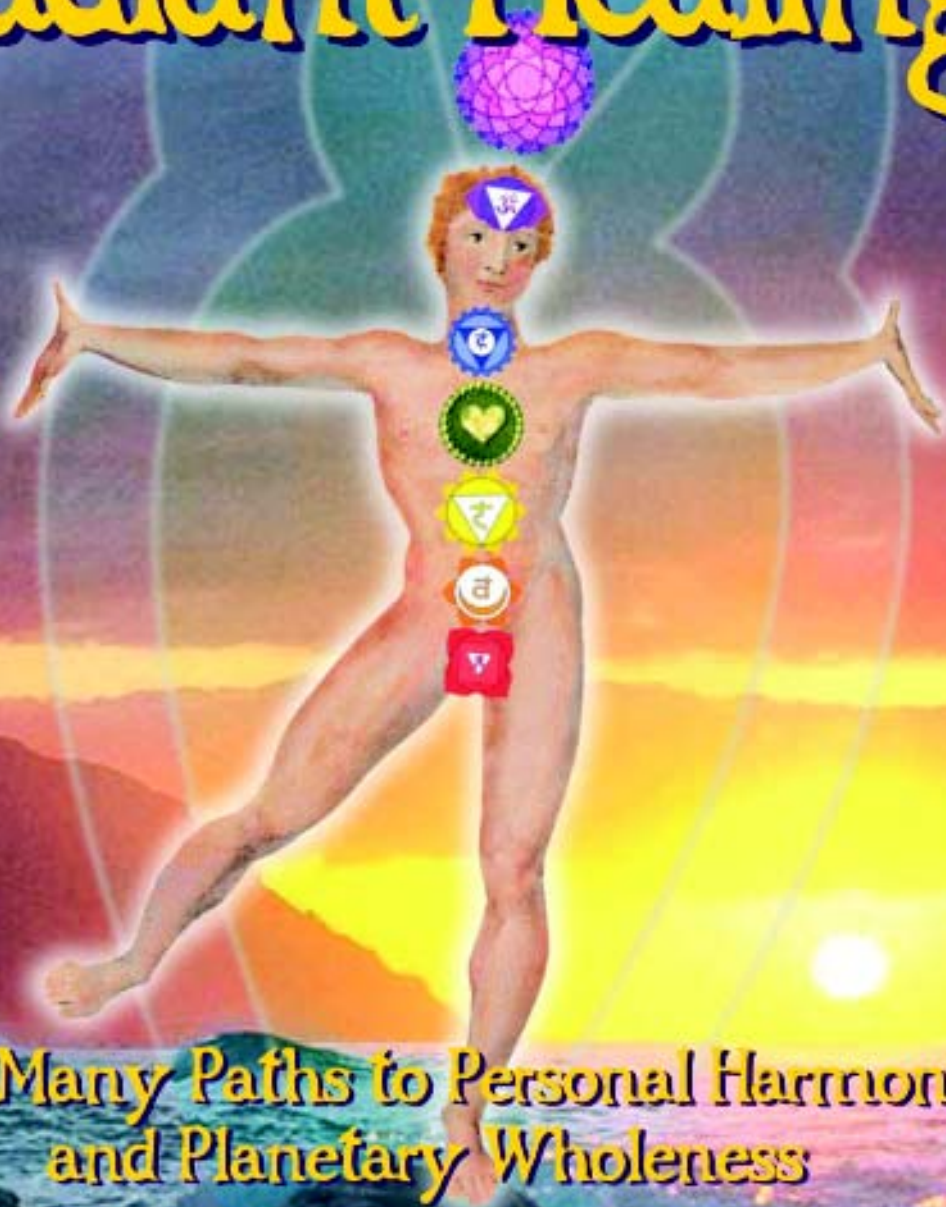


# Radiant Healing



The Many Paths to Personal Harmony  
and Planetary Wholeness

Isabel Bellamy  
& Donald MacLean



*This book is for my family  
and all of my friends and the animals  
who have made my life so rich*

# Radiant Healing

The Many Paths  
to Personal Harmony  
and Planetary Wholeness

By

Isabel Bellamy

and

Donald MacLean



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## About Isabel Bellamy

Isabel was born in England in 1910. Her talent first became apparent when she located water by dowsing with a forked Hazel twig at the age of nine. Later, as a teenager on a school visit to Italy, the contrast between the glittering gold and bejewelled robes of the Vatican, and the crushing poverty just outside its walls sickened her, and she vowed then to dedicate herself to helping those who suffered.

Isabel studied Physiotherapy at St. Thomas' Hospital, London, learning diet and breathing exercises that would play an important part in her later healing methods. Studies on electricity – Tesla's experiments – gave her invaluable insights into the practical application of radiant energy. She graduated as a Member of the Chartered Society of Physiotherapists, (Chartered Society of Massage and Medical Gymnastics; Medical Electricity; Light and Electro-Therapy) after which she taught at St.



Isabel at 7 years of age

Thomas' for a year.

During this period she met a medical student, John Bellamy, who was to become her husband. She spent many hours helping him study, gaining a good grounding in medicine herself.

After spending the war years in Trinidad and a further period in England, Isabel, her husband and 3 young children came to Australia. She worked as a Physiotherapist at the Rudolf Steiner curative home at Inala before moving to Queensland to help establish the Raphael Healing Research Foundation. She finally came to Wentworth Falls in the Blue Mountains outside Sydney in 1983 where she set up the 'Living Wholeness' group to help people to live in health and harmony. Isabel retired from her active work at the age of 88, her short term memory, but not her spirit, damaged by the anaesthetics given during hip replacement surgery. She left her body peacefully, and returned to source in March 2004 having lived for 94 years.



Isabel in India in the 1960s

Isabel was a member of The British Society of Dowsters, The Theosophical Society and The Anthroposophical

Society. At various times she visited Scotland's Findhorn University of Light, Glastonbury in England and Aranatulla Ashram. She made two extended stays at an ashram in Bali. She studied the teachings of Krishnamurti, and became proficient in Raja Yoga, arising at 4am each morning to do breathing exercises and mental training. The shining example of Ramana Maharshi was her guiding light.

Isabel's genius as an 'alternative' healer lay not only in her ability to draw together useful material such as Homeopathic and Bach flower remedies, gemstones and crystals, geometric shapes, sounds and colours, and use them therapeutically, but in her ability to clarify and describe effective, safe and simple ways to administer these therapies. Her teachings are informed as much by her anatomical and medical knowledge and her years practising Physiotherapy, as by her wide reading and exposure to esoteric teachings. She had one foot firmly planted in the known, but with the other she strode fearlessly into uncharted territory.

She used to say that about 80% of people can dowse effectively if they train themselves, and while this can be a valuable aid to healing, it can also be a powerful tool to help us discover who we are and bring out the best in ourselves. "All is known in the realm of thought," she reminded us, "and there is nothing that we cannot ask".

### **Read at Isabel's Funeral in March 2004**

Farewell Isabel.

As a teacher and healer you helped me to grow in knowledge, wisdom and compassion. By your example you showed me how to see the spirit in all things, animate and inanimate, and to gaze upon the world with curiosity and childlike wonder. You showed me how to have a tender heart and live gently on the earth.

You were the supreme alchemist, taking spiritual ideas and subtle concepts and finding ways to apply them to everyday life, so that the mundane and the supermundane, the earthly and the spiritual, became as one. You were ahead of your time, a visionary, living in a quantum consciousness, leading others to their own awakenings.

Sometimes you felt the loneliness of this work, but you were nurtured by your connection to the earth and your love for its inhabitants, driven by your inexhaustible volition and energy to assist those who were unwell. The seeds of knowledge you planted by teaching and healing will grow and multiply. You brought so much to the world in your 94 years, and I and many others will remember you and think of you with gratitude.

Farewell Isabel. You have lived a great life, but now your work is over, and like a drop of water, you have for a while returned to the ocean. You used to say, "You are only a thought away", thank you for being who you are. May your soul rest in peace.

**Deidre Ikin** (Homeopath, and friend in the 'Living Wholeness Group')

## About Donald MacLean

Donald was born in Scotland during the second world war. He endured boarding school life for ten years before emigrating to Australia at 18 in search of adventure. As a young man he worked as a 'jackeroo' on a sheep station, then as a truck-driver, storeman and clerk. He tried his hand at selling encyclopaedias and insurance, sailed the oceans as a ship's steward, and taught snow skiing. This restless kaleidoscope of occupations and fleeting relationships was punctuated by trips to Britain to visit his family. Always artistic, he created anti-war and save-the-whale designs which he printed on T-shirts.

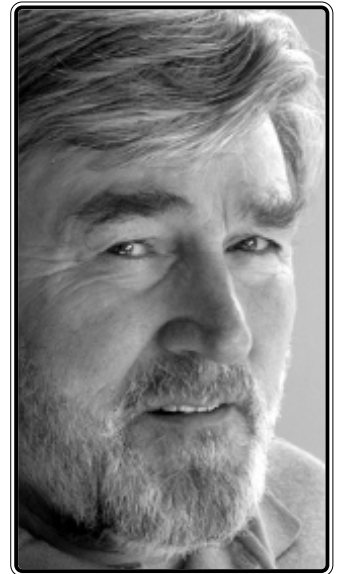
Throughout these years Donald read widely. Rebellious from an early age, he rejected organised religion becoming interested instead in the kind of religious experiences described by mystics through the ages and more contemporary writers such as Aldous Huxley and Timothy Leary. At the age of 20 or 21 he had proposed to a couple of friends that they collaborate in writing an allegoric account of their adventures based loosely on Bunyan's *Pilgrim's Progress*. He attended lectures in London on the work of Gurdjieff and Ouspensky, took an interest in 'absent healing', immersed himself in esoteric Tibetan Buddhist writings, and became a Rosicrucian for a while.

In 1981 he bought the house in the Blue Mountains, west of Sydney, where he lives to this day. The arrival of Isabel Bellamy in 1983 as his next door neighbour coincided with a three month visit to Australia by his mother. The two women became friends, and together persuaded him to enter a program to deal with his addiction to alcohol. After some struggle, he became totally abstinent, though he gives much credit to Isabel for his successful recovery.

