



Live stream workshops – a brand new way to learn

The Magic Of Manifestation

Session 2: Healing

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2.1: Homework

1. Practise the “Waterfall” meditation every night before going to bed.

Of the many items on this homework list, this really is the most vital. Doing this has a two-fold advantage – it not only builds up “a way of being” deep within you but is also a very powerful statement of intent. There is no more powerful precondition of manifestation than a clear statement of intent. So, in effect, by doing these meditations you are both instructing the unconscious to do your bidding and giving yourself the means by which to receive what your unconscious mind then generates.

2. Find an analogy similar to that of the flute that distils the essence of what you have learnt in this session.

Exercises like this don’t take up a lot of time. The idea is not that you sit at your desk for ages trying to come up with something. The idea is that you develop a way of looking at the world such that, when you see something that reminds you of the principles you have encountered, you immediately recognise it to be that. You will find that the more you look for these patterns in the world, the more you will find them. The point is to cultivate a way of looking at the world will deepen and serve you.

3. Carry on with the journal you started last week.

Make a note of the situations that have occurred in the week to which you have applied the way of thinking that was the subject of this session. How much better are you this week at being able to see supposedly painful situations as “partners” rather than “opponents.”

4. Read *The Healing Power of Illness*.

The book has two sections. Try and get the whole of the first section read. Then browse through the second section, looking at the bits that you feel may apply to you – or perhaps to people you know. See if you can get to the core of the principle that the book offers – and apply that principle in your life.

Optional Extra:

5. Sit with the image that I have sent you.

What does this teach you about the partnership between light and dark? Allow it to teach you that to heal, really to heal, is to embrace utterly the force that unsettles you, confident in the knowledge that, really, despite appearances to the contrary, it loves you.



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2.2: The Waterfall – a meditation

Stage 1

Close your eyes, breathe and relax your body from the feet up to the head.

(Take your time to do this. There is a tendency to want to get to the waterfall quickly and “get it done and dusted.” Resist this.)

Take ten steps down into an outdoor pool full of hot, healing water.

(Take your time to imagine the healing spa through all the senses – what can you see, what can you hear, what can you smell?)

(As the skin gets more relaxed, it stops resisting the water which can flow right through it, into the muscles, relaxing them utterly by washing away the tensions.)

Drift across to the waterfall. Put your palm out and touch it – feel its power.

Step into the waterfall and feel the water pound down on the top of your head. Your head is so relaxed that it lets the water in. The water washes through:

- the head space – washing away those racing thoughts
- the chest – washing away the pain around the heart
- the abdomen – washing away any fear that may be sitting there
- the hips – washing away any guilt that may be sitting there

See the water travelling down the legs and coming out of the toes. It is full of red bits and black bits, the physical forms of the emotional baggage you are releasing.

Wash your aura out in the same way. It too releases its burden of emotional baggage.

See all this being washed into the river below. The river will carry it all to the sea where it will be swallowed up by the sea-bed, never to return. Feel the relief of that.

Step out of the waterfall – and notice how much clearer everything looks and sounds!

Gather up a palmful of water, let the water drain through your palms, leaving behind a golden yellow balm - minerals that come from deep in the bowels of the earth.

Apply that balm to the chest – and see it being absorbed into all the areas of the body and aura



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that used to hold the red stuff, the black stuff, and have now been left void. Let the golden balm seal those spaces so that no red/black stuff can ever come back.

See yourself, a radiant golden presence, at rest in this special pool of healing.

Stage 2

Float up above the waterfall and look down at the two selves. Ask yourself: *who is it that is looking at these two selves?*

I AM.

As the I AM presence, look down at the two selves again and ask: does it make any sense to “prefer” the one to the other?

Is the existence of the radiant self not contingent upon the existence of the tainted self? Would the radiant know itself to be radiant if it were not for the tainted self?

As the “author” of these two “selves”, are you not in fact proud of the fact that you were able to create a self that was so uniquely flawed – so as to make the journey to radiance so much more exciting?

See, feel, how as the I AM presence you can *love both selves equally*.

Float down and inhabit the radiant self. As the “radiant” self, look across at the so-called “tainted” self that entered the pool. What does the radiant self think of the tainted self?

Float across and enter the “tainted” self. Look across at the “radiant” self. What does the tainted self think of the radiant self?

Float up – and, as the I AM presence, love both selves equally.

Stage 3

Go back to the pool. Have the two selves leave the pool hand in hand: there is no light without darkness, no darkness without light.

Know: *you will need both darkness and light to create the world you want to manifest*



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2.3: The Magic Flute

Imagine that your body is a flute. And that your chakras are the stops on the flute.

If you were to “clear” all your chakras, that would be like having all the stops on the flute “open”.

How wonderful, you may think. How wonderful to be so clean, so clear, so utterly and unreservedly “open”.

