

**Sample Reading from Bridging the Gap in Health Care 2 – Multidimensional
Assessment, 2010, by Paul Turner**
CHAPTER SYNOPSIS

Introduction – 3 pages

This explains why the book was written, who may benefit from reading it. It also introduces the mind as a tool to investigation of the whole and preliminary remarks of how to approach the first chapter for maximal learning.

Chapter 1: In the Beginning – 18 pages

Discusses: Symbolic/conceptual explanation of the origin of time and space, how we evolve in time and space (in awareness/consciousness), illusions and how we get caught up in them, an introduction to motion & rhythms (the breath of life and its differentiation into other rhythms) and the three outpourings of life.

Chapter 2: Introduction to Wholistic Diagnosis & Treatment – 12 pages

Discusses: the need for a wholistic diagnostic system, how sensing the whole helps to dispel the illusion, diagnosing from “Health”, reaction versus response, The co-ordinates of disease, the co-ordinates of health and analogies to help wholistic understanding.

Chapter 3: Wholistic Diagnostic Methods – 40 pages

Discusses: the wholistic concept – what are we exploring (anatomy of the whole), how to explore this anatomy with the tools of investigation (the mind and the senses), the difference between looking and observing, gathering clues, arranging the clues uncovered into a pattern such that we can trace them from cause to effect (and vice versa), the ‘Wholistic Model’, energies and forces, treatment – is simply the application of the correct tools to the correct area at the correct time and in the correct amount, using cranio-sacral as a tool in diagnosis and treatment, healing concepts (magnetic and radiatory healing) and healing possibilities

Chapter 4: Wholistic Diagnostic Exercises: Introductory Remarks – 31 pages

Discusses: introduction to diagnostic grids, the goal of the general and regional assessment procedure, clues to help identify dysfunction, the alleyway of “Being”, visualization – a tool in healing, case study examples, direct & indirect visualization, why we need a general diagnostic grids system, bioenergetic A.R.T (Asymmetry, Tissue texture change and Range/Quality of motion abnormality), rhythms as diagnostic tools, individual rhythms and a summary of A.R.T.

Chapter 5: The Energy Centre’s – 54 pages

Discusses: basic theory on the energy centers, psychological, energetic and physical relationships to the energy centers, assessment of the energy centers using various self diagnosis and treatment exercises (which includes the following; energy centers (core), vortices of energy, physical effects of the centers, lotus petal self healing exercise, partner exercise – the energy centers and finding the ideal starting point for the whole versus a problematic/symptomatic based starting point).

Chapter 6: The Cranial Concept – 35 pages

Discusses: basic theory on craniosacral therapy, the physical – a study of structure, various exercises designed to explore the “physical Whole” (which includes: exploring texture, symmetry & motion, general exercises – areas & layers, regional exercises – the head, the pelvis/low back, the bones and Local exercises – joints, pelvis/low back), general discussion on identifying whether the tissues are ready to change or not, limiting our assessment, making assumptions, analogies to aid understanding, how awareness is more important (initially) than treatment techniques, example of starting from the right place, treating the correct cause, how assessment in

many professions is slowly incorporating more of the whole and a partner exercise – including the etheric and physical bodies.

Chapter 7: Dimensions – 33 pages

Discusses: basic theory on the dimensions and exercises on exploring the dimensions (included an introductory diagnostic exercise, the mountain pool and the building of “self” diagnostic exercises)

Chapter 8: Forms – 6 pages

This chapter discusses the fact that all dysfunction patterns have a form (i.e. coordinates in time and space; a texture, shape, size, symmetry and motion, etc which is out of synchronicity with health) that can be discovered through wholistic assessment, how the consciousness is attached to, or repulsed by, these forms and how this can interfere with the natural healing process. We look at the three perspectives that may be needed in order to release these trapped forms (i.e. dysfunction patterns) and help the tissues/layers breath (function) in harmony with health (i.e. healing from the inside out, the outside in and from the edge – naturally this is discussing the awareness and perspective required by us in order to successfully treat our self and/or patients – regardless of the method/techniques we choose to use in order to treat).

Chapter 9: Time – 21 pages

Discusses: the basic theory about time as a component in the healing process and various exercises exploring time in diagnosis and treatment (including exercises on; the iceberg analogy, timelines – general and regional, the time vortex and other ideas for exploration)

Chapter 10: Rhythms – 7 pages

Discusses: summary of rhythms, rhythms as a diagnostic screen in themselves, exploring rhythms and a regional rhythm exercise

Chapter 11: Rays – 19 pages

Discusses: basic theory on the ray energies and general & local ray exercises (exercises exploring qualities, emotions, thoughts, etc – based upon the concept of forms and rhythms discussed previously – e.g. this chapter explores the effects emotions and thoughts have on our beings/bodies and how to diagnose and effect (i.e. balance and/or heal) any imbalanced emotions, thoughts and other qualities in treatment).

Chapter 12: Relationships – 22 pages

Discusses: the basic theory of how relationships can influence the dysfunction pattern (between elements of the self and between self and others) and exercises exploring relationships in diagnosis and treatment (e.g. healing between two energy centers, healing between any two aspects of self, the healing triangle, group healing, healing the self in relation to all people and places within the whole & a natural boundaries exercise). Some ideas on defense mechanisms and the natural law of cause and effect are also discussed.

Chapter 13: Helpers – 28 pages

Discusses: the various helpers and hindrances to the healing process, dealing with other beings (which naturally follows on from relationships) and negative energies, assessing the load we bear, and other screening ideas which can be explored during diagnosis and treatment.

Chapter 14: Diagnostic Grids – 13 pages

This chapter puts the whole (i.e. all of the components discussed in previous chapters) together again – It discusses a general multidimensional diagnostic screen labeled as “diagnostic grids”. This general screening exercise helps to identify which regions and layers of the whole are

involved in the overall pattern of health and dysfunction. As with the general screen of the physical whole using the more mechanical postural assessment methods, this then helps us identify which regions of the multidimensional whole need further investigation (either to identify specific details of the pattern of dysfunction or details about where to work from in order to create greater health) and also which regions are irrelevant at the present moment of the assessment and/or treatment process (which helps us avoid honing in on irrelevant or purely symptomatic areas unnecessarily without first acknowledging their link to the wholistic picture). Case study examples are discussed as well as information on the degree to which we can involve our self in the healing process.

Chapter 15: Appendix – 20 pages

Discusses: the river of life analogy, examples of how to test the intuition, the horse and the bull analogy and extra thoughts to keep in mind in order to improve diagnosis and treatment (e.g. using energy constructively, technical knowledge, constructive listening – maximizing reception of information, the greater truth, two perspectives on sickness and staying true to our inner source connection when life gets tough).

Bibliography and Recommended Reading – 1 page

Total pages = 370. Size B5

Example Chapters: Introduction and excerpt from Chapter 1 and Chapter 3 of Bridging the Gap in Health Care 2 – Multidimensional Assessment, 2010, By Paul Turner.

