



The Healing Journey – Week 1

Okay! Welcome, Everybody. This is Tim Emerson from Kwan Yin Healing, and we are ready to start The Healing Journey. Woo-Hoo!

I've been looking forward to launching this program for a couple of years now—and I'm excited to see you here and to be sharing this Healing Journey at last.

So The Healing Journey has four main parts:

1) The Healing Sessions – these should be spaced 7-10 days apart throughout the program. If you haven't scheduled your session(s), you can do so here:

<http://kwanyinhealing.youcanbook.me>

Those times are all Eastern Time. If you have trouble finding good times, email me at kwanyinhealing@gmail.com and we'll find some mutually workable times together.

2) The Energy Alignment – this should be done after all the healing sessions are complete. This process ideally takes place on two consecutive days, about an hour each day, along one day between them is acceptable. These might be harder to book on my calendar—just email me and we'll work it out together.

3) The weekly modules – each call will last about 75 minutes up to 90 minutes, and will be supported by a recording each week and PDF material delivered to your email address.

We'll start with Foundations, then move to the physical to the emotion to the mental to the spiritual/awareness aspect of healing. There's a comprehensive process we'll be covering, step by step. We'll also have some homework each week as we work along.

4) The Facebook group -- <https://www.facebook.com/groups/1079695965388445/>

This gives us a place to connect, communicate, ask questions, support each other, and post homework and feedback.

I'm so glad you're all here. I'm so excited that we're finally here and making it all happen.

So, we want different things to happen, and if we want different things to happen, we'll have to do different things. I think of what I'm doing in Kwan Yin Healing as a Movement and particularly the heart of this movement is that to share that we are meant to be happy and healthy, that this is our natural state, and the only reason that we aren't generally always happy and healthy is that we don't allow ourselves to do that. The real trick is to get ourselves out of the way. This is a large part of what healing and the Energy Alignment do. This process then of getting into being happy and healthy, to allowing, to getting ourselves out of the way, is a process of both understanding and of awareness.

We frequently say something like, "I know what to do." I hear this a lot from frustrated people in all different situations -- "I know what to do." And, here's the thing--if that were really true, we'd be getting different results. We have a perceived reality. We see what we think, not what really is. I want to repeat that. We have a perception, a perceived reality, and we see what we think, not what is really there.

Loren Eiseley, in "The Cosmic Prison," has a wonderful analogy for this. He compares humankind in the cosmos to a white blood cell in a cat, and no matter what this white blood cell tries to do and studies and accomplishes, it will always be limited to what it can experience traveling through the veins of the cat. It will have no concept of the world outside of it and of the Universe and things like that. And this, Eiseley argues, is the human state, in fact, the state of every creature. When my dog and I go for a walk--somebody said dogs have a sense of smell that's 10,000 times more acute than humans; I can't even image what my dog's world is like, and vice versa.

And here's the problem for us then. When we're looking at the world, how do we try to make sense of the world that we're not even perceiving as it is, but rather the way that we are. So, when we start from our Ordinary World, before we leave our Ordinary World, there's a problem, and that is that our Ordinary World is one of illusion. The world that we're comfortable with, the one that's OK, I fit here, it's good--is a fiction. It doesn't actually exist. It's what Don Miguel Ruiz calls the mitote, a personal fog. It's the "Dream of the Planet.

So here's the thing. All this "I know what to do, I'm just kind of stuck here" -- we are not on top of this, or we'd be having better results. We can't do this by ourselves. We must acknowledge that we don't know what to do. We need help! And as long as we are stuck on this point--I know this is a basic point; I going to make a lot of basic points in the next eight weeks, and go beyond them--but as long as we are stuck on this basic point, we'll be stuck forever. This is the key thing to recognize, that perceived reality and reality are not the same.

That "I think I know, I think I recognize the situation, but if I did, then I wouldn't be stuck." So we can't do this by ourselves, because we don't know what to do.

Now here's the problem--the ego comes rushing in. "No, no no--I got this!" right? I have several images in my head of younger days out playing baseball of "I got it I got it I got it" and then runs into a wall, so totally doesn't have it. And the truth is, that in fairness, we probably have parts of it, or even most of the parts of it--we have very accomplished, beautiful people here, who have studied a lot, or learned a lot, or experienced a lot, and . . . I'm in awe of this group! I think carefully when I put things like this together. But it would be kind of like putting together a car, and it's a beautiful car, and all the parts are just wonderful, and carefully assembled, but it's only 95% there--or 99% there, OK? And if that wonderfully built car is missing spark plugs, it's just going to sit there, stuck. Or if it's just missing fuel injection--even small things--and it's gonna sit there, stuck. So we need this help to move forward.

Raymond Aaron said something that just really stuck with me. He said, "What percentage of goals do people accomplish?" And the answer he proposed is 0% or 90% -- and not much in the middle. Either we just never ever get to it, or we do 90% of it and stop. The reason, he says, is that goals by definition are beyond us--we've never done them before. So either we continue to not do them, or we do the 90% that we can do by ourselves, and then run into a wall there. So if our goals are at 0%, then we need someone to draw us into the action, right? And if our goals are at 90%, we need someone with the needed experience and expertise to help us out here.

