

# HEALING

## Making Sound From Within

**José Becerra, M.D.**

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## **HEALING: Making Sound From Within**

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## Dedication

Though I speak with the tongues of men and of angels, and have not love, I am become as sounding brass, or a tinkling cymbal. And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove all mountains, and I have not love, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not love, it profiteth me nothing. Love suffereth long, and is kind; love envieth not; love vaunteth not itself, is not puffed up, doth not behave itself unseemingly, seeketh not her own, is not easily provoked, thinketh no evil; rejoiceth not in iniquity, but rejoiceth in the truth; beareth all things, believeth all things, hopeth all things, endureth all things.

Love never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away. For we know in part, and we prophesy in part. But when that which is perfect is come, then that which is part shall be done away. When I was a child, I spake as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things. For now we see through a glass, darkly; but then face to face: now I know in part; but then I shall know even as I am also known.

And now abideth faith, hope and love, these three; but the greatest of these is love.

### **I Corinthians 13**

**Table of Contents**

Introduction.....	5
Preliminary Definitions.....	6
Underlying Theory.....	7
Goals and Objectives.....	10
Requirements.....	12
Healing Techniques.....	15
Magnetic Healing.....	15
Radiatory Healing.....	17
Introductory Technique.....	19
Healing Devas.....	20
Conclusion.....	22
Appendices.....	25
A. Laws and Rules.....	25
B. Causes of Disease.....	28
C. Mantras.....	29
About the Author.....	31

## Introduction

The purpose of this introductory study guide is to outline some general principles underlying the ancient art and science of healing. There are seven basic premises held by the author of this guide that, in all fairness to the reader, should precede our consideration of this vast subject.

First, truth is the absolute criterion of reality. Simply stated: the true is real; the untrue is not.

Second, two ways to approach the real are: i) the heart approach, well represented by the poets, and ii) the head approach, well represented by the scientists of the world. We need the synthetic heart thinking approach to truly understand healing.

Third, there is an inherently hidden or unseen domain of reality. The hidden is causally related to the manifest in the same way that energy relates to matter [ $e=mc^2$ ]. As above, so below.

Fourth, the more inclusive a thinker's consciousness, the greater and more effective capacity to scientifically experiment in the hidden domain of reality. Similar to institutions of higher learning that confer "philosophy doctorates," successful and validated experimentation in the hidden domain of reality grants mastery degrees of wisdom.

Fifth, the art and science of healing already exists. Its scientific principles are being safeguarded by wise scholars to prevent misappropriation and misuse for selfish purposes.

Sixth, for the first time in recent history, the original principles and practices of the science of healing have been partially revealed in book form to the general public. The textbook, entitled ESOTERIC HEALING, was authored by Djwhual Khul, the Tibetan Master, and penned by Alice A. Bailey (Lucis Trust Publishing Co., 1953).

Seventh, these premises are either true or false. It is up to the earnest reader to discern their validity, actual or potential, according to the reader's best judgement. If these premises are accepted, at least as working hypotheses, we may then proceed to consider the principles underlying esoteric healing as practiced and taught by graduates of the School of Wisdom on Earth. In a later volume, the author will attempt to provide a current evidence-based approach to the subject.

Simplicity is our goal. The reader is invited and encouraged to consult the original textbook to obtain further details. The author of this guide, who does not have or claim access to secret or unpublished information related to this subject, is solely responsible for his interpretation of and punctuation added to the original text.

## Preliminary Definitions

Words both reveal and conceal. Therefore, it is advisable to clarify some **core concepts** of the science and art of esoteric healing.

To heal [from *hal*, whole] is to make sound or whole, whereas esoteric [from Greek, *eso* = within, *esoteriko*] means "from within." Therefore, **esoteric healing** may be defined as "making sound from within," that is, to restore health by means of sound or vibrational energy emanating from the soul, the inner dimension of being.

**Soul (psycho-) centric healing**, is the release of the original sound or the encrypted word inherent in the soul so that its life can flow through any particular form. Disease is disharmony, a point of friction or dissonance created by the form's resistance to the soul's life energy.

The Ohm's Law of Electricity may be reformulated in terms of Light (current), Love (voltage) and Life (energy or power): the electromotive force of love, the voltage generated by a source of energy, transforming material resistance into light, resulting in the lightness of being.

The **healer** is a transmitter of spiritual energy seeking to correctly apply the electromotive force of the soul within a resisting form. The **patient** [from Latin *pati*, pain] refers to the one "bearing pains calmly" until the soul overcomes the resistance of the form and a healthy equilibrium of the soul-infused personality is restored.

**Love** is the coherent force which makes all things whole. Thought is the propulsive complement of the attractive force of love. Thought carries light, the very substance of things hoped for. Enlightened love is a material substance as real as life itself.

Five centuries ago, the facts accepted by the geocentric model were the same facts considered by the heliocentric model. Likewise, the facts accepted by the current reductionistic biomedical model are the same facts considered by the trained esoteric healer. The difference lies on how each model interprets the same facts.

If a concept is a unit of thought, a **fact** is a unit of conscious experience. A fact is an experience structured by some perceiving consciousness. The broader the scope of the perceiving consciousness, the more inclusive its model of reality.

The **esoteric healing model** includes the biomedical model as the heliocentric model includes the geocentric, and as Einstein's Theory of Relativity includes the Newtonian Laws of classical mechanics. A relativistic correction factor reconciled the older with the newer model. Likewise, a correction factor -the constant of the soul as the source of light and love in the human being- reconciles the biomedical and the esoteric healing models.

Physicists have released the energy of the atom by nuclear fission. The healer releases the energy of the soul by a process of (cold) fusion in the purified chamber of

the heart. **Scientific esoteric healing** is the scientific process of releasing the energy of the soul by bringing into a close and healing rapport the healer, the patient and the soul as the reservoir of spiritual energy.

## Underlying Theory

### A Summary of the Laws and Rules of Healing

ALL DISEASE IS THE RESULT OF INHIBITED SOUL LIFE: this is the major underlying theory upon which the healer will work, and the basic law underlying esoteric healing.