Donald started to redraw the dowsing charts and teaching diagrams which Isabel used in her work with patients, and at the courses and talks which she gave, and which now appear in this book. He would drive her to her venue, carry boxes, clean the blackboard, and of course, take notes.

Eventually he bought a Macintosh computer, thinking it would be useful in the creation of more T-shirt designs. It led him instead into desktop publishing. By 1999 Isabel's manuscripts had been presented to a number of publishers without success. Donald was asked to bring it to a finished state which could then be printed. A limited edition of 175 copies was 'self-published' late in 2001.

Donald continues to enable people in their self-publishing endeavours, and to take an interest in the healing of Spirit, mind and body.



Donald in 2004

## Preface to the 2005 Edition

**F**riends and former pupils of Isabel, many of whom I have not met, may wonder who I am, and what role I have played in the presentation of Isabel's work. Owners of one of the 175 copies of the self-published first edition of *Radiant Healing* may wonder why such extensive editing has been carried out, and why so much new material has been introduced into this second edition. I will endeavour to explain. In 2001 when I placed a copy of *Radiant Healing* in Isabel's hands, she looked at the cover, and her first words were, "Where is your name?" Perhaps she realised how much work lay ahead of me, but to that point I had stayed very close to the original manuscript, confining my editing to correcting small grammatical details, and my major contributions had been the graphics and diagrams, and the design of the book, which I had desktop published.

During the years of preparation for this second edition a number of problems began to emerge as I became more familiar with the book, and contemplated the printing of thousands of copies, many to be read by people who would not see themselves as students of 'holistic' healing. Firstly the text had always needed some editing. Parts were hard to read, other parts needed moving and rearranging. As I researched the many subjects covered in the book, I continually came across new material. As Isabel's short term memory impairment meant that no collaboration was possible, I had to ask myself what she would have wanted. "Give people lots of information", she would often say. And I took that as license to introduce new and relevant material.

The largest item of new material is my introductory chapter titled 'Rediscovering the Ageless Wisdom'. I felt that two questions needed to be answered if the book was to be wholly relevant to a contemporary reader. The first concerned the origin of all things. Which view of creation, or what body of knowledge were the source of Isabel's very specific teachings on man's Thought Field, Organising Field and Life Field? She had not provided the answer to these questions in her manuscript, unless I was to consider her list of 'Books for Further Reading' as a clue. And there I found Alice Bailey and the Theosophists, Rudolph Steiner, the Rosicrucians and many others who could be broadly described as teaching that we are not separate from our creator, that the mind that creates our world, and the mind that looks out of our eyes is the same mind, that there is but One Life.

I have drawn from a variety of these sources to present an overview of 'Man and his Universe' that is both accessible and complementary to Isabel's text. My introduction owes its title to the sense of synthesis that grew in me as I studied these works. The ancients — Egyptians, Greeks, Tibetans and others — knew about our 'subtle bodies' and the energies that circulate within them. Then came the Church of Rome whose catastrophic cult of ignorance all but extinguished the light of wisdom in the world. Dark centuries followed: and I realised that while we were not yet clear of their shadow, we were piecing together the shattered and scattered fragments of the once

brilliantly shining Universal Teachings. Isabel was a true Mystic, she knew who God was, and that we were all One. She would have appreciated how everything fitted together, though, to be truthful, she would have wanted to get on with the healing.

The second question concerns the nature of healing. Isabel describes in Appendix 1, 'My Steps Into Healing' how she was at first unsure of what was taking place when a healing occurred. In the A to Z chapter, under 'Healing', she gives advice to student healers and describes methods which have worked for her. She treats 'Healing' as another modality such as herbalism, homeopathy or acupuncture, processes involving energies that we can not yet clearly explain. In matters of healing we still have a tendency to distinguish between 'religious' or 'scientific', and we are confronted, or challenged by accounts of 'spiritual healing', 'absent healing', or 'faith healing'. Research into brain waves has contributed to a growing understanding of what happens when healing takes place, and perhaps eventually we will accept that all healing is governed by laws just as scientific as those familiar ones which govern our physical world.

A personal experience led to my introducing a quantity of new material into the chapter entitled 'Breath of Life'. During a 1995 visit to Perth — reputed to be the pollen capital of the southern hemisphere — I was afflicted with such shortness of breath that I bought an inhaler from a pharmacy. Later, my doctor 'diagnosed' Adult Onset Asthma, and prescribed drugs which I would have to use for the rest of my life. Though I could hardly deny that my breathing and general level of fitness were poor, I decided against taking this advice. Recently, I came across the Buteyko Breathing Method, found a local practitioner, Jennifer Harris, and learned how to breathe correctly. Jennifer gave me a book by Dinah Bradley called *Hyperventilation Syndrome; A Handbook for Bad Breathers*, from which I learnt that the diagnosis and definition of breathing difficulties are still the subject of lively debate within the medical profession, and that misdiagnosis of asthma is not uncommon. I realised that over the years I had unknowingly slipped into the poor breathing habits that she documents so well. So thanks are due to both Dinah Bradley, and Jennifer Harris for the information I have included. Isabel enthusiastically assembled information from a wide variety of sources, and I feel confident that she would have understood the significance of carbon dioxide and embraced the Hyperventilation Syndrome concept.

Finally, I would like to thank firstly Julia Kierath, and then John Bannister of Joshua Books, whose conviction that *Radiant Healing* would make a useful contribution to the world has made possible the publishing of this edition. Much gratitude is also due to Jilly Lynch, Steve Carey, and the many other friends who have helped with encouragement, proofreading, computing and so forth during the past couple of years. And thank you, dear reader! It was you that Isabel had in mind as she wrote. She would be pleased if something in *Radiant Healing* helped you to change your life, or the life of a loved one, for the better.

Donald MacLean  
July 2005



*God Creating the Universe* ~ by William Blake  
Whitworth Art Gallery, University of Manchester

Also known as *The Ancient of Days*, and related to Proverbs 8:27, “When He established the heavens, I was there; when He inscribed a circle on the face of the deep”. In his Notebook, beside a sketch for this work, Blake refers us to his lines, “And who shall bind the infinite with an eternal band? To compass it with swaddling bands?”. Blake saw the protagonist as the Creator, who, “...formed golden compasses and began to explore the Abyss”.

# Rediscovering the Ageless Wisdom

An Introduction  
by Donald Maclean

Isabel Bellamy was my neighbour for 18 years, transforming a goat-nibbled paddock into a fertile, productive, and above all peaceful garden in that time. A tape player hanging in an apple tree gave forth music created by English market gardener and researcher, Gerald Rawinsky. The alien 'bongs', 'pings' and gamelan chimes bemused our neighbours, but Isabel claimed they were responsible for the abundance of earthworms and the lushness of everything within hearing distance.

Following hip replacement surgery in 1998, Isabel's short term memory was impaired and she retired from her work. The world lost a tireless worker in the realm of thought. She had maintained a list of 'patients', many world leaders among them, whom she monitored daily, asking Spirit for assistance, and bringing their fields back into balance when they were disorganised. She was, thankfully, not the only healer to practise this little known work for the benefit of our race and our planet. Always modest, she says little about this aspect of her work in her book.

The word holistic sums Isabel up very well. She was a generalist, rather than a specialist, in that she used her intuition to discover the most appropriate treatment, procedure or remedy for the problem at hand. Her medical knowledge, her years of physiotherapy and her extensive reading no doubt gave her much to choose from, but at the heart of her understanding lay her knowledge that a person could not be whole and healthy if their Thinking, Feeling and Willing fields were out of balance.

In her lectures she used many of the diagrams which now appear in this book to show how these measurable energy fields functioned, and how they related to the subtle energy bodies of man known as the Mental body, the Astral body, and the Etheric body. I wondered, as I worked on these handwritten diagrams, where this information came from. If these clearly defined bodies and fields made up the 'Whole Man', then what 'Greater Whole' was man a part of, and how did humanity fit into the grand design of the whole universe? I wondered too, about healing, aware that there did not

seem to be a very clear distinction in our culture between a healing and a cure. Just as there seemed to little clarity about what exactly was happening when one received treatment such as Reiki, acupuncture, homeopathy or absent healing.

In search of clarity, I looked in Isabel's bookcase and found Gurdjieff and Ouspensky, Rabindranath Tagore, Emma Kunz, the Rosicrucians and the Theosophists. As a member of the Theosophical society, Isabel was familiar with the works of Madame Blavatsky and Annie Besant; Ramana Maharshi was her beloved guru; Rudolph Steiner was a major influence; and in the writings of Alice Bailey I found much that was familiar from Isabel's work.

### Searching for a Grand Design

I knew books of this nature to be the repository of occult (magical, mystical, hidden), or esoteric (secret, restricted, difficult) wisdom. But as I sought within these works for a universal Grand Design which would embrace Isabel's fields, a picture emerged of an Ancient Wisdom which man had once possessed, which was far in advance of our present understanding.

In her book, *The Secret Doctrine*, Helena Blavatsky (H.P.B) described how the 'now Secret Wisdom' was once the source, of all the smaller streams of wisdom we now know as the world's contemporary religions. She says that the period beginning with Buddha and Pythagoras (1800–500 BC) was the last to be illuminated by the Ancient Wisdom/Knowledge. D.H. Lawrence agreed, writing that, "...the great pagan world of Egypt and Greece ... had a vast and perhaps perfect science in terms of life", and that "... a great science and cosmology were taught esoterically in all countries of the globe — Asia, Polynesia, America, Atlantis and Europe."

The Secret Wisdom of which H.P.B. and D.H. Lawrence speak is the Ancient, Constant and Universal Teaching, the source of all sciences, religions, and philosophies, found at all times throughout our history, in every land and among all people. 'Divine' Wisdom perhaps, though we may need to examine what we mean by 'Divine' if that word is to be useful to us.

