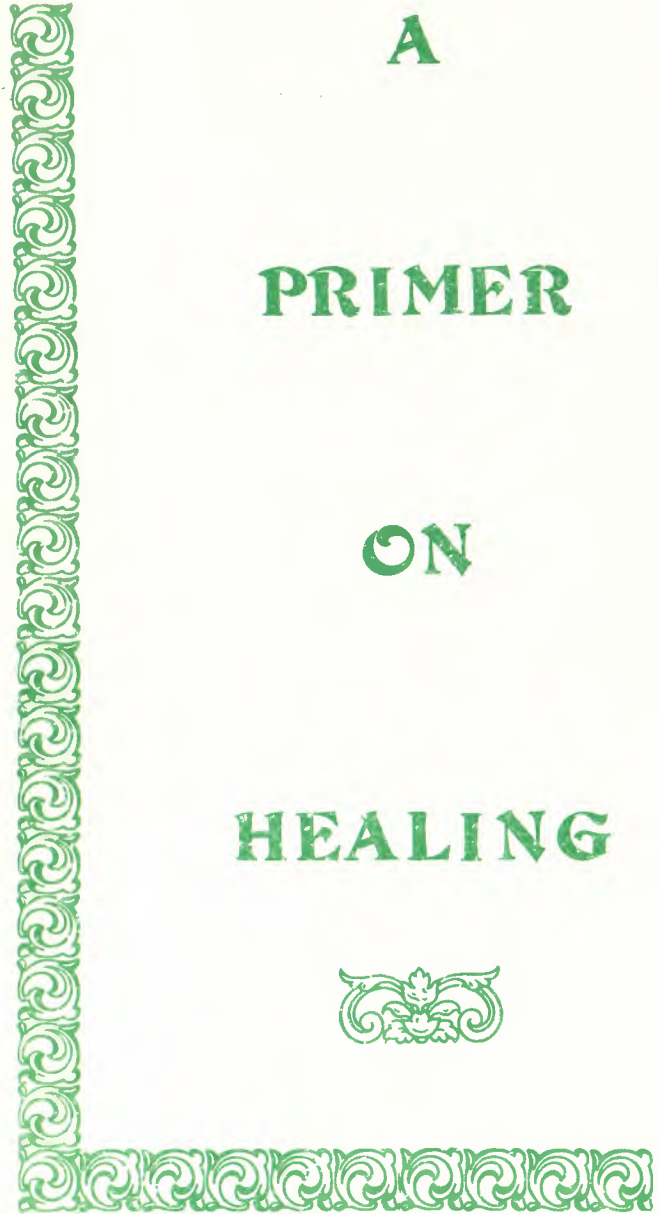


A  
PRIMER  
ON  
HEALING



**A  
PRIMER  
ON  
HEALING**



**Basic Knowledge  
and**

**Basic Practice**



THE ASCENDED MASTER HILARION



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PART ONE  
BASIC KNOWLEDGE

FOREWORD

Greetings from a Co-server from the Fifth Realm. The race of man in its quest for healing will sooner or later turn by necessity to a source of power and understanding beyond the human consciousness. From Our vantage point in the Higher Realms We can see the forces at work creating this necessity, though I suspect it may not be as apparent in the world of form. Healing will now have much to do with the Healer's ability to create the same context for the patient, balanced by the understanding of certain knowledge.

The purpose of this book is to present a portion of this knowledge as to a reorientation to the source and substance of healing. It is by no means complete and, in fact, is intended to inspire your own contemplation about healing. I would remind you here of the motto of the Great White Brotherhood: "To know, to dare, to do and to be silent." Presented here is some of the knowing; the daring, doing, and silence is up to you.



PART ONEBASIC KNOWLEDGEINTRODUCTION TO THE KNOWLEDGE

THE  
BELOVED ASCENDED MASTER  
HILARION

Healing is the Science of Love. In the work of healing, man must conceptualize and accept (think and feel) God to be the Doer, the Doing, and the Deed. In ancient days when one could go to the Healing Temple, it would be a time of purification and restoration on both the spiritual and physical plane. The Priest-Healer recognized God as the healing in him as well as the healing through him, accomplished by assisting the patient\* to do likewise. The actual healing took place when God coming through the Healer connected strongly with God in the one to be healed. Beloved Master Jesus worked this way, as He had a strong force of God pouring through Him, as well as a powerful ability to call forth (invoke) the God in the one needing healing. In fact, He called back Lazarus this way. And as Beloved Jesus affirmed, every man, woman and child has the same potential to heal if they allow the Christ Presence in themselves to call forth and connect with the Christ Presence in the body of another. This connection, or oneness, will allow the specifically qualified energy of healing to flow forth and do the actual atomic and molecular restoration needed for healing. This fulfills the Christian teaching of redemption (healing) through atonement (at-one-ment).

\*FOOTNOTE: Patient - one who is patiently suffering.



In the Inner Realms, mostly on the etheric, Healing Temples have been ready with the specifically qualified healing energy since man first created dis-ease. Life always precedes demand with supply. Masters, Angels and Elemental Beings (including many already manifesting in the plant kingdom) have always been available with healing knowledge and healing substance, only awaiting man to call them forth and create the God connections spoken of above. Healing can be invoked into one's own body by creating the God connection for one's self; yet so often, when caught-up in disease, one needs help and hence the role of the Healer. Good Healers simply build a momentum of such facilitation and come to a better understanding of the inner causes of disease, and thus how to help others to let go and let God.

#### LAW OF CAUSE AND EFFECT

When Healers and scientists visit us in these Etheric Temples (and many do) one of the first things that is reviewed with them is the Law of Cause and Effect. Medicine has a great tradition of always trying to look beyond the effects (symptom) of a disease to its cause, but it is difficult for mankind to accept that the cause of physical disease may be beyond the physical realm. Obviously, to have physical effects, a disease is mediated at some point through a physical mechanism, which is where man looks for the answer to disease. At best, he is doomed to only temporary relief; for example, an apparent cure of an infectious disease with an antibiotic to kill the offending organisms, does not answer the question of why this body was susceptible to that germ, and the seed of that susceptibility remains to sprout again in disease until it is

dissolved through purification. It is wise to take something for the infection and wiser yet to also purify the inner cause of disrepair.

What are the forces that keep our body in balance and repair? On the physical level, this is the study of such sciences as Immunology (naturally occurring defenses in the body). But on a deeper level, we need to again look at the Law of Cause and Effect. If the desired effect or result is trouble-free maintenance of the body, then the cause for such an effect must be created. Cause is defined (by Webster) as -- "A person, thing, fact, or condition that brings forth a resultant action or state....to bring into existence or to make...". The Universal I AM Presence is the First Cause - The Divine Maker: Perfection. The Father-Mother God strongly intends all things to be perfect, and this is Their First and only Cause. Man was to join this First Cause and call forth in his own world continual perfection. This process, by which man transforms his cause (or intention) into effects (or results) is through his thoughts, feelings, voice and actions. Thus, if man wants to cause a trouble-free, healthy body, he must see that every thought, feeling, spoken word, and action vibrates with health. Long ago the Law went forth, "What you think and feel, you bring into form --- what you meditate upon, that you become".

Thus, healing comes from a peaceful mind and a strong heart. In the most part, it is the development of the ages. But the time is at hand when healing must become available to the entire family of man - and quickly. Such a goal appears difficult because of the present chaos, yet this chaos is only the scum of man's miscreation, or wrong cause, coming to the top as more Light is

added to Earth. At some point, the Earth's axis will be straightened, as has been decreed, and she will accept her perfect orbit. When this healing or restoration of the body of Earth takes place at the hands of the Cosmic Healer, healing on the Planet will occur with much less effort, as will all the laws of heaven. "Thy Will be done on Earth as it is in Heaven," and in Heaven (Ascended Master consciousness) perfection continuously unfolds effortlessly.

#### THE ETHERIC BODY, CHAKRA CENTERS AND BODY ELEMENTAL

Although it is true that the mental and emotional vehicles contain the deep roots of disease, the etheric body is more aligned with the day-to-day functioning and health of the physical vehicle. A review of the etheric body from an inner standpoint reveals it to be an organizer of energy, especially for the physical body. The programming of what the physical body needs, when and where, is all built into the etheric body. It unfolds the plan for the physical structure and through the Body Elemental. It is the mysterious life force behind growth, development, and self-repair. Energy from more subtle sources (Christ Self) gets transformed in the etheric vehicle into a vibration that can connect with and be useful to the physical body. The nervous system and the endocrine glands are the most sensitive receptors in the physical body to the finer vibrations and transform them further into physical impulses.

The major points where the etheric body interconnects with the physical body are called the chakra centers. Etherically these centers look like and are experienced as spinning wheels of light and color. Physically they are represented by a major collection of nerve cells

along the spine (ganglionic centers) plus an endocrine gland closely linked to that nerve center. There are seven such major chakra centers, and each is to reach full development. Their purpose is to function as the principal organizing and coordination center of energy flow in both the etheric and physical vehicles of man for a certain point in development. Each is designed to coordinate the experiences of one of the seven major Rays and for man to complete his earthly development, each must be brought to full development. This simply represents the master of each Ray in the physical form.