The Laws of Healing are one of three groups of laws governing the realms of: i) physical Nature [e.g., gravitation and electromagnetic forces], ii) the Soul [i.e., the Law of Essential Integrity or Healing] and iii) Life.

The **Laws of Healing** are imposed upon healers and provide unalterable conditions under which they must work; they may not and cannot evade them. The Rules, however, they impose upon themselves, constituting the conditions which they are advised to follow through discipline and understanding.

These Laws prescribe that the art of the healer consists in releasing the soul so that its life can flow through the form. Disease is presented as the product of past influences of the individual, humanity, and the planet Earth. These three influences, called the "Ancient Law of Evil Sharing," gradually give place to the new "Law of Ancient Dominating Good."

Disease is postulated to result from the misuse of force, by individuals or by groups, in some earlier life or in this one. Three major influences are said to predispose human beings to disease. These are: i) karmic (individual and group karma); ii) planetary (inherited diseases of humanity); and iii) psychological (emotional, etheric and mental).

Disease is also viewed as an effect of the basic centralization of an individual's life energy. From the plane whereon those energies are focused are said to proceed those determining conditions which produce ill health. Disease, a distorted reflection of divine possibilities, in fact has its "roots" in the Good (mental plane), the Beautiful (emotional plane) and the True (etheric plane).

The thwarted soul produces a point of friction. Upon this point the eyes of the personality are focused and this leads to disease. The art of the healer is concerned with the lifting of the downward focused eyes unto the soul, the true Healer within the form. The spiritual or third eye then directs the healing force.

There is naught but energy, for God is Life. Two energies [the soul (solar) and the personality (lunar)] meet in an advanced human being, but other five are present. These

five energies may refer to the spiritual will, the intuitive sense, the mind, the emotional feelings and the physical sensations, or to the five bodies: causal, mental, emotional, etheric and physical. The conflict of these energies with forces and of forces among themselves produce bodily ills. In short, solar control produces health; lunar control produces illness.

Therefore, the fundamental cause of disease is also related to energy, to its excess as it pours through the seven centers (chakras), or to its deficiency. The keynote to good health is sharing or distribution. This is a fundamental principle of all spiritual healing: only by the right distribution of energy will the ills of the physical body be cured.

There are four major agents of distribution: the etheric vehicle, the nervous system, the endocrine system, and the blood stream. The glands are the major determining factor in connection with the general physical health of an individual.

Diseases which are self-engendered (i.e., "psychological" or of "inner" origin) are mediated by the under or over development of the endocrine system. When life or energy flows unimpeded and through right direction to its related gland, then the form responds and ill health disappears.

The general method to promote health may be summarized in one word: HARMLESSNESS. At a very advanced stage of spiritual human development, harmlessness encompasses perfect poise, a completed point of view and divine understanding. The method used by the Good, we are told, is Harmlessness. But not all healers can practice perfect harmlessness. Harmlessness is also one of the initial and preparatory five commandments that need to be observed by all practitioners of the eight means to RajaYoga.

Lastly, two specific laws are mentioned by name: the Law of Death, and the Law of Life. According to the Law of Death, disease and death are the result of two active forces. One is the will of the soul drawing its essence back; the other is the magnetic power of the planetary life reabsorbing the atomic structure. Thus, under cyclic law, do all forms act. This Law, currently ruling, is to be replaced in the not-so-distant future by the Law of the liberated Life.

The **Rules of Healing**, on the other hand, state that the self-trained healer, knowing the inner stage of thought or of desire of the one who seeks help, should relate cause and effect and know the exact point through which relief must come. The Rules also advise that healers must achieve magnetic purity through purity of life. They must attain that dispelling radiance which shows itself in those who have linked the centers in the head and thus have created a magnetic field.

The Rules also remind the student about the fact that energy always follows thought, that there is nothing in the created world but energy in motion, and that every thought directs some aspects of that energy. When the magnetic field is established, then the

radiation may go forth by: i) concentrating the needed energy within the healer's center (chakra) corresponding to the one which has need in the patient, and ii) letting the two centers synchronize and together augment the force.

According to the Rules, careful diagnosis will be made much simpler by identifying the closest center related to the diseased organ and applying methods of esoteric healing. However, ordinary, ameliorative, medical or surgical methods should not be withheld.

Finally, the Rules describe two general modes of healing: magnetic and radiatory. In **magnetic** work, the healer links the soul, heart, brain and hands to pour the "vital healing force" (i.e., prana) to the patient. It may cure or harm according to the knowledge of the healer. In **radiatory** work, the healer links the soul, brain, heart and auric emanation so that the healer's presence feeds the soul life of the patient. The hands are not used. The patient's soul, stimulated by the healer's aura, responds by pouring forth soul energy onto the patient.

Never should the uninitiated healer or the healing group direct will power onto the patient: the uninitiated healer must always keep the will in leash. It is not will that must be used but love, because love releases, love adjusts and interprets, and love heals on all three planes. Healers are advised to give to all who seek their aid the fullest measure of love.

According to the textbook, if these Laws are studied deeply by those who seek to learn to heal spiritually, and if healers endeavor to make their life conform to the Rules, a definite pattern of healing and an emerging technique will take shape in their minds and greatly increase their effective service.

According to the author of this guide, a word of caution is in order. These Laws and Rules should not be misapplied by blaming patients for their diseases. In fact, such interpretation would negate the healing spirit of compassion inherent in them. Furthermore, such misapplication would also undo any healer's success in "lifting of the downward focused eyes unto the soul." Thus the importance for the healer to truly understand "the inner stage of thought or of desire of the one who seeks help" and to act accordingly.

## Goals and Objectives

The primary objective at this time is not to train individuals to make them more efficient healers but to practice healing in group formation. Group members must first establish themselves in love and work towards group unity and understanding. A nucleus of even three people who mutually interact, who disinterestedly follow the path of service, who know the meaning of trust, who cooperate with each other and who guard the gate of speech can become effective healers. Complete silence and reticence in relation to the healing work (e.g., not making personal claims of cures) is also necessary.