• —

**How amazing it is that  
an intelligent person can go  
through the whole of his or her life  
without being aware of either the  
existence or the importance of the Ageless  
Wisdom ! That vast body of information  
known as the Wisdom Teaching, whose import  
stretches from the meaning and purpose of  
man himself to the constitution and evolution  
of the whole Universe, would appear to  
have existed in all its strength since  
prehistoric times.**

Vera Stanley Alder, *The Initiation  
of the World*

Tragically, or perhaps inevitably — for if there is one thing we know about civilisations, it is that they fall — the final flowering of this period of enlightenment was with the Gnostics and Neo-Platonists. The fourth century was a turning point in history, a period of turmoil in which the Church of Rome took the form of a strong political organisation, extinguishing the light of wisdom, and plunging the western world into a time of darkness that was to last for many centuries.



## Candles in the Night

It is clear from the success of Dan Brown's *Da Vinci Code*, a fiction which, despite the denials of church officials, among others, many believe to contain much that is true, that people are demanding to know more about the origins of the Christian Church, and its activities through the ages, than its leaders are willing to disclose. What interests us here is the Ancient Wisdom, not the church, though if you wish to investigate the origins of the church, Tony Bushby's books, *The Bible Fraud*, and *The Crucifixion of Truth*, and Ian Ross Vayro's *They Lied To Us In Sunday School* (all from Joshua Books, Australia), are among the many well researched titles now available on this increasingly popular subject.

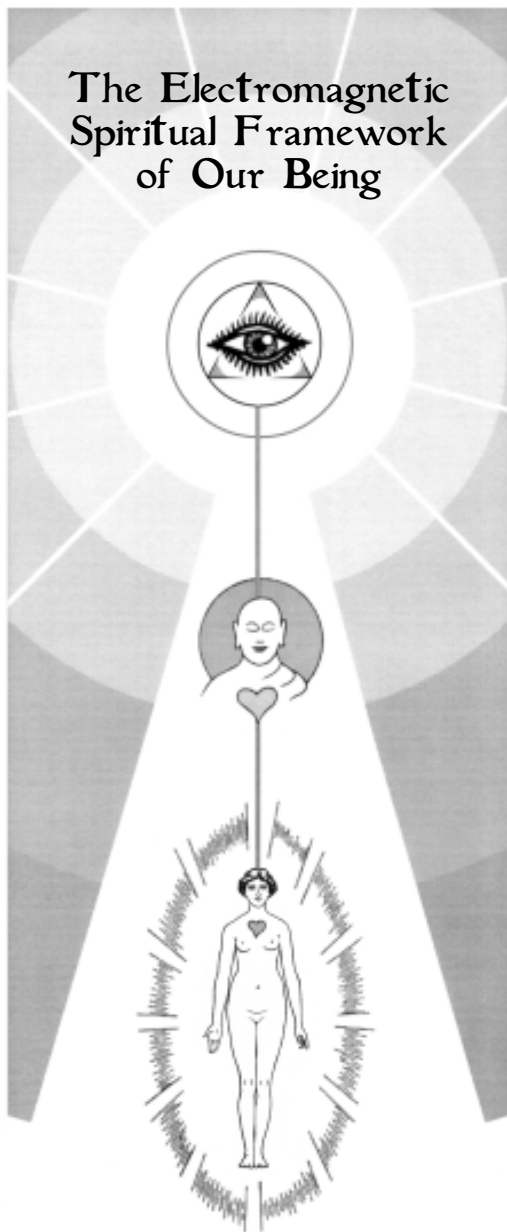
The Dark Ages (circa 450–1850) achieved its name from the intellectual darkness resulting from church rule. Schools of learning were abolished, teaching people to read and write was unlawful. People were generally credulous and ignorant and therefore easy to control with a religion which required great belief and little knowledge. So what happened to the Ageless Wisdom?

There is a website <[www.wisdomworld.org](http://www.wisdomworld.org)> titled, *An Introduction to the 'Body of Knowledge' Known as Theosophy*, which is a wonderful source of information on the wisdom of the pre-Christian era. It paints a richly detailed picture of how that wisdom was kept alive by adepts and alchemists, and cherished by secret societies through the long night of the dark ages. Much gratitude is due to the Compiler of this website for generously making this marvellous information available.

The word Theosophy combines the Greek words 'Theo' (god) and 'Sophia' (wisdom). The 'Wisdom of the Gods', in fact. The Compiler tells how the Ancient Mysteries originated in the night of time, thousands of years before the historical period. In those days, the story of cosmic evolution, science, medicine and the laws of music may well have been taught by dramatic portrayal. The nature of the spirit, its relation to the body, and the method by which it might be purified, would have been at the heart of these Mysteries. Candidates for initiation would have understood that the key to understanding these philosophical and ethical doctrines was the knowledge that Spirit was Sovereign Lord of the body. But, even before the Christian era, spiritual knowledge was being eroded, and secular and materialistic concepts were taking the place of the ancient teachings. The science of sciences from which all true systems of religion and philosophy have sprung, was in decline, and was eventually to be almost totally destroyed.

On the website you can read of the lives of 'The Great Ones'. Though not strictly Theosophists, as the Theosophical Society was not formed until 1875, these masters of compassion embodied the principles and propositions of the Divine Wisdom, often incurring the wrath of the establishment of their day. Among their number you will find accounts of the lives of the, perhaps semi-fictional Jesus, the Christ; Apollonius of Tyana who performed miracles of healing, and whose life, being meticulously documented by his Roman historian, was perhaps the model for the story of Jesus; Ammonius Saccas; Plotinus; Iamblichus; and Hypatia, the last

## The Electromagnetic Spiritual Framework of Our Being



**Spirit is the Life  
Mind is the Builder  
Body is the Result**

of the Neoplatonists. There were the Kabalists; the Alchemists; the Druzes of Mount Lebanon; and Roger Bacon. Then came the Theosophical Renaissance; the Neoplatonic Revival; the advent of the Rosicrucians; Paracelsus; Giordano Bruno; Jacob Boehme; Anton Mesmer; Louis Claude de Saint-Martin Cagliostro; Le Comte to St. Germain and Thomas Paine.

Of course, not all of these individuals or movements had the same understanding, or taught the same detail, yet the Three Fundamental Propositions at the heart of Theosophical teachings, ‘God’, ‘Law’, and ‘Being’, occur in one form or another in most of their teachings and writings. But before we look at the detail of these divine teachings, let us find out what we mean when we talk of God.

### **God and Science**

The subject of God, and how His creation is brought about has been a major issue in the affairs of human beings since conscious thought arose. Indeed, most human conflicts seem to have been conducted in the name of someone’s concept of God. Eckhart Tolle in his book *The Power of Now*, explains how the word ‘God’ has been misused throughout history, and consequently rendered meaningless. It is a word so laden with cultural ‘baggage’, that clear communication on the subject is virtually impossible. People have always believed that their God was real and true, while the other people’s God was false, and the very mention of the word seems to conjure up an image of a powerful being, separate from us, and as Tolle suggests, probably male.

In his book, *Survival into the 21st Century, A Planetary Healers Manual*, Viktoras Kulvinskis describes the entire universe, material and spiritual, as being “manifested

out of and eventually dissolved back into an eternal, changeless, supreme reality which is pure consciousness called God". Our science tells us that our material bodies, and our world, are actually in a continual flux of changing molecular and energetic relationships, but we are uncomfortable with such a fluid and transitory picture. And so, in order to make sense of it all, we invest this swirling soup with an illusionary permanence that masks its spiritual origin from our view. God is "up there" we say, abstract and the subject of religion, while we are "down here", material and the object of science. Thus separated, God and Science appear incompatible.

Eckhart Tolle thinks we might profitably use the word 'Being' instead of 'God'. Being can't be turned into a picture, or worshipped as an entity, and it can't be owned by one person and denied to another. It is quite simply your 'I Am', but it is equally clearly the 'I Am' of your friend, or your enemy. Perhaps then, instead of objectifying God, we might turn to experiencing our Being.

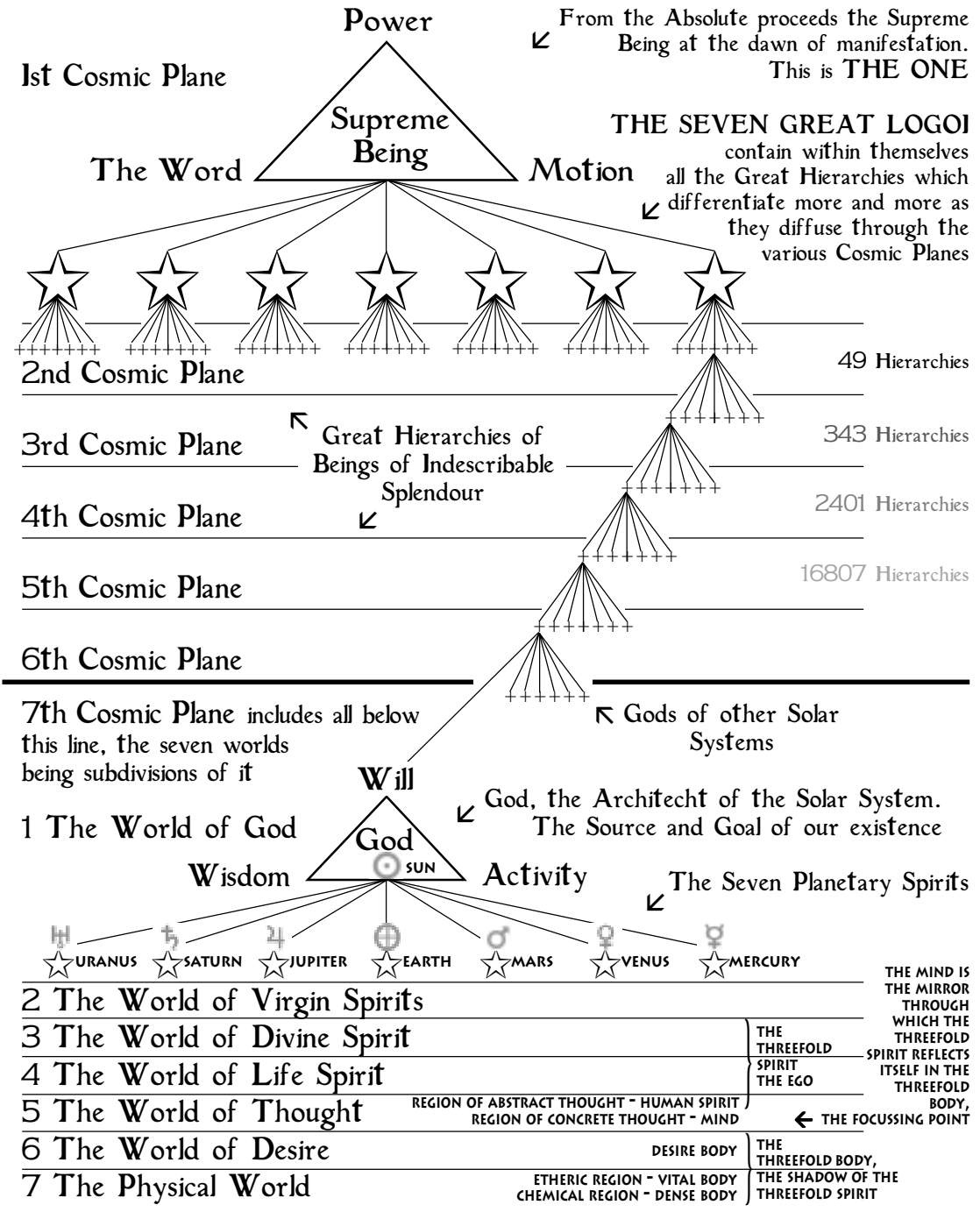
### **The Electromagnetic Spiritual Framework of Our Being**