You know, I used to think the more accomplished I got the less help I would need, and what I'm finding is that the more accomplished I get, the further out I am and the more help I need because I'm in unfamiliar territory here. So this is a really important thing to start in our role of understanding. Believing otherwise will keep us stuck, OK? Because we're trying to solve the wrong problem. We'll talk about this a lot more next week. Because we're trying to solve the wrong problem, we're looking outside for something that's inside. We blame other people and then we blame other situations. So we create a whole problem.

There's a nice little circle. Max Simon talks about this--a nice circle leading from actions to experiences to beliefs, and it's self-reinforcing. Because whatever we believe to be true is what we base our actions upon, and then our actions are what determines our experiences. And then what we experience that determines our beliefs. So, unless we come in and change these, we just have a self-perpetuating cycle that is self-reinforcing.

So, that's what I mean by understanding. The first thing we need to do is truly understand what the situation is. Then from that second part, then we get into awareness--and awareness is really where we want to go.

There are three important aspects of mastery, and the first is awareness: who we really are including all the possibilities. Until we're aware, we really can't do anything. The next

mastery is transformation. The transformation of what? Often people are scared of transformation. Transformation in the sense of a spiritual warrior is transforming hell to heaven: situations that aren't working to situations that work well. And the third mastery is to act with intent. Instead of blindly, instead of reaction, to act with intent. And I'm going to talk a lot about levels. We're going to just set the foundation today before we get into them over the next few weeks, but I want to throw this out there that intention in this sense means the same thing as love, that love and intent are the same; that is the same force.

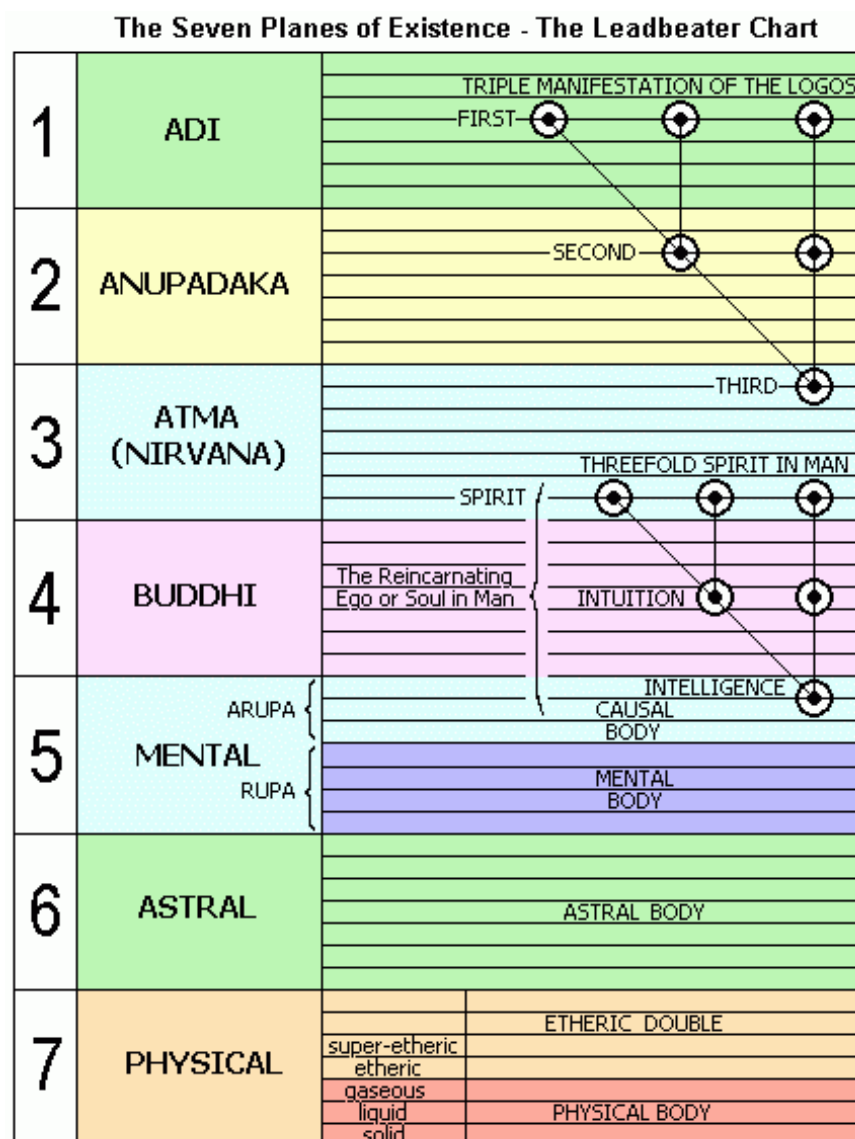
The Tarot stresses repeatedly the importance of this triangle, that Will and Intuition are balanced opposites, and they have to operate under the umbrella of awareness. So awareness at the top of the triangle, Intuition on one side, Will on one side. If you look at this for a while you realize that we tend to and we know people who try to focus on just parts of this. People who have really strong will try to force things into being, and we miss a lot of the important messages. Or people who work entirely or mostly from Intuition, but trusting only Intuition and never really putting that into Will and both with no Awareness--it needs to be all three things in balance. So, that's our starting point here of coming to an understanding and work headed out into awareness.