INTRODUCTION

This book, like my first book “Bridging the Gap in Health Care 1, The Basics of Wholistic Assessment” (4), (BTG 1) is designed to be a wholistic integrative manual. The main difference is that this book helps to integrate assessment on all levels of being multi-dimensionally from an energetic/spiritual perspective rather than focusing on integrating assessment from a more mechanical, structural perspective. Because there is wide resource of information about energies and the multidimensional aspects of man adequately written in other books, I will include enough information about each topic to make it practically useful in an integrative healing oriented way. To gain a more detailed understanding on any of the individual topics themselves I suggest you read some of the texts listed in the references and recommended reading section at the back of this book. The information in this book is designed to help to link information about the various components of life and self together into a workable, practical healing model for self development, assessment, diagnosis and treatment. This is especially true if the ideas presented herein are explored and tested with an open mind.

This text is basically reformatting what is known, both metaphysically and physically, into a self development and healing format which:

- a) Is practically useful by health professionals (or anyone simply wishing to develop a deeper understanding of self)
- b) Can be scientifically explored and reproduced using the instruments of the mind and self (consciousness).

This book will also be a useful resource for any healer who works with energies (e.g. Reiki practitioners, spiritual healers) because it outlines a process which can help explain much of what “unconsciously” occurs during a healing session and also how these experiences may relate with a client’s presenting symptoms or outer life circumstances. In other words, it helps make the whole healing process a little more conscious. This awareness will therefore help minimise misinterpretation/error and to develop better understanding, explanation and communication with clients, other healers and health professionals. I will also be exploring a basic multidimensional language, which may help health practitioners in any area of healing relate with one another more easily and therefore potentially work together more interactively for the mutual benefit of clients.

My first book, BTG 1, discussed the basic philosophical building blocks required for understanding the whole person and then wholistic assessment from a structural, ground upwards perspective in an attempt to integrate what we already know, using traditional diagnostic methods. It attempts to lift the awareness consciously to the level of the mind, to illustrate its function and importance as a tool in the diagnosis and treatment of the WHOLE person - with perhaps a hint about how to use the mind to explore deeper/inner levels of being. An understanding of the how the mind can be used as a tool in itself is very important because a “correctly used” mind can bridge the gap between the inner world of spirit, life and energy and the outer world of external

substance, expression and concrete form. Thus, the mind can be used to tune “outwards” and observe the external world (from an outside in perspective) or it can be tuned “in” to explore the inner world (from an inside out – or intuitive, perspective).

This book uses the mind as a tool to explore life from the inside out or “as above – so below”, perspective. It begins, from the beginning, from the origins/Source of life (symbolically expressed), and explores time, space and mans involutionary journey into matter. It then explores the components of the whole and how we can consciously develop an understanding of each component on our evolutionary return journey though life back to an increasingly conscious oneness with Source. It also explores the relationships between the various aspects of self, with the life Source and others which will naturally help deepen and refine our awareness of these relationships. Because we are looking within to the inner world, physical tools of investigation are inadequate to the task, being developed primarily to explore physical substance. Thus, the mind needs to be developed as a tool so that we can have a trained instrument through which we can explore the inner energetic environment of man and then relate these inner experiences to any outer tangible effects – discovered already, hopefully, from our physical wholistic assessment methods as outlined in BTG 1 or other assessment texts.

Trying to describe the inner world of feelings, thoughts, energies and experiences in outer tangible language is not an easy task but that is just what I am endeavouring to do by writing this book. I therefore ask readers to be patient and open minded when exploring the following concepts, discussions & exercises and give me a chance to paint the whole picture “so to speak” before critiquing the whole book. Through repetition/exploring of the whole from many different perspectives, a deeper understanding should naturally unfold. Some of the concepts outlined in this book may seem unusual, controversial or even far fetched at first but as you make your way through each chapter, their meaning should become clearer. Take the information on time and space in chapter one, for example. Often, when conducting workshops on multi-dimensional assessment, I discuss time and space at the end, rather than the beginning because, when I’ve tried it at the beginning, it seems to draw more blank looks from participants as if to say “it sounds nice but I don’t know if I can comprehend it fully as yet”. It seems a bit “out there” and strange to take in, especially if the inner world of spirit/energy hasn’t previously been explored. For the purposes of writing a book however, I need to include this information first because everything in life starts with the Source/Whole and the beginning has to well, naturally... “Start at the beginning”. Thus, if you find my explanation about time and space a bit “out there”, perhaps a too simplistic or it doesn’t make sense, I suggest you read it without trying to make too much sense of it (i.e. interpret it or read too much into it) and wait until you have explored the rest of the book first. After symbolically talking about time and space and describing the whole, I break the whole into parts and then gradually build the whole up again, bit by bit, using a combination of theory (enough to get a feel for each topic), self exploration exercises (meditations or visualisations) and then guidelines for using the tools explored as diagnostic screens on others, for those in the various healing arts. After exploring all of this information I suggest you re-read the first section on time and space and see if it conveys any more meaning. Once some understanding of the details of multidimensional assessment is experientially grasped,

reviewing time and space at the end seems to tie everything together in a more meaningful way. Thus, I leave a full discussion of time and space until the end, preferring instead to start with a brief overview of the whole and its component parts (refer to chapter 3).

Also, if any information I present doesn't make sense to you, don't use it. Just leave it there "on the shelf at the back of the mind" as, perhaps, an interesting idea and use it only when and if life creates circumstances where the information may be useful. In this way no harm is done in the testing, trying and exploration of these ideas. Use what works for you and leave the rest.

Because some of this information, initially, is very abstract, conceptual and philosophical (until put into practice and tested in life, at which point proof is self evident through inner experience and by the results), there may be little available external scientific means of proving its validity. We are basically developing an inner method of exploration of the whole, using the self as an instrument. It is the instrument of the self that we are trying to explore here - i.e. us and our conscious awareness. Only you as an individual can ascertain by practice and experience the inherent rightness or wrongness of my words. However, because these ideas and experiences have helped both my self, and many of those with whom they have been shared, understand a little more about the meaning and mechanics of life, I will place them before you for your investigation and interest.

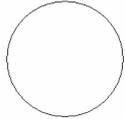
Note: for ease of reading in many places throughout the text I have used the male pronoun he but in all cases it should be read as he and she.

I hope you enjoy this book. Paul Turner.

Excerpt from Chapter 1: IN THE BEGINNING

In the beginning there was (is) ONE WHOLE - The ABSOLUTE or SOURCE of all life, incorporating all worlds/states, both manifest and un-manifest.

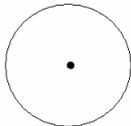
For illustration purposes I will liken this absolute whole to a blank white piece of paper with no edges (i.e. it goes on eternally). It can alternatively be symbolised by a circle, also with no boundaries.



Note - This state is beyond time and space and yet it encompasses both time and space. In fact, it is from this absolute that time and space, as we know it, are born (see discussion on time and space which follows). You may say that time and space are the manifest body of deity, created so that the individual life streams, or units of consciousness, of their own free will can learn to experience, understand and thus co-create in harmony with universal Law (nature). This is the playground through which we learn to understand LIFE.

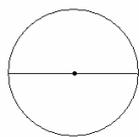
Prior to manifestation you may say that this Absolute, wishing to manifest a particular idea (for his manifest Sons - also creations from within itself - to experience, express and build in accordance with), concentrates itself to a particular point, a fulcrum or point of potential, so to speak.

This is the idea, if you like, behind the manifest universe - symbolised by a point on the paper or in the circle.