Let us suppose that the swirling electromagnetic energies of which the molecules of our bodies are composed, are only the densest and most apparent of a spectrum of energies of increasing refinement. Solids, fluids and gasses would be simply the physical end of an electromagnetic continuum — a continuum with slowly vibrating matter at one end, and rapidly vibrating Pure Being at the other. Matter and Spirit, but all Spirit really, emanating from the source of Pure Being at the centre, and becoming us through the 'mechanism' of the mental body, the desire body, and the vital or etheric body which is the blueprint for our world of matter. I assume that this is what is meant when we say that God, or Spirit, is within us, not without.


The information in the diagrams on pages 6 and 7, and elsewhere, is taken from *The Rosicrucian Cosmo-Conception*, by Max Heindel, 1909. This book is available for reading online at <[www.rosicrucian.com](http://www.rosicrucian.com)>. The power of diagrams and charts to communicate ideas is well known, and the concepts and charts from the Cosmo-Conception are presented with gratitude and respect.

You will find information from a variety of sources scattered through this introduction. I hope that in making things brief, I have captured the essence without mangling or misrepresenting each body of knowledge. The intention was to suggest a range of possibilities rather than to say "This is how it all fits together". I have made many references to websites, and books, in the hope that they might lead the reader into new lines of enquiry, or make connections between pieces of life's jig-saw puzzle which have refused to fit together until now. After all, our paths to knowledge and wisdom are many and various. Diagrams are presented as starting points for discussion, rather than the end of it. They are not dogma, and are certainly not a depiction of reality. How could they be? As the Rosicrucians themselves say, "Unfortunately, our language is descriptive of material things and therefore entirely inadequate to describe the conditions of the super-physical realms, hence all that is said about these realms must be taken tentatively, as similes, rather than as accurate descriptions".

The Supreme Being, The Cosmic Planes, and God



The Seven Worlds on the Seventh Cosmic Plane

<b>WORLD OF GOD</b>		Consisting of  7 Regions	
<b>WORLD OF VIRGIN SPIRITS</b>		This World consists of 7 Regions and is the abode of the Virgin Spirits when they have been differentiated in God before the pilgrimage through matter	<b>VEHICLES OF MAN</b>
<b>WORLD OF DIVINE SPIRIT</b>		Consists of 7 Regions and is the abode of the highest spiritual influence in man	<b>DIVINE SPIRIT</b>
<b>WORLD OF LIFE SPIRIT</b>		Consists of 7 Regions and is the abode of the second aspect of the threefold spirit in man	<b>LIFE SPIRIT</b>
<b>WORLD OF THOUGHT</b>	<b>REGION OF ABSTRACT THOUGHT</b>	<p><b>7th Region</b> ~ Contains the germinal idea of form in mineral, plant, animal and man</p> <p><b>6th Region</b> ~ Contains the germinal idea of life in plant, animal and man</p> <p><b>5th Region</b> ~ Contains the germinal idea of desire &amp; emotion in animal and man. Abode of the 3rd aspect of spirit in man</p>	<b>HUMAN SPIRIT</b>
	<b>REGION OF CONCRETE THOUGHT</b>	<p><b>4th Region</b> ~ Contains the archetypal forces and the human mind. It is the focusing point through which the spirit mirrors itself in matter</p> <p><b>3rd Region</b> ~ Archetypes of desire and emotion</p> <p><b>2nd Region</b> ~ Archetypes of universal vitality</p> <p><b>1st Region</b> ~ Archetypes of form</p>	<b>MIND</b>
<b>DESIRE WORLD</b>	<b>HIGHER DESIRES</b>	<p><b>7th Region</b> ~ Soul-Power</p> <p><b>6th Region</b> ~ Soul-Light</p> <p><b>5th Region</b> ~ Soul-Life</p>	Attraction
	<b>FEELING</b>	<b>4th Region</b> ~ Feeling	
	<b>LOWER DESIRES</b>	<p><b>3rd Region</b> ~ Wishes</p> <p><b>2nd Region</b> ~ Impressionability</p> <p><b>1st Region</b> ~ Passion &amp; Low Desire</p>	
<b>PHYSICAL WORLD</b>	<b>HIGHER DESIRES</b>	<p><b>7th Region</b> ~ Reflecting Ether, memory of nature</p> <p><b>6th Region</b> ~ Light Ether, medium of sense perception</p> <p><b>5th Region</b> ~ Life Ether, medium for propagation</p> <p><b>4th Region</b> ~ Chemical Ether, medium for assimilation and excretion</p>	<b>VITAL BODY</b>
	<b>LOWER DESIRES</b>	<p><b>3rd Region</b> ~ Gasses</p> <p><b>2nd Region</b> ~ Liquids</p> <p><b>1st Region</b> ~ Solids</p>	<b>DENSE BODY</b>

THE EGO

THE LINK BETWEEN

THE PERSONALITY

Early in my life I rejected the disempowering concept of a God ,‘up there’, who would punish me if I didn’t toe the line. Perhaps too, I was lucky not to have dwelt among people who believed that the fairytale of Genesis was a serious explanation of how we humans and our world came into being. And yet, the explanations of science were somehow no more satisfying, their limitations apparent. I thought myself an atheist for a while, but my interest was kindled when I heard that people who meditated in caves, or lashed themselves with whips, or ate a mushroom or a cactus button could have ecstatic, even religious experiences. And I learnt that the answers lay within, that that was where to look.

Eventually, I came to understand that there is only one life, one indivisible Pure Being at the heart of it all, even though we think we are individual. And that all the bodies we see around us in the world are but a part of the illusory dream from which we will only awake when we finally realise that we are not separate from God.

One of Gary Renard’s ‘mentors’ in his book *The Disappearance of the Universe* (Hay House, 2002) explains to him that “the world is just an insignificant dream, but most people aren’t ready to accept such an idea because their contrary experience is so strong. ... knowing the world is an illusion is not enough. The Gnostics and some early Christians called the world a dream; the Hindus call it Maya and the Buddhists call it anicca, all meaning pretty much the same thing. But if you don’t know the purpose of the dream and how to reinterpret the images you are seeing, ... then the general teaching that the world is an illusion is of very limited value.”

Isabel would have agreed with that. She practised Raja Yoga. She didn’t teach the Rudolph Steiner method, or the Rosicrucian cosmology, or the intricate spiritual philosophy of the Theosophists — in fact she was impatient with those who would squabble over theory. She was much more interested in putting her knowledge to work, and as she gave herself to helping and healing people, her understanding ripened into wisdom. The principles at the heart of her teaching are not new. Just as so much of what we call ‘New Age’ is as old as the hills. So just what is this Divine Wisdom/Knowledge which has been lost and forgotten for so long? Which of its fragments have become part of our knowledge, and which remain under the dark cloud of denial?

**Being is the eternal, ever-present One  
Life beyond the myriad forms of life  
that are subject to birth and death.  
However, Being is not only beyond but  
also deep within every form as its  
innermost invisible and indestructable  
essence. This means that it is accessible  
to you now as your own deepest self,  
your true nature.**

Eckhart Tolle

## The Divine Wisdom/Knowledge

The Sanskrit word 'Chakra' tells us that the ancient Indian Ayurvedic medical system is the place where information about the body's energy centres has lain in plain view for millennia. Less than a hundred years ago we in the West learned of the Chinese system of energy meridians, used in acupuncture. Fragments of the ancient knowledge, like the ruins of a cathedral, still echoing with song, and yet not fully understood. Some of us are learning to work with these energy systems, and yet there are many others among us who would deny the 'reality' of chakras and meridians. At the popular level our society is somewhat ambiguous, on the one hand 'addicted' to the notion that to be 'real', something must be provable, and on the other hand, superstitious and open to ideas such as spiritualism, and so forth. We talk confidently of the etheric body and the astral body, and practitioners will balance our auras, align our chakras, and release the blocked energies of our bodies using a bewildering variety of techniques. We are familiar with reincarnation, and 'remember' our past lives, though many of us do not actually believe that life is eternal, and death an illusion. "What goes around, comes around", we say, demonstrating a somewhat vengeful understanding of karma. But how many of us actually understand how all these fragments of the Ageless Wisdom fit together? Isabel did, I believe, though she was a practitioner rather than a philosopher, and you will find her understanding in her methods rather than her words.

