

Ultimate Healing Handbook

Part Three

The Planes of Existence

Each plane of existence we embrace gives us greater ability to heal and to craft our lives. The first is the physical plane. I won't say much about this as it is pretty well known, except that in order to progress further, we need to love and be in harmony with the Earth. In fact, if we have a problem with any plane it hinders us from progressing further. So we begin by loving the Earth, nature and physical existence. When we do, our base chakra opens and vitality flows through us from the earth. This is the first level of power we develop. Having hang-ups about sexuality or guilt about money hinder the flow. Our first lesson on this earth is to know that we are here to enjoy life fully through the senses, and to further that joy by expanding our life-force. Then by opening our hearts to nature, receiving more of that life-force and enjoying a loving connection to all life.

The second plane that surrounds the physical universe is the underworld. It is not really underground, that is just a reflection of the symbolic journey we use to enter it. It is the realm of the ancestors and the animal spirits. Again, if one is not comfortable with their ancestors or with their animal nature they will be hindered from progressing further. On this plane, we move from a world that is based on impact and physical laws to a power based world that is ruled by energy and consciousness. This gives us greater control of the world, as we work more from the inner cause of things and therefore take control at a level before manifestation, which gives us great advantage over those who only work with the physical world. We also learn to draw support from our ancestors and from the animal spirits. These give us power on many levels, from the snakes who teach us to transform, to the cats who give us the focus and pure will to overcome all obstacles and achieve our wills, to the eagles who help us soar and transcend. The pitfall many shaman get stuck in is that when we are focused in a power based universe, there are always greater powers to overcome. Life becomes a constant struggle for power which makes us stronger, and yet we need to go further to transcend the need for power and simply be at source. Then we see that power is just another level of illusion; we don't need more power to change our lives. From source we create anything out of choice.

The third level is called the upper world. This is a realm of light, whereas the underworld was dark. The upperworld is divided into several layers. First is the causal plane. This is a kind of half way point on the way into manifestation where we stop and look at all possibilities before deciding what we are going to bring down to the underworld as probability and then the physical world as actuality. This is the easiest place to do our manifestation work from. Then we have the level of egregoria, which is the start of the mental plane, and holds all the group minds of those who have followed similar work before. It is a place we can draw extra power from the group soul of our traditions. The highest level of this is the place of the saints and

masters. Above that we have the levels of the angels and finally the archangels. At this plane we move from creation to co-creation. Instead of creating our own realities with our personal power, we become more by aligning ourselves with higher forces that agree with our true wills. Our alliances of co-creation become important aspects of our magick. This level exists within the ethers.

The fourth level is the void, or akasha. This plane is dark again. It seems to be totally empty but is filled with pure potential. To be at peace with this realm we must be willing to let go of all identity and experience emptiness. Embracing the void gives us greater control of the elements. The void is infinite, and we can soar through it forever, but we need devotion to break through into the next realm.

The fifth level is the plane of the Gods. While soaring on the infinite peace and bliss of the void, we focus on devotion, and that takes us to the Gods and Goddesses. All the deities we have shown devotion to will support us at this stage. We have now moved beyond personal symbolism to the universal languages, beyond personal unconscious to collective unconscious. Whereas before our magick was very personal, as we found our own relationship to our unconscious forces, at this stage it is no longer individual, but we have to follow the ancient rituals very precisely. The magickal languages that are a part of ancient rituals are universal in their effect on all people. The shapes of magickal letters actually exist in the shapes of neuro-peptide chains in our brains. These letters are like templates that access hidden areas of our minds. Our link with the Gods and Goddesses can unlock our higher powers. Development of these powers then depends on our understanding and application of the next level; the laws of the universe.

The previous planes have gone from dark to light alternatively. The plane of the laws of the universe is jelly like, and has layers of different colour jelly, ending in pink, which is the law of compassion. These laws have often been misunderstood, as people have become wrapped up in limiting religious laws and misinterpretations of karma, so I will try to explain them briefly.