Only from the heart can stream, in reality, those lines of energy which link and bind together. True love, silent, uncomplaining, non-critical and steadfast, is the goal and the quality of a healing group life. Then, when there is some definite work to do, the group will work as a unit, with hearts and minds as one.

The relation of healer and patient is basically an educational one. There are two ideas that should be impressed upon the mind of the one to be healed: i) cure is not guaranteed (thus recognizing and accepting the Law of Karma), and ii) fear is needless. One of the first objectives of the healer should be to aid the patient to achieve a happy, sane, expectant outlook upon his future.

The healer and the patient should unreservedly agree about the three possible successful outcomes of a healing experience: i) complete physical or psychological healing, or ii) the establishing of a state of mind which will enable the patient to live with himself and with his complaint, unencumbered by the karmic limitations of his body, or iii) enabling the patient to achieve (with joy and facility) the right liberation from the body and, through the portal of death, to pass to complete health.

The healer will assist in identifying those factors in the patient's life which are preventing the soul's energy from flooding everywhere; finding out what lines of thought are being indulged which are causing that inertia of the will aspect which is so conducive to wrongdoing; ascertaining what it is in the emotional body which is affecting the nervous system, and thus obstructing the flow of energy from the soul to the emotional body, and thence to the nervous system; and discovering what is the hindrance in the etheric body which is preventing the right flow of prana, or of solar vitality to every part of the body.

The healer's main task is to create a healing thought form. The function of every thought form is threefold: i) to respond to vibration, ii) to provide body for an idea, and iii) to carry out a specific purpose.

The healer has to work intelligently with the vital forces of the etheric body to reorganize and revitalize it. The work is, in reality, that of the judicious use of energy,

applied with love and science. The synthetic power of the mind, aided by true love, will some day be the instrument of all true healers.

The healer has to clearly grasp certain exceedingly simple yet esoteric facts: i) that healing is simply and essentially the manipulation of energies; ii) the difference between incoming energies and outgoing forces in the human frame; iii) the patient's evolutionary status according to the patient's intellectual, emotional and physical caliber; iv) accurate knowledge of the seven major centers of force in the human frame; v) the difference between soul and personality; vi) if the healer's relationship with the patient is a soul or a personality one; vii) the location of the center controlling the area which involves the point of friction; and viii) that disease and healing are both of them aspects of the great "relationship system" which governs all manifestation. If the healer will take these eight points and reflect and brood upon them, a sound foundation for all work to be done will be laid.

Furthermore, it is advised that: i) the work of the healer and of the healing groups should be supplementary to the orthodox care ("the patient should always be in the hands of a good and reputable doctor"); ii) the nature of the disease (determined by careful, orthodox medical diagnosis) should be known to the group; iii) the age of the patient, his birth date and some information anent his circumstances should also be known, so as to provide a focal point of interest, and a magnetic area should be construed around the patient which will attract the thought-directed energy of the group; iv) charts providing information on the anatomy of the body and the position and nature of the centers governing the diseased areas should be studied; and v) the faculty of imagination and the power of visualization should be emphasized and the ability should be developed to send streams of energy to the patient and to the area in the patient's body where the trouble lies.

In summary, the work which should engage the attention of aspirants to healers will fall into three categories; these will work out sequentially and not simultaneously: i) first, the training in the principles of the healing art (by studying the textbook *Esoteric Healing*); ii) later, when a group can function together with impersonality as a unit and with true interplay of love, such a group can then begin to do some definite healing work under soul direction or some initiated chela and in conformity with the teaching outlined in the textbook; iii) finally, there will come the forming of subsidiary groups to be taught and developed by members of pioneer healing groups, under soul instruction, or under that of some initiated chela. These subsidiary groups will work under group direction for the healing of people.

## Requirements

Any man or woman -given real interest and prompted by the incentive to serve- who thinks and loves ("heart thinking"), can be a healer.

The knowledge required by the healer in the New Age is more basic and less detailed. Healers deal with areas and not with organs; they are concerned with energies and their distribution points, and not with the details of the physical body.

Prerequisites to the art of healing: i) recognition of the Law of Cause and Effect; ii) correct diagnosis by a competent physician, and later by a spiritual clairvoyant; iii) belief in the law of immediate Karma (to intuit the karma of the moment); iv) willingness to recognize that healing might be detrimental and basically undesirable from the standpoint of the soul; v) active cooperation of healer and patient; vi) determined acquiescence on the part of the patient to accept whatever may be the demonstrated will of the soul (an expression of divine indifference); vii) effort upon the part of both healer and patient to express complete harmlessness; viii) effort on the part of the patient to adjust factors which might militate against the right spiritual perspective; ix) deliberate eliminating of qualities, lines of thought and of desires which could hinder the inflow of spiritual force; x) capacity of both healer and patient to integrate into the group soul with which they are subjectively affiliated. The objective underlying these ten requirements is to set up an unbroken rapport between the healer or the healing group and the patient who is receiving the scientific attention of the healing agent, group or individual.

The healing art presupposes: i) mastering of the science of soul contact; ii) constant practice of alignment; and iii) comprehension of the Science of the Centers (a modern form of Laya-Yoga).

The absolute minimum requirements (for individual healers) are: i) to ascertain their own rays [people on the sixth ray are advised to abstain from the healing art until they have arrived (consciously) at the initiate stage] and their own status before they can rightly heal; ii) possess a vehicle or body on the 2-4-6 ray line.

Other basic requirements are:

1. Observation of the six Rules of Esoteric Healing. In short, two words embody the requirements of all true healers: magnetism and radiation. Healers must be magnetic above everything else and must learn to work through the love aspect (and not through the wisdom aspect) of their rays.

2. In addition, three basic ("divine") requirements should be considered: i) emotional control, ii) to function as a detached and discerning Observer in the three worlds, and iii) a mind that can be held steady in the light.

3. Any healing practice should be preceded by at least three years of careful study

about the nature of energy, the ray types and the centers. Healers of the future will undergo years of drastic training and will face a very severe course of training before their own equipment -personality, etheric body and its centers- are brought into such submission to the soul so that they offer no obstruction to the healing art.