The Theosophists would surely have judged that the fruit of the philosopher Emerson's mind had ripened in the garden of wisdom, that he was at home in the cathedral. 'God', 'Law', and 'Being', the Three Fundamental Propositions at the heart of Theosophical teachings, are summarised in Emerson's three essays, *The Over-Soul*, *Compensation*, and *Self-Reliance*.

## Unity

The first Fundamental Proposition is that of Unity. "All is One", Emerson repeats again and again, "the act of seeing, the thing seen, the seer and the spectacle, the

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## Three Great Truths

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**"Hear me, my brother", he said. "There are three truths which are absolute, and which cannot be lost, but yet may remain silent for lack of speech.**

**1 ~ The soul of man is immortal, and its future is the future of a thing whose growth and splendour has no limit. 2 ~ The principle which gives life dwells in us and without us, is undying and eternally beneficent, is not heard or seen, or smelt, but is perceived by the man who desires perception. 3 ~ Each man is his own absolute lawgiver, the dispenser of glory or gloom to himself; the decreer of his life, his reward, his punishment.**

**These truths, which are as great as is life itself, are as simple as the simplest mind of man. Feed the hungry with them."**

from The Idyll Of The White Lotus extracted from *The Jewel In The Lotus* by Dr Douglas Baker

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subject and the object”. For him, Spirit dwelt in every form and communed with the Spirit in every other form. And he described that Spirit as “...that Unity, that Over-Soul, within which every man’s particular nature is contained and made one with all other: that common heart”.

### **Duality**

The second Fundamental Proposition is found in Emerson’s understanding of the Law of Periodicity. “There is never a beginning, there is never an end to the inexplicable continuity of this web of God, but always a circular power returning to itself.” Pondering this led him to understand the duality at the heart of our world, and that each thing requires its opposite to make it complete. “Polarity, or action and reaction, we meet in every part of nature;” he wrote, “in darkness and light; in heat and cold; in the ebb and flow of waters; in male and female; in the inspiration and expiration of plants and animals; in the systole and diastole of the heart; in the centrifugal and centripetal gravity; in the undulations of fluids and of sound; in electricity, galvanism and chemical affinity”.

It is the nature of the human mind to perceive a thing as separate, and not in relationship with its other. As the Compiler at ‘wisdomworld’ suggests, “Nature refuses to be divided in this way. We can no more act without feeling the reaction than we can hope to find an inside without an outside, a top without a bottom. Not even spirit and matter can be thought of as things in themselves, for they are but two aspects of one and the same thing”.

### **Karma**

Emerson considered the Law of Action and Reaction to be finely balanced when applied to morals. While circumstances may sometimes appear to excuse the wrongdoer in this lifetime, the scales of justice ensure that the consequences of his actions are ultimately paid for.

### **Evolution and the Soul**

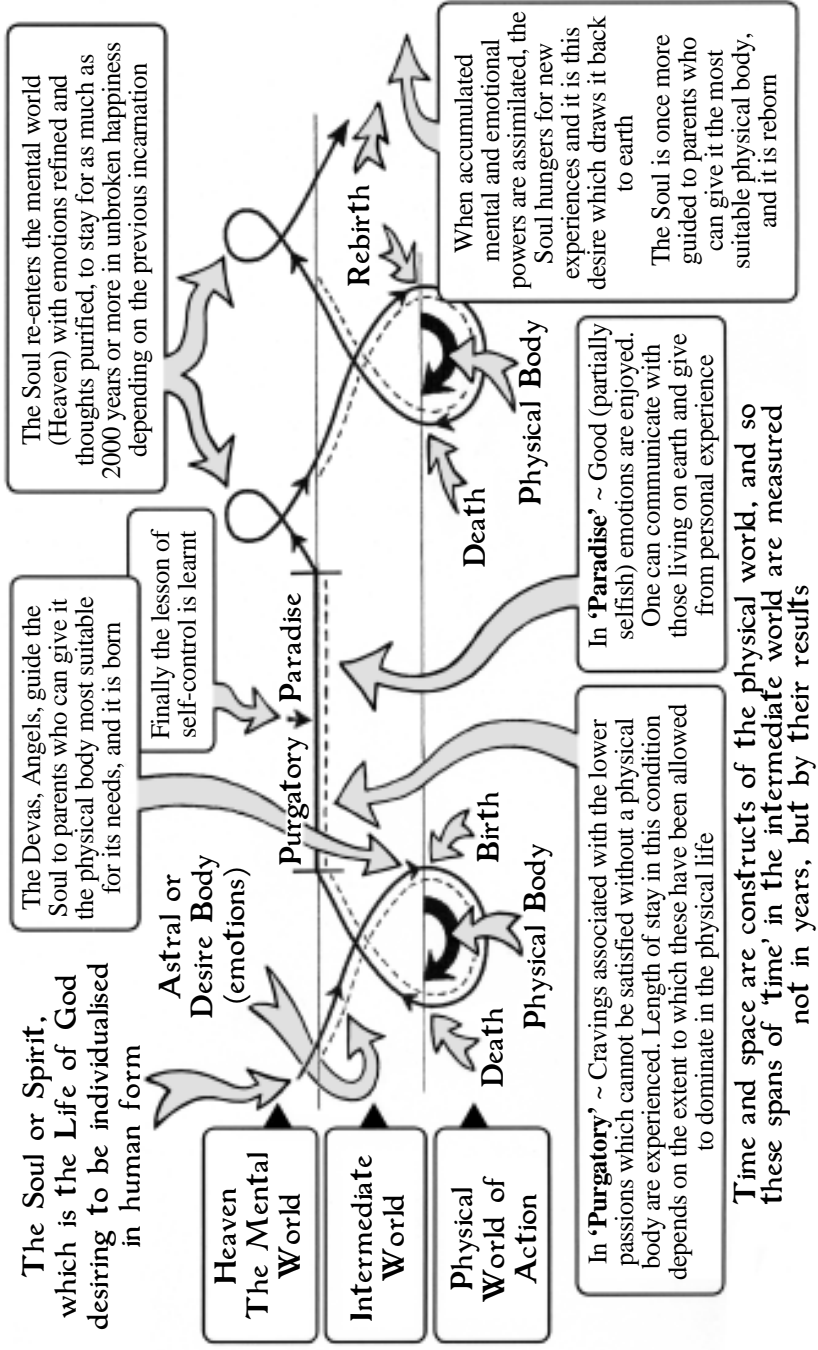
For Ralph Waldo Emerson, the third Fundamental Proposition was about the evolution of the Soul, which he saw ascending in its growth rather as one would climb the rungs of a ladder. The rungs above that we have yet to climb, and the rungs that we have left below us, are an apt metaphor for the process of reincarnation.

Modern scepticism about reincarnation is partly due to its absence from the Christian Bible. The fourth century Emperor Constantine was a ruthless politician whose trail of murders included five members of his own household and eventually his own wife and son. These crimes weighed heavily on his conscience, so he was understandably enthusiastic to discover that Christian baptism would expiate any crime, irrespective of its magnitude, and that baptism might be deferred to the day of his death without losing its efficacy. This ‘suspension’ of the Law of Action and Reaction must have been irresistible to Constantine, and it was under his direction, as the newly baptised first Christian Emperor, that the biblical gospels were



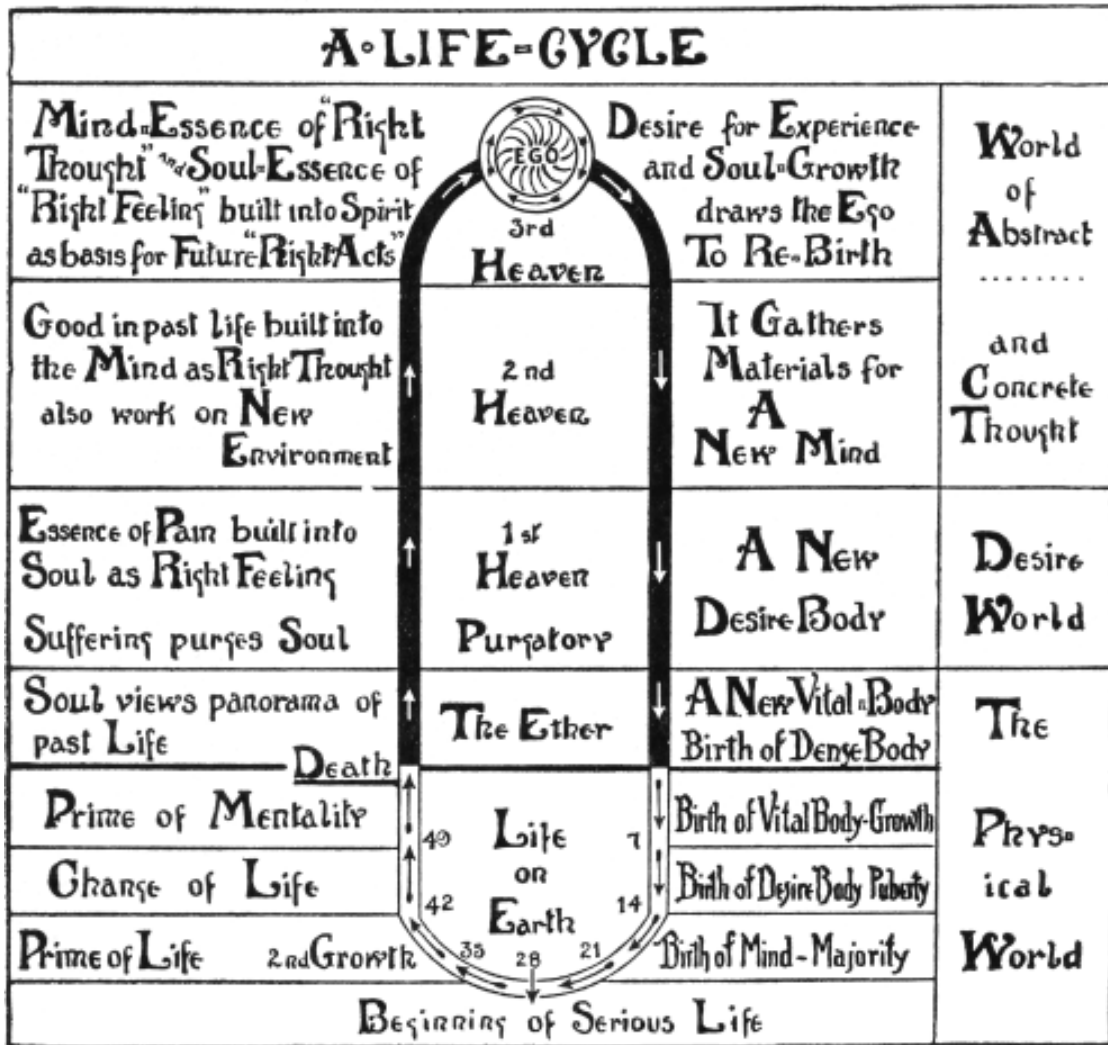
## Rebirth or Reincarnation

**Reincarnation** ~ The wheel of births and deaths which we cannot leave while we are bound by desires — or until we have gained human perfection. “When the pilgrim has learned all that earth can teach, then his bonds are broken, and he can choose his future path. Among such conquerors, those whom we Theosophists call Masters are found ...”