Levels of Being and Vibration

I want to talk next then about levels of being and raising vibration. Some of you have seen this, but if you haven't I put a link in The Healing Journey page so you can take a look at this with me if you wish, and I've included it on the next page of this PDF.

First I just want to explain what's here and what I'm talking about before we get into addressing it. So on this target can see that there are seven levels of being, and they are starting with the physical, the lowest, and then the astral, or emotional, the mental, the buddhic, and then the atma, anupadaka, and the adi. I'll explain those in a little bit, but first I want to talk about what it means to raise vibration because I think there's a lot of misunderstanding here.

So one way to think of these levels of being is like states of matter. If you're looking at the chart you can see this is course on the physical realm, but it's kind of the same process. You know the difference among water and ice and steam is the temperature, but what does the temperature do? Well, it's the level of excitement of the atoms; it's this level of vibration, slowing down at the ice level, and then the more excited, there's more heat, so we have water and then steam, and if we superseded steam we would would get plasma, that stuff it looks like electricity (if you've ever played with a plasma globe. We can see this in action at anything. Glass is one of my favorite examples; glass is actually a supercooled liquid--super cool but it's flowing extremely slowly. In fact, if you go look at the windows in a very old house and you look carefully you'll see that the glass at the bottom of the window is thicker than the glass at the top of the window, and what's happening is literally the glasses flowing out of the window pane, just extremely slowly.



So usually when people think of raising vibration they are thinking of increasing up to a higher state of matter. But I want to explain this in a different way that maybe can make some sense. If you think of the electromagnetic spectrum, a whole bunch of stuff fits on the electromagnetic spectrum. So light, color, sound, radio, TV, X-rays, gamma rays--all of these and more are part of the electromagnetic spectrum. They are all the same; they are all part of the same thing--the only difference is the frequency that they are vibrating at. In the same way that we know orange is a faster vibration than red--we don't think of, though, that color and light are the same thing. Radio and color are the same thing. Gamma rays and sound are the same thing at different frequencies, different parts of the spectrum. We experience them very differently, in the same way that we experience ice and water very differently, but it's a matter of changing frequency. You know, how come when you turn on the radio it isn't just a mess? Well, because you tune into a specific frequency, and this

also affects our reality. How is it that gamma rays just shoot through the earth? Because at that high-frequency, there is no earth; it's too slow a vibration for the gamma rays even to recognize this.

Napoleon Hill, who I had always overlooked for long time because he wrote the book called "Think and Grow Rich," and it just sounded like a get rich book to me until I read it, but Napoleon Hill, who worked closely with Andrew Carnegie and interviewed several hundred extremely famous and successful people--that book is a book about vibration, and that's his whole message, is that you have to send out the right vibration (and with a sensible plan). He saw this as crucial; this very practical book is all about frequency and vibration.

I mention this because when we talking about reality and understanding awareness, it's what we are. We are not the simple fixed thing; we are energy, frequency and vibration--everything is. So if were not fixed, then how come we can't just easily change things? Fritjof Capra, the physicist who wrote "The Tao of Physics" and "The Turning Point," says that's because energy exists in probability patterns, which is why electrons in atoms have certain orbits and so forth instead of just flying about. So why can't we just change? It is pretty simple explanation--it's because probability patterns are difficult to change. So, we're the very definition of stuck. It's the nature of our energy.

So on the same thing, along the lines of the electromagnetic spectrum--understand that when we are talking about healing, energy alignment, and esoteric things, that light is information. We think of these as two different things. Science uses light as information. One of the uses of lasers is to send information. You send like hundreds of phone calls on a beam of light. Bruce Lipton's work with cells: the cells communicate through light washing through the body. If you've ever read Lynne McTaggart's "The Field," a book I recommend incidentally--one of the many experiments that she talks about there puts us in an extremely dark room, and you can actually measure the light that we emit. You literally are light, so these are not metaphors then. Light is information. Light is life itself. Love and light are the same thing. Love is life itself--all the same continuum, like the electromagnetic spectrum--there's no separation.

But we might experience it differently. Ice is not separate from water. It *is* water. It might be ice at the moment, but it's not suddenly not water just because it's ice--it's still part of the ice. So in The Energy Alignment, we're dealing with very high frequencies, of bands of high frequencies, which accounts for the rapid change. Things just shoot through what would normally be mental barriers. Why focus and mental barriers? Because this is where our ego primarily hangs out, these mental barriers. This is why we have sudden flashes of insight, why we can suddenly be aware and suddenly get new information we didn't have before. It's because of these high frequencies. Dr. William Tiller, one of the scientists who've been doing experiments about this, even talks about a magno-electric spectrum which he describes as accounting for the fact that Reconnective Healing frequencies get stronger with distance. Fascinating stuff.