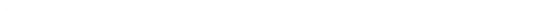


From this point, the bubble of time and space is born, floating in the absolute. To take this concept further, it is quite feasible for many of these bubbles to be simultaneously (or otherwise) created - many universes, alternate realities, or ideas to be expressed and perfected.

This division of the whole in time and space can be symbolised by a circle divided in two by a line, or, in our example using a white piece of paper, we can extend a line from the central point out in two directions, like two arms of a seesaw balanced about its pivot point (see diagram).



HEAVEN
(Spirit) +
FUTURE



Fulcrum

EARTH
- (Matter)
PAST

The two ends of the sea saw represent the two poles of the manifest universe - Heaven and Earth, Spirit and Matter, Future and Past, etc, all perfectly balanced about a point of perfect Stillness (Oneness). From the UNITY, we now have a DUALITY. The substance of the universe is created. This is referred to in spiritual texts as the first outpouring of GOD (see notes on first outpouring).

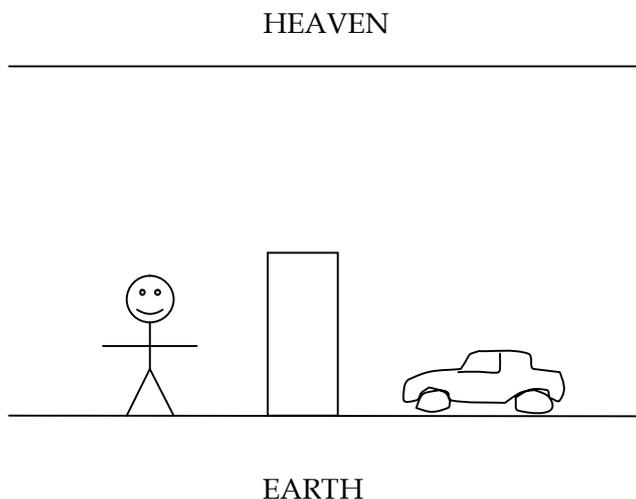
These two poles must be balanced.

If there is too much focus on the material side of life, selfish interests may predominate and we may lose contact with our original life purpose and plan.

If there is too much focus on the heavenly realms (or even the absolute) we may shirk our responsibilities in the more material realms (such as expanding Gods kingdom on Earth, achieving greater perfection in awareness through material existence, or helping guide others to a deeper realisation of "SELF").

SPACE

To illustrate the concept of space, I will again use a blank sheet of white paper to represent the Whole or Absolute. I will draw two lines, one representing Heaven and the other Earth. Then, on the Earth, I will draw a man, a house, a car, etc.

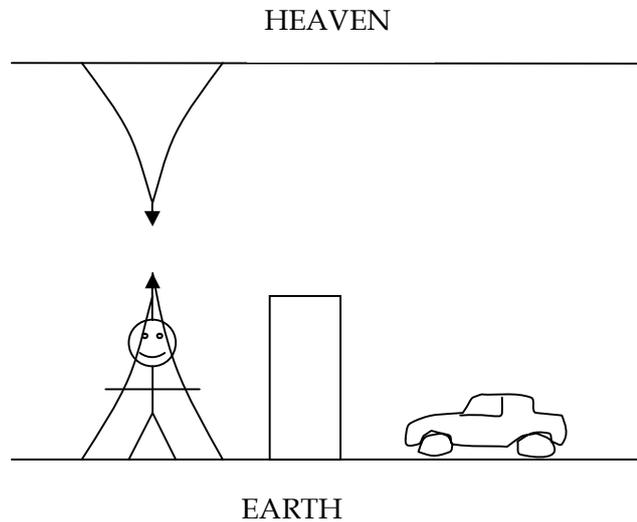


Note that all of these objects are created out of the same substance (drawn with the same pen/ink in the diagram) as mans body is out of the Earth.

Initially man may see these other objects as different or separate from himself.

From the viewpoint of physical man - this is the world as he knows it and the world through which he experiences and grows.

He experiences life, good times and bad. He begins to realise there is more to life and so begins to meditate in order to more fully understand life's mysteries. He turns his attention in and up, heavenward. This is represented on our diagram as a spiral or cone with its tip reaching upward.



As he is reaching up seeking to experience the more spiritual realms, a similar response occurs from the heavenly spheres (spiral reaching down from above). "As ye ask, so shall ye receive" is the saying that applies here.

In our analogy of the seesaw, swinging one arm into motion evokes a counterbalancing response from the other arm.

Initially the man may think that spirit and matter are two different things. He withdraws more and more from attachment to physical life as he experiences the peace and happiness of higher and higher vibratory states. This may unbalance the scales if he ignores his earthly lessons - but only temporarily.

This is in contrast to the man who imbalances the scales the other way by focusing too much on the external world, exploring and developing the personality but not necessarily in harmony with spirit, also temporarily.

I say temporarily because as man comes to understand the nature of the self, the Source and the manifested universe, he will ultimately rebalance the scales and achieve his divine purpose for any given life cycle.

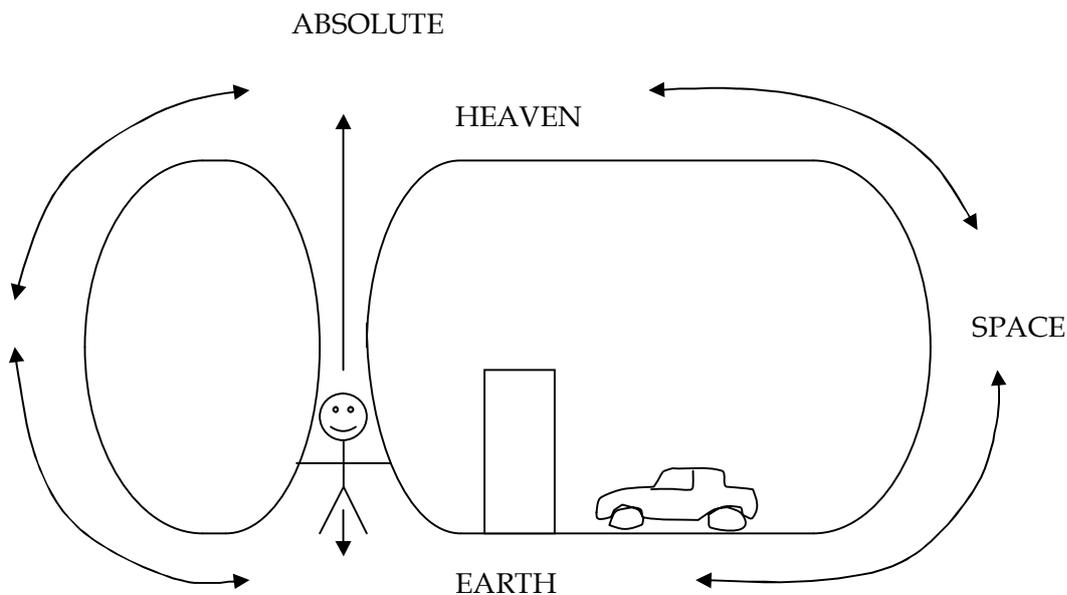
By turning his attention inward and upward, man moves from the human phase (developing the personality) to the spiritual phase (aligning the personality with the life stream within) of development. The developed personality, instead of being used for (often) selfish motives, good or bad, gradually becomes a vehicle of expression for the life stream within.