4. Powerful qualities and attitudes essential to the successful practice of the healing art are: i) power to contact and work as a soul; ii) power to command the spiritual will; iii) power to establish telepathic rapport; iv) power of exact knowledge using vision and touch; v) power to reverse, reorient and "exalt" the consciousness of the patient ("polarize the will of the patient"); vi) power to direct soul energy (i.e., light substance) to the necessary area; vii) power to express magnetic purity and the needed radiance; viii) power to control the activity of the mechanism of the head; ix) power over the healer's own centers; x) power to utilize both exoteric and esoteric methods of healing; xi) power to work magnetically (using the hands as directing agents); xii) power to work with radiation (using the aura); xiii) power to practice at all times complete harmlessness; xiv) power to control the will and work through love; and xv) power eventually to wield the Law of Life. In the study of these requirements there is no need for discouragement. Such a study will serve to set a needed goal for all healers in the New Age. The moving forward of a large group out of the ranks of average humanity on to the Path of Discipleship will provide -during the next five hundred years- many healers who will fulfill these requirements to some degree.

5. According to the author of this guide, the ethical standards of conduct of the would-be healer should at least include: i) obtaining the patient's informed consent in which the experimental nature of esoteric healing is explained, and ii) abstaining from charging fees to patients for esoteric healing services as proof of the healer's right motivation and intention. Techniques of protection of the healer, as instructed in the textbook, should also be observed.

In summary, healers will give of their best to the one whose healing is sought. Having no clairvoyant power in the majority of cases, and being time-conscious and under the influence of karma, they will do their utmost along the lines of their own training and in accordance with the instructions given in the textbook. The objective before any healer at this time and at this given point in the evolutionary unfoldment of the race is the need, when so asked, to aid in the bringing about of health to the body and its sustained experience in life. No request for real aid must ever be refused. A deaf ear must not be turned to trouble, either physical, mental or psychological. But success in healing may not always mean release from disease and the so-called physical cure of the patient.

The whole science of healing will shift eventually and increasingly into the realm of preventive medicine and the psychological adjustment of the individual within his group,

and the providing of right living conditions, correct dieting and housing for people. This, however, takes much time, and whilst humanity is on its way to the newer modes of living, with their resultant effects of better health and a more correct comprehension of the laws of health, all who stand in the world as magnetic centers must proceed, according to the light that is in them, to work with people, in order to help them, to heal them, and to aid in making needed adjustments. Nothing should stop service along this line, not even the realization of limitation and of ignorance.

### The Second Ray Technique of Healing

"Let the healing energy descend, carrying its dual lines of life and its magnetic force. Let that magnetic living force withdraw and supplement that which is present in the seventh, opposing four and six to three and seven, but dealing not with five. The circular, inclusive vortex—descending to the point—disturbs, removes and then supplies and thus the work is done.

"The heart revolves; two hearts revolve as one; the twelve within the vehicle, the twelve within the head and the twelve upon the plane of soul endeavor, cooperate as one and thus the work is done. Two energies achieve this consummation and the three whose number is a twelve respond to the greater twelve. The life is known and the years prolonged."

## Amazing Grace

John Newton

Arr. by NGSM.org

A - ma - zing grace! How sweet the sound! That saved a soul like me! I  
 May the LOVE of the One Soul radiate on you! Shine forth: to heal and sooth! May it  
 once heal, was lost, but now am found. Was blind but now I see.  
 may it sooth, bringing LIGHT to you. Consum'ng all that hinders good health, your service and health.

## Healing Techniques

All training encompasses the stages of theory, reaction (experimentation and experience) and expression. It takes the dedicated life and the illumined mind to profit by the knowledge conveyed in the original textbook. Would-be healers are encouraged to learn by (intuitive) absorption more than by (logical) analysis.

Two great streams of energy permeate and animate the human frame: the life stream and the consciousness stream. One works through the nervous system (consciousness) and the other through the blood stream (life). Initiate-healers have to learn to work with the life principle, and not with some vague energy which is set in motion by the power of thought or by the potency of love. This life principle is contacted and set in motion by the mode of clearing certain etheric channels within the etheric structure which underlies every part of the patient's body; that is, by directing streams of energy, via certain centers, and thus affecting certain glands in the area of the physical body which is diseased.

The endocrine glands constitute an interlinking and interlocking directorate of vital importance, linked and united, animated and directed by the seven etheric centers. These glands are direct precipitations of the seven types of pranic or life energy flowing through the seven etheric centers, and are the ultimate intermediaries between the healer and the patient. The initiate-healer does not work with the consciousness aspect; the true healer works entirely with the life aspect.

There are two general modes of esoteric healing: radiatory and magnetic. Both use the fundamental methods of vitalization and devitalization to counterbalance the excess or lack of energy in the centers.

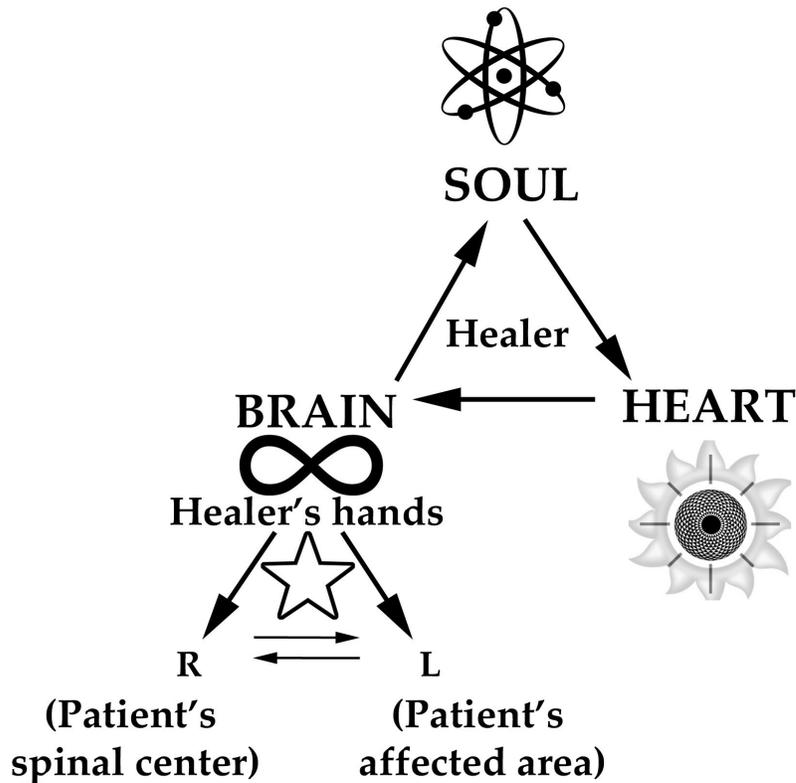
It will be apparent, therefore, that much must be known of the effects of these two basic and different modes of healing before a healer dare work. Specifically, the laying on of hands, as in magnetic healing, should be reserved for individually trained (and licensed) healers. This is so because the amount of energy conducted by direct hand contact, even if etheric only, may prove to be more immediately and irrevocably dangerous to the patient.