## MAN AND THE METHOD OF EVOLUTION

At the present stage of human development man must return many times before he can hope to master all the knowledge in the world of sense. The purpose of each life is not happiness, but experience, which is 'knowledge of the effects which follow acts', together with the development of 'Will', the force with which he applies the results of experience. Sorrow and pain are his most benevolent teachers, while the joys of life are but fleeting. The Great Law brings him, and his acquired treasures, back to work again in the world for the benefit of himself and others. Before taking the dip into matter, the threefold spirit is naked. Its descent resembles the putting on of several pairs of gloves of increasing thickness.



The information concerning **Man and the Method of Evolution**, and **A Life Cycle** is from *The Rosicrucian Cosmo-Conception* by Max Heindel. Study it online at <[www.rosicrucian.com](http://www.rosicrucian.com)>

assembled at the council at Nicaea, free of any reference to man's rebirth. However, there is evidence for Rebirth in many other holy books, the Egyptian and Tibetan Books of the Dead being only the obvious ones. Indeed, there is a huge body of literature on this subject, and the diagrams presented on pages 11 and 12 are simply a suggestion of how the 'science' of rebirth or reincarnation might work.

### **Man is a Soul. He has a Body**

Plotinus (A.D. 200–266 approx.), was one of the greatest of the Neoplatonist teachers. He wrote fifty four books dealing with physics, ethics, psychology and philosophy. Collected into six Enneads by his pupil, Porphyry, they were first published in English in 1794. His understanding of the soul was profound. Compare the following excerpts from his work with the detail of 'The Seventh Cosmic Plane' diagram on page 7.

Plotinus wrote: "Man is a Soul. He has a body. The body is only the instrument of the soul ... The Soul is not corporeal, as the Stoics taught. No aggregation of atoms could produce the Soul. The Soul is an incorporeal and immortal essence. The Soul imparts movement to everything else. She imparts life to the body. She alone possesses real life."

"The soul is said to be in the body because the body alone is visible. But if we could see the soul, and if we could see that she surrounds the body by the life she possesses, we would say that the soul is in no way in the body, but that on the contrary the body is the contained within the container, that which flows within the immovable."

"The soul never enters completely into the body. By her higher part, she ever remains united to the intelligible world, as by her lower part she remains united to the sense world. The higher part of the soul is insensible to the attraction of these transitory pleasures and leads an undisturbed life. Every soul has a lower part turned toward the body, and a higher part turned toward the divine intelligence."

### **The Ancient Huna Teachings**

Perhaps the most dramatic living remnant of the ancient wisdom teachings is the Hawaiian Psycho Spiritual system known as Huna. Paul Solomon, whose channelled teachings and wisdom may be found at <[www.paulsolomon.com](http://www.paulsolomon.com)>, referred to the Huna teachings as the clearest form of psychology and religion on the planet. In researching Hidden Mysteries, part of his *Complete Ascension Manual* series, Dr Joshua David Stone found Huna to be almost identical to Third Dynasty Egyptian teachings given prior to being initiated into the Order of Melchizadek. Whether or not as legend has it, Huna goes back to Lemurian times, it can reasonably claim to be the oldest body of spiritual teachings to have survived to this day.

The word Huna means 'secret', or 'hidden', and the Kahuna is 'the keeper of the secret' or 'adept'. Kahunas could perform instant healings, even of broken bones, and were said, among other things, to be able to 'walk on fire', and to 'teleport' objects from one place to another. Nineteenth century missionary zeal,

understandably, coincided with the wane of the orally transmitted Huna wisdom, and had it not been for the extraordinary persistence of firstly William Tufts Brigham, and latterly Max Freedom Long (*Recovering the Ancient Magic*, and *The Secret Science Behind Miracles*), the secrets of the Kahunas might have been lost to mankind forever.

The essence of the Huna Teachings is that man is made up of three selves or minds. The conscious mind, or middle self, is rational and reasoning, aware of itself and not only has free will to create in life, but is the only part which can do wrong. The sense of having done wrong, or 'sinned', is considered to be the appropriate response to knowing that we have caused pain to another person — a principle summed up in the elegant phrase 'No Hurt, No Sin'. The subconscious mind, or lower self throws up material to the conscious mind so that it can reason for or against it: its own form of reasoning being thought of as 'animal level'. It is the storehouse of memory and the seat of the emotions. During the hours of sleep the superconscious mind, or High Self, constructs our future from the thoughts, hopes and fears of the middle and lower selves. It sees into the future as far as thoughts have been crystalised, and gives us our dreams, intuitions and premonitions through our subconscious self, though it will not interfere in the affairs of our life unless that is requested. This High Self is the older, utterly trustworthy parental self of spirit, expressing all the Divine qualities of compassion, patience, love, and forgiveness. It is the ideal to which we should aspire (as middle selves). Interestingly, the High Self is seen as a community of spirits, individual in identity, yet one with all other high selves at the same time.

As you can see from the diagram on the next page, each of the three levels of mind has its own 'Kino-aka', the subtle or shadow body, which though invisible, exists in the world of matter. Each self transmits its own level of psychic, or life-energy known as 'Mana'. The actual physical body is the tenth element, and is the vehicle or instrument where the lower and middle selves operate and live. The shadow, or etheric body of the lower self is an exact duplicate of the physical body, and the energetic mould which holds the physical form together. The shadow bodies of the middle and higher selves are said to be less dense, which would seem to correspond with other systems which tell us that our etheric body is in the physical world, while our astral and other energy bodies are not. The shadow bodies are said to be made of a sticky elastic substance called 'Aka' which is the perfect conductor of vital force.

It is the lower self that must take the thought form of a prayer, or manifestation request, to the High Self through the silver aka-cord. The High Self, however, cannot manifest the prayer unless it receives the needed mana from the middle and low selves, and if the lower self feels doubt or fear, unworthiness, or guilt about having hurt someone, it will not deliver the prayer. The goal of Huna involves working with our conscious, thinking middle self to 'clear the path' of such obstructions to the harmonious union of our higher and lower selves.

Instant healing by the High Self involves the shadow, or etheric body of the low self. If a bone is broken in the physical body, the etheric, the metaphysical mould of the physical body is not affected. In the process of 'instant' healing, the broken or diseased tissues of the physical body are emptied out and replaced with tissue conforming to the uninjured mould. The 'magical' abilities of the Kahunas such as teleportation, or the moving of physical objects over long distances by discarnate spirits, and the control of the weather, animals, insect and plant life, all have to do with the movement of vital force between etheric or shadowy form and physical earthly form.

### The Ten Elements of Self in the Huna Wisdom System

*The three Selves or Minds*

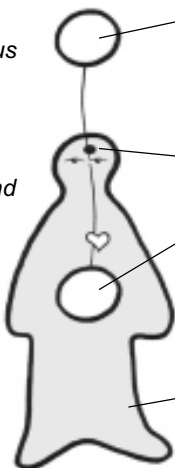
- High Self  
Superconscious Mind  
(Aumakua)
- Middle Self  
Conscious Mind  
(Uhane)
- Low Self  
Subconscious Mind  
(Unihipil)

*Three invisible Subtle Bodies (Kino-aka) of each self*

- High Self is least dense. Centred above the Crown chakra, rooted in the Heart chakra
- Middle Self is denser. Centred in the Brow chakra
- Low Self is the most dense and is centred in the Solar Plexus chakra. Connected with High Self by Silver Cord

*Three Voltages, or levels of Psychic or Life Energy (Mana/Prana)*

- Low Self controls the supply and use of Mana and converts it to a higher voltage (Mana-Mana) for use by the Middle Self. Low Self uses Mana to maintain the physical body
- Middle Self uses Mana to think and feel. Middle and Low Self must provide Mana to High Self which converts it to Mana-loa, a potent 'miracle' making force.



*The Tenth Element. The Physical body. The terrestrial residence of the three selves*






I am grateful to Dr Joshua David Stone for some of the information presented here. Chapter 38 of his *Hidden Mysteries* can be found at <[www.crystalinks.com/huna.html](http://www.crystalinks.com/huna.html)>. Peggy Jentoft's useful site is at, <[www.solarraven.com/kahuna.html](http://www.solarraven.com/kahuna.html)>.