Because man's conscious understanding of Life, Source, Self is imperfect - until he achieves full realisation of "Self" - he still suffers many of the distractions (attachments) of the external world/s. He continues to experience many difficulties, stresses, emotions, anxieties, and worries in his everyday relationships and situations (at home, work, etc) as well as many good and happy moments. These difficulties become much more subtle as he refines his awareness.

However, instead of accumulating difficulties, he is, hopefully, clearing them.

Eventually man reaches a point where the upward spiral reaches the downward spiral. The duality meets and a unity (in consciousness) is formed. This illumination brings fresh insight into the nature of the world.

Having reached a point of union, he realises that heaven and earth are really two aspects of the same thing. He has reached a point of dynamic stillness and passed out through the top of the diagram into the absolute.



Note: visualise this in 3-D as a man on earth in a vortex from below & above meeting in the middle, space still operational all around. Thus, in this 2-D picture, the space to the left and right of the person in this vortex is one space

Reaching this awareness he realises that the answers were there all along. The same absolute was present from the beginning - beneath and within the lower spiral and even in every atom of manifest life itself. If I close in the edges between Heaven and Earth (see diagram) you will see what I mean. The same white paper pervades all. In fact, it is out of this very substance (if I can even use the word substance to describe this absolute state) that the world exists in the first place. We now have the bubble of space.

The man now realises that the manifest world is an illusion, if he gets entrapped in it (see section on the illusion), created like an image in a mirror and being, in reality, no different from the mirror itself. He realises that the Absolute is the one true reality.

Yet he still exists as an individual consciousness – In the world but not of it.

From this point on he sees the illusion for what it is and no longer gets caught up (or at least not for too long) in the illusion of manifest life. He can play the game of life without being caught up in the game of life (compared with those not yet sufficiently illumined).

He now sees all other reflections in the mirror of life as different expressions of the one Absolute SELF.

This does not necessarily mean he is perfect, for there may still be much karmic residue to clear. It does not mean he has learnt all there is to learn. It simply means that he understands the nature of the self. He understands that he has the essence of Source within, behind and around him, the essence of perfection guiding him in ever more creative ways to become even more perfect; likened unto his FATHER who created him, breathed the life into him, and gave him individual free will, the spark of intelligence and sent him on his way through life.

His consciousness still expands to take in and perfect more of the mechanics of manifested life. Thus, he is ready to co-create and extend (or expand) the fathers kingdom.

I often refer to this as becoming a “decent” human being, a perfected or spiritual man - Open, honest, and doing his best in time and space for the greater good of all. He uses time and space to co-create, learn and teach, rather than using time and space selfishly or confining himself to time and space.

This is the beginning of man’s true cosmic journey, not the end. He has passed the tests of Earth’s schoolroom and moved on from spiritual kindergarten to grade 1 (to give you a hint of this stage of evolvment in the overall scheme of things).

Reflection 1: On asking and receiving: Asking for help draws a positive response only if the seeker aspires to learn truly and grow. The Source, knowing what we truly need in order to understand life, only answers to the needs of the true individualised self within rather than to the wants of the lower outer self (see notes on the Individualised versus the Separated Self later in this book).

Asking purely for selfish reasons, by the separated self, or simply to be free from pain for example, for the purpose of getting back to bad habits, will not necessarily be answered unless it ultimately serves the greater purpose or plan - which includes the individual good, long term.

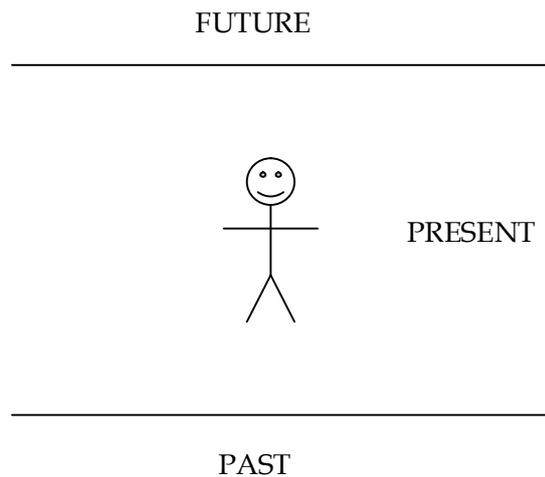
Consider a criminal who presents for treatment with back pain. If we fix his back, physically, is this really healing the problem? Or, is it helping a problem to function better? Is healing the physical problem true healing?

The spirit may not want to heal the problem physically until the man learns that stealing isn't the right thing to do.

Reflection 2: Many of life's difficulties arise because man is easily distracted by and attached to the external world. Other reasons may include difficulties such as: aligning the personality with the true self within, assimilating finer energies, transmuting unhealthy belief systems and old karmic patterns. Refer to Alice Baileys work (especially Esoteric Healing) for a deeper understanding of these factors.

TIME

A similar diagram can be used to describe time. The upper line represents the future and the bottom line represents the past. A man is in the middle representing the present.



If we dwell too much on the future and ignore the lessons the past has taught us, we will often miss out on what the present moment is meant to teach us. We sometimes rush forward at a million miles an hour it seems, to fulfil some future desire or task and miss doing properly what is needed in the present moment. Also, with our mind dwelling numerous tasks ahead of ourselves, we are never able to rest or relax.

In racing forward to achieve our goals we often neglect to master the necessary steps in the present that are vital to the achieving of these goals. We therefore actually slow ourselves down by rushing ahead.

Alternatively, if we dwell too much on past experiences, good or bad, we can also miss learning the lessons of the present, also slowing us down. Instead of seeing each new

situation as it is, afresh in the moment, we often react to new situations according to the conditioning of the past.

Example: - A reaction to an experience (often traumatic) in the past may distract us from our balanced (Absolute) perspective. This often sets up a compensatory or defensive pattern so that, instead of resolving a difficult situation, and thus learning from it, we compensate for it. This defence mechanism or reaction pattern is then maintained, or reinforced, every time a similar or new experience occurs. This only strengthens the defensive pattern rather than healing it.

Therefore a compensatory pattern, if focused upon and followed too early in assessment and treatment, is merely a distraction from resolving the original issue.

Healing simply means: regaining the absolute, balanced perspective to life (and thus the situation).

Unfortunately, we are often conditioned by our experiences (our studies for example) rather than learning and growing from them.

Ideally, if we stay in the balance we would never react, negatively, to any situation. We would simply learn maximally from each new experience.