## Magnetic Healing

In **magnetic healing**, the healer, or healing group, does two things (in absolute silence): i) to attract to the healing center that type of energy which will counteract the disease, and ii) to attract and absorb those forces which are producing the disease, drawing it forth from the patient. The patient's physical body is the objective of the

healing art and the healer works with the prana or vital planetary fluid (animal magnetism) in close cooperation with the patient's physician or surgeon. From the healer's perspective, the technique can be depicted in the following diagram:

## Magnetic Healing



There are two ways to use the hands. First, **laying on of hands** upon the patient's physical body (healers on the 2nd, 3rd and 5th rays): the right hand is laid upon the spinal center and the left hand over the troubled area for as long as the healer can hold the (open) triangle of soul, heart and brain clearly in consciousness while energy flows between the two hands, back and forth within the diseased area. The result, if successful, is to burn up and absorb the forces causing the trouble without penetrating the body of the healer.

Second, the use of hands in action or **hand immersion** in the etheric body of the patient [healers on the 1st, 4th and 7th rays]: creating a circulation of energy through the center in the patient's body controlling the distressed area, and thence outwards through that area to the healer's hands. The right hand is used first but both hands are positive while the discordant forces are withdrawn by the action of the energy passing through the hands, applied one after the other in a regular time rhythm. The discordant forces causing trouble pass through the hands, but are unable to focus themselves

there, owing to the concentration of positive healing energies within the hands.

Once the healing work is completed, the healer withdraws the energy from the hands to the brain, sealing the triangle back to the soul.

In 1987, an illustrated manual on some practical aspects of magnetic healing, *Hands of Light*, was written by Barbara A. Brennan in collaboration with a healing deva. It is recommended reading for those wishing to further explore the subject of magnetic healing.

## Radiatory Healing

In **radiatory healing**, the healer simply gathers the power of the light of the soul and then radiates it out to the patient in the form of a steadily radiant stream of energy. The introductory radiatory healing technique included in this study guide illustrates this modality.

The more advanced healer, though, achieves magnetic purity through purity of life, attaining that dispelling radiance which shows itself in every healer when the centers in the head have been linked.

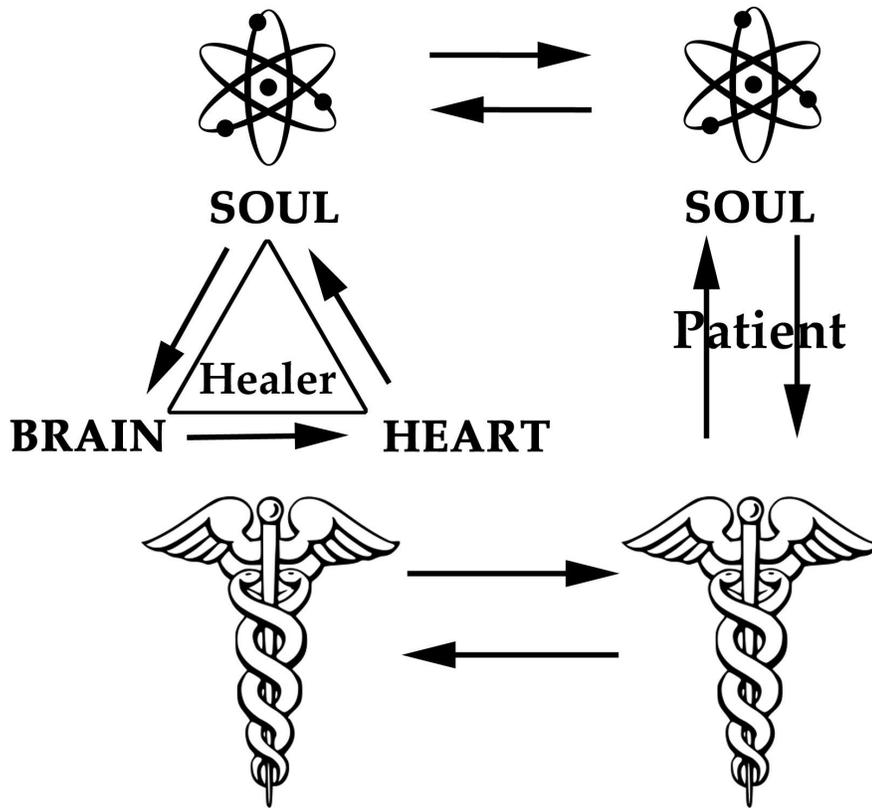


St. Francis by Nicholas Roerich

Through visualization and the use of the creative imagination: i) the attention is creatively placed on the Head-Ajna-Alta Major centers triangle, ii) the magnetic field of the Pineal-Pituitary-Carotid glands triangle is spiritually vitalized generating radiance, and iii) the vital radiance is then distributed and directed correctly by the Ajna, the left eye and the right eye triangle.

When this magnetic field is established, then radiation using a more advanced healing technique can go forth. The healer may then either: i) pour energy into the center in trouble, or ii) stimulate a corresponding higher center so that by the intensification of the higher the vitality of the lower is reduced, or iii) synchronize the center in trouble with his/her corresponding center until an equilibrium is attained.