### Within or Without?

Despite the Biblical proposition that "The kingdom of God is within you, and among you" (Luke 17:21), people in the west have not been able to accept that, and have sought for a reality outside of themselves. A religious person, whose objective of all desire is Christ, or indeed Allah, sees Him as somewhere in Heaven, apart and separate. Alice Bailey, questioning why such a person is sometimes weak and physically ill, explains that, "The energy which is seeking to enter him and permeate his whole organism only reaches as far as the heart center and is from there constantly turned back and driven out of the physical body by the directing power of [his] thought". God is elsewhere, he believes, outside of him, and the much

# The Subtle Bodies of Man in Various Esoteric Teachings

	Egypt	Vedanta	Hellenistic	Blavatsky	Leadbeater	Steiner
<b>The Anthroposophical (Body, Soul &amp; Spirit) theory of Rudolph Steiner</b>						
<b>Spiritual Body</b> (Higher Self)		Ananda Maya Kosa Bliss body	Nous – Mnd Divine intellect	Atma – Spirit	Causal subplane and body	Ego – Spirit – Devachan
<b>Ideational Body</b>	Akh ‘Spirit’	Vijnana Maya Kosa Soul body	SUN	Buddhi – Spiritual Soul	-----	SPIRIT
<b>Astral Body</b>	Ba ‘Soul’ 	Mano Maya Kosa Mental body (thought, personality)	Psyche – Soul (Greek eidolon)	Upper Manas (‘Ego’)	Mental subplane and body	Soul – Astral plane / Soul world
<b>Etheric Body</b>	Ka ‘Double’ 	(The Astral, or Tibetan Bardo body is sometimes seen together with the Etheric body)	MOON	Lower Manas (‘Mind’)	Astral/ Emotional planes and body	SOUL
<b>Physical Body</b>	Kha ‘Body’	Prana Maya Kosa Etheric body (vitality)	Pneuma or Vital Spirit	Kama-rupa (‘Desire body’)	Etheric subplane & body	Etheric body of formative forces
<b>The Advaita Vedantic theory of the five Kosas, or sheaths, derived from the Taittiriya Upanishad</b>						
		Anna Maya Kosa Physical body (food)	Body EARTH	Prana (vitality) Linga Sharira (Astral double)	Gross Physical subplane and body	— BODY — Physical

We have known since prehistoric times that we exist simultaneously on levels or planes other than the physical. The doctrine of distinct planes of consciousness, each with its corresponding ‘vehicle’ or ‘body’ appears repeatedly throughout history in various esoteric cosmologies — though some exoteric religions have sought to hide it. The evolution of these concepts, from the Egyptian through to the Theosophical and Steiner theories, is remarkable in that, despite the differences in description, the reality experienced is the same.

needed energy obediently ebbs from his body. Of course, it is not only religious people whose energies are out of balance. Alice Bailey goes on to say that the generally weakened condition of the human race today is partly due to our external focus, and that we would be strengthened, physically and metaphysically, if we gave more attention to “the centre of life and love” within each and all of our beings?

Structures such as state, school and corporation have energetically discouraged the emergence of the power of the individual, just as religious authorities throughout the ages have discouraged the idea that Spirit is within and can be encountered and nurtured there without their assistance. We have come to believe that the individual is as weak and powerless as a leaf in a storm.

Freud thought that religious beliefs and practices were an indication of mental instability, but he may well have been on the right track in thinking that they showed a need to depend on a protective father-God. If we are to play our part as a participant in the evolution of the human race, we need to abandon the comfortable idea of an external parent-God that creates for us and on whom we are fully dependent. We must grow out of our parent-child relationship with God into spiritual adulthood. Only as spiritual adults can we accept responsibility for co-creating our health, wealth and happiness. As the leader of his field, Freud’s views set back the integration of mind and spirit for many years. Carl Jung, whose concept of collective wisdom has been likened to finding God within ourselves, was influential in integrating psychotherapy and spirituality, and during the past twenty years, there has been a growing interest in bringing mind, body and spirit together.

### **What the mind can Conceive and Believe, the mind can Achieve**

All spiritual teachings (distinct from religious dogma) are directed toward inspiring us to recognise that the power to make choices is the dynamic that converts our thoughts into matter, our words into flesh. Choice is the process of creation itself. We are the vessels through which energy becomes matter in this life.

There is an entire industry devoted to teaching the principle that what we hold in our mind becomes our experience of reality. One of the first ‘modern’ writers to understand the awesome power of thought was James Allen (1864–1912) whose little volume *As A Man Thinketh* could be said to have given birth to the self-improvement industry. Writers and motivators such as Napoleon Hill (*Think and Grow Rich*) and Dale Carnegie (*How to Win Friends and Influence People*) in the 1930s, and more recently, Stephen R. Covey (*The 7 Habits of Highly Effective People*) and Anthony Robbins (*Awaken the Giant Within*) have insisted that we have it in our power to change our own lives and achieve what we set our minds to. It was Hill who coined the phrase, “What the mind can conceive and believe, the mind can achieve”.

In our material focused society, dollars were the obvious measure of success, and the sales industry became the first proving ground for such theories. Gradually, however, awareness has grown that these spiritual principals need not be used

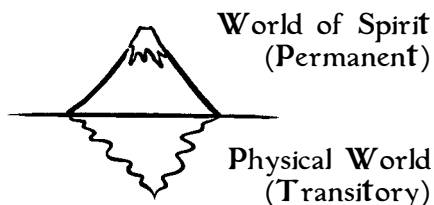
solely for worldly and selfish ends, and success is now measured less in dollars and more in that elusive quality — happiness or inner peace.

It is belief that is at the heart of the matter, and what the champions of motivation would have us do is change our beliefs. The trouble is that most of us believe that we can't. We are actually quite alarmed at the thought that beliefs can be changed at will, preferring to think that what we believe is true, dependable and unchangeable. In effect, we sacrifice the possibility of change (for the better), for the appearance of security

Many different methods have been suggested, which attempt in one way or another to have us reconfigure the contents of our subconscious minds, for that is where our beliefs live. If we can hold our goal in our conscious mind and invest it with powerful positive emotion, then the subconscious will believe it, and it will then manifest in our experience, we are told. It works for some, but for many, belief in their powerlessness is stronger. The overwhelming majority of people still prefer to bask in the illusion that they are the victims of their fate.

### **Spirit clothes itself in matter**

The formula, **'Spirit first, mind follows, body belongs'**, and the little picture of Mount Fuji, are from the Japanese Mahikari religion. It is a visual paradox, as we know quite well that Mount Fuji is real and its reflection in the water is transitory. And yet 'Spirit first' is a concept which we must embrace if we are to see how creation works. We must understand that it is the fine vibrations of spirit which are permanent, and the dense material of the physical world that is impermanent. Max Heindel elaborates: "As the juices of the soft body of the snail crystallise into the hard shell which it carries on its back, so the Spirits in the higher worlds have, in a similar manner, crystallised out from themselves the temporary, though dense, material bodies of the mineral, plant and animal kingdoms."



### **The Art of Deliberate Creation**

Look around you, at the life you lead, at the world you live in. Only a very powerful creator could create what you are experiencing. You are that creator! Of course you didn't personally create the entire universe; this was created, along with everything else, by the One Universal Spirit of which you are a part. But whether it seems like it or not, you are the creator of the circumstances of your life, and the reality which you experience.

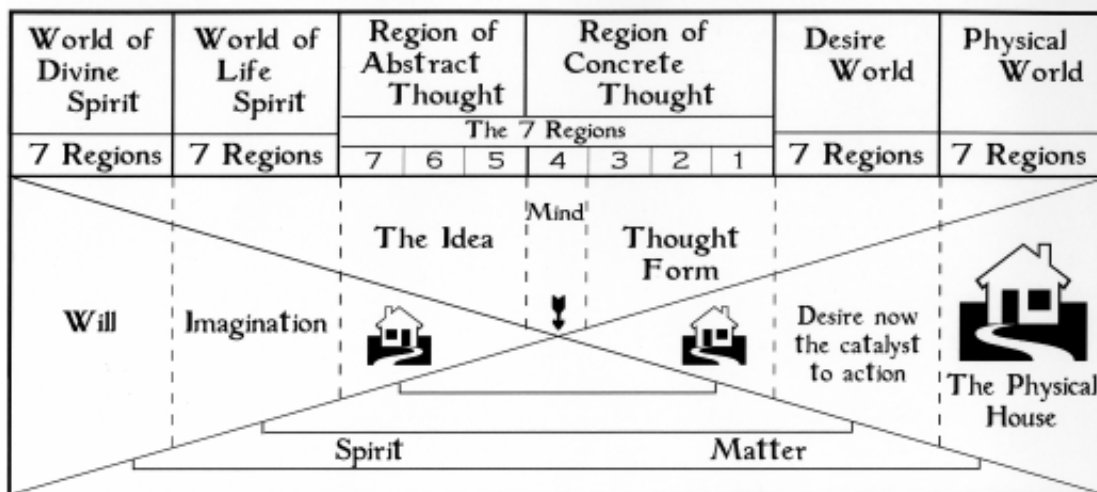
It is said that we are spiritual beings having a human experience. If this is so, how do we set about creating what we desire in the physical world? Few would be better



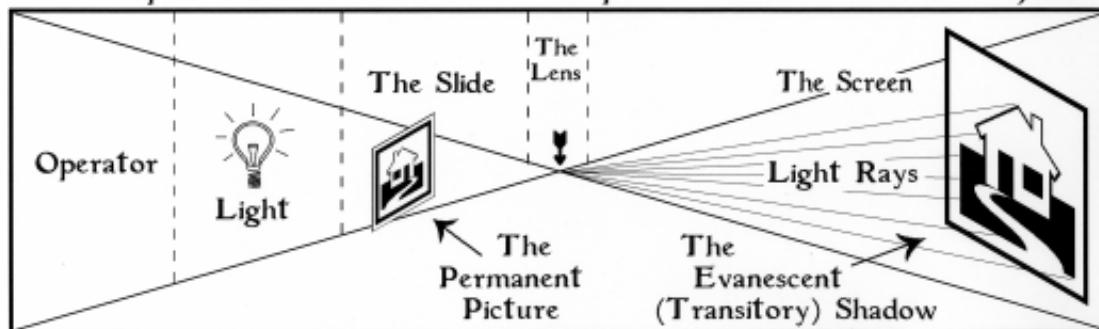
qualified to tell us about the art of creation than 'Abraham', a group of non-physical beings who speak on this very subject through the mediumship of a woman named Esther Hicks. Esther, and her husband Jerry, travel around the United States giving Abraham a voice at weekend seminars. They have much to say about all aspects of life on the physical plane, but for now we will hear what they have to say about the subject of creation.