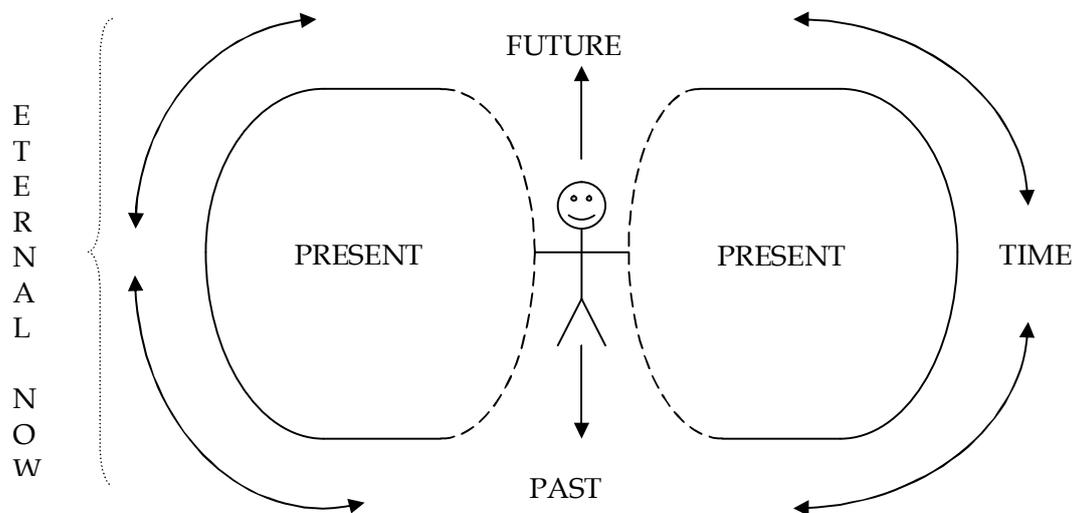
By referring again to our diagram of the seesaw, we can see that an imbalanced focus on the Future, Past, or even the Present upsets the balance and A DYS-Function results.

If we are not aware of the old negative habit patterns from the past, they will continue to operate subconsciously and we will react to new experiences in the same imbalanced way. Thus, we reinforce the same errors over and over and chain ourselves to the karmic cycle.

In one sense, negative reaction patterns are simply bad habits or defence mechanisms set up to prevent us from being our ideal balanced selves. This helps to maintain the illusion rather than the reality (see discussion of the illusion).

It can be seen that much can be done to remedy this situation, provided we become AWARE of the habit or compensatory pattern (i.e. by noticing it) and then correcting it before it leads us into danger (Refer to section on - a need for a diagnostic system).

As a man balances the future and past – he comes to a point where he becomes aware of future, present and past simultaneously. Again, if I close in the walls of the diagram, a bubble is once again created. A unity is once again reached.



Note: Try to imagine this diagram in 3-D with man in the centre of a sphere with a vortex of energy passing through him, rising up and down, to blend with the whole, enabling man to be conscious of past, present & future as one and yet still able to operate within the bubble of time and space.

Man now operates in the ETERNAL NOW seeing the whole as a bubble of TIME floating within the ABSOLUTE. Man is now free of time (and space) and yet can operate in time (and space) to achieve certain objectives (e.g. to co-create, learn, teach). He uses time but time no longer uses or confines him.

He is also eternally patient because he understands that all units of consciousness present in our particular bubble of time and space will ultimately achieve the required level of perfection and thus express the divine purpose, or idea, for this particular scheme of life. The outcome is certain - It's only a matter of WHEN in TIME and SPACE. Only the eternally patient man has to wait for no-thing. The experience or object he requires manifests exactly when he needs it, and thus is instantaneous at the appropriate moment in time, from the absolute perspective.

Man realizes that all three aspects of past, present and future simultaneously exist and no longer gets caught in any one of these aspects of time, in isolation. The pivotal point again is the dynamic stillness. The Absolute is the centre, the edges and the very substance of time itself, as well as the Source beneath and beyond.

This is the reason why the Source is ALL PRESENT, ALL KNOWING and ALL POTENT, because all things exist within the whole (again, like a reflection in a mirror).

Health often seems to come from the future because it is inevitable that we will arrive at a greater level of perfection as we move forward in life. Because of this, and because all time is in the eternal now, we can use this future health (perfection) to help heal the issues in the past and present; as a counterbalancing point, so to speak.

Yet, if we travel far enough back into the past we will also find health due to health being the ultimate starting point for our journey into manifest life.

Thus, heaven and earth, spirit and matter and future and past are all really two extremes of the same manifest whole.

Reflection: Everything built on solid foundations (with a balanced awareness of future goals) will set us safely on the path to success. There are no shortcuts in life, contrary to what some people may tell you. There are, however, guidelines to success, which, if followed, will lead us safely to our goals whilst minimising the pitfalls along the way - thus avoiding much unnecessary suffering.

ILLUSIONS

From the above discussion of TIME and SPACE it can be seen that the manifest universe, from one perspective, is really a grand illusion, created so that the individual life streams can learn and grow into an ever expanding awareness, and thus understanding, of the nature of GOD and his manifest Universe.

Technically - time and space are **not an illusion but are a reflection or expression of an Absolute Truth**. They only become an illusion when we see the external worlds as the Absolute reality rather than its manifest reflection; i.e. when we separate the external outer self from the internal (often for selfish purposes) and neglect our inner guidance, thus operating out of harmony with the divine purpose and plan.

Thus, selfishness (separateness) is the true illusion for all is, in reality, a great UNITY.

Unity means **all components** of manifest life **function in harmony** with the Whole. Individuality is retained without separateness and selfishness (see discussion on the individualised self versus the separated self - later on in text). With this understanding, we can then co-create in accordance with natural law whilst still retaining individuality.

The outer worlds are only an apparent illusion in the sense that the universe doesn't exist independently of the SOURCE. The universe, like a reflection in a mirror, is made out of the very being of the Creator (see Mirrors below). In this sense, everything that is - is part of the ONE reality.

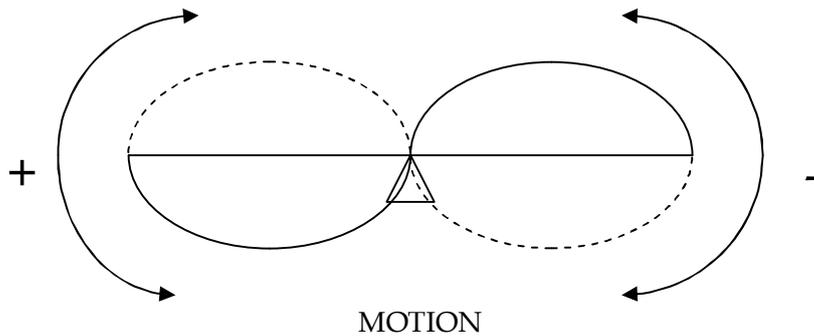
Summary - The illusion only exists when we forget the ONE reality and assume that the Universe itself is the reality (or the physical Universe itself, to limit things even further, is the one reality - separate to the true reality). This is an important point to grasp.

Mirrors: Most mirrors reflect images of objects outside of themselves. In the analogy referred to above this isn't the case. The reflection is created out of the substance of the mirror itself. Prior to the origin of any images (or ripples of life and motion originating from the stillness) there was only the mirror itself and, like the blank white paper we began with, this mirror has no boundaries. Thus, the SOURCE is the Mirror, the Object

and the reflection - The Substance, Life and Consciousness of the Universe and the Whole from which all three originate; a TRINITY that is, in reality, a UNITY

MOTION AND RHYTHMS

The sea saw of LIFE is then swung into motion with the BREATH of life - It is given a universal heartbeat (See second outpouring).



The universe now has STRUCTURE and FUNCTION.

Thus, Structure and function are really the first two outpourings of Source into manifestation. They are two sides of the same coin.

As long as Universal function is in harmony with Universal Structure - all proceeds according to the Divine Purpose and Plan. When Universal structure doesn't match Universal Function then DYS-FUNCTION eventuates (see section on a need for a diagnostic system).

Thus, LIFE in the manifest worlds expresses as MOTION.

One arm (pole) of the sea saw should rise and fall in complete synchronicity with the other, pivoting about (and driven by) their fulcrum of STILLNESS - what may now be called a point of DYNAMIC STILLNESS.