## Radiatory Healing



In radiatory healing the patient's soul feels the effect of the healing energy and the healer works with soul energy. The healer, either standing at that side of the patient in which the trouble is located (easier way) or, if the patient's vitality is strong enough, standing behind while the patient lie on the side (or at the patient's head, if advanced), radiates soul energy to the center(s) needed. The healer must on no account touch the patient.

## Introductory Technique

**Radiatory Healing** (a Second Ray method of making sound from within).

1. **Group consciousness.** By an act of will, use the imagination to: i) align with the soul (the realm of the "within"), ii) link as a soul with the souls of other healers, as well as with their minds and emotions. Then, forgetting about the group relation, concentrate upon the work to be done.

2. **Focusing** the Force of Love. The healer: i) individually links his/her soul and brain, ii) gathers all the forces of love within his/her aura, and iii) focuses these forces within the head as a radiant center of energy, a point of vivid light.

3. **Dedication.** The healer visualizes moving lines of LIVING LIGHT SUBSTANCE linking him/her to other healers and to the patient. As the healer sees this living light of love projecting from his/her Ajna center to the heart of the group (made up of the collective heart centers of all healers) and to the patient, the healing group says:

"WITH PURITY OF MOTIVE, INSPIRED BY A LOVING HEART, WE OFFER OURSELVES FOR THIS WORK OF HEALING. THIS OFFER WE MAKE AS A GROUP AND TO THE ONE WE SEEK TO HEAL."

4. **Concentration.** The healer: i) briefly directs his/her thoughts to the patient and to his/her illness; ii) leaves the group, the patient and the illness in the background of his/her mind; and iii) concentrates upon the Force of Love.

5. **Radiation.** The healer: i) feels deep love pouring in; ii) holds his/her hands six inches away from the face, palms outwards; iii) sends the substantial light of love as a stream of radiant light from the Ajna center and directs it through the medium of his/her hands to the patient (actually sensing the patient receiving it). As the healer does this, s/ he says in a low voice, slowly and deliberately, believing in the results:

"MAY THE LOVE OF THE ONE SOUL, FOCUSED IN THIS GROUP, RADIATE UPON YOU, [\_\_\_\_\_], AND PERMEATE EVERY PART OF YOUR BODY, HEALING, SOOTHING, STRENGTHENING; AND DISSIPATING ALL THAT HINDERS SERVICE AND GOOD HEALTH."

[No thought-power or will-power should enter into the sounding stream of healing energy, but only a radiating vortex of love from the "twelve within."]

## Healing Devas

According to the textbook *Esoteric Healing*, some healers work in cooperation with a **healing deva**. Such devas exist and have the power of bestowing life. Relations are established through affinity, but this can be brought about only by the deva. and not by the healer. If the healer is very advanced, his Master may instruct one of the serving devas to aid him. Only healers of great purity and of completely selfless motive can attract these angels, and when they do, the potency of their healing is much greater; they make fewer mistakes. Elsewhere, we are told that the Mother is the greatest of the devas.



The Mother of the World  
by Nicholas Roerich

In the Roman Catholic Mariology, the Mother -consort of the Holy Spirit- is revered as the Mediatrix of All Graces. In the Vesica Piscis-shaped *Miraculous Medal*, light radiates from Her hands.



More recently, Vicente Beltrán Anglada (VBA, 1915-1988), has made reference to a

*Threefold Hierarchical Project* being part of the work assigned to the New Group of World Servers since 1925. First, the recognition of the Great White Brotherhood as the Ashram of the Lord of the World in Shamballa; second, the scientific revelation of the creative or Mother aspect of the universe, the Deva Kingdom; third, the constructive use of such creative energies through the Seventh Ray of magic. VBA himself was introduced by his Master to a teaching deva, Jesazel, a highly evolved deva who guided and protected him as he contacted the Deva Kingdom mostly in his native Catalonia.

### Angels in the Social Life of Humanity



Angel of Birth



Angel of Death

**Vicente Beltrán Anglada**

illustrated by Josep Gumí

In conducting his world service as an accepted disciple in a Second Ray Ashram, VBA inaugurated a group [service activity](#) to invoke healing devas. The healing group, overshadowed by the magnetic triangle comprised of the Lord Buddha, the Spirit of Peace and the Avatar of Synthesis, would adapt the introductory radiatory healing technique already presented in this study guide, working together to heal mental, emotional and physical ailments.

For VBA, Montserrat is a sacred mountain range where spiritual ceremonies of initiation are held in the etheric planes. During his lifetime, VBA made contact and held intimate conversations with the devas of Montserrat, a shrine dedicated to the Mother of the World.

## Conclusion

"To lay the foundation for a future structure of knowledge, and to initiate a true system of spiritual healing taught to would-be healers." -D.K.

The main contribution of *Esoteric Healing* to the modern medical literature is to present and emphasize the "inner" predisposing conditions related to health, death and disease for the purpose of suggesting therapeutic and preventive approaches that would guide the healing and medical practice in the near and distant future. The stated purpose of the book is not to cover the pathophysiological aspects of specific diseases and conditions.

However, the reader of *Esoteric Healing* is faced with three formidable barriers that may preclude a fair consideration and a true understanding of this important textbook. These are: the complexity of the subject matter itself, the peculiar mode of presentation, and the "political" views expressed from the perspective of the spiritual Hierarchy.

The subject of causal inference in epidemiological research is very complex. Therefore, when more than half of a book is dedicated to the "basic causes" of disease, the reader should be warned about the difficulties inherent in the subject itself. For instance, "heredity" is considered from the "psychological" (i.e., the result of previous incarnations and individual karma), the "group" (i.e., inherited karmic predisposition for syphilis and sexually transmitted diseases [STD], tuberculosis [TB] and cancer [CA]), and the "planetary" (i.e., inherent in the substance and "soil" of the planet) perspectives. How do these concepts relate to chromosome-based hereditary and the communicable "congenital" diseases and predispositions is left to the reader to fully understand. Even more confusing, STD, TB and CA are also referred to as "planetary" diseases throughout the book.