The first law is the law of attention. Everything in creation first existed as a thought form. For it to grow and manifest, it requires food. All living things compete for food to survive and out-evolve other forms around them. The forms that compete most efficiently survive and grow. The food these thought forms require is attention. Whatever you put your attention on, you feed. This is why it is so important to focus on what you want to create, not your problems. Ignoring your problems doesn't make them go away, as they have a way of drawing your attention to feed themselves. You have to actively disengage them and redirect the energy into the future you want. This is why the exercise of self-reflection and weeding and cultivating futures is so powerful.

The exercise of self reflection has four components: attention, intention, action and image. Whenever you want to change a situation, you begin by noticing what takes most of your attention in that situation. Then realize that by giving it your attention, you are helping it grow stronger. Then admit the reason why you want it to grow. Usually, the real intention is revealed by your actions. What do you do when your attention is on that thing? Lastly, what does this

say to the world about who you are. To change, you start looking at the deeper intent behind the intention you discovered, going deeper through layer after layer until you realize the positive intention at the bottom of all the layers. Out of this comes a new image, and from this comes permanent and fundamental change. This is covered in greater detail in my home study course.

The second law is the law of emotion. Emotion is what gives power to our thought forms so that they actually manifest. Without feeling, there is no power. Higher vibration feelings like love and joy have the greatest creative power. All feelings have to be embraced, or we begin to wither away and die. It is not possible to feel our highest feelings if we deny our darker feelings. Only by welcoming all feelings, including hate, grief, fear, anger, despair, do we raise our vibration so that we can hold more of the positive feelings. It is important to feel intense desire for your goal, and at the same time be at peace with your desire. Then the fantasies evolve into fantasia, and magick happens.

The third law is the law of giving and receiving. This can be interpreted on many different levels. First of all, in creating our reality, don't forget to receive it. In other words, after each visualisation, take a moment to sit back and receive the wave that comes back from the future. That wave will bring the feeling of what it is like to have the success already happened. It is this wave that produces expectation. On an outer level, we learn that we have to learn to give to open the doors to receiving. It isn't enough to create success if you don't receive as well. The ego resists this, as it sees gratitude as weak. In fact, gratitude is an energy that attracts. It produces a powerful alchemy if mixed with value. It is not demanded of us by the Gods, but is a gift they give us for our benefit, not theirs. But it is giving that brings us closer to the creator, as giving is its nature. To close one's heart and not give is to shut off the creative power from which miracles flow. Yet we need to embrace the paradox of the ancient ones: to give but have no time for takers. You cannot help a taker, except by first teaching them to give. So protect yourself from such people, lest they drain you so much that you end up closing your own heart and disconnecting from the miraculous. The highest form of giving that we all need to practice is to give of your strengths, so that those strengths become more. This is better than giving away what you have.

The fourth law is the law of shadow. Everything in creation has an opposite. This allows reflection, which is an important quality of consciousness. We only know something by knowing its opposite as well. As soon as anything is created out of the source, its opposite is born at the same time. Only in the state of oneness do we experience a raw power that is not differentiated. By allowing our wholeness, embracing our darkest side along with the lightest, do we begin to understand the raw power that is at the centre of our beings. For instance, you may find you are capable of intense love and intense hate. The raw power behind both these is intensity. When you own that intensity, you find you have choice in how you direct it. Knowing you can do evil but choosing to do good is a much stronger position than pretending you are not capable of evil. So we also need to understand the purpose of the opposite of our desires manifesting; reflection. This does not mean we have to have misery in our lives. We only have to know of its existence to know what happiness is. But there are a few mistakes that cause these opposites to manifest where we don't want them. First of all, we need to remember

the law of binding, that goes with the law of shadow. Once we put a precise limit on something it is bound, and so is its opposite. That means the thing we have limited can manifest quickly in our reality, whereas the opposite is bound outside our reality. As an example, if you just invoke wealth, poverty will soon follow. But if you define a precise amount of money to manifest, it will happen with no opposite reaction, leaving you free to set your next goal.