But my point is this: all this is one. Not in a sitting around the campfire in lotus position singing Kum Ba Yah sense, but literally, literally, all is one. Literally, everything is light, and literally, the only reason that we experience different things is by focusing where we tune in, by focusing our attention. It's kind of like a party--how can you happen to notice one person at a party and you understand what they're saying in the middle of all this noise? It's where you focus your attention. Or if you're really focused on one particular issue or you're looking for something in particular and you're out about in the world, you can recognize it readily--these things just pop out at you from the landscape, and it's because your intention, your attention is focused. We say that we just happened to find it--you were tuned into it, and in that same way, it's the importance of turning into our vibrations to get what it is that were looking for.

Let's take a look at these levels of being then. What I want to stress about these levels is that they are not separate. Usually people talk about them as if they are Russian nesting dolls and that we suddenly jump from one to the other. They are not sudden changes; they are a spectrum, a continuous spectrum that is interconnected. And we can see this at basic levels. So, for example, the bottom two planes--if you are mentally upset or emotionally upset, you just take a deep breath, you just take a couple slow deep breaths--your mind starts to relax. Your emotional state starts to relax. One has an effect on the other. Similarly, if you're emotionally upset, it'll create tension in your body. If you are are mentally stressed, the same thing--it will create tension in your body.

So it's not a matter of which are the best planes. I want to stress that they are simply all interconnected, and that lower isn't necessarily bad, and higher isn't necessarily a solution. When I hear people talk about raising vibration, it's like they're trying to reject the physical, and this is just not practical, and maybe not even wise. I compare it to if you're trying to lift a very heavy log, and you're lifting it from only one side, and you go "Oh! I'm trying to lift it from only one side; that's the problem," so you run over to the other side, and try to lift it from the other side, and you have the same problem. That's how I see people sometimes when they're approaching this issue of trying to raise the vibration. They see it as a rejection of the physical, and I really want to counter that, in understanding raising of vibration, there is nothing wrong with physical energy.

You know there is nothing smarter about the mind than the body--they're just different. I'm sure many of you have had experiences where something happened, and your body reacted much faster than you mentally processed it, and your mind only caught up later, for example. Or you just have the *feeling* that something isn't right or you *feel* something before you actually figured it out. The body does all kinds of things on its own that the mind has nothing to do with. You can use your will and try to force it, but only up to a point. If you try to hold your breath until you pass out, it won't take long, three or four minutes, before your body tells you what you can do with that plan and starts breathing without you.

So these things go together. Nor does it mean that wonderful experiences are the realms of higher planes. We know what great feeling emotions are like. Abraham uses the example in talking about the Vortex of how we feel after really great sex with someone you love. We're in the Vortex in that moment. You're in timelessness, you're in the Now, you're in total appreciation of gratitude, or everything you are. So I wanted to get rid of this idea of like getting rid of lower reparations in favor of higher ones. What I do want to stress, though, is the quality of those vibrations though coherence of it.

So back to the analogy of light. Think of a light bulb--energy is just dispersed in all directions, and it gets weaker; other than sending a lot of light into the room, it's not a very efficient use of energy. Versus the laser, where the energy is refocused; even a 5 Watt laser will burn a hole through the wall because the energy is very, very focused. So it's not a matter of leaving lower vibrations; it's a matter of coherence, of getting these different levels of vibrate coherently, harmoniously. Hazrat Inayat Khan, the Sufi musician, in his book on music writes that people are like tones. We have her own sounds, and our own vibrations. Sometimes, just like tones, you put two tones together and they sound very harmonious together, and sometimes you put two tones or two people together and it clashes. And then sometimes you add a third one to the clash and then it makes this really nice colorful chord that sounds pretty again. It's that coherence; it's how these things work together that's important.

The only problem is this middle of our planes. We are the bottom 5 planes (looking at this chart). We have a physical body, we have an emotional body, we have a mental body, we have a spiritual Buddhic body, and then we have the Atma, which is the highest--and then the top two are manifestations of the divine--the top one the divine the second one light and then in Atma we start to have forms, so there's this overlap. So in our human existence, we have these five levels here at highest being the Atma which is Nirvana.

The middle one is where the ego likes to hang out, okay, all of our different thoughts or mind. Now, I do not want to trash the ego; the ego is important--it protects us. If we didn't have that sense of separation, we would be faced with all of the Cosmos all at once and it would be overwhelming. We need the ego to slow things down. But the ego is jealous, and the ego is defensive. The ego, even though it's a tool, wants to pretend that it is reality itself, that it is being, and this is where we get fear. The ego is just a mask, but it wants to be reality and it's afraid of being thrown off its throne. So it separates us from love. It separates us from the reality of our beings.

Consequently, the ego can prevent us from new experiences because the ego sees new experiences as hard to control and tries to force what new experiences that come anyway into preconceived boxes. So there is a recipe for why were stuck right there. It's totally a function of ego trying to do the job of the entire being, when it is just one aspect of being. This leads me to the world is going with this, the fiction of the comfort zone. Because of the ego trying to protect us, there is no comfort zone--it's an imaginary construct. And the ego sets about manufacturing things from what I call the "Should Factory"--this is how

things "should" be. These are functions of ego trying to force experiences into its own perceptions. This is why when things are wonderful, there's then a crash. Why is there a crash? The ego just can't accept this hanging out here in pure or nice spiritual Vortex timelessness, so we start all the "what is this" "what if this" and we start crashing it again.