The second major barrier is related to the peculiar mode of presentation. The book is the result of a series of spiritual instructions received from 1942 until some time before 1950. D.K. sequentially "paints" a synthesis of ideas rather than drawing a logically consistent picture. In fact, D.K. advises to "learn by absorption more than by analysis." Each lesson adds a new brush stroke of details and insights, building on and retouching the ideas previously presented. This is not the orthodox way to introduce ideas for scientific consideration in the medical profession. Furthermore, the text is not always consistent and unambiguous in the use of significant terms, such as, "psychological" (the soul versus the traditional interpretation); "nervous" (mental conditions versus neurological diseases); and others. Groups of symptoms are mostly unorthodox and the classification of diseases is not always consistent (e.g., "insanity" for "nervous" diseases). Even the very crucial Rules of Healing are inconsistently

numbered throughout the book.

The reasons of this peculiar mode of presentation are made clearer as the reader slowly makes progress in studying the subject (p. 658). First, D.K. is safeguarding information that, if misused and misappropriated by the unready, may prove very dangerous. Second, the active effort required from the reader is part of an authentication process. Only those possessing the "right" key may decode the ambiguities and apparent inconsistencies throughout the text. The "right" key is very simple, though: right motivation to serve in true love for others. Of course, intellectual development to master conceptual abstractions is assumed.

Superficially, statements such as: 1) "Cancer is definitely the result of the activity of the lower concrete mind and of the stimulation of the etheric body which the mind can bring about" (p. 238); 2) "I repeat that disease is not the result of thought" (p. 95); and 3) "the roots of [cancer] are deep-seated in the emotional or desire nature, and are grounded in the astral body" (p. 58) do seem contradictory.

Furthermore, it is stated that, "cancer is primarily a disease of inhibition... producing an over-development of the cellular life, through over-stimulation"(p. 59). Then, given that gastric ulcer predisposes to gastric cancer, why is it stated that "if the patient is suffering from such a difficulty as gastric ulcer, the stimulation of the solar plexus center may produce a cure?" (p. 283)

The earnest reader and student of *Esoteric Healing* is faced with these and many other paradoxical statements. They serve as koans or riddles to prove discernment, right motivation and love of humanity.

The third major barrier is related to the modern standards of "politically correct" views, at least in the United States. Some views presented in the textbook touching on the Jewish problem, homosexuality, masculine polarization of the human Hierarchy, and the exponents of "New Age" healing modalities (Christian Science, Mental Science and others) are likely to be strongly repudiated by some. Any attempt to reinterpret and clarify may actually bring more confusion to the discussion of the issues at hand. Therefore, the reader of this treatise is well advised to hold judgment until harmlessness rules: "perfect poise, a completed point of view and divine understanding" (Law IX). In any case, the reader should also bear in mind some words from the "Extract from a Statement by the Tibetan" prefacing all the books, including *Esoteric Healing*: "If [the books] present truth in such a way that it follows sequentially upon that already offered in the world teachings, if the information given raises the aspiration and the will-to-serve from the plane of the emotions to that of the mind (the plane whereon the Masters can be found) then they will have served their purpose. If the teaching conveyed calls forth a response from the illumined mind of the worker in the world, and brings a flashing forth of his intuition, then let that teaching be accepted. But not otherwise. If the statements

meet with eventual corroboration, or are deemed true under the test of the Law of Correspondences, then that is well and good. But should this not be so, let not the student accept what is said."

This introductory study guide aims at provoking thought and at providing a panoramic view of the field of esoteric healing to aid the unfamiliar reader in discerning its general pattern and outline. We are mindful of the forthcoming Conclave of the spiritual Hierarchy in the year 2025 and it is our purpose to use this opportunity to make an impact upon the thinkers of the race about this new and undiscovered field of esoteric healing. Although there are basic sciences that still need to be developed before esoteric healing can thrive, such as esoteric anatomy, esoteric psychology and medical astrology, hopefully the Plan will unfold as foreseen by wiser Minds and esoteric healing may become integrated into the practice of preventive medicine in the not so distant future.

Of course, the reader is free to accept or reject the ideas conveyed herein. However, in either case, knowledge has been gained, and knowledge always carries responsibility with it.

We firmly believe that truth is the absolute criterion of reality. May the future stand revealed.

## Appendices

### A. Laws and Rules

#### Nine Laws and Six Rules of Esoteric Healing

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

Law II. Disease is the product of and subject to three influences: first, a man's past, wherein he pays the price of ancient error; second, his inheritance, wherein he shares with all mankind those tainted streams of energy which are of group origin; third, he shares with all the natural forms that which the Lord of Life imposes on His body. These three influences are called the "Ancient Law of Evil Sharing." This must give place some day to that new "Law of Ancient Dominating Good" which lies behind all that God has made. This law must be brought into activity by the spiritual will of man.

RULE ONE. Let the healer train himself to know the inner stage of thought or of desire of the one who seeks his help. He can thereby know the source from whence the trouble comes. Let him relate the cause and the effect and know the point exact through which relief must come.

Law III. Disease is an effect of the basic centralization of a man's life energy. From the plane whereon those energies are focussed proceed those determining conditions which produce ill health. These therefore work out as disease or as freedom from disease.

Law IV. Disease, both physical and psychological, has its roots in the good, the beautiful, and the true. It is but a distorted projection of divine possibilities. The thwarted soul, seeking full expression of some divine characteristic or inner spiritual reality, produces, within the substance of its sheaths, a point of friction. Upon this Point the eyes of the personality are focussed and this leads to disease. The art of the healer is concerned with the lifting of the downward focussed eyes unto the soul, the true Healer within the form. The spiritual or third eye then directs the healing force and all is well.

RULE TWO. The healer must achieve magnetic purity, through purity of life. He must

attain that dispelling radiance which shows itself in every man when he has linked the centres in the head. When this magnetic field is established, the radiation then goes forth.

Law V. There is naught but energy, for God is Life. Two energies meet in man, but other five are present. For each is to be found a central Point of contact. The conflict of these energies with forces and of forces twixt themselves produce the bodily ills of man. The conflict of the first and second persists for ages until the mountain top is reached—the first great mountain top. The fight between the forces produces all disease, all ills and bodily pain which seeks release in death. The two, the five and thus the seven, plus that which they produce, possess the secret. This is the fifth Law of Healing within the world of form.