Beyond setting boundaries on our goals, we also need to set them on our growth and our destiny. You may remember the story of Mary Baker Eddy, the founder of the Christian Science movement, who ended her life suffering from what she called malicious animal magnetism. This was simply the opposite of the divine love she had been invoking for so long. It is much better to define who you are becoming, and keep expanding the definition as you grow. It is the opposite of these good forces that produces what we have called demons. They exist for reflection. Our destiny also has an opposite. If our destiny is the most positive thing we can reach for, then its opposite is our greatest personal demon. These demons should not really exist in our plane, they should only be in a parallel world for reflection, but they can be invited in. Since all things want to exist and thrive, demons call to our egos by promising other powers beyond what we know. When we invite them in, these powers cannot make us happy, as they neutralise destiny. We have all called in demons in some life or another, if not through ritual, then through drugs, acting totally against our conscience, or by losing the sacredness of sex so that it becomes dark and sordid. All these things create doors for our demons to enter. The lesson is to embrace all our feelings, and keep defining ourselves, our goals and our destinies.

The fifth law is the law of resonance. Whenever two waves come together, they create a third wave, more powerful than both, that changes the two originating waves. Since we live in a Universe of energies, we are constantly at the effect of resonance. This is far stronger than the mechanical effect called impact. Although we do impact each other, which leads to cause and effect, like billiard balls knocking each other along, all causation in the Universe is ultimately resonant. This means you are changed by whatever you focus on. Taking advantage of this law requires us to be vulnerable, rather than trying to force things, as whatever reality you want to happen will change you in some way. The more vulnerable you allow yourself to be, the more easily can the reality manifest. Consider that right now the very room you are in is filled with all the love the Goddess has for you, and all the love your higher self has for you. Your resonance is determining how much of that love you can feel. You can't force the Goddess to love you more, for She already loves you totally. But if you change your resonance, you change what you can receive. Vulnerability is a conscious choice. Choosing to be vulnerable to the Goddess, to love, to your own power allows you to be changed by them. Changing who you are allows a different reality to precipitate.

The sixth law is the law of detachment. This does not mean being without desire, but rather not making things too real. We live in an illusion. It is all a dream that we create. Knowing that it is a dream, we are free to dream it differently. The things we make real are the things we won't be able to change. We all make different things real. To some people, money is real, to others relationships are real. We are able to change anything else in our lives except the thing we make real. A person might make health real, then when they get ill, they forget their

metaphysics and rush to the doctor, putting themselves in a position of powerlessness. The more insecure we become about the thing we want to change, the more powerless we become. When we remember our spirituality, the physical Universe becomes less real. When we are not emotionally attached to results, we can allow ourselves to exist in uncertainty, which puts us in the infinite field of possibilities. Allowing the unknown frees us from the past, and therefore from all limited conditioning. This gives us an enthusiasm for life, without fear or insecurity, as we recognise that the World is the playground for our spirituality. So we manifest our desires, free from limited conditioning, enjoying the full intensity of our participation in the game of life, without worry about outcome.

Seventh is the law of purpose. Purpose gives greater depth to your desires, and therefore deepens our motivation and power. We have all come into physical form to fulfil some purpose. Real purpose is not about learning through suffering or self sacrifice; it is about discovering your talents and developing them to the full. When we blend this talent with service, we experience true value and the fulfilment of our spirits. Once we recognise our talents, we find joy in stretching those talents through challenge. This is not the same as struggle. Struggle grinds you down, while challenge makes you more and is joyous. All the desires you follow that are aligned to your deeper sense of purpose have much greater power to manifest.

Eighth is the law of least effort. Nature accomplishes everything with minimum effort. Water flows around obstacles and gets to its destination by the easiest path. This doesn't require planning, it is simply in its nature. The Universe is equally fluid. Nature expresses itself through effortless ease and abandoned carefreeness. It doesn't try to do anything, it simply follows its intrinsic nature. The more we struggle, the more we lose touch with our intrinsic nature, and become lost in powerlessness. This is something we have learned, and once we learn to surrender, it is easily shed. Surrender begins with acceptance of everything you feel, everything that has happened in the past, acceptance of the present moment. When you give up struggling against your environment, you discover that you can create your reality easily and effortlessly. Magick works from that easy place of flow where you feel in harmony with the Universe. This requires you to embrace the laws of resonance and detachment. You then live in a World of Dominion, rather than domination. Domination is where you fight to control your environment. Dominion is where you master your creation by working in harmony with it. The two are mutually exclusive. It is by giving up the struggle and allowing your intrinsic nature that your purpose unfolds naturally.