The Hero's Journey – You are the hero/heroine of your own life

I had always heard of Joseph Campbell's "The Hero's Journey" as a kind of template for writing stories--fictions, movies--so I sat down and read his book, "The Hero with a Thousand Faces," and it is a wonderful, thorough research of culture and psychology, noticing that, going back to Freud's work, going back to cultures around the world, our myths have a pattern, that the dreams that people had was a pattern, that psychoses that people had had a pattern. He put these together and identified these patterns.

So, "The Hero's Journey" works like this--and here I mean hero/heroine, no gender intended here--but I'm using Campbell's words. The first thing that happens in the hero's journey is, like us, we are in the ordinary world. "In the ordinary world" is not perfect. We're stuck. There are complaints, but it's also not horrible--just kind of a could be better but it is what it is and you just sort of deal with it. Think, for example, Harry Potter living in the cupboard under the stairs at his uncle's. It's not great but you know, he's warm, he's dry, it's a home, and he's safe. Or Luke Skywalker, living on this sandy planet with his aunt and uncle. You know, they're taking care of him; he's got projects he's working on for fun, and it's kind of dull working around the farm, but it is what it is. Or Bilbo Baggins in "The Hobbit," right? He lives in the Shire, and everything is fine in its proper place, but also nothing ever happens.

Then what happens is a call to adventure. The ordinary world finally gets shook up, and we're moving forward. So Harry gets all these letters from Hogwarts by Owl Mail, and Luke Skywalker is cleaning up this old droid and suddenly there's this hologram and this message from Princess Leia. Or Bilbo comes home and he sees Gandalf who always brings a little excitement, and suddenly there's these twelve dwarves on this big adventure and they want him to be the burglar. You'd think this story would get rolling, right? But no. What does our hero do? Our hero does the same thing we do--refuses the call. Nope, Harry's not going to Hogwarts--well that's that, and so he goes back to the cupboard under the stairs. Or Luke goes and talks to old Ben, then what does he do? He goes back home to his aunt and uncle. Bilbo waits for the dwarves to leave; he's just relieved they've cleaned up and finally things are back to normal again. This is what we do--we hear the call to adventure and it's exciting and we want to go but then we go, "Yeah, well, yeah, you've got the wrong person," and we start making excuses because our egos--here not in the sense of pride--our egos want things to say the same, because took a long time to construct this imaginary world that we call ordinary, and we want to keep it like it is.

It is only the entrance of an the influence of an outside mentor the changes this. So in Harry's case, Hagrid shows up. In Luke's case, Obi-Wan Kenobi. In Bilbo's case, it's

Gandalf. It's the mentor that convinces our hero to cross that first threshold, and he does that through one or more of these three things. The mentor will bring special powers, or tell them they have special powers. "Harry, you're a wizard." "Oh no you've got the wrong man." "Harry, haven't you ever made strange things happen?" In your case, your special powers are The Reconnection--suddenly you have this new energy, new things are happening, you have an increased coherence of energy. The mentor can also bring special knowledge, especially special knowledge of self. "Luke, your father was a Jedi." "Harry, you're a Wizard," or Bilbo even--Gandalf tells him he's a disappointment as ancestors the Tooks, they loved adventure, and he learns something about himself. Or a magical gift--a wand, a light saber, finding your spirituality. So, this is kind of the process we're doing right now with The Reconnection, and going over special knowledge, and going over how to use that knowledge is a special gift before we cross the first threshold.

So today is only the beginning. We're not going to cross the first threshold today; we're setting a foundation. Why? Because if we try to cross the first threshold, the first thing we do is have all kinds of fears and reactions and shut that off. Some of you have been communicating with me since your Reconnection some of those things exactly--a very common human reaction from our egos. A couple things understand here. Crossing that first threshold is only the beginning of the adventure. There will be many other thresholds, and I want to stress that. Not trying to increase the fear level here, but crossing that first threshold only the first threshold; there will be many thresholds to cross.

So a couple things to understand then. We're going to need special powers and special knowledge and magical gifts. We need things to bring with us because crossing thresholds is going to become something that happens routinely. But we also need to understand that this Hero's Journey this is a must journey, not a maybe journey. Why? The comfort zone is a fiction. We are already on this journey. I love what Alex Baisley says about growth--it's like we're trees. Imagine an oak tree going, "Well, I've been growing for some years; I think I'm done now...I'm just gonna freeze." It would be ridiculous; you can't do that. And if you try to do something to keep a tree from growing, it'll just grow around it and do what it has to do to grow in twisted ways. And that's really the number one reason: Why would I leave my comfort zone and take this journey? First of all, the comfort zone is a lie; it doesn't exist, but second, if we're going to grow anyway, and if we tried to stay in the comfort zone, we're gonna grow in twisted, distorted ways. Versus, if we take our gifts, and we take our knowledge, and we take our true selves, our true powers and cross the thresholds, then, we remove obstacles, and we grow as nature intended us to grow.

Remember my mission from the start--we are meant to be happy and healthy. I have learned so much about the natural state of health over the last two years--much of this I'm going to share with you much later in this journey. But that is the key understanding today--where we are, what we need, and getting ready to do that journey. So these are the tools that I want to put in place.