If an individual life-stream focuses too much on one side of the sea saw, to the exclusion of the other, motion becomes imbalanced and dys-function becomes manifest. The NATURAL RHYTHM is then disturbed.

The original rhythm for this universe would have emanated from Source as the first Universal cycle - existing for the time span of the entire manifest universe. Thus, the Universal Heart beat, pumping the energy of life out and then in again, beats for a certain time for a certain purpose, at the end of which, it beats again for a new cycle of existence.

This rhythm (original pulse or out breath) will drive all the various rhythms that we may become conscious of and experience in our lives as we expand our consciousness awareness in ever increasing spheres.

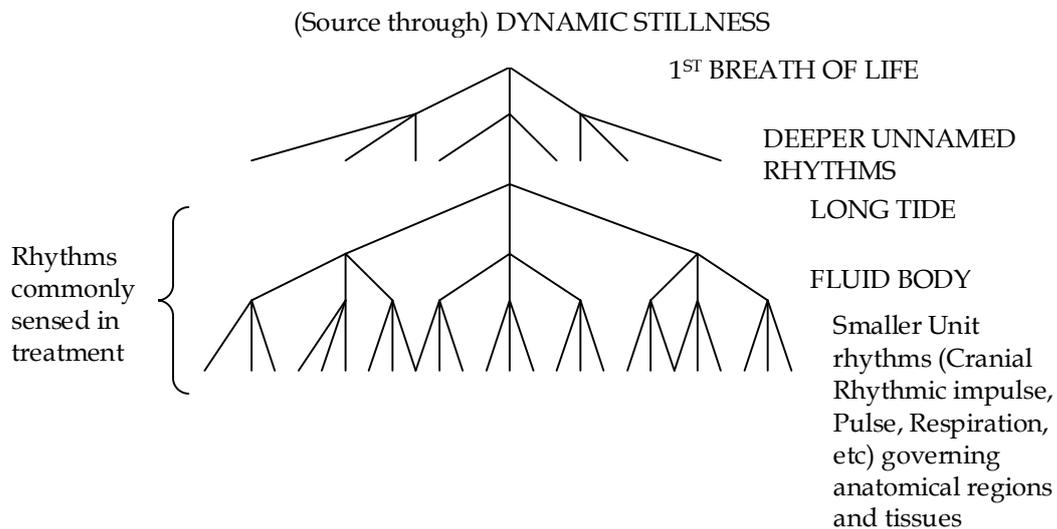
This has relevance in healing in that we may be able to perceive and feel some of these rhythms in our daily healing work. As we tune in to the inherent life rhythms within the human mechanism, we may become aware of deeper and deeper rhythms and their effects, manifesting.

You may say this is a form of inherent motion testing whereby we observe the various rhythms and their natural effects on all areas they govern (within each rhythms sphere of influence).

Each rhythm operates at different, yet interrelated (and hopefully harmonious) rates. Each deeper rhythm often spans longer segments of time and encompasses a vaster area of space, or of consciousness, with the more encompassing rhythm becoming the fulcrum and driving force for the smaller rhythms within its area of effect.

Like the commander of an army (the original breath of life) who commands the whole through his officers (stepped down rhythms) - each governing his own unit of sub officers, captains, lieutenants, sergeants, corporals, and individual soldiers, etc), each smaller unit is guided in complete synchronicity with each larger unit so that the whole functions as a team and for the good of the whole (army of manifest units).

E.g. HIERARCHY OF RHYTHMS



In this example if there was any break in the chain of command at any point in the sequence, all the units and individual components thereof, below in rank would start functioning in an imbalanced way, possibly even expressing the will of a rebellious sub commander (e.g. the mind), instead of the will of the leader and chief of the whole army.

Looking at rhythms in this way, you can see that if we, as healers, were to remedy the situation we would need to first – desire to do the will of the commander (true Source) and then check that the flow of information is perceived and stepped down correctly (kept loving and pure) – so the original idea, command, is untainted by the smaller wills of each smaller unit until the desired effect is manifest. Once instructions are received correctly, via the above process, each successive unit must concentrate on its task setting the rhythm for each smaller unit until the desired outcome is manifest and sealed in peace. At this point, all units function peacefully and harmoniously with the whole – There is no conflict within the ranks.

Note: The above paragraph relates to the seven steps to precipitation - Will, Perception, Love, Purity, Concentration, Rhythm, and Peace. Refer to the book by Thomas Printz “The Seven Mighty Elohim Speak on: The Seven Steps to Precipitation” (1) - for a more detailed explanation on this topic.

In terms of healing, this means that, in order to restore harmony to the whole, we need to help harmonise the required aspects of the whole, by helping to align the correct rhythm (i.e. the one out of command/synchronicity with its superior) with the goals and wishes of the supreme commander – the Dynamic Stillness (Source). As a consequence of this alignment - all the units under the command of this rhythm can begin to heal and express in accordance with the Plan. If we work on a smaller rhythm, which is in itself ok but is merely responding in harmony with an unbalanced informant, then we may be only helping the smaller units function better in an inappropriate way.

Thus, it helps if we can explore a little deeper if possible, to a higher and purer source, until a point is reached where instructions are once again, PURE.

This is why it is important for healers to be self-healed. If our consciousness isn't expanded and unfolded to encompass the deeper rhythms (and inner reality) of life, we won't even notice these aspects of the whole in action, should they require attention. In this case we would only influence and continue to work with the smaller spheres with which we are most familiar (e.g. those tissues physiologically under the influence of the cerebrospinal fluid {CSF} fluctuation) and possibly fail to integrate these smaller spheres of effect with other areas and with the WILL of the whole.

Also, some patients' are quite self-aware and are evolved to a high state of inner awareness. Thus, their natural governing rhythm (and all areas under its sphere of influence – being immediately responsive to this) will be set at a deeper and more encompassing level. They are beyond being significantly effected, evolutionary and consciously speaking, by the petty imbalances created in smaller spheres. Thus, playing with the smaller rhythms (which are only following orders or dealing with more personal issues not necessarily affecting the higher guidance) will have very little impact on the whole.

In the analogy above, we start our life as a simple soldier responsive to the rhythm imposed by our unit commander. As we evolve and master the individual tasks set before us we rise in responsibility until we achieve the rank of unit commander ourselves. We then become conscious of the instructions and rhythm imposed by the Brigade Commander in charge of a certain number of Unit Commanders. Having perceived (hopefully clearly) these instructions we can then convey this information in appropriate form, to the individual soldiers under our particular sphere of command.

Thus, as we master our responsibilities, we move up the line of command and become receptive to higher and higher sources of information.

We come increasingly under the influence and instruction more highly evolved beings (see notes on Helpers), and aspects of self, each having ERNED naturally and consciously, the right of increased responsibility and thus the ability to reach and influence a wider sphere of manifest life. Eventually we become conscious of and are brought into direct relationship with the Army Commander himself, the expression of Source in this particular solar system, galaxy universe, etc, and are thus able to respond and express in accordance with this Source of information (and even have access, perhaps, to whatever lies beyond).

A man, as he evolves, takes in more and more of the whole and thus faces challenges and difficulties unique to these widening spheres of awareness. The rhythms (cycles of life) and their appropriate manifestations in smaller spheres of expression at each successive level have to be mastered.