Ninth is the law of compassion. As compassion is the most easily recognisable quality of the pure awareness that is source, it is the quality that helps us resonate at the highest level. By filling ourselves with compassion, we are able to step into the resonance of being source of everything in our lives. Compassion is an important energy for awakening higher powers. This is the highest law we will see on our journey through the planes of existence, and appears pink.

There is one more law that interpenetrates all the others, appearing as a subtle silver light. I like to call this the law of magick. It simply says that anything is possible, and anything can change.

Whenever we get stuck in hopelessness or overwhelm it can renew our faith by making us realize that we create it all, and can change anything. We can't control change, but we can form an alliance with the consciousness of change and then harness it to change anything. It can overcome all laws and all limitations. Letting this in opens us to magick.

Once we pass the laws of the universe, we enter the pre-conceptual. All the archetypes exist here in a pure state that has not yet been conceptualized. From here on we no longer use the familiar senses, but open to the unfamiliar senses of feeling life, light, love, warmth and movement. You may need a little time of adjustment here, as you let go of the familiar senses and let yourself sense these energies in a purer way. This is the realm of the Shining Ones.

Finally, we reach the level of Oneness, where you experience yourself as pure awareness, and are one with the whole of creation, as well as being its creator and the very act of creation. At first you may see a pale bluish-white opalescent light, until you are fully beyond the senses. From this level you can accomplish anything. It is at this level that we do the deepest healing. From a position of infinite potential we can command any change in consciousness, which, as the beginning of all things, will filter through to other levels, eventually changing the physical reality.

There are many levels of blockage that can be released here. First of all, beliefs. As you go deeper into the layers of belief, you will find that the bottom line is always stemming from how we forgot our infinite potential when we separated from the source. Typical bottom line beliefs would be the belief in oblivion, where underneath it all we fear that our souls can die, or being trapped eternally in some negative state, because we forgot the law of change and took on religious myths about hell. From Source, you just command the belief to be dis-created, and then watch it fade away. Observation is important, as nothing is real until it is witnessed. This is an important point to remember; that we can only cause change as far as we can observe, so the trick is to learn to perceive these deeper levels, so that we can observe change in some way, however subtle. When you release these bottom line beliefs, the other beliefs release more easily.

Below beliefs, there are also laws that need to be dis-created. As we push limited beliefs further down into unconsciousness through reinforcement and resistance over time, they form laws, then as they go even further into the primordial levels of the unconscious, they personify and become demons. Finally, they move down to the plant-like consciousness, where they become like a tree that grows new demons. As an example, if as a child you are deprived of the good things you see other children enjoying, but have to work more, you may form the belief that you are just here to serve. In order to live with this, you may make a law to make sense of the chaos, so it forms into a law of servitude. With this law accepted, you get on with life, no longer resisting the pattern, so you spend your life serving others. You may at some point want to change the belief and start fulfilling your own needs, but then you punish yourself for breaking the law, and the belief is recreated from a deeper level. If this is further reinforced, it personifies into a hostile consciousness that seems to follow you around sabotaging all your efforts to improve your lot. Finally, when it moves down to the plant-like level of existence, it spreads its sabotage into other areas of your life. So you may start off with a demon that

deprives you of love, then the deprivation tree forms another demon that deprives you of money etc. These levels of blockage are way beyond the reach of psychology. Shamanism can deal with the demonic entities in the underworld, but from this deeper level we can also release the laws and demon trees. All you do is command them to be dis-created, then observe them being dissolved.