RULE THREE. Let the healer concentrate the needed energy within the needed center. Let that center correspond to the center which has need. Let the two synchronise and together augment force. Thus shall the waiting form be balanced in its work. Thus shall the two and the one, under right direction, heal.

Law VI. When the building energies of the soul are active in the body, then there is health, clean interplay and right activity. When the builders are the lunar lords and those who work under the control of the moon and at the behest of the lower personal self, then you have disease, ill health and death.

Law VII. When life or energy flows unimpeded and through right direction to its precipitation (the related gland), then the form responds and ill health disappears.

RULE FOUR. A careful diagnosis of disease, based on the ascertained outer symptoms, will be simplified to this extent—that once the organ involved is known and thus isolated, the center in the etheric body which is in closest relation to it will be subjected to methods of occult healing, though the ordinary, ameliorative, medical or surgical methods will not be withheld.

Law VIII. Disease and death are the results of two active forces. One is the will of the soul, which says to its instrument: I draw the essence back. The other is the magnetic power of the planetary life, which says to the life within the atomic structure: The hour of reabsorption has arrived. Return to me. Thus, under cyclic law, do all forms act.

RULE FIVE. The healer must seek to link his soul, his heart, his brain and his hands. Thus can he pour the vital healing force upon the patient. This is magnetic work. It cures disease or increases the evil state, according to the knowledge of the healer.

The healer must seek to link his soul, his brain, his heart and auric emanation. Thus can his presence feed the soul life of the patient. This is the work of radiation. The hands are needed not. The soul displays its power. The patient's soul responds through the response of his aura to the radiation of the healer's aura, flooded with soul energy.

Law IX. Perfection calls imperfection to the surface. Good drives evil from the form of man in time and space. The method used by the Perfect One and that employed by Good is harmlessness. This is not negativity but perfect poise, a completed point of view and divine understanding.

RULE SIX. The healer or the healing group must keep the will in leash. It is not will that must be used, but love.

Source: Treatise on the Seven Rays IV: Esoteric Healing, authored by Djwhual Khul, the Tibetan Master, and penned by Alice A. Bailey (Lucis Trust Publishing Co., 1953).

## **B. Causes of Disease**

### **Causes of Disease and Death: General Multifactorial Framework**

#### **1. Planetary Causes**

1.1 Seven Ray Causes of Disease

1.2 Soil (seeds and germs)

1.2.1 Human heritage of diseases from Lemuria (Venereal) and Atlantis (Cancer and Tuberculosis)

1.2.2 Other diseases

1.3 Cataclysms and other "obscure planetary conditions"

#### **2. Group Causes**

2.1 National: wars

2.2 Social determinants:

2.2.1 poverty ("economic maladjustments"): malnutrition, overcrowding

2.2.2 occupational and environmental diseases (mining, air/water pollution)

2.3 Infectious: epidemics (influenza)

#### **3. Individual Causes**

3.1 Karmic (genetic, congenital, accidents)

3.2 Psychological: organic diseases and mental illnesses, arising mostly from emotional factors, and impacting the etheric body, producing:

3.2.1 Diseases of the brain and the nervous and endocrine systems

3.2.2 Diseases of the heart and the respiratory and circulatory systems

3.2.3 Other diseases arising from psychological causes

3.3 Age

3.3.1 Natural aging

3.3.2 Age of the soul ("diseases of the mystics")

## C. Mantras

### ST. FRANCIS'S PRAYER

Lord, make me an instrument of your peace,  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy;

O Divine Master, grant that I may not so much seek to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.

For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.

### MANTRA OF UNIFICATION

The sons of men are one and I am one with them.  
I seek to love, not hate;  
I seek to serve and not exact due service;  
I seek to heal, not hurt.

Let pain bring due reward of light and love.  
Let the soul control the outer form, and life, and all events,  
And bring to light the Love that underlies the happenings of the time.

Let vision come and insight.  
Let the future stand revealed.  
Let inner union demonstrate the outer cleavages be gone.  
Let love prevail. Let all men love.

INVOCATION OF LIGHT AND LOVE

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

From the point of Love within the Heart of God  
Let love stream forth into the hearts of men  
May Peace return to Earth

From the center where the Will of God is known  
Let purpose guide the little wills of men  
The purpose which the Masters know and serve

From the center which we call the race of men  
Let the Plan of Love and Light work out  
And may it seal the door where evil dwells

Let Light and Love and Power restore the Plan on Earth

AQUARIAN MANTRA FOR HEALING

May the liberating Light of the Lord Buddha  
The infinite Love of the Spirit of Peace, and  
The unfathomable Power of the Avatar of Synthesis  
Restore the healing Plan of God on Earth.

The reader may visit the website  
[Agni-Yoga.org](http://Agni-Yoga.org)  
for more information.

## About the Author



### **José Becerra, MD, Master in Public Health, Fellow of the American College of Preventive Medicine.**

Dr. Becerra is a retired Commissioned Officer of the U.S. Public Health Service who worked along with the New Group of World Servers in the fields of science, medicine and mathematical epidemiology at the U.S. Centers for Disease Control and Prevention for close to 30 years. While he was a student of the Arcane School, Dr. Becerra published his first esoteric essay in *The Beacon* (1981) on the esoteric scientific method. Since then, he has been an active member of the Group of Trained Observers, founding *The Hermetic Observatory* (THOTh) and authoring manuscripts on *The Psychocentric Revelation* (1985) and *An Introductory Study Guide To AAB-DK's Esoteric Healing* (1989). Since 1999, Dr. Becerra has devoted his esoteric work to the study and practice of Agni Yoga, authoring and publishing several websites in Spanish, including one devoted to the life and work of Vicente Beltrán-Anglada and his Second Ray approach to Agni Yoga. Since his professional retirement, Dr. Becerra has become a full-time student of the four classical disciplines (Quadrivium) of number, geometry, music and cosmology applied to solve the problems of humanity.