Thus, if a patient comes to see us, the better we are able to understand the required levels, layers and rhythms involved, the better we will be able to help him heal and function as a whole being again. It is less effective operating (treating) at a level the patient has achieved relative mastery on, unless the effects on these levels need polishing up, because these levels are simply reflective effects of impulses and instructions coming from higher levels of consciousness. Treatment here would reflect aligning only, rather than healing (stepping out of the illusion back into oneness), integrating and aligning in accordance with an even higher state of Be-ing.

If a patient needs to operate (and heal) from a deeper rhythm then we need to be open to this so that his system, on all involved levels, can open up to, respond and heal with respect to this deeper level. This then allows him the chance to further expand and grow.

Thus - the need for self-healed and self-aware Physicians.

Because of these factors, true or a deeper healing is less likely to occur unless we can sense a persons place in the overall scheme of things (i.e. their stage of evolution). It helps to be able to sense Source or at the very least, the Soul, it being pure via its open relationship with Source, in order to begin to understand the basics necessary to comprehend the vastness of this subject (of creation, involution, evolution, purpose, plan, healing, etc).

Because the Source KNOWS and is present eternally to the whole - past, present and future, in space - for any given individual, it is the only one qualified to make any true appreciation of the situation. Thus we, hopefully, being attuned adequately to the Source (being at a point of self realisation where the little will has relinquished itself to the greater WILL), can simply be present enough to WITNESS the self-healing mechanisms of the patient, in action - learning and acknowledging what it is teaching us as we go.

However, because we are ourselves growing and learning to be receptive to higher energies, if we haven't yet appreciated Source (or the dynamic Stillness) in full consciousness, we can still make progress by starting with an obvious rhythm we are familiar with (e.g. a physiological one - see sections on rhythms in chapters 4 & 10) and allowing it to find a balance and thus integrate all the tissues and components under its sphere of influence. Having done this we may appreciate its still-point or fulcrum, and then remembering to look within and up (and expand our awareness to a wider sphere - into the room, horizon, planet, solar system, etc) we may become conscious of (i.e. notice) a deeper and more encompassing rhythm, taking in and influencing more of the manifest whole.

The process can then be repeated for each deeper rhythm; i.e. let this rhythm integrate and balance all expanded areas under its sphere of influence till it reaches its still point and so on (if appropriate and the system wishes it, in any individual case, prior to a final release) until an appreciation of the dynamic stillness presents itself, allowing us or the patient a conscious connection with Source (assuming the patient is not already conscious of Source). Even then, it is important to be equally present to Source (within and surrounding Time and Space) and the manifestation in Time and Space so that we can consciously observe the Source and its influence on its mechanism at the required levels and rhythms, as appropriate to the individual need in each moment. This ensures that all components are listening, responding and integrating with the Source through the fulcrum of Dynamic Stillness.

If we go fully into Source we may lose consciousness of the manifestation. If we involve ourselves too much in any aspect of the manifestation, we may lose consciousness of Source. Either way, we may not be consciously and fully present to the need of the moment; which could include anywhere and anything between the two extremes. We need to be present with both so that all components (at all levels) can harmonise with the Source (at least as many as we are aware of, at our stage of awareness) and so that we can learn to imprint upon our consciousness a deeper understanding of Source and its expression in manifest life.

Thus, as we expand our consciousness and grow, we will notice rhythms that have a deeper and more profound effect (consciously) upon the human mechanism (form) and its surrounding environment (ring pass not). We evolve to the point where we can consciously become receptive to, assimilate and allow these rhythms to express through every atom of our being.

References to universal cycles of time can be found in various metaphysical texts. For example, Alice A. Bailey mentions in "A Treatise on Cosmic Fire" (2) that the period of existence for a Solar System is 100 years of Brahma. One Day of Brahma equals 4,320,000,000 Mortal Years. We would have to wait a long time (from our vantage point) to sit through a complete cycle at this rate. For more information on this topic I recommend you explore and read her work.

Rhythms we are more familiar with include: the rhythms of the Day (and Night - 24Hrs), the Weeks, Months, Years and Seasons (and we can all feel the effects of these). On a larger scale there is the rhythm of the Piscean Age (which we have just passed through) and Aquarian ages (of which we are in the early stages). Each spans approximately 2160 yrs. These are the expression of different Ray energies predominantly influencing our System at any particular moment in time, each bringing with it the qualities of the particular Ray concerned, for the benefit of Humanity and all other evolutions existing on this planet. There are the rhythms expressed by the various planets in the solar system as well as the rhythms of the constellations and various stellar bodies. The consciousness that govern such cycles must be vast in order to sustain the needed rhythm for these periods of time.

These are just a few of the innumerable rhythms and cyclic influences that can effect us in our every day lives. The better we understand these forces, the easier it is to harmonise with all of these influences and thus aid the healing process and speed along the natural evolution (unfoldment of consciousness) of those on this planet. We do this by helping life streams to escape the illusion, removing impediments to natural growth and allowing all involved return to a natural and harmonious flow of life.

Some common Rhythms we may become conscious of and allow to integrate in our healing work (physiological, bio-energetic or other) include the rhythms of: a) The - Breath, b) the Heart (pulse), c) the Cerebrospinal fluid, d) the Nervous System (Somatic and Autonomic), e) The endocrine system, f) The Fluid body (governing the internal environment of the body as a whole - the embryological Blueprint), f) The long tide (in and around the body), and g) other possible (deeper) rhythms. We may even be able to feel the influence of the rays, planets and constellations, etc as referred to above. All we need to do to sense them is to be aware of them (i.e. ask the question) and see if they are, or wish to be, actively involved in any individual case/situation.

Note however; that because Rhythms operate within time and space, focusing on them to intently can confine our awareness, often unconsciously, to time and space. This means we may potentially lose the stillness by getting swept up in the tide of any particular rhythm. Because of this I recommend, when assessing multi-dimensionally, that you notice the Symmetry and Texture of the Whole before tuning in to Motion (inherent or otherwise). In this way we can remain one with the whole (the Absolute), outside of time and space, and yet still observe what is going on within all components of time and space without having to wait out any particular cycle. We can then more easily observe the effects of any particular rhythm on each component of the whole (on whatever level) without getting lost in it. Having observed the Whole and making sure we have all the components of health and dysfunction within our consciousness, we can

then tune into the motion present within the dysfunction (as well as the rhythm required to correct it) and allow it to resynchronise with a healthier Rhythm of Life (See section on Wholistic signs of A.R.T).

Chaining ourselves to a Motion (function) before exploring the Structure of the manifest Whole for Texture and Symmetry can often have the effect of limiting our awareness to a part of the whole prior to sensing the Whole itself. Unless the Initial Cause of dysfunction lies within this part, the same old mistake of diagnosing and treating effects is likely to occur - as it often does in any of the more physical methods of diagnosis and treatment.

Keep the above information in mind as we explore the ideas and exercises throughout this book.

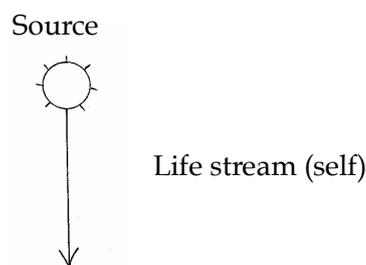
For more information on this rhythms refer to the rhythms section in Chapter 4 and the exercise section, Chapter 10, on rhythms later in the book.