Let me just preview a little bit where we're going with this. So today, just want to make sure we're on top of these concepts before we jump in. And in a minute, we're going to put together the tools that we're going to be needing.

Next week, we start the journey, starting with the physical, On the Threshold. So we're going to begin our journey at the slowest vibration. Why are we going to begin at the slowest vibration? So we can tell what's going on! So we're not trying to deal with mystical things and wonder "Geez, did that really happen, did I just imagine that," and so forth. We're dealing with things that we can touch, see--things that we readily understand.

Each week we'll add a little more. We can use the physical world as a mirror of our vibration. How do we move the Law of Attraction from a nice idea to physical reality? We'll begin really true self-discovery in this regard. How do we bring spiritual energy into this physical plane? How do we overcome restrictions? How do we bring spiritual energy into daily physical existence? How can we recognize, read, and use the spiritual energy available to us in every moment of every day? As we become aware of these things, we'll begin to raise our vibration.

So that's next week, and then each week we'll be going up a plane, so we'll be looking at the emotional plane, the astral plane, and myths and realities about that plane and how to deal with emotional energy. We'll deal with thought energy, and each case is not like were going from one to another abandoning it, but we're building on top of it, so we have like a ever-growing pyramid that is continually moving forward. This will give us a solid foundation, so that when we get to the world of spirit, we'll have some pretty solid understanding and changes and perception to bring into our look at the world of spirit. We will have something and know we can actually get very clear glimpses of that energy and to move forward from there from that understanding. This is the highest in the spectrum we can have as human beings and still remain human beings. Then we'll go back to coherence--how do we get all this functioning together. We'll talk about the true definition of health and healing, and changing our perspective of health and healing, and how to live in evergreen health and what that means.

Six Often Overlooked Considerations for Healing

These six considerations are crucial, as they affect results, how we measure those results, and how deeply we measure them. These are covered in the teleseminar recording, so briefly:

1) All or Nothing

Healing isn't as simple as "Are you cured? Yes or no." First, there's a question of degree—if my headache or allergies or joint pain is lessened, then that's positive progress. And, perhaps they can be lessened yet again and further. Second, there's a distinction between "healed" and "cured." Hospice patients aren't generally cured...but they do find healing. I've noticed that a lot of clients who in fact saw remarkable cures actually talk more about

the peace and freedom they've found—in short, the healing. And that's the third point—what exactly is the healing? What exactly needs healing? Often it's something other than the physical manifestations. On the one hand, I don't want to hold out false hope. But on the other, I don't want to discourage hope either—I've seen remarkable things happen, though they weren't always what we were expecting. Let the healing happen as it should.

2) You are not a victim, and the need for healing is not your fault.

There's a tendency at times for spiritually-conscious people to feel that they really should be able to heal whatever they experience themselves, or it's some sort of spiritual failing. And, well-meaning friends can sometimes shame the sick by telling them they could heal if they [insert favorite method of healing]. None of this is helpful. SHAME = Should Have Already Mastered Everything. And that's clearly a silly expectation.

Think instead of phases. We all go through phases in multiple areas of our lives, and this is no different. Some phases are brief. Some we live through over long times. Some last a lifetime. But what any one individual is facing is a complicated web of experiences, aspirations, past energies, how much someone is taking on, and so forth. Neither shame nor feel shamed about self-healing. It's a phase—live it, learn from it, work through it.

3) Techniques vs. Effectiveness

“Try this! Try that! This is best! No, this over here is best!” Sound familiar?

I watch healers and folks interested in healing bounce from technique to technique, seeking the magic shiny method, finding it, then discarding it to find the next one, so on and so forth. And there's nothing wrong with this *per se*, except that it's often a pursuit that leaves effectiveness behind.

Frankly, I've been doing this for over 30 years, and I've seen a lot of new age crap come and go. Kwan Yin Healing started in 2011 focusing instead of simply a healing modality but on who was getting results, who wasn't, why, and what did they need to do to get results—and did they then get results by doing those things. We're interested here in what works—effectiveness—not in promoting any particular modality. You'll be introduced to 11 Paths—any and all of them work. Choose what works best for you. Expand from there.

4) Holistic Approaches vs. Treating Symptoms

Sometimes, granted, we need to treat symptoms—the immediate risk is great, the pain is distracting and interfering with quality of life, the inflammation needs to go down first before the next step, things like that.

But we also need to look at the causes. First, that's more effective, because it will prevent recurring incidences of the symptoms, and second, knowing this may well change the

appropriate approach to treatment. Why I have a headache—stress or gas exposure—is crucial in resolving the issue. And then why there's gas or stress.

5) Cool vs. Cure

Sometimes people bounce from new thing to new thing, looking for the next new magical rush of energy. And that's OK, really, and sometimes works. But here, we're not going to leave things to chance. Cool is fine, but the focus here is effective. Better health and happiness are possible now when we're doing things that work...cool or not.

6) The global picture—don't overlook the obvious.

Resist the temptation to see everything in mystical terms. Sometimes, it's just not a mystery. Lifestyle, diet, sleep, the work we do, who and how we love, our role in the community, finances, our contribution to humanity, passion for what we do—all this effects health.