Yet, think, would it not be the case that, in this state of unfettered “openness”, *you would sound only one note?*

And would that not be frightfully dull?

Worse, if everyone in the world were to have all their chakras cleared, would that not create unbearable monotony and sameness?

Think about it: all the instruments in the world sounding just one note. Harmony – perhaps – but music?

And, if we were not all creating music, would that not defeat the purpose of us being musical instruments?

To play a flute the flutist has to open and close stops at will. The flutist cannot prefer the open position or the closed position.

A closed stop is not “bad”; an open stop is not “good”. It is by being *indifferent between open and closed stops* that the flutist can play the flute most effectively.

A closed chakra is not “bad”; an open chakra is not “good”. It is by being *indifferent between closed and open chakras* that we can, most effectively, create the music that is our lives.

Remember of course that you are the flutist *and* the flute. Play at will!



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2.4: Quotations

From *"The White Book"* Ramtha, 1999, JZK Publishing

So you who carry your baggage of burdens heavily... if you have learned all there is to learn from them and you are tired of them, get rid of them. How? By loving them, embracing them, and allowing them to be in your being. Once you have done that, they shan't ever hold you again.

Pessoa – *How to be Happy*

Rocks that block the way?
Keep every one of them. One day you'll build a castle with them

Rumi – *Forget the world, and so command the world*

Stay in the spiritual fire.
Let it cook you.



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Rashani – *There is a brokenness out of which comes the unbroken*

There is a brokenness
 out of which comes the unbroken,
a shatterdness
 out of which come the unshatterable.
There is a sorrow beyond all grief
 which leads to joy
and a fragility
 out of whose depth emerges strength.

There is a hollow space
 too vast for words
through which we pass with each loss,
 out of whose darkness we are sanctioned into being.

There is a cry
 deeper than any sound
whose serrated edges cut the heart
 as we break open
to the place inside,
 which is unbreakable and whole,
while we are learning to sing

Durckheim – *Zones of annihilation*

Only to the extent that man exposes himself over and over again to annihilation, can that which is indestructible arise within him. In this lies the dignity of daring. Thus, the aim of [a meditation] practice is not to develop an attitude which allows a man to acquire a state of harmony and peace wherein nothing can ever trouble him. On the contrary, practice should teach him to let himself be assaulted, perturbed, moved, to dare to let go his futile hankering after harmony, surcease from pain, and a comfortable life in order that he may discover, in doing battle with the forces that oppose him, that which awaits him beyond the world of opposites. The first necessity is that we should have the courage to face life, and to encounter all that is most perilous in the world. When this is possible, meditation itself becomes the means by which we accept and welcome the demons which arise from the unconscious – a process very different from the practice of concentration on some object as a protection against such forces.



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2.5: *The Healing Power of Illness* – selection

The Healing Power of Illness – The Meaning of Symptoms & How to Interpret Them
Thorwald Dethlefsen & Rudiger Dahlke MD, 1990, Element Books

It is the shadow that makes us ill – but the encounter with the shadow that makes us well! This is the key to understanding illness and healing. Every symptom is an aspect of the shadow that has precipitated itself into physicality. (p.41)

The highest human goal – whether we call it ‘wisdom’ or ‘enlightenment’ – consists in being able to look at everything and to realise that it is perfectly fine just as it is. This is what is meant by true self-knowledge. So long as there is anything that still disturbs us, so long as there is anything that we feel needs changing, we have simply not attained self-knowledge. (p.52)

Behind great achievements there always stand feelings of insecurity and inferiority. People who have truly discovered themselves no longer need to achieve anything: they just are... The goal is actually unattainable via this route. Love, after all, is motiveless, and is not something that can be earned. ‘I will love you if you give me a thousand pounds,’ or ‘I love you because you are the best footballer’ are absurd statements. The secret of love resides precisely in its unconditionality. (p.207)

The responsibility for everything that happens to us in life is always ours alone. To this there are no exceptions... It is always ourselves that we suffer from (which is not, of course, to deny the severity of the suffering). Each of us is perpetrator and victim rolled into one. All the while we fail to discover both of them within ourselves, there is no chance of our becoming whole. (p.220)

What happens to us is only ever what we want to happen. (p.224)

Everything that is experienced by patients as an outward event is a projection of their own shadow... Patient’s psychological behaviour is itself a forcible manifestation of their neglected shadow. (p. 230)

The world of our daytime consciousness is just as much an illusion, just as much a dream, as is our nightly dreamworld ... both worlds exist only in our minds... There is no reason for assuming that either is any more real or actual than the other... Waking and sleeping, daytime and dreaming consciousness are mutually compensatory polarities. (p.233)

In reality there is absolutely nothing to change – apart from our way of seeing things. (p.259)



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2.6: Image on a t-shirt in Lanzarote