Expert from Chapter 3: THE WHOLISTIC MODEL

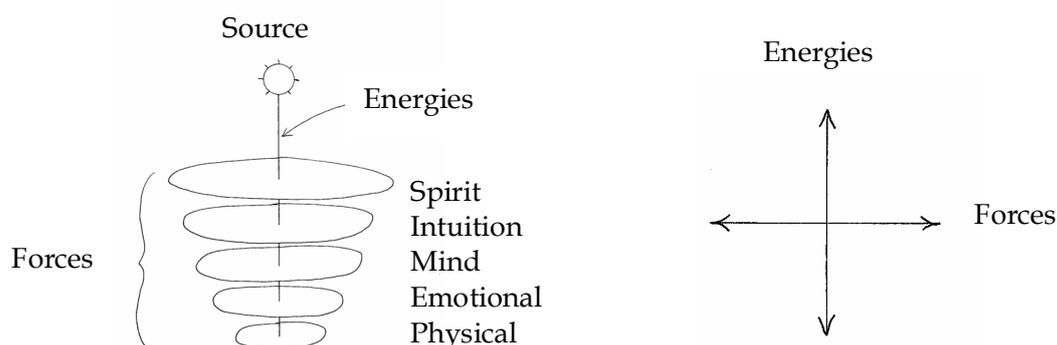
In this model we will consider all disease to be the result of inhibited life energy. Thus, it is important (if any true healing is to occur) that we endeavor to tap into this life energy (in our selves and our patients) so that we can allow it to flow into and clear the personality of any imperfections, congestions, worries, imbalances, etc, which may need healing in the present moment.

Because we are looking at the topic of healing from an energetic viewpoint we will need to define, more clearly, the terminology and model we will be using to explore and to help heal the whole man.

We will consider the true self to be a stream of **life energy** - emanating, like a ray, from the Source of all life. This is the individualised self. We will consider it as the vertical element in our picture.



We will consider the other aspects to our being (spirit, soul included) as specific energies, each operating at their own level. These we will call the **forces** operating at each level respectively. We will consider these as the horizontal elements of our picture.



It is the balancing of the life energies with the forces, at any respective level, that results in our mastering of life in each of its aspects (e.g. a person may have mastery over his emotional body/forces).

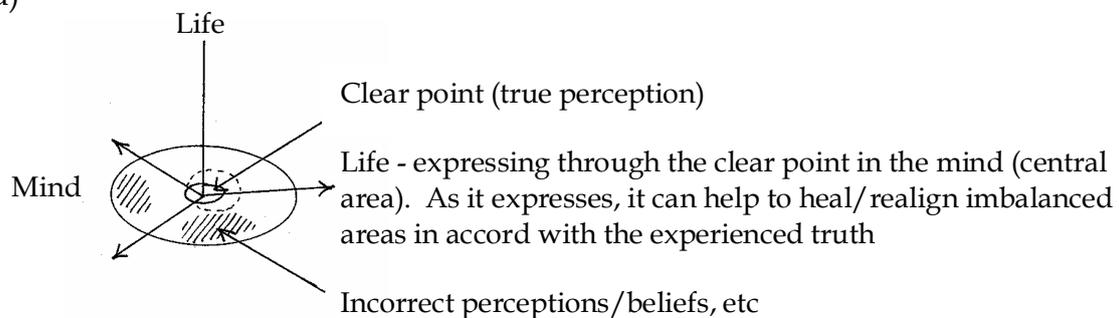
If the forces inhibit the essential energy of life then dis-ease or lack of harmony result. Dis-ease means a separation from the UNITY state. It implies a DIFFERENCE, now (in the moment) between HEALTH (life) and its mode of expression (the form).

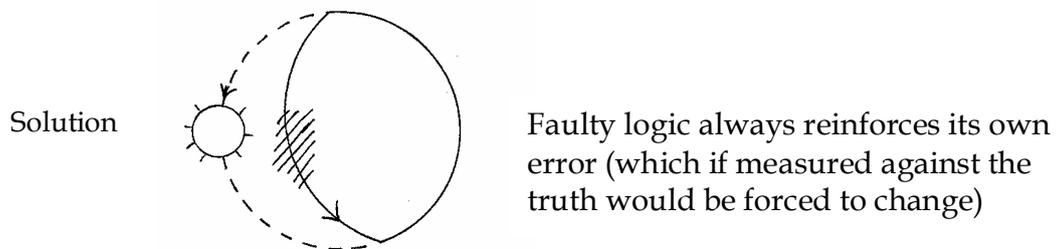
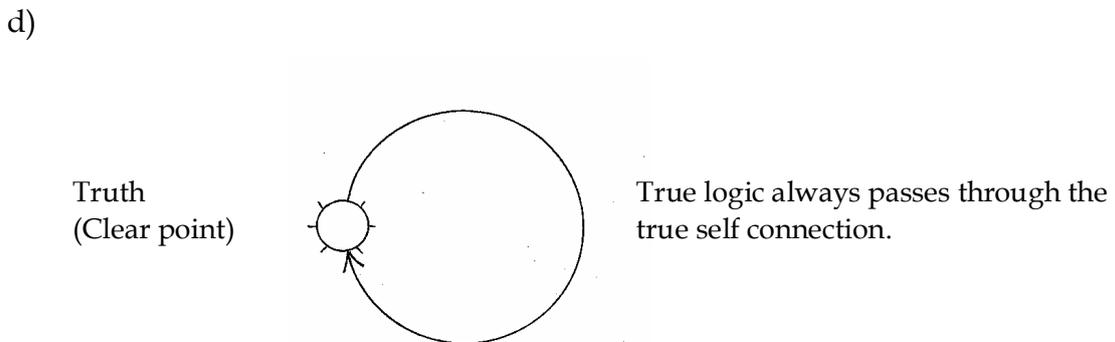
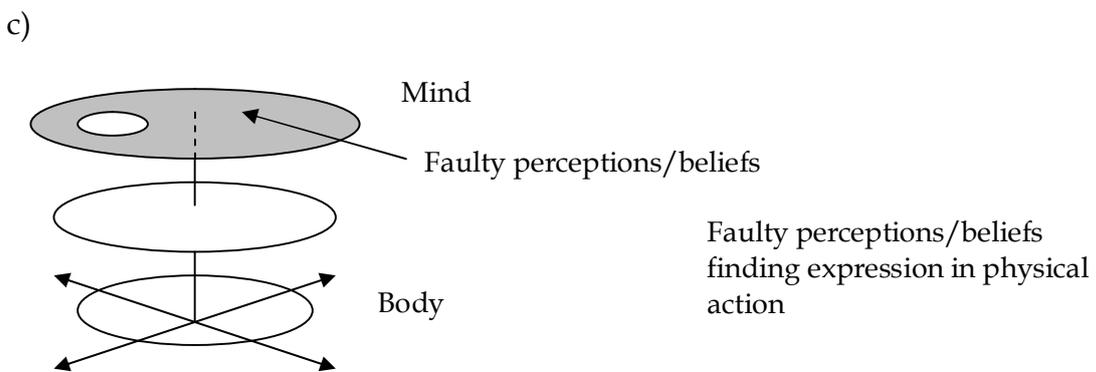