If it's 4 p.m. and I'm cranky, frustrated, and feel a headache settling in, I don't need energy healing...I need to eat lunch and get enough sleep. Healing accomplished.

The Healing Equation

There are Four Pillars of Healing—Clarity, Connection, Coherence, and Change. You need all four to get consistent results. Just as a table with a missing leg won't work well, neither will approaches missing any of these Four Pillars.

Let's start with the second one—we'll come back to Clarity in a moment.

Connection is the one most typically associated with energy work. Whatever the particular modality, the energy of the client is connected to supplemental energy of some sort, whether newly generated or already existing but not being used efficiently.

And that can work, simply because sometimes the other elements are present sufficiently to accommodate healing. We are a continuum from physical through emotional, mental, spiritual, and highest self to the divine – without break or separation – and we certainly want that pipeline clear and functioning. But for effective results, we need the other elements as well. Cars don't run just because they have gas in them (unless the route is downhill).

Coherence is how all the various parts of our energy resonate together. A cardiologist, for example, isn't going to stop at heart surgery, but rather, insist as well on dietary changes, no smoking, and so forth. Anything short of this would be incoherent—and so would that person's health. In energy work, coherence means the physical, emotional, mental, and spiritual aspects have to be working together, in the same direction, in harmony. Connection can promote this, certainly. But a physical cure ignoring the energetic whole is only treating symptoms, and temporarily.

Remember last time you were emotionally distressed? Or under mental duress? How did you feel physically? Not good, I'll bet – this is why coherence is important. Attention to coherence will help you identify what to change as well.

Change is essential, as our cardiologist friend insisted above. If you want different things to happen, you'll have to do different things. I can't have a clean house the same way I got a messy one—I have to change my habits, behaviors, and procedures.

Sometimes change is difficult. We all tend to cling to our respective comfort zones. Recognize, though, that this is a recipe for the status quo. All progress, all improvement, takes place out of that comfort zone. Who we are now is how we got what we have now. We will have to step into new ways of being to move into new manifestations of that energy.

Clarity is the final pillar—and in practice, should be the first. What exactly is the problem? Very commonly, people are trying “solutions” that address the wrong problem—which is why those aren't working. Likewise, what exactly do we want to happen? If the desired outcomes are vague, then the “strategies” for reaching them are going to be fuzzy at best – which means they aren't going to work well, if at all. When I smashed up my knee, my doctor examined it, diagnosed the problem, and then asked, “So what's our goal here?” It's a smart question. It determines the appropriate treatment.

Also, remember in the introduction where people found healing for something other than they thought they wanted? When we're in pain of some sort, physical or emotional, we may have difficulty naming what we're truly seeking. It's hard to be honest and insightful with ourselves when we're suffering. Until we are, though, we don't know what we're addressing.

Healing Results = Clarity + Connection + Coherence + Change

With all Four Pillars – Clarity, Connection, Coherence, and Change – we can be comfortable knowing we will find results of some kind. Actually, we have to. We know what we're addressing, why, and what we want. With all four pillars of the healing equation, we tap into a greater network to access the resources to do it. Clarity helps the Connection to work with Coherence; rather than different parts being at odds with each other, there's a unity of direction and purpose. And that Clarity of direction and purpose will take us out of our comfort zone and into the new habits, thoughts, actions and approaches needed to complete the needed Change.

Progress of some sort is now assured. That's the power of the Four Pillars of the Healing Equation (whatever terms individual practitioners might have for these pillars) – and the danger of omitting any of them. All we need now is a systemic approach to ensure those criteria are met. And that's really important.

The Three Essential Elements of Effective Healing Techniques

All healing has these three elements in common:

1) Moving Energy (in some fashion)

Reiki, Reconnective Healing, Acupuncture—it's clear these methods move energy. But so do practices like yoga, chi gong, and t'ai chi.

Remember too that there is an entire spectrum of energy, and various manifestations, from radio to gamma rays to infrared can all be found at various frequencies. The energy ball technique can be found here, but so can healing with color, sound, toning, the elemental/primal self, raising vibration, resonating with nature/wilderness, shifting consciousness, intention, visualization, even prayer—these too move energy.

2) Releasing Energy

Let go or be dragged. If something isn't right, release it. Healing frequently comes down to this. When people are looking to heal their life circumstances, not uncommonly they are focused on whose fault, and as long as they cling to that, they are truly stuck and powerless (as someone else has to change to let them heal).

Sometimes pain becomes an identity – we're the bad knee, the poor circulation, our personal history – and this too will keep us stuck, as we're re-living and re-creating the problem, rather than relieving it.

3) Coherent Focus

Our beliefs, intentions, clarity, willingness and more need to be headed in a common direction, or we'll be at odds with ourselves.

The placebo effect illustrates beautifully what can happen when our entire being and belief system are aligned. Knowing what we're willing and ready to do matters as well.

Does that mean we can heal anything? Well, if you want to overcome old age, sickness and death, you'll need to follow the Buddha's path and transcend these by reaching enlightenment. But in the meantime, be clear about the goal and consistent in all areas.

Get OK with the situation as it is now.

It's remarkable that many stories of remarkable recovery start with first finding peace with the situation before any healing even begins.