While evolving through a chakra center, certain experiences designed to master that Ray will appear. The effect of such experiences is either mastery or returning negative conditions, often in the form of disease. The type of disease will depend upon which chakra center the returning energy is aligned with. And further, man can often be evolving through one chakra while reaping the effects of a previous chakra, and hence appear to have mixed experiences. For example, while operating from the power chakra at the throat, a person may reap the return energy sent from the Solar Plexus Center (stomach, gall bladder, bowel functions). The time has now arrived, however, to not only be knowledgeable of the chakras, but to experience them, purify them, and use them for their original purpose. In the Treatment Section there will be methods discussed as to how to work with the chakras to facilitate healing.



## CHART OF THE CHAKRAS

<u>CHAKRA</u>	<u>GANGLIONIC CENTER</u>	<u>ENDOCRINE GLAND</u>	<u>COLOR</u>	<u>MASTER AND QUALITY</u>
1. Base of Spine	Pelvic Plexus	Gonads	White	Serapis Bey: Purity and Creativity
2. Spleen	Superior and Inferior Mesenteric	Adrenals	Violet	Saint Germain: Expression of Joy through purification
3. Solar Plexus	Celiac Plexus	Pancreas	Deep Gold	John, The Beloved: Peace and Outgoing Service
4. Heart Center	Deep and Superficial Cardiac Plexus, Sympathetic Chain C5 to T5	Thymus	Pink	Lady Rowena: Adoration (Center of the Holy Spirit)
5. Throat Center	Cervical Sympathetic Ganglion	Thyroid and Parathyroids	Blue	Lady Miriam: Divine Will and Direction
6. Center between the Eyes	Anterior and Posterior Pituitary Glands	Pituitary Gland	Green	Hilarion: Divine Perception, Truth and Healing
7. Center atop the Head	Pineal Gland	Pineal Gland	Sunshine Yellow	Lady Soc Chee: God Illumination

Mankind originally took embodiment to learn mastery over energy and vibration in the physical experience with energy, the cause released had its effect, and this effect is registered in the etheric body, hence it being called the memory body. This was to be a built-in mechanism whereby the etheric body, in its role of organizer of vital forces to the physical, got continual feedback as to how the physical evolution was proceeding. The etheric body would assimilate the experience, and then accommodate, or make adjustments for the returning message. Hence, each succeeding experience with energy would be influenced by what had gone before. There are countless feedback systems between the etheric and physical, as well as in the physical vehicle itself. Scientists have discovered many of these especially in the study of endocrinology and other basic physiological sciences.

The original design was to evolve a self-perfecting body, continually making adjustments for various aspects of life on the Planet. In comparison, it is like starting with a simple, small pocket calculator, that with each use, would adjust and grow to fit new experiences, getting feedback until it became a great, complex computer capable of amazing feats, all under the control of its operator (Christ Self). However, imagine if the experiences this growing computer had were negative and the feedback destructive, with the effect of broken or corroded circuits, jammed sensors, with unresponsiveness to the operator at the control panel. This approximates the evolution of man since his fall. The Divine Operator is now demanding to function through His instruments in their intended ways. What does this have to do with healing?



As the computer became dysfunctional, man's experiences were affected by it, for as the Light from the Christ came through the etheric into the physical it was already qualified by the negative and destructive vibration that was stored there. You need to plainly see that the etheric body is both the coordinator of Christ Energy for the physical body as well as the storage of feedback. Because of these dual functions, evolution of this system can go either very well or very badly, as it will gather momentum in either direction. The more perfect the feedback, the more perfect the memory circuits and the more positively charged is the Light getting through to the physical body. Hence the more likelihood of a more positive feedback through the etheric, and so on. It also can go downhill in the same manner, as mankind have experienced.

The most amazing feature of the original equipment, as is the nature of God, is that it is always redeemable, and simply needs to be cleaned up, loved free, and restored.

Another component of the etheric body is the work of the Body Elemental. As Beloved Saint Germain has explained\*, this highly evolved Etheric Elemental has volunteered to work with physical substance in the continual repair and maintenance of the physical vehicle. This elemental is the mysterious life force behind the developing infant, who drives the tiny flesh form until there is sufficient consciousness for the infant to thrive on its own. New Age Healers will have to become familiar with the Body Elemental, invoke it forth in love, and work with it in cooperation, to restore the physical body. It is

\*FOOTNOTE: See "Ascended Masters Write The Book of Life" Pgs. 149-153

the Body Elemental, on the etheric plane, that can view the Christ Self, or Divine Blueprint, and then work through the nervous system to produce a similar effect in the physical realm. A stubborn or rebellious Body Elemental, or one that is simply ignored, can be a powerful block to even the best Healers. In the New Age Healing, work with the Body Elemental will be one of the most important and specific areas in Beloved Saint Germain's Brotherhood of Man, Elementals, and Angels. I would encourage you to become acquainted with your own Body Elemental. This can be done by loving it and calling it forth, but also by asking your Christ Self and "I AM" Presence that when you are asleep and in your finer etheric body, that you might converse with and get to know the workings of your own Body Elemental, and bring back a conscious awakened memory of this. Such a process will fulfill the old but very true adage, "Physician, heal thyself!"

In review of this section then, the Etheric Body is both the coordinator of vital life force to the physical, as well as a feedback mechanism, so man could learn from experience. The work of coordination of vital life force uses the chakra centers and the nervous system of Man. The entire map of the nervous system is simply the outer compliment to the etheric channels of vital force, something that Eastern Medicine has attempted to make use of. The Body Elemental is part of the natural process of restoration, and Healers need its cooperation. Healing, from the etheric viewpoint, requires purification through use of the Sacred Fire, visualizations, and experiences aimed at opening up the vital centers and lines of flow, as well as physical therapies such as manipulation of the nerves and etheric channels, good nutrition and tone of the body,

and the correct amount of sunshine, natural vitamins, and other sources of vital force.

#### RELATIONSHIP OF THE CHRIST SELF TO THE ETHERIC VEHICLES

New Age knowledge now reveals that the electronic stream of Light from the Presence which gives life to the four lower vehicles is simply a stream of electrons stepped down in vibration from the Inner Realms (and not from a mysterious space above an individual as has been depicted in three-dimensional pictures). After this stream of electrons has passed through the vibratory level of the Christ Self, it passes first through the vibration of the emotional body, then of the mental body, then of the etheric vibratory level and finally manifesting itself on the physical plane in the head centers, eventually anchoring itself in the permanent physical atom in the heart.

Concentrating presently on the etheric body, it is important to realize that the Christ Self directly oversees this body. Theoretically, the Christ oversees all of the vehicles, yet at present the emotional and mental bodies of man are autonomous and basically out of control. However the Christ Self still retains much control over the etheric body, especially in the work of organizing and integrating energy and vitality for the physical form. In that sense, there is a special relationship between the Christ Self and the etheric/physical form, excluding the other two vehicles. The Christ Self, as the Divine Director, can at present have more effect on the etheric/physical form than on the mental and emotional bodies. Hence, in the healing of the flesh, much of the work is done consciously,

invoking the Christ Self and its Divine direction over the etheric body, the chakras, the nervous system and endocrine glands, and the Body Elemental. The other two vehicles simply need purification and realignment. It is the Christ Self Who, when It can etherealize the physical body sufficiently, will shine through the flesh structure to make it seem a self-luminous body of Light, It is also the Christ Self which will assist Healers who themselves have attained a semblance of Christ Consciousness in diagnosing the ills of any individual on any of the four planes of experience. This reaffirms a previous point, that New Age Healing will be the Christ in the Healer invoking forth the Christ in the one to be healed, resulting in the transfiguration of the mind, body and spirit.

#### EMOTIONAL AND MENTAL VEHICLES

This section will be purposely short. We have spoken thus far mostly of the etheric body because of its close association to the flesh structure. The remaining two vehicles, however, contain most of the life forces, especially the emotional body. Their importance in good health is obvious, in the basic Law of Creation: "What you think and feel, you bring into form". Manifesting dis-ease therefore has its roots in the dis-eased thinking and dis-eased feeling. Healing has its roots in healthy thoughts and healthy feelings.

The only things that really need to be stressed is the purification of these vehicles. This is much of the work of healing for the next while on this Planet. The advice of our Lord Maha Chohan is apropos here: "Do not do battle with your soul; rather, transmute it". Let me



add to that some advice from the Fifth Ray. We constantly hear, "How can I control my thoughts and feelings?" mostly in moments of crisis, panic or emotional upheavals. The power of your attention is the most powerful tool in controlling the emotional world. The emotional body is like the engine of a car. It gives all the propelling power, but the gearshift determines which direction the car will go - forward or backward, and the steering wheel determines the path. So don't battle the engine. Rather, steer the car in another direction by training your attention to focus on something constructive or positive. "What your attention is upon, that you become" - is another Universal Truth.

In quiet times, however, one might practice commanding your feeling body to supply various qualities at will. This should not involve a battle, although it will involve discipline and persistence. Visualize, for example, the Devas communicating with one another. They call up from their feeling nature various qualities that appear to be bursts of color in their auras. A Deva might portray several colors in succession that represent various qualities, and collectively form a message. Mankind can have the same control of his feeling world as the Deva, and eventually will. So, for example, practice during your contemplation times, evoking the feeling of adoration; experience it as fully as you can and let it go. Then bring up faith, experience it and allow it to recede; evoke the experience of consecration, let it too recede and so on through the Seven Rays. This way, as you are purifying these vehicles, you are training them to respond to your Christ command. The feeling of being able to command your emotional body, and instruct it to give forth useful and constructive feelings will follow if avid purification

accompanies this process. This will also lead to great enjoyment in the process of attaining Christ Consciousness, as it will raise your spiritual self-esteem.

One other point is worth mentioning. When visualizing your mental and emotional vehicles, see them as you see your physical structure and not as vague ovoids as currently portrayed in occult writings. This will assist the experience of controlling them, just as you have control over your physical limbs.

In review, purification and alignment is the keynote for the thinking and feeling bodies. The power of the attention can bring tumultuous and erratic emotional vehicles under control. Practicing with your emotional vehicle in quiet or neutral settings to experience positive feelings on command is very useful.

#### ON FEAR OF DISEASE

Mankind's fear of disease is one of the most powerful blocks to healing. This is one of our greatest concerns here at Crete. Many activities of this Retreat are aimed at giving mankind the conviction that the natural state of all things in the Universe is perfection. We scientifically prove it to them. Anything less than perfection is only temporary and only for the purpose of learning more about the Law of Cause and Effect. Disease is such a lesson. --- Disease makes one pause and takes note of how his or her life is going. The more complicated and difficult the disease, the greater the lesson and the closer to graduation. When a disease process ends an embodiment, he or she has graduated from a set of circumstance that were not longer needed



for forward progress. He then goes before the Karmic Board to secure a new set of circumstances (a new embodiment) for greater lessons toward the Ascension after certain purification and Illumination in the etheric realms. One of the obvious reasons then, that disease often lingers so long for some individuals is that perchance they refused to learn the lesson at hand, and the resistance caused the prolongation of disease.

In this context, one can see disease as a useful indicator in the use of life's energies. But mankind, in shortsighted, almost blind ignorance of the continuity of life, is threatened as it is faced with a greater power. Fear, anger and resentment (Why me?) arise and form a hard casing around the disease which blocks many well-motivated healing attempts. This resistance to disease is where much of the pain of illness originates. The resistance is actually the outer self refusing to succumb to a greater power, yet often in the end, it is forced to. Throughout the writing of the Saints one can find the vivid experience of how a disease finally forced the sweet surrender to the God Presence. New Age Healers will need to facilitate the patient in letting go and letting God's Will be done --- a form of New Age psychology. Once the personality is out of the way, the lesson can be learned and the cause rectified. This will lead to a quick healing or to a quick release into the inner Realms, all according to the God Presence.

I would ask that you consciously seek to bring back in your consciousness from your visits to Our Retreat here at Crete the same conviction Our Brotherhood has in conveying the principles of the continuity of life and of surrendering the outer self to the greater power in healing.

Fear of the change called 'death' will disappear if the Healer can help the patient toward an experience of the continuity of consciousness and have that one experience, even for a moment, the the immortality of their true self. Again, this kind of facilitation of the one needing healing toward the experience of Christ Consciousness will be much of the work of the New Age Healers.

Fear as the cause of disease is also rampant and dynamic purification is necessary in the emotional world of such an one. However, one of the greatest blessings to mankind of Saint Germain's New Age is that purification by Violet Fire will become available before the effect of disease has set in. Although this is as yet unrecognized by the majority of mankind, it is one of the greatest causes of rejoicing in Our Realms, as it will have a tremendous impact on disease in the race of man. You can now sense why We, through the years, have implored you to use the Violet Flame.

#### GENETICS AND THE INHERITANCE OF DISEASE

Medical scientists are discovering more and more as to the genetic components of certain illnesses, which is well and good. However, we hear mutterings of students as to how this can be since everyone is responsible (in cause) for their own illness and blame cannot be put into inheritance. If the student had the inclination or the knowledge to read these reports, he would find that in most diseases with a genetic inheritance, it is not the disease itself, but a propensity to get the disease that is inherited. This is true; one 'inherits' the cause previously set into motion by themselves over many, many embodiments, and if the returning energy can be

purified in other ways the disease need not manifest. There is also some definitely inheritable diseases or handicaps where the Karmic Board, in counsel with the God Presence, felt a certain experience was definitely indicated during a certain lifetime. However, even these diseases can be healed if the cause is purified and love commands the outer personality.

Here I would like to mention, since We receive many distressing calls about it, that it is always, always right to try to heal a disease with no thought necessary as to interfering somehow with Karmic Law, when working with the God Self of the other.\* Remember, life does not create disease -- only man knows how. Life intends the race of man to be healthy, free of pain and full of vitality every moment of eternity. Man created disease and man can always undo disease, including calls or healings from one of the race on behalf of another. If a patient wants release, you may always help. If the patient doesn't want release, it would not matter what you did anyway - he or she would cling to their dis-ease.

Students on the Path, especially those who are interested in healing, need to be more comfortable with the physical body. Every disease, no matter what the cause, will have a physical or biological mechanism through which it is mediated. This is where medical science is making great strides, and they deserve your full support. The mysteries of the physical vehicle need to be fully probed for only then will it become apparent in science that the answer does not lie in the physical realm for all diseases. So genetics

\*FOOTNOTE: - See Exercise No. 3A - Pg. 35

is only the science of how Life mediates Karmic effects biologically - on the atomic level - in the race of man. Your God Self is an Electronic Realty. I hope the message is clear.

#### THE COSMIC PROPORTIONS OF DISEASE AND HEALTH

In some esoteric circles, the use of disease by the Lord of the World for working out the Divine Plan of the Planet has been discussed. It is true, of course, that disease has had a major part to play in the history of this Planet, and on a large scale it has been used as a means of unleashing Karma as a means of purification - but let it be clearly understood that disease has no place in the overall Divine Plan of this or any other Planet; the great Beings Who watch over the evolution of the Earth have had to do what was necessary at times to deal with tremendous momentums of negatively charged energy generated by mankind. Disease was an avenue chosen for this purpose from time to time.. The point here is not to allow the thought that disease is a natural part of the evolution of this race or this Planet. It is not! The Earth is entering an age where disease will slowly disappear as an avenue of expressing Karma as the race becomes more proficient with the use of the Sacred Fire.

The Earth is also a part of a larger Family of Planets, and thus Cosmic events affecting this system of Planets will have effects including the physical realm of Earth. As is well known in New Age literature, we are rapidly approaching a major transition in vibratory action of the whole system of Planets under Helios and Vesta. Beloved Helios recently divulged that the God Parents are constantly watching for the Earth to be ready for its final inbreath into



the orbit of Uranus. This will step up the vibration of everything on Earth, bringing them closer to the etheric level of vibration. The physical bodies of man are included here, and that is why the etheric-physical connection needs to be well understood and practiced.

Also, this makes the present time a very opportune time to be a Healer, for previous to this the vibration of most physical vehicles was so dense that it took a tremendous Medium or Healer to change them much at all. Hence, the erratic success rate of even the best Healers and why physical doctors were so important. They work in dense physical substance. However, we approach a time now when the physical vibration will be closer to the finer etheric substance. The vehicles of all mankind must successfully pass into the orbit of Uranus and beyond and will be much easier to heal using the higher vibration of the Sacred Fire in cooperation with the Angels and Elementals. Without stating as much, it should be clear that the Earth, as a whole, and especially the physical bodies of man will become more and more etheric as Saint Germain's New Age progresses over its allotted course. So now is the time to jump on the 'Healing Bandwagon', as you say, for its time has come and its success is assured.

## PART TWO BASIC PRACTICE

### FOREWORD

*I would like to assure you that in this section on the basic practice of healing - much of what will be appraised of is done in unity - in cooperation with Beloved Kuthumi and Beloved Micah especially. This is because so much of healing has to do with becoming Illumined and assuming True Identity, both for ourselves as Healers as well as those whom we wish to heal. In this regard I feel that I must counsel you on a certain subject. You are beginning to realize in your experience world the duality of your present evolutionary level, of the Electronic Presence of God which You Are, working through the physical elemental substance which you also are. The work of healing is basically trying to have an effect on the atomic elemental structures of men while assuming the identity of a God or Goddess in the work. This is what is meant by becoming a Priest or Priestess in the service of healing. At present, there are few, very few who have really attained the rank of Priest or Priestess on the Ray of Healing. What I would like you to realize from this is that as you attempt, in your studies and application, to become Healers it cannot be done in and by itself alone. It must be done in the more general context of continuing to grow into your full God Identity in all areas of life. The basic teaching of our Beloved Lord of the World again comes to mind - "The middle way" - all things in balance with one another. So, in your work of becoming Healers or in making healing your spiritual avocation, please do not abandon your other studies under other Masters or Rays, but rather work at the blending and the unity of all of them.*





PART TWOBASIC PRACTICEINTRODUCTION TO THE PRACTICE

Greetings again from the Fifth Realm. I, Hilarion, bring to you today a message of Love. Think of the day when that very word 'love' may carry enough energy to heal someone. I AM privileged to be able to see the glorious future, as well as of the present efforts toward perfecting this Planet and I see disease, although present yet for a while to signal inharmony, being readily controlled by a re-expression of natural love. Love is the cohesive power, 'the power which will pull together' an organ, to reorganize it atomically, to its perfect pattern. The rest of the energy then is sent back to its primordial existence for repolarization.

Each atom in the physical plane has a Divine Plan or a natural state which it will revert back to if given the right vibratory level or vibratory thrust. To create these vibratory levels, Healers will use the pressure of their own Three-fold Flame and its aura in ever expanding, upward rushing force of vibration and consciousness. They will, as well, tap into this same upward rushing force of the Christ Presence of the one being healed. Healing is the science of changing vibratory levels, or loving free man's vehicles of expression. Scientists so far leave out mankind when they deal with the 'cold hard facts' of physics, yet, in truth, man is the



*Master Hilarion showing himself in Deva form.*

greatest presence of these natural laws in action and can control them - at will - in the Elemental Kingdom; including his own Elemental Body. Man is the greatest evolutionary species on the Planet and was always meant to master, through love, the Elemental Kingdom. Man uses elemental life to express himself because, in truth, he is consciousness manifest as matter. The 'matter' is what gets diseased as a result of our consciousness becoming less than what it naturally should be. In the original blue-print the level of man's consciousness was to naturally vibrate at a disease free level, just as naturally as helium always vibrates at a level slightly above air, and therefore will always float on air\*.... It is simply a matter of vibratory levels.

We, here at Crete, would appreciate it if New Age Healers could think in the scientific terms of vibratory levels and the use of energy to increase vibratory levels. This, of course, is to Healers, including: The Electronic River of Light from the Eternal Source of Healing; powerful constructive music; the pure voice; affirmations and decess; color, fragrance and all the other constructive energy available to the chela. Of course, the most pure form of healing energy is simply unadulterated God qualified energy invoked from the Brothers and Sisters Who have served the Flame of Healing for aeons of time.

\*FOOTNOTE:

*Man should 'float' on a vibratory level above that of disease.*

### THE SCIENCE OF TRANSMUTATION

This science of transmutation, which is again simply dealing in vibratory levels, has been available to man since the great fall in consciousness. There have been spurts of its renaissance through history but, unfortunately, as consciousness falls resistance increases, especially to something as transcendent as this Activity. Transmutation is the science of stepping -- up the vibration of a substance until it can 'jump' into another atomic pattern. In healing this pre-supposes that there is a pattern of disease and a pattern of perfection which every organ, cell and molecule in a disease state can be transformed into.

The word 'mutant' unfortunately carries a negative connotation, although its root is in common with transmutation. Any person who has the slightest imperfection is a 'mutant' from their Divine Plan and their Divine Self. The creation of this disease state not only requires a misqualification of energy which, as it flows through the person, literally slows down the vibration and begins to disintegrate its perfect atomic pattern, but also the continual misuse of life to support the disease and give it an environment in which it can grow. As this pattern in the use of energy crystalizes into habit it becomes increasingly difficult to change and is accepted then as 'normal existence'. Then from this state mankind cries out to be healed of his disease while he continues to create the atmosphere which supports disease. Thus, in following good healing principles, not only should we concern ourselves with the process of healing a specific malady, but also to change the process of living which has spawned and supported the



disease in the first place. This process of living is centered in the thought and feeling centers where life is stamped with its principal vibratory level. Healing of the future will not be something that is 'done to' an individual but rather requires the full consent, awareness and cooperation of the one being healed in a healing process with the Healer and with his own Christ Self. This kind of personal commitment will be required but the reward will not simply be the release of disease, but a pattern of life designed to allow the full expression of Christ Consciousness. This is the goal and the purpose of a New Age Healer defined!



### AN INVOCATION FOR HEALING CLASSES

I AM that I AM... in us... and all our brothers and sisters in the Family of Man.

"I AM" the Healing Presence of our Father-Mother God here in action now, no longer tolerating suffering and disease where there would naturally be self-luminous Light Bodies.

"I AM" the Divine Principle in authority, representing the Spiritual Hierarchy, who demands that Christ Consciousness now manifest through the physical bodies of mankind.

"I AM" here in the name of the Mighty I AM Presence and Holy Christ Self of every soul belonging to Earth, who, as one might voice commands "Thy Will, Oh Father-Mother God, be done in and through these physical vehicles now."

In that name "I AM", I invite and invoke the tremendous Ascended Master Light Rays and the very substance of Ascended Master Consciousness from Beloved Helios, the greatest healing power in this Universe; Beloved Lady Vesta, Mother to this Universe; Beloved Mother Mary, Mother to the souls on Earth; Beloved Meta, Beloved Kwan Yin and all the Ladies of healing and compassion; Beloved Hilarion and all the Brothers and Sisters of the Healing Temples; Beloved Lord Raphael, Beloved Elohim Vista and Lady Crystal, and all Their combined legions of Healing Angels... to be with us now. Manifest through us now the consciousness of perfect health and harmony ..... (optional - especially for (name) for all life to witness). This shall be for "I AM" ALL LIGHT AND THE LIGHT OF GOD NEVER FAILS. So be it, Beloved I AM.



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 HEALING EXERCISES
 

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## EXERCISE 1 : Healing Yourself

## 1A: The Breath

In healing yourself the principle thing to experience is to get 'self' out of the way and to allow God to do the healing. There is a tremendous Will in the Universe that when unleashed by the attention, lends a tremendous momentum of perfection; in this case perfect health. Becoming strongly in tune with that source of Will is basic to healing. "Thy Will be done in and through me now."

To wrest the attention away from disease or pain, begin by putting your physical body in a comfortable safe place where you are not likely to be interrupted. Have your spine straight and limbs uncrossed. (This may be standing, sitting or lying). Begin to breathe deeply and rhythmically, by first filling your abdomen with air and when it cannot get any bigger let the air roll up from your abdomen into your chest right up to your shoulders. Place one hand on your abdomen and one hand on your chest to feel this rolling action. Then, with gentle control let the breath out slowly, pushing it all the way out with your abdominal muscles (feel them flexing). Then begin the cycle again by filling up the abdomen as far as you can, letting the air roll up into the chest and slowly and completely out again. Breathe in through the nose as much as possible. Practice this rhythmic breath until it is very easy for you to sustain a rhythm without needing to gulp for air or to worry about odd body sensations, such as light-headedness or racing heart, all of which may be common initially. They are not dangerous. You are simply overcoming (many

years and probably many embodiments) of abnormal breathing and your body will need to readjust. It is a very safe readjustment for the body and necessary for subsequent changes. A regular schedule of exercising the breath (example - every morning and evening) is best, yet it can also be practiced any time, anywhere for short periods. Each time you finish the exercise ask your Electronic Presence (who YOU ARE) to sustain this rhythm through your physical body at all times.

## EXERCISE 1B:

When you have a feeling of ease associated with the deep breath and it is no longer a struggle, begin to include visualizations. ----- Remember, firstly, that the air you breathe from the atmosphere is a gift of the Cosmic Holy Spirit. He breathes forth and creates an atmosphere around each planet to not only sustain life but to prosper spiritual growth. Therein lies the mystery of prana. The Lord Maha Chohan then serves to see that the atmosphere is maintained, cleansed and purified using the Elemental Kingdom so that the Fiery Breath of God is available to all life on Earth. As we breathe we take in the substance of life that has originated directly from our Father-Mother God through the Holy Spirit to us. It is a direct link with pure God life. It is a tangible part of the Eternal Sea of Life and you live, move and breathe in it. There is not one cell of your being that does not contain this nucleus of pure God Life and Light.

Visualize then, with each breath, your lungs taking in this Universal Light Substance as if you were filling up with a glowing gas. As your breathing cycle continues let it expand out into your chest....then into your head area and mind.

...out into your limbs....down into your internal organs...and all the way down to your toes. Feel yourself becoming lighter (en-Light-ened). Relax into your Sea of Glowing Light. If there is a certain part of the body in disease, concentrate the breath, through the attention, to that point and see and feel that area glowing more brightly with each ensuing breath. This is the ancient Eastern tradition of concentrating the breath for healing. Practice this short visualization on a regular basis, as your work on breathing proceeds.

#### EXERCISE 1C:

After there is some sense of mastery on a consistent level with the breath, next is to bring the four lower vehicles into order, unity, harmony and raising them into Christ Consciousness even for short periods.

Begin this exercise by re-establishing the slow, rhythmic breath. Put your physical body in a relaxed but poised position with spine straight, yet carrying no tension in any muscles. As the rhythmic breath continues, begin to relax into the growing pressure of Light coming from within your heart. See an ever expanding, spiraling, upward rushing Flame of Love, Wisdom and Power....Feel it spiraling up from your physical heart center, increasing the entire vibratory action of the physical flesh structure. Feel this Elemental Temple of a living God -- accelerated by the pressure of this Flame expanding through it. Next, put your attention upon the etheric heart center and see again the Three-fold Flame expanding through your entire etheric nature ....accelerating the vibratory level of all etheric matter to its perfect state....See then into

the heart of your mental vehicle....the Three-fold Flame expanding there accelerating the substance of the brain matter, etheric mind and mental vehicle into shimmering Light substance that carried the perfect ideas of the God-Head....crystalline clear. Pause for a moment .... and feel the connection here with Beloved Lady Crystal and the perfect mental healing of the Fifth Ray.. ..Now include the great heart center of your emotional vehicle, feeling that Flame expanding through every cell, molecule and atom of the great sea of your emotional world....Then visualize each of these Three-fold Flames blending as one gigantic spiralling Three-fold Flame...an upward rushing force of vibration and consciousness ....unifying each of the four lower vehicles. Visualizing them all in the perfect pattern of your Christ Self - not as shapeless ovoids of Light, but as glowing beings of Light, one aligned with the other...all in perfect harmony....in perfect Unity. Now with each breath feel that breath expanding to the depth of each of your four lower vehicles for it is the same Spirit of God that is animating each one.... all now under the control of the Christ Presence. (Silent period.) Now, with each of your four lower vehicles held completely in the dominion of this ever increasing force of vibration and consciousness (called "The Holy Christ Flame") we now turn to the visualization of True Identity).



### VISUALIZATION OF TRUE IDENTITY

*(Give slowly, with deep feeling and to music)*

So, I ask you now to look inside in consciousness -- and absolutely know -- not just believe or just accept but absolutely know yourself as simply a pulsating Being of Light. It is Electronic Light versus being Atomic Light. In the electronic vehicle the Light is free flowing. In an atomic structure the Light is fixed in certain patterns - if you will - which are called atoms, molecules and so on....and the Light is fixed in a certain pattern. But in this Electronic, pulsating Being of Light every electron is free flowing -- certainly following the Divine Plan, but not fixed in certain patterns. It is the electronic nature of God that must function through the atomic nature of man (the elemental structure) and it is the melding of these two that seems so difficult.

See yourself as a pulsating Being attempting to get through the flesh rather than the flesh structure attempting somehow to invoke this Being of Light and draw it through. Be the God Presence. Simply feel yourself as a free-flowing sea of Light that can blend so easily with the entire free-flowing sea of Light that is the Universe.

Automatically your consciousness is raised above the human for you are not a human struggling to be a God -- You are a God Being resting in patience, knowing your time is very close when the physical structure can completely meld with the pressure of the Light of your own Being. Automatically you feel your consciousness expanding (like a beautiful balloon) -- it gets larger

and larger - effortlessly taking on more of the perfection of the Universe - more of the perfection of the Higher Realms of Perfection.

Let us acknowledge that as a firmly identified Being of Light working through the flesh, we now put our attention upon the head centers the Chakra upon the forehead, where the Sevenfold Flame rests, the Chakra of the thousand petal Lotus upon the top of the head and also the source of Light at the base of the brain (the major ganglionic centers there) and we feel these three sources of Light now - not just coordinating Light that comes from the Presence in consciousness ... but rather as a source of Light - three magnificent Suns that radiate outwards. This is the true wisdom which is embodied in Buddhist Consciousness and feel the pressure of Beloved Lord Confucius and of Beloved Lady Soo-Chee as it is Their service to literally train your brain structure to be radiating centers of this Buddhist Consciousness. This Wisdom Activity combined with Pure Divine Love flowing out constantly from the Heart Chakra will give those around you such an experience of Divinity - without words - that they automatically want to know more of the nature of your own Being. Now make a firm agreement with yourself that you will hold this identity of a Light Being.

After this concentrated visit to the Higher Realms, slowly re-orient yourself to the physical environment yet maintaining the same vibratory level of True Identity -- Christ Consciousness. The goal is to function through these perfected vehicles on a third dimensional plane of Earth experience and remain at the vibratory level of Christ Consciousness. Each time this trip to the Higher Realms is made, this goal becomes closer as your brain consciousness will be more



attuned to monitoring Christ Illumined impulses and intuition and less preoccupied with the continuing report of the five outer senses.

Most importantly, though, this state of consciousness is what is necessary for Healers to allow the powerful force of Light through their vehicles to heal another, as well as healing and perfecting their own vehicles. The Healer needs to practice this exercise of Christ Identity often, until he or she can move about the work-a-day world and not drop at all from that level of vibration. We have said through the ages that harmony is necessary for protection, healing, opulence and all of God's gifts. We have only meant that for the specially qualified Light Substances to get to you and through you to others the vehicles used need to vibrate at a continuous rate of perfection. Else, We would not risk Our energies through an erratic vehicle. Literally, the electrons spinning around the nucleus of an atom need to form a pattern that can conduct these currents, just as copper can conduct electricity, whereas a slower vibrating substance cannot. The degree to which your vehicles vibrate consistently at or, at least, toward Christ Consciousness will determine the efficacy of any person's healing powers.

#### EXERCISE 2: Experiencing Yourself as a Healer

Proceed through the previous exercises of breathing, relaxation, centering yourself in the Three-fold Flame and true Christ Identity. When you have consciously raised each of your vehicles affirm to yourself, until it is a real experience, that "I AM ALL LIGHT". Say it with the same conviction Beloved Ascended Master Jesus does, until every vehicle, every cell and every atom

is simply all Light blending one with the other, in a great sea of soft Light....Now visualize a powerful Green Ray manifesting itself in this sea of soft Light about the size of a telephone pole..... This Light Ray anchors in your Heart Chakra and seems to spring forth from your head centers...from the higher vibratory realms above. It immediately carries on out through the hands, which are simply an extension of the heart....It also radiates directly out in Light Rays from your head and heart....as you direct thought and feeling toward the one needing healing. This Healing Ray is actually crystalline substance with a green radiance. Relax into this exercise ....without effort, as 'effort' will block the experience of a fourth dimensional consciousness. ...Let go and feel your bodies humming with this crystalline substance....as the great currents of Light are passing through you. This exercise is practiced in various Retreats, including Ours at Crete, so it is possibly not new to you now.

Look down at your hands and see streams of crystalline electrons with a green radiance pouring out of your hands and fingers....Move your hands gently around and make designs in the atmosphere with this green Light.....Build in the conviction that this Light is yours to control and use and to fulfill your Divine Purpose. Create the same control with the Light coming out of the heart and head centers. Beam these Light Rays on articles in the room.... toward people you know....towards conditions in your environment....lengthening and shortening these projected Light Rays and changing their direction at will. Remember, you are a God or Goddess finally claiming your Divine birth-right --- the mastery and control of Light Rays and Energy. (One may close here with a few minutes of meditation in silence or proceed into the next exercise.)

## HEALING YOURSELF

## EXERCISE 2A:

If the intent is to heal oneself, begin to focus these Healing Light Rays (Exercise 2) toward the diseased portion. Use your breath, your attention, your feeling and your Inner Voice to direct it there. See the blood stream and nerve channels feeding that area, vibrant with Green Light. Further, if possible, place your right hand lightly on the actual painful or diseased part and your left hand lightly on the chakra that corresponds to that area (or alternately if you are unclear which chakra it should be, on the heart chakra). Visualize the powerful Healing Ray then descending down your spine to whatever chakra center your left hand is placed on. Feel your right hand as if the Master Jesus Himself had placed His Healing Hand on you with healing pouring into the area. Do not be surprised if both hands begin to feel very warm. With the left hand feel the chakra center corresponding to the problem, being energized...spinning left to right like a great wheel of Light and Color. Consciously invoke your Body Elemental, with adoration, to look upon the Divine Blueprint of the Christ Self and bring now the the same pattern into the flesh. Repeat this invocation as many times as you need to build a new relationship with your Body Elemental.

That elemental can best of all restore a distorted etheric pattern for an organ and manifest a corresponding physical change. That elemental is in tune with the different 'personalities' (vibratory patterns and habits) of each of the various organs and body parts and can apply that knowledge to the healing....if it is invoked and

cooperated with. Then, contrary to past history, continue to build this relationship in times of health and vigor. We could give you the intricate details of the various organs (their relationships, vibratory levels, inner purposes, etc. ....) yet is this not a perfect opportunity to trust that the Body Elemental knows this already and to cooperate with this elemental. Is this not outpicturing Beloved Saint Germain's New Age Consciousness of perfect cooperation with the elementals! The same applies to Healing Angels who are simply batteries of the quality of healing and restoration, who need only invocation to cooperate in this healing process. It is fundamental that New Age Healers reflect the Brotherhood of Angels, Elementals and Man, for if man can be healed through an experience with the elementals and Angels, much more cooperation in other areas would then follow. One of the most wonderful aspects of the New Age is that each aspect of it (in this case healing) will fully support the expression of all other aspects. In this you can see Divine Unity.

As we continue this exercise I ask you to stretch your consciousness to where all of the various parts of the exercise carry on simultaneously without effort of concentration or will power. The breathing, the raised vehicles, the Healing Ray manifesting through you, the Body Elemental and the Angels of Healing are all part of the healing experience. Yet none of them may be sufficient unto themselves. It is the nature of the New Age consciousness to synthesize these into a complete experience that is more than the sum of the various parts. This synthesized experience of healing is the goal, yet one must begin by practicing the parts and building a momentum.



## EXERCISE 3 On Becoming a Healer of Others

Now we come to our great Love here at Crete -- Loving other creation enough to end suffering and restore the original perfection -- allowing that part of life to add its Light to the Whole. We also share a great reverence for the science and technology of the original Divine Plan, as was released by our Father-Mother God - as well as to the process of its restoration.

The first aspect a potential Healer must acknowledge is the reverence for the position of 'Healer'. We have already discussed the necessity of simply facilitating God in Action, through both the Healer and the patient, which assumes a state of humility in the Healer. Secondly, wisely or not, people put their trust and their hopes in Healers, and a very high standard of ethics must be maintained, as has always been the custom in the healing professions throughout history. But the point needs emphasis, for much karma will come from misuse or abuse, intentional or not, of this trust. Since we are trying to establish an Order of New Age Healers, it is mandatory that each Healer represent that Order with the same high standards as if you had been asked to represent an Ascended Master. So reverence, humility and impeccable personal ethics are the mark of New Age Healers.

Once you have committed yourself to becoming a New Age Healer, whether you have any recognition in the outer world or not, you must continually be open for opportunities to heal. We are past the point where the Spiritual Hierarchy will tolerate students learning New Age Truths and not applying Them. As has been said before, I would rather have only several committed New Age Healers

than many who only dabble in the field. That does not mean, necessarily, giving up an outer world avocation, but rather a consecration of Spiritual Energies along one chosen avenue. You cannot be all things to all people, and that includes the Hierarchy. On the Fifth Ray We have the Archangel of Consecration, Lord Rafael, whose momentum is available to all students desirous of making such a commitment. Now let us discuss more specifically several exercises for the New Age Healer.

## EXERCISE 3A Healing in the Silence

## PREAMBLE:

In this situation, one does not have the cooperation of the outer consciousness of the one to be healed, a situation familiar to many of you who have tried to heal a family member or close associate. It can be called 'passive healing', hoping some release can come to the suffering one. These intercessionary calls must come from someone on the same Octave as the one needing the release. I also assume there is no outer, active opposition, but rather your healing activities have been done without the other's conscious knowledge, possibly because of ideological differences. On the other hand, if one is intent on hanging on to a dis-ease, our Father God Helios Himself could not wrench it free, nor would He try. This is a judgement each Healer must deal with. Think seriously on this.

## EXERCISE:

Having proceeded through the earlier exercises to raise yourself to the elevated consciousness, visualize the one to be healed in the prime of their youth and vitality. Speak directly to



the Mighty "I AM" Presence and Holy Christ Self- (Their true identity) and declare your intention to assist in the healing of the outer self of that one. It is imperative that you work through the God Presence of the other person so that all the energy given forth aligns itself with the Divine Plan and Pattern of that lifestream. The Mighty "I AM" Presence of that person will then use the energy given in the most productive manner for that soul.

Feel an intense Green Light manifesting Itself through your consciousness, and project It forth from your heart, your head and out your hands directly to the individual. See the person completely enveloped in this Light, but with the most intense Crystalline Light directly in the area needing healing. Invoke at least two Healing Angels (and acknowledge Them individually) to stand within this Green Aura and intensify and sustain It with Their Radiation. Their Bodies may interpenetrate the body needing healing. Invoke then, the Body Elemental, and call upon the Law of Forgiveness on behalf of the individual - to all the elementals that have gone into the working of that body. Ask the Body Elemental's cooperation in looking upon this Divine Blueprint of the Christ Self, and restoring the flesh to that pattern. Speak to it firmly but lovingly, and acknowledge its service. Invoke next the Angels of Violet Fire Purification to transmute the cause of this illness (here also the Circle and Sword of Blue Flame Angels are useful) and as it is being done, ask the Holy Christ Self to illumine the outer mind as best as possible, as to the lesson to be learned in the use of life. Continue to feel and see this beautiful Green Healing Light course through you to the one being healed, as

you cradle that one in your mind's eye. Call to Beloved Vista and Lady Crystal to help hold the concentration and attention span necessary to get that Beam of Light across in sufficient mass and force to have a healing effect.

Music helps, as does an environment conducive to Angels and Elementals (simple beauty and order, clear constructive colors, fine fragrances and candles). The music I ask you to experiment with - for each Healer will have their own preference, and that will change from time to time according to the circumstances. Variations will extend from more mental qualities - as for example: Franck's "Prelude, Chorale and Fugue", to the more devotional music - as for example; Brahms (who was strongly influenced by Mother Mary) or Mozart - as for example: (the slow movement of his "21st Piano Concerto") or something in between, such as the slow movement of Hayden's "Cello Concerto in C". Also, of course, there is the New Age Music that is beginning to appear through several gifted New Age musicians. I believe My Superior on this Ray, the Great Elohim Vista, has spoken of such a New Age musician \*. Again, I ask you as a Healer to experiment, and ask your own Guidance in this matter.

Do this exercise rhythmically, two or, preferably, three times per day for fifteen to twenty minutes. Early on, it may seem like a series of smaller exercises, but as the momentum builds it will soon become a continuous process, one building on the next. Please remember, the clarity of that experience for you will affect the success of someone else's healing. Your level of responsibility has now increased for. remember, you began this exercise by declaring your intent to help heal another - to a God Being, the "I AM" Presence of the patient.

FOOTNOTE: Iasos ( Interdemensional Music through Iasos)

## EXERCISE 3B - Healing With The Cooperation of the Patient

## PREAMBLE:

In this situation, we have the greatest possibility of an effective healing. Hopefully, there is a friendly yet not too personal relationship between the Healer and the one being healed (as for example, doctors rarely treat their own families). It is always best, in fact it should be mandatory, that a trusted physician's diagnosis be rendered, and an outer treatment begun, unless somehow one has Divine intuition that the outer remedy may interfere. That is rarely the case, and generally inner healing complements an outer therapy. An accurate physical diagnosis is essential. In the near future, Healers and physicians will work hand in hand. They have been doing so for quite a while here at Crete, and it just needs to be manifested. I ask you to seek out a physician that seems open and receptive (I believe there are more to be found now) and then trust that We here at Crete work with these physicians and that much progress is taking place.

Suffice it to say, this exercise is not much different than the previous one, except that there can be a ceremonious healing service rendered, which adds to the conviction of the experience, as well as again supporting another major concept of Beloved Saint Germain's New Age Consciousness (Ceremony). What better way to build in reverence, humility and to exclude the human ego, than through a Spiritual Ceremony.

Please insure that the one to be healed has come to an understanding as to the spiritual goal in mind, and has the correct understanding of the

role of the disease in his or her own evolution. Thus, the Healer must be an educator first. The actual healing ceremony between Healer, patient and God, should take place once a day in acute illness -- or every several days to a week in more chronic illnesses. Please be sure that all involved hold an unwavering expectation of a healing and/or a spiritual advancement. Yet, this has to be done in a way that does not restrict the process by giving it a time frame or an expected form. Obviously, it is the goal to end suffering and restore perfect organ functioning. The place to look for delay in results is not to be disappointed in God or Angels (ridiculous but quite common) but rather to look for resistance in the one being healed, or in the Healer, or in their relationship. I would ask Healers to be very open to looking for just such resistance, and root it out by the various aspects of the Sacred Fire. A great skill Healers will require is in helping the one to be healed to identify and then transmute resistance to the process of healing. It is the old adage of 'letting go'. It is common knowledge in psychological medicine that some people prefer to remain sick which, as you might guess, is an effective block to healing. Here it is important to mention that silence must be maintained concerning the process. No one need know about the healing except the Healer and the one being healed. Talking about it by either party to others is a form of human resistance and should be recognized as such.

## EXERCISE:

Now that a conducive context to healing has been established, begin to work with the one being healed on the first two exercises -- relaxation,



breathing and establishing order and harmony in the vehicles. This may occupy the first several sessions, especially if there is much pain or discomfort. Then when both are in a harmonious, raised, contemplative state in the environment of simply beauty, order and candles, begin with an invocation. (The invocation given at the beginning of this Treatment Section - or alternately, one of your own).

The one being healed then remains in this raised, contemplative state of acceptance through the whole procedure and the Healer alone conducts the ceremony. After the Invocation, the Law of Forgiveness should be done with the necessary word changes to apply personally to the one being healed. Next, the Blue Flame of Purity, from Lady Astrea and Lord Michael, needs Invocation to break down resistance to 'letting go' to cut the patient free from any remaining psychic, astral, or discarnate energy, and for protection of the healing process as it unfolds. Use powerful music, and short clear Affirmations, that the Healer alone says. (I encourage Healers to develop their own Affirmations if they choose, tuning in as best they can to New Age Ceremony.... The efficacy comes not only through the words, but from the feelings that propel them forth, which is heightened if the Affirmation is one of your own, or one you are comfortable with.) Next the Violet Fire is invoked with Affirmations and visualizations to transmute the cause, core, effect, or memory of the disease, known or unknown (and it is not vital that it is known to the outer mind -- the Christ Self of the patient knows, and that is sufficient, as you are working with that Christ Self). See and feel the Violet Fire coursing through the elements that make up the vehicles of the patient. in this regard the

Healer may want to stand over the patient, and literally blaze (from the heart, throat, head and hands) that Flame through the flesh structure. Speak directly to the Body Elemental and love it free from all resistance to this personality, using the Violet Fire, undoing possibly centuries of antagonism and resentment. Continually acknowledge the Angels of the Blue and Violet Fire, as this process of purification unfolds.

Next invoke the Master or Masters that you as a Healer feel most aligned with, and Their Angels of Healing. Mother Mary may accompany or be represented by Healing Angels of a soft blue radiance, Beloved Meta with a green radiance, or Beloved Lady Kwan Yin with an aquamarine radiance. When invoked, the Master will always respond on the return current of the attention, but it is more common that They, the Master, be personally represented by either the Angels (Who will always appear) or an appointed Sister or Brother from Their Healing Temple - an Ascended Being of lesser rank. There is a greater likelihood of an actual Ascended Master Presence of the One invoked, if the healing has a momentum of occurring at a regular time the Master can count on.

Once invoked and in place, with the patient's consciousness raised and purified, the actual substance of healing, which has been specifically prepared in the Inner Realms, can be released. This can be done through visualization (i.e. directly from Master and Angels to the one being healed) or through the laying on of hands directly. Here the Healer has volunteered his or her vehicle for the Master or Angels to use (this assumes an advanced state of 'getting the human out of the way') but We encourage it, as it is a



fundamental part of manifesting the Brotherhood of Angels and Masters and men. Either visualizing or laying on of hands is an opportunity for both Healer and patient to practice channeling and remaining open and accepting in all the major centers. During the visualization, the patient does participate. Here I would like you to see the etheric envelope of the flesh structure alive with radiant Christ Light. See the chakra centers on the etheric level, spinning brightly with clear colors, sending out energy from them, as if a wheel spinning with Light. When the healer feels prompted, the hands may be used firstly to stroke the etheric body, with the fingers passing the Light pouring out of the Healer's hands, to vitalize the etheric body, especially over the diseased area. Stroke gently, back and forth, seeing the Light intensifying as it pours through you over the patient. Next, gently lay both hands lightly on the flesh, over the diseased portion.. After a strong current is established (several minutes) shift the left hand to the chakra involved on the patient, and feel it energizing that area, which assists the chakra to reorganize and strengthen the energy flow through the nerves and the glands to the diseased area. If unclear as to the chakra, and having asked for guidance, put the left hand on the heart chakra. Maintain that position until a strong current is flowing, and you are experiencing the healing being done.

Here it is important to emphasize that the Healer must remain a positively charged outgoing Force of Light and not in any way remain open to any imperfect substance back from the patient. Both hands are always projecting Light Rays forward and neither act as an anchoring or negative

pole. The Healer must have the discernment of being able to maintain an attitude of acceptance as regards a healing taking place, without accepting any of the patient's disease. This discernment must be clearly established before a Healer begins practising healing and thereafter continually strengthened in times of prayer and meditation.

This portion of the ceremony continues on for ten to fifteen minutes, to music conducive for healing - generally soft, tender and loving. Remember that this healing substance is one of the aspects of the Holy Spirit. The Ceremony should be ended with a Benediction and acknowledgment of all the Beings involved. The entire ceremony from Invocation to Benediction should take no more than one half hour. It is more important that they be shorter and rhythmic, than longer and less frequent, or haphazard.

A great deal more can be added if both Healer and patient agree to attend, with Their Sponsors the Healing Temple each evening, when in their finer bodies at night. Work on the healing process in the Inner Realms can then be done as well. Beloved Ascended Lady Master Leto would love to assist in bringing back the memory of these inner sojourns, which can help manifest the perfect healing in the world of form. Suffice it to say, I expect the Healer to consciously ask nightly to attend the Healing Temples in the Halls of Science recently established at Crete.

## EXERCISE 3-C: Healing Groups

## PREAMBLE:

Healing Groups or Classes is an honored tradition here at Crete. Many of you are aware through previous writings of the Ceremony used here at Crete, by the Brotherhood Who sustain the Healing Flame. Allow Me at this time to present a summary of that work. A number of Brothers or Sisters of the Healing Temple form a Circle around the Healing Flame. The first part of the Service is dedicated to the invocation and strengthening of that Healing Flame and the substance of healing through the Brothers and Sisters. This is the work of invoking, precipitating and assimilating the healing substance from the Source of Healing in the Sun. This first half of the Ceremony is done with the participants facing the Flame in a Circle. The second half of the Ceremony, the Brothers and Sisters about-face, facing outward from the Flame, and this involves the work of Expansion and Projection of the Flame into the atmosphere of the Planet for a worldwide blessing and for the availability of this healing unction to the Healers of the race.

For beginner Healing Groups, even at the Temple of Crete, instead of the chelas gathering around the Healing Flame, they gather around the Presence of a tremendous Healing Angel, which is a battery of healing power. They then draw forth and assimilate from that Angel, the Healing Substance, and practice expanding and projecting it forth into the atmosphere. In your work in Healing Groups, I would ask you to do the same, inviting a Healing Angel, to not only be the Silent Watcher of your Healing Group, but to be the Source on a continual basis of the powerful substance of healing from the Inner Realms.

Here, the Director of a Healing Group must make a discerning judgment. There will be chelas who will gather together in healing groups for nonspecific, generalized healing blessings focused in a certain locality, a particular hospital, or even world wide. A second type of service is for the chelas attending who are desirous of their own healing. A third alternative is for the healing group to invite a particular patient and work on the one individually. This, of course, can also be done at a distance to one needing healing if personal attendance is not possible (absent healing through projection).

Let us deal with each of these individually. When a group of New Age Healers gathers together they will always receive the personal attention of one of the Ascended Sisters or Brothers of our Retreat here at Crete. Unselfish New Age Healers giving a general blessing of the healing substance to a certain locality or world wide are like powerful recharging stations that are needed around the world. Their service is very similar to the inner work done here at Crete, which is described above. The form of the class is up to the Director, but should take the general outline described above in the work done at Crete. The music, affirmations and specific ceremony is up to the Director.

The second alternative can sometimes follow directly after the first type of services has been given. By this I mean it is fine that after a Group of Healers have met for approximately half an hour to three-quarters of an hour in a more general healing service, that those requiring healing can attend the second half of the service and participate in the Healing Substance that is already flowing strongly. However, it



should not be done in the reverse, where there is some specific healing done, and then trying to give forth a general blessing. The impersonal flow of healing should always come first.

If there are a number attending who require healing, the class should be structured so that they simply participate in the healing affirmations, visualizations, songs, etc. This is most efficacious if none of them are in any acute distress, and if the same group can meet on a regular basis to establish a momentum. As mentioned though, the group requiring healing (this being the motive for attending) should not be allowed to dilute the preceding work of the group of New Age Servers, who are giving a general blessing of healing substance to a locality or the Planet. Of course the same group of chelas may first do a general impersonal healing class and then concentrate on themselves.

Now a specific service can be done for an individual, who has agreed previously with the Director to receive a healing through the group. Here the ceremony can be done where the Healing Group sits in a circle around the one requiring healing. The patient sits directly under the Healing Angel in the center of the group, and the group Director would do a process similar to healing the patient himself. The group simply add a tremendous momentum to the Invocation, Assimilation, Expansion and Projection of the healing substance into that particular patient.

Here again, the degree of commitment of the members of such a group and their ability to meet rhythmically so that the Angels and Masters can also establish a momentum, will determine much of the efficacy. The responsibility for this occurring falls upon the shoulders of the identified Director of the Healing Group.

#### EXERCISE 3-D: Chakra Classes

The Hierarchy desires that the students become more and more attuned to their finer etheric substance, as the Earth's own evolution will become more and more etheric. This exercise will help the students of The New Age prepare for the shift. There are two renditions of this class, one being the entire class itself dedicated to the chakras -- the other being a shorter chakra service within a larger class.

Firstly, We will discuss a chakra class that is designed entirely for that purpose. It involves the normal ceremony of the Acolyte and invocation, and then the attention is turned towards the chakras. A reading from the first part of this Primer may be useful to review with the students for an understanding of the chakras.\* Then, individually each chakra, beginning at the base of the spine, is purified by invoking the powers of the Blue and Violet Fires - using a short, dynamic decree with music and visualization. Then the Resurrection Flame, invoked from Beloved Lord Gabriel and Mother Mary, is blazed through them, with each chakra becoming resurrected and restored to its original pure functioning. The Resurrection Service can be done by firstly invoking those Beings through worded invocation and/or short affirmations, and then a powerful piece of Resurrection music (as for example Boito's Prologue to Mephistopheles! - last five minutes). The Resurrection Flame should be seen and felt as a strong Electronic Current blazing through each of the chakras as you proceed up the spine. Then the presiding quality

\*FOOTNOTE: See also Pg. 216 "The Seven Mighty Elohim Speak" - How to make Chakras radiating centers.



of the chakra (as outlined in the Primer) is charged into each chakra by invoking the Chohan preferably, or any Ascended Being on that Ray (as for example, Beloved Serapis Bey for the White Fire chakra at the base of the spine). The goal should be a spinning center of energy that is giving forth a positive stream of Outgoing Light. For example, the base chakra should be an outgoing source of Creativity and Purity, the spleen chakra a constant Purification, the solar plexus -- an outward expanding force of Peace (and not the open door for fear, which it is in most of mankind), the heart chakra - an ever-expanding focus of Divine Love - a crystal-line clear direction of Divine Will through the voice, and the head centers --- self-luminous sources of Light forming the opening of the third eye, and a general halo of illumination around the head area. Eventually all of the purified energy of the chakras spirals up the spine, until they gather a tremendous force in the Buddhic Consciousness of the top chakra (the Thousand Petalled Lotus).

It bears mentioning here that the New Age will function mostly through the heart, throat and head centers of the race, and the bulk of the attention should be given accordingly. But all the chakras need the Purification, Resurrection, and the Positive Charge of the presiding Master of that Ray.

Thus the class proceeds through each chakra individually, spending about five or ten minutes on each. The chakras should be experienced on the physical and etheric level, as wheels of Light and Color, spinning outwards. They are smaller on the bottom, and grow larger as you proceed up the spine, until the top chakra forms a golden yellow aura around the head of Pure God Illumination.

EXAMPLE:\*

1. Chakra at the Base of the Spine

- A. Invocation of the Blue Fire of Lord Michael And Lady Astrea's Purity.  
Blue Fire Affirmation  
Blue Fire Music (eg. Church Windows: 2nd band - Respighi). Visualization
- B. Violet Fire Invocation and Affirmation - charging the Fire of Transmutation through this chakra.  
Violet Fire Music (eg. Ride of the Valkiers- Wagner) - Visualization
- C. (Optional) Combined Blue and Violet Fire Activity - Magic Fire Music - Wagner. (eg. A and B may be combined into one instead of separately).
- D. Invocation to the Powers of Resurrection. Affirmation, "I AM the Resurrection and the Life of this Perfect Chakra." - or something similar.  
Resurrection Music ( Boito's Prologue to Mephistopheles -- Visualization
- E. Invocation to Beloved Serapis Bey to charge this chakra with the joyous, raising, buoyant power of the Ascension Flame.  
Ascension Flame Music - Visualization

\*FOOTNOTE: --- The music for this service is found on the "Flame Services" tape from the Music Library of the Masters.

## 2. Chakra at the Center of the Abdomen

Same ritual repeated. The service should be shortened at the Director's discretion -- possibly to no more than 10 minutes per chakra.

3 to 7 etc.

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The second chakra service mentioned is a much shorter service, wherein there is a 'quick' tune-up of the seven chakras. The following is a visualization to the chakra tones (available also on the "Flame Services" tape from the Music Library of the Masters\*). The chakras are 'tuned-up' with the presiding quality of the month (an activity of the assimilation of the Flame in the Ascended Master Retreat active that month) or any specific quality that is felt needed (eg: healing, purification, resurrection, etc.) The example is for the activity of Beloved Claire - The Elohim of Purity, followed by a raising of each chakra with the Ascension Flame....The exercise twice through is approximately ten minutes

\*FOOTNOTE: These seven tones are from the Album "Inside II" - Paul Horn  
- beginning of side 2.



## CHAKRA SERVICE

(Water sounds)

Please feel your physical structure comfortable in your chair....relaxed with your spine straight ....breathing deeply and rhythmically.

(Vibrational sounds)

Please, now turn your attention to the Seven Chakra Centers from the base of the spine up to the Thousand Petalled Lotus at the top of the head and visualize these Seven Chakra Centers out from the Central Sun of your own Three-fold Flame; as Seven Planets in their own perfect orbits. Let us use the (Purity Flame) of the Beloved Claire as we go through each of them - each one spinning as a scintillating Center of Light.

FIRST TONE (barely audible)

So please put your attention on the chakra at the base of the spine - the White Fire Chakra of Beloved Serapis Bey .... scintillating with the powerful Light of Purity from the Elohim of Purity - Claire.....Feel it there at the base of the spine - both the physical and etheric structures.

SECOND TONE

Up into the center of the abdomen -- the Violet Fire Chakra of Beloved Saint Germain - purified and scintillating with the Light of Beloved Elohim Claire.

THIRD TONE

Up into the solar plexus ---the beautiful Golden Chakra of Peace, giving forth that Peace with the scintillating quality of Purity -- charged by the Elohim Claire -- feel it spinning in your solar plexus.

FOURTH TONE

Up now into the Heart Chakra - feel that expansion of Light blazing up from your heart, across your chest, out your arms and hands - the Purity of Beloved Elohim Claire.

FIFTH TONE

Up now into the throat chakra and the scintillating Blue Light of Beloved Lady Miriam and the crystalline diamond Light of Beloved Elohim Claire.

SIXTH TONE

Up now into the head chakra... the beautiful green disc upon the forehead - giving off Rays of Purity with the crystalline substance of Beloved Elohim Claire.

SEVENTH TONE

Up now to the top of the head - the Thousand Petalled Lotus - supercharged with the electronic substance of the Elohim of Purity - drawing all the other chakra centers up into the experience of perfect Wisdom and Purity.

FLUTE MUSIC

We hear the song of our Christ-Self as it is melding Its electronic nature into the atomic structure of this physical-etheric body and it is through these purified chakra centers that the electronic Christ Nature shall work Its miracles, shall exert Its force and Its full dominion in the physical-etheric realm. Feel also the Seven-fold Flame of the Elohim alive upon your forehead as it interconnects now with the Seven Chakra Centers. Now we are ready to receive the Light of the Great Hierarch Serapis Bey.

SECOND TIME THROUGH - (Vibrational Sounds)

Let us feel the pressure of His Luminous Presence blazing as it is from the Permanent Central Focus of the Ascension Temple ....a beautiful building shaped as a pyramid, that is built of soft crystalline substance - like unto freshly fallen snow with the Sun shining upon it. We see upon the crystalline Altar, the beautiful buoyant upward rising Ascension Flame and we feel now the Luminous Presence of Beloved Serapis Bey projecting into our individual beings - the substance of the Ascension Flame.

FIRST TONE

We feel it now at the base of our spine - His own chakra center of purification and all the gifts of the Ascension Flame blazing upward through the spine.

SECOND TONE

Up into the middle of the abdomen, the Violet Fire Chakra of Beloved Saint Germain - alive now with the buoyance of the Ascension Flame - a beautiful White crystalline substance.



THIRD TONE

Up into the solar plexus and feel this chakra spinning perfectly in your physical-etheric structure - the beautiful White Ascension Flame now blazing upon that chakra center at the solar plexus.

FOURTH TONE

Up now into the Heart Center, the large beautiful Pink chakra that now ties into our feeling nature, alive with the full buoyant radiant force of the Ascension Flame.

FIFTH TONE

Up now into the throat center the beautiful Blue chakra spinning perfectly - alive with the White Fire of the Ascension Flame - Feel that at your throat.

SIXTH TONE - SEVENTH TONE

Up now in the Head Centers and at the focus of the Seven Mighty Elohim - - - we feel the pure White Ascension Flame - projected there by Mighty Serapis Bey --- almost like it is burning upon our foreheads --- blazing back into our brain structure. We feel it now upon the Thousand Petalled Lotus at the top of the head ---- again bringing all the Seven Chakras into alignment -- upward blazing to the top of the head into the Light of the perfect Ascension Flame - Ascending all the energy up our spines into our Electronic God Presence which "I AM".

FLUTE MUSIC

Feel now your spines - as a pure White Light of the Ascension Flame - which is an eternally upward rising force, vibration and energy - ascending all energy in your physical-etheric structure up into the Electronic Presence - a continual force of increasing vibration and consciousness.

HEALTH MAINTENANCE

Keeping the chakras pure and vibrating rapidly adds very greatly to the maintenance of health, for it allows the finer energy forms (such as the higher aspects of music, color, fragrance and the healing currents of Angels and Masters) to continually filter through to the physical form.

Healers have a responsibility, that as the patient recovers from all illness, he or she is assisted in maintaining that healthy state. Introduction to the use of protection and purification decrees and affirmations, the ongoing use of their own visualizations, keeping the chakras tuned up, as well as good nutrition, exercise and the balanced life (proper amounts of constructive work, relaxation and contemplation or holy time). Here the Lord Buddha's Eight-Fold Path is worth studying. Surrounding oneself with simple ordered beauty, clear constructive colors and uplifting positive music can add much to health maintenance. One can see our purpose is to generate other healing leaders and not followers. This brings us full circle to one of our original premises; that before a healing is done or even contemplated, the Healer has discovered

the patient is willing to change his or her life's qualifications of energies to no longer generate the causes and core of disease. Otherwise the patient is doomed to repetition of disease and the Healer has wasted time and energy.

#### CAUTIONARY NOTES

We have not discussed the topic of the healing of the family or other organizations and the many psychological aspects of spiritual healing. These certainly are topics that could fill other healing volumes and have the interest of many Ascended Masters.

My cautionary note now, however, as this volume draws to a close, is that one absolutely remember at all times, that illness is clearly the responsibility of the patient and that he or she is absolutely at free will to hang on to it or let it go. Healers only guide and suggest; all according to the free will choice of the patient. With this rule uppermost in your mind it will protect you from taking on added karma or another's illness.



#### CLOSING

My beloved co-servers in dispensing God's gifts, please realize this Primer is only that-- a beginning. It contains enough knowledge and guidance to get you started in this great service to life, but it is by no means complete. I personally hope that if you feel you need more than this simple outline that you cultivate a relationship with the Angels and the Masters of Healing, to bring through yourself the knowledge and experience you may need. You are all aware that your success at reaching us will depend on your purity of motive, and I truly hope you succeed. For let us be clear with one another, it is not the intention of the Hierarchy to spoon feed you. The previous Golden Age developed in that way but never lasted. We need you to continually reach up to us, to remain in 'listening grace', and then to anchor in your realm the Light needed to establish this Golden Age among the people by the people, for the people. We are ever at your assistance in the Inner Realms. Visit us often,

Healers of the New Age, Arise --- Our time has come. I love you.

THE MASTER HILARION





# Steps to Reality

WHERE ARE YOU IN BECOMING A HEALER?

A SELF CHECK

**Wisdom**  
BEING THE EXPERIENCE

**Illumination**  
LIVING THE EXPERIENCE

**Knowing**  
HAVING EXPERIENCED IT (making it a reality in your own life)

**Acceptance**  
FEELING IT (or our feeling world agrees with the concept)

**Belief**  
A MENTAL CONCEPT