"You are continually offering a message to the Universe. Not through your words, nor even through your thoughts, but through the way you feel. It is the way that you feel that is your point of magnetic attraction. When you feel fat, you cannot attract slim! When you feel poor, you cannot attract prosperity! When you feel lonely, you cannot attract a companion! It defies a divine, or natural law!" You get what you get, they say, because of the thoughts that you think and the corresponding feelings offered in the moment of your thoughts.

### Creation in the Physical World ( Will → Concept → Reality )



Above: Spirit clothes itself in Matter - compare with Below: The Slide Projector



Indicator  
of my feelings  
at this moment



In chapter 1, in discussing habits, free will and thought forms, Isabel makes the point that whatever we allow our attention to dwell upon, we create and become. It is the mental body, or mind, she tells us, that is the link through which the ‘purpose of the soul’ is translated into action on the mental, astral, etheric and physical levels.

How often have we wondered if we’d be happier in our lives, doing what we were ‘meant’ to be doing — whatever that was? Perhaps that would be the ‘purpose of the soul’ that Isabel talks about. Then it would make perfect sense when Abraham explains that life’s great pleasures, and all the positive emotions we experience are always in perfect harmony with the intentions of our Inner Being. Clearly, it would also be true that when we were unhappy or angry, or experiencing negative emotions of any kind, we would be out of alignment with our Inner Purpose.

Can it really be this easy? (Refer to the Feelings Indicator.) Should we simply be concentrating our attention on that which makes us feel good? Abraham says we may trust these feelings, adding, somewhat quaintly, “Understand that the pathway to all that you are wanting is through the corridor of your joy!”

### What is Healing ?

What healing meant to Isabel was mending souls, or being present when souls were mended. For she knew that the healer was not so much a powerful worker of miracles, as the attendant at a sacred process involving the ‘healee’ and the Pure Consciousness at Source — the Universe.

Caroline Myss, author of *Anatomy of the Spirit, the Seven Stages of Power and Healing* (Harmony Books, NY. 1996), says that the distinction between a healing and a cure is that healing is an active process in which the patient participates willingly. And that when healing takes place, it is not located simply in the physical body, but may involve deep changes and realignments of the patient’s emotional, psychological and spiritual being. A cure, however, is a passive process in which the patient may have a ‘Just do it to me’ attitude. Although the physical progression of his illness may be halted, or at least controlled, he may not fully heal. If the emotional and mental stresses that were part — if not actually the cause — of his illness have not been dealt with, it is possible, even probable, that his illness will recur. Medical methods which focus primarily on the eradication or suppression of symptoms are known to be particularly prone to these shortcomings.

## Various Theories about Healing

Most contemporary students of the Healing Arts would be aware of the works of Dr Richard Gerber. In his book, *A Practical Guide to Vibrational Medicine, Energy Healing and Spiritual Transformation*, (Harper Collins, NY. 2000), Dr Gerber, remarking on the wide variety of philosophies and methods used by therapists and spiritual healers, says that, “What is common to all of these methods is the use of conscious intention and visualisation, combined with influencing the body, the chakras, and the auric field in highly specific ways, to bring about healing and rebalancing of the various energetic components of body, mind, and spirit”. He thinks it very possible that some successful therapists, and even medical doctors, may be bringing about healing, quite unaware of the extent of their healing abilities.

Noting that “Spiritual healing seems to operate on many different bio-energetic and spiritual levels simultaneously”, he attempts to unravel this complex subject by describing five models of what may be taking place when a healing occurs. He talks first of the **‘Jumper Cable Analogy’** in which the healer is seen as having a fully charged bioenergy battery, while his patient’s battery is depleted or flat. During healing, life energy flows from healer to patient, recharging the depleted battery. The obvious drawback being that the healer’s own battery may quickly become drained.

In the second model, **‘Nonlocal Distance Healing’**, the assumption is sometimes made that ‘the divine energy of the Creator’ is at work. It is certainly clear that no energy is transferred from healer to patient. Studies of nonlocal phenomena such as clairvoyant observations, or healing by prayer at a distance, show that “our minds can observe and influence people, objects and events widely separated from us by both distance and time”. Yet, to label this phenomena as ‘the work of God’ seems no better than saying that we really don’t know what’s causing it

Though energy is not transferred directly from healer to patient in the third, **‘Bioinformational Model’**, some form of healing pattern may be transferred to, or even induced in the patient’s etheric field at the level of the world of thought. As with the effects of homeopathy, this ‘resonant repatterning’ of the patient’s bioenergetic field can result in beneficial changes to the physical body. Isabel understood that “all is known” in the world of thought, and that it lay outside of space and time, and her dowsing drew on this infinite library of information.

The fourth model concerns, **‘Spirit Guides, Angels and Devas’**. Some well known psychic healers say they have been guided by ‘deceased’ medical practitioners from beyond the grave, and some Reiki healers claim to be directed by spirit guides. Angels and/or devas have been seen clairvoyantly, towering over particularly powerful healers as they work. Dr Gerber thinks that our best hope of gaining a fuller understanding of the healing process lies in a combination of clairvoyant observance and scientific instrumental measurement.

In the fifth model, **‘Earthfield Connections’**, it is suggested that the healer may be directing the healing magnetic energies of the earth’s field to the patient. Or perhaps creating a kind of ‘resonant-frequency window’ through which etheric and higher vibrational energies may flow (from the healer?) into the patient’s field. In support of this theory, it has been shown that the earth’s field of 7.8Mhz, known as the Schumann resonance, is part of a pattern of brainwave activities which seem to be experienced in synchrony by both the healer and her patient during the act of healing. 7.8Mhz is the point where Alpha slows into Theta, and is the balance point between the Mental and Emotional bodies.

At Dr Jeffrey Thompson’s fascinating ‘Center for Neuroacoustic Research’ website, <[www.jeffthompson.com](http://www.jeffthompson.com)>, we learn that many EEG machines are only calibrated to measure the traditional Beta-Alpha-Theta-Delta rates, and so it has only been comparatively recently that brainwaves, both higher and lower than these are being examined, and associated with ecstatic and perhaps healing states.

It is already known that the slower Theta rates are characteristic of heightened creativity, ability to visualise and solve problems, and out of body experiences, while the even slower Delta brainwave patterns provide the ‘Void’, or ‘White Light’ state of timeless suspension.

What Dr Thompson seems to have discovered is that there are brainwaves faster than Beta, the rate of our normal waking consciousness, in what he calls the ‘Gamma, Hyper-Gamma and Lambda’ frequencies (40–200Hz). And that these resonate in a harmonic way with ‘Epsilon’ brainwaves (below 0.5Hz), which are much slower than Delta. Perhaps, by now, we shouldn’t be surprised that this pattern of waves seems to be linked with states of heightened consciousness, psychic ability and healing.

### **Theta Healing and DNA**

In the Huna process of instant healing, broken or diseased tissues of the physical body are emptied out and replaced with tissue conforming to the uninjured etheric template. In a somewhat similar fashion, during the Theta Healing process, bones may be mended instantly, twisted vertebrae straightened, and changes made to soft tissue and the body’s organs.

The healer attains the Theta brainwave state by mentally ‘going up’ some 20 or 30 metres above her body. And in that place, commonly with eyes rolled upward in their sockets, she commands, or co-creates with God (or whatever she calls ‘the Source of all that is’), whatever is intended. This might be to do a body scan, or to be shown what is wrong, or where the problem is. Or it might be to fix that problem.

Recalling the distinction between healing and cure, it is interesting that a large part of the work with a patient involves the discovery of what he or she believes about themselves, their body, about life and so forth. And in Theta, it is a simple matter to remove a disempowering belief and replace it with a powerful one. I am reminded of the process of Resonant Therapy which Isabel describes in chapter 2, particularly

because of the development of the intuition required of the healer, but also because, in Theta one goes into that place which seems to be outside of time.

There is a process where, in Theta, one commands a copy of the DNA from a healthy person to be installed in the pineal gland, in the master cell, of the patient in place of his faulty DNA, theoretically correcting an hereditary condition such as haemophilia. Another process concerns the awakening, or activating of the 12-strand DNA. It is said that DNA holds a little over a gigabyte of information, about the amount of data you can store on two CDs for your computer. Any youngster will tell you that two CDs don't play a very complex game! The most basic of the games we humans play need more memory than that. But the physical DNA is shaped by its etheric mould, or pattern, and that in turn is informed or entrained by the higher subtle bodies, the astral, the mental and so upward, or inward — think in terms of fractal patterns — now we begin to glimpse the majesty of the relationship between higher and lower dimensions.

### **The Future of Healing**

Dr Eric Pearl knows how important it is to keep his ego out of the way. “I am not the healer”, he says, “only God is the healer. For some reason, whether I'm a catalyst or a vessel, an amplifier or intensifier, I'm invited into the room”.

Dr Pearl, a successful chiropractor, relates in his book *The Reconnection: Heal others, Heal Yourself*, (Hay House), how the healings started in his treatment rooms after he received a process from a gypsy woman in which she traced 'axiational lines' on his body with her fingertips. She told him that he could read about it in *The Book of Knowledge: The Keys of Enoch*. In the glossary of that book he later discovered that axiational lines are vibratory lines that connect levels of human electrochemical activity — the acupuncture meridians of the human body system — with astro-biological circuits that span our solar system and are connected to resonating star systems.

In excess of 15,000 people, many of them health professionals, have trained in Dr Pearl's Reconnective Healing method. Dr Pearl believes that the miraculous healings, particularly those from cerebral palsy and nerve disintegration, show that Reconnective Healing repairs, and even reconstructs our DNA strands.

It is a wonderful time to be involved in the Healing Arts, or perhaps we should say, it is always a wonderful time to be involved in the Healing Arts. Isabel certainly thought so, and her enthusiasm is evident in all her work. I recommend that you read 'My Steps Into Healing', her account of her awakening as a healer on page 529.

And now, hoping that you will find something in Radiant Healing that will make you richer in Spirit, Mind and Body, I leave you in Isabel's capable hands.

**Donald MacLean**  
August 2005