It's powerful because doing so lets blocks slip away, allowing energy to flow, thus healing.

So instead of working against the pain—physical, emotional, mental, spiritual—go more deeply into it. Yes, that sounds counterproductive, but it's not as counterintuitive as it may seem—when fighting pain doesn't work, stop fighting. Find a deeper and deeper layer of self and consciousness where the pain becomes more and more irrelevant—it's still there, but at this deep level, like fathoms beneath the surface of a storm at sea, it becomes less and less important. Focus not on the pain, but on finding still more inner levels, still further beneath the level where pain has any meaning. It's OK to notice it—just gradually so deeper and deeper until the pain doesn't matter—literally no longer matters. It's there, but so what. Your focus is on the inner levels.

Mindful vs. Cure

The point here is not a cure, but cultivating the ability to live comfortably in the present moment as it is. One episode of Bill Moyers' "Healing and the Mind" featured a pain management doctor at a hospital working with a group of patients suffering from severe chronic pain. He passed out raisins, one to each patient, and had them taste it slowly, aware of nothing but the raisin. It's a shift of focus, a living in the moment. As this approach is cultivated, it gets easier, and the pain less of an issue. It's no longer a matter of living with chronic pain—it's a matter of living with pain in this one moment, then the next one moment, then the next one moment. This itself can often be healing, but at the very least, it brings comfort for the moment, and eventually, for each moment. Yes, it's difficult especially at first, but stick with it. There **is** a level deep inside where none of this matters.

The same is true for a simpler illness like a cold. Find a level where the illness or injury is irrelevant, and as you find this level, the disease/discomfort becomes superficially symptomatic, and can begin to pass. This shifts the pain to a different (higher) energy level, and your consciousness to a level beyond the pain. It also lowers stress levels, leaving the body better able to handle the illness or injury at hand. Don't fight it—accept it, and without resignation or defeatism...just accept it, and go to a level deeper where the pain is OK. It will lessen as the mind lets go of it.

Your Healthy Self and Awareness of Pain

Minor or severe, as much as possible, see not the pain or the injury or the illness, but your healthy self. Even if you absolutely aren't healthy, see all parts of you as healthy, vibrant, resilient, and let your attention focus there, holding that energy. It will stop feeding and reinforcing the pain or illness. Again, that can be hard to do with severe pain. So don't fight it—go into it, deeper and deeper, into levels where the pain is only a minor surface detail.

Continue this practice day to day—hour to hour or minute to minute if need be—and let this practice become your default reaction to pain. Let go of any frustration or any thoughts of "here we go again." Stay in the moment, each and every time. As this new practice builds, you will see remarkable changes: in your health—and in You.

Don't be discouraged when pain continues. Dr. Jon Kabat-Zinn (University of

Massachusetts Medical School/Center), the pain management doctor mentioned earlier, explains this well:

I don't say "Well, just fantasize something that will be so interesting that you'll forget about your body." I say, "Go INTO the body, go INTO the shoulder, go INTO the lower back, breathe with it, and try to penetrate the pain with your awareness and with your breathing." So, it's the opposite of distraction.

Laboratory studies of induced pain suggest that distraction is a very good strategy for tolerating pain up to a certain level, but beyond that level it's not as effective as mindfulness, as actually attending to the sensations themselves and then noticing that you can uncouple the sensations from your thoughts about them. You might be thinking, "This is killing me, it's going to last forever, and there's nothing I'll be able to do about it." You learn to realize those are just thoughts. You ask yourself, "Is this killing me right now, in this moment?" The answer is usually, "No, it's not." But then you might think, "My God, if I have to live with this for thirty years—" But at that point you say, "Wait a minute, the idea is to just be in the present moment. Let's just experience it as it is now and let go of our alarmist future thinking." In this way, over a period of time, people learn to relate differently to their pain.

I think of the metaphor of an ocean. On the surface, there are waves and storms and changing weather patterns and battles at sea and so forth. But underneath, in the deeps, there is steady, constant, unchanging calm, largely unaware and untroubled by the commotion far above. Sink into the pain. Notice it. And in this moment, be OK with it.

This week's Homework: Peace, Clarity, and Daily Practice

1) So that's part one of the homework—wherever you are, go deep and find peace with it. Even if you're already sort of OK, dig a little deeper and really find a firm, peaceful center.

AND – do a gratitude list. It will really pay off. It really will.

2) Set benchmarks – on a scale of 1-10, with 10 being amazingly fine, couldn't be better, how would you rate your physical well-being? Emotional well-being? Mental? Spiritual? Then, for each of these, if not a 10, what are the challenges, big or small, you're facing in each of these areas?

3) The third part is to institute (or continue) a daily spiritual practice – this could be meditation, or reading from a 365 days book, or even sitting on your porch with a cup of tea – but whatever it is that has meaning and balance for you, be sure to do this daily

Don't set some heroic goal that will be a burden – 5 minutes will do. 15 minutes is great. But have that daily touchstone as we move through this transformation.

Next week, we'll start getting into the lowest vibration, the physical realm, so mainly I want to be sure everybody's got a good understanding of the basics and the overview here.

OK? Let's go! Enjoy!