The next deep layer of consciousness is the mythical level. Myths exist way beyond the rational mind, in the interface between personal and collective unconscious. The myths we absorb affect us in profound ways. As an example, consider the creation of quarks. These were originally invented as a mathematical convenience, as the waveform of protons or neutrons was divided into three wave equations, which they decided to call them quarks. After this, they then observed quarks actually as particles, and witnessed that protons and neutrons consisted of three quarks, which weren't there before. So accepting the myth of quarks changed the very nature of reality. As these form in the collective unconscious, all myths in existence are affecting us all in some way. We can determine how we relate to them, and what archetypes we resonate with. Also, from the level of Source, we can actually dis-create aspects of myths we consider to be limiting or negative. Lets look at some examples of myths we can release:

A big one to consider is the myth of entropy. Science tells us that the universe tends towards more and more disorder. Religions reinforce this with such myths as Armageddon or the Norse myth of Ragnarok. The basic idea is that everything is decaying, and eventually we can't hold it together anymore, so we lose everything. This myth underlying all our beliefs creates many limitations that we accept and live with without question. First, it means our bodies are doomed to decay, so apart from aging, without lot of hard work we get fat and unfit. Eventually, we can't keep up the hard work, so our bodies fall apart, we strain ourselves, get weakened by stress, and gradually lose the fight. In our outer lives, the same disorder reigns. We have to work hard to keep our lives together, and if we relax, someone or something is messing it all up. What is missing here is the alternate myth of evolution. Scientific thinking focuses on the rule of disorder. Spiritual belief suggests that evolution is natural. Neither seem to notice that we can choose which set we are going to exist in. If we are in the set of evolution rather than entropy, then we evolve naturally, whether we make an effort or not. It becomes natural to achieve our goals, so it is not such a struggle. Aging and sickness are no longer inevitable. This is the ideal yoga strives towards. The key is within the maha-mrtyanjaya mantra, which has the resonance of this set of evolution, and tends to overcome entropy:

*Om triumbakam yajamahe
Sugandim pushtivaadanam
Uvaru kameva bandanaan
Mrtyor muksheeya m'amritat*

I will include it on the sound file. We can make the command from source to dissolve the myth of entropy and ground us in the set of evolution. Then the mantra wakes up for you and works fully. The sound file will contain the transmission of power with the mantra.

Another myth that reinforces the above, is the myth that we are inherently flawed. In Christianity, they believe in original sin; in Norse myths they say we were born with giant blood, that is inherently evil. This is usually considered the reason why we are doomed to ultimate destruction. With this myth in place, there is always shame. In seeking our full potential we need to release all shame, and forgive all our mistakes. This myth underlines our beliefs so that we can never truly forgive ourselves or be free of shame. It also sets up beliefs that we are constantly being punished, which encourages our negative creations and keeps problems in our lives. From Source we can command the dissolution of this myth and download understanding and perspective of our innate perfection.

The next myth that needs some attention is the idea of eternal punishment. When we search deeper into our core beliefs, we often find the bottom line is the fear that we will be stuck in misery for ever. This stems from the religious myth of hell. Many religions have different hells, where we are eternally punished for our sins. The first step to overcome this misery is to realise that these ideas were created to manipulate people's behaviour. They are not in line with the true nature of the Universe. In the underworld, we often find pieces of a person's soul stuck in these hell realms, and retrieve them through Shamanic journeying. Apart from creating soul loss, these myths are also holding negative beliefs in place. When we dissolve this myth and replace it with understanding of forgiveness, all the hell realms in our underworlds dissolve, and our most stubborn beliefs can be released.

A fourth limiting myth is that of God's whim. People may call it fate, or the will of the Gods, or karma, but basically they are saying that we don't have control over our lives. Mystical thinking tries to teach us that we do, but with this myth in place it is very hard to actually take control. Originally, we existed as pure awareness, which is the source of everything. As we identified with our creation in order to experience it, we lost the awareness of being source, and now the source seems to be beyond us. At this moment, Gods are created. When we erase the myth of being under God's whim, and restore our knowing of being Source, we are able to dis-create anything we don't want, and create the life of our choosing.

The fifth myth we will look at is the myth of losing the Goddess. This is originally seen in the Babylonian myth of Marduk slaying Tiamat and banishing the ancient ones to the outer darkness. Since then, patriarchal religions have overcome all the Goddess religions, and Her followers have been suppressed. This leads to the loss of magick and creativity, and a stifling over-emphasis on order. Whereas we don't want to live in total chaos, too much order is totally stifling to the spirit, and is disempowering and takes away all that is worth living for. All joy, creativity, imagination, courage and magick thrive on chaos. Receiving is chaos; it is not something we control. Miracles are chaos. Those who learn magick and follow the Goddess often feel less respected by the World, and often carry the underlying belief that the gods of this world have ignored them, as they are children of a Goddess who is banned. This myth also sets up the law that magick and Goddess worship are forbidden, and the belief that they will be punished for it. They may be comforted to know that it is just a myth. How can you kill or banish that which never lived? All the masculine consciousness has done is separate himself from the Goddess, much to his own detriment. When we dis-create this myth, magick becomes far more accessible.

Beyond these inner personal creations, we also need to remove the impact of other peoples wills trying to manipulate our beliefs. This is particularly important when dealing with serious illness, as people around you, particularly the doctors, impress upon you their belief that you cannot be healed. I actually find the removal of the negative force of the medical establishments will be the hardest part of the healing. It is actually a much greater force than the patients own negative beliefs and emotional baggage. The force of their will telling you that you cannot be healed carries great conviction, authority and hostility. Most people don't realize the presence of this hostility, as they don't understand the motivation. The motivation is money, as usual. Since a few decades ago when the pharmaceutical industry was taken over by business men, the purpose of this industry has been profit. For profits to continually increase, they need the world to become drug dependent, not healthy. They simply cannot afford to let people get better without drugs, so they will do anything to slander and oppress natural cures. Take cancer, for example. The 1939 cancer act forbids anyone to offer cures for cancer. This law is the most regularly abused law in existence. It gives the medical authorities license to crush any natural cures that are discovered.

There have been many examples of natural cancer cures. The Ojibwe Indians gave two doctors effective herbal cures; doctors Caisse and Huxley. Both doctors set up clinics where they successfully treated a number of cancers, until they were taken to court and closed down by the medical authorities. And yet the Caisse formula has become an officially recognised cancer treatment in China. In Peru a team of medical researchers were studying a plant that the natives used to cure cancer. They made every effort to ensure it remained hidden, until they could find the active ingredient and produce it synthetically, so they could patent it to make a lot of money. After a few years they gave up and covered their tracks in an attempt to keep the plant away from civilisation. In Russia they have been using Greater celandine as a cancer treatment. Recently an extract was successfully used and was given in a clinic in Austria, where it was producing cures. This clinic has been recently closed down. In countries that do not have this restrictive law, such as Russia, China and Peru, where herbal medicines are respected, cancer cures are quite common. The same remedies are far less effective when used in England or America because of the strong belief that cancer can't be cured, a belief which has been manipulated by the pharmaceutical industry. Add to this belief the strong psychic force of the medical authorities insisting that you won't be healed, and you can see why people don't often get better in this country.

Why do the medical authorities oppress cancer treatments more than any other illness? Simple. It is because cancer is often a turning point. Drugs don't really heal at all, they merely suppress symptomology, storing up more problems for later. Eventually the body gets so toxic that it breaks down, and no drugs can cover this fact. So a turning point is reached, where drugs cannot work, and the only way a person can get better is to change their life completely. So you see, drugs will never cure cancer. It is only a holistic approach that can ever work. If people realised this, the whole illusion of the drug-based medical system would be exposed. So when attempting to heal a serious illness, it is essential to remove the negative psychic force that insists they do not get healed. It may be a good idea to start by releasing the unhealthy belief that the doctors know best.

So far we have been looking at programs we can remove, but it is equally important to follow up with downloads of new information. It is a bit like the film *The Matrix*, where information was quickly downloaded into one's brain when they needed it, except we are not downloading helicopter flight programs, but natural abilities such as how to love yourself, how to receive, how to feel your worth. These abilities might not come easily to those who have had negative experiences most of their lives, but can be quickly absorbed from source, as all such abilities are available in the vast pool of information of the collective unconscious. The divine blueprint transmission I give on my healing courses contains all possible information a person may need for their healing or transformation, but any specific abilities can be downloaded from source just by commanding and then witnessing it. There will be a few examples on the sound file.

The sound file that comes with this article contains a guided journey through the planes of existence to Source, with instructions to release various limiting beliefs and myths. You can use this journey to release any negative beliefs you might have. The important point is to observe the energy exchange until it is complete. How this looks to you is totally individual, but you should observe it in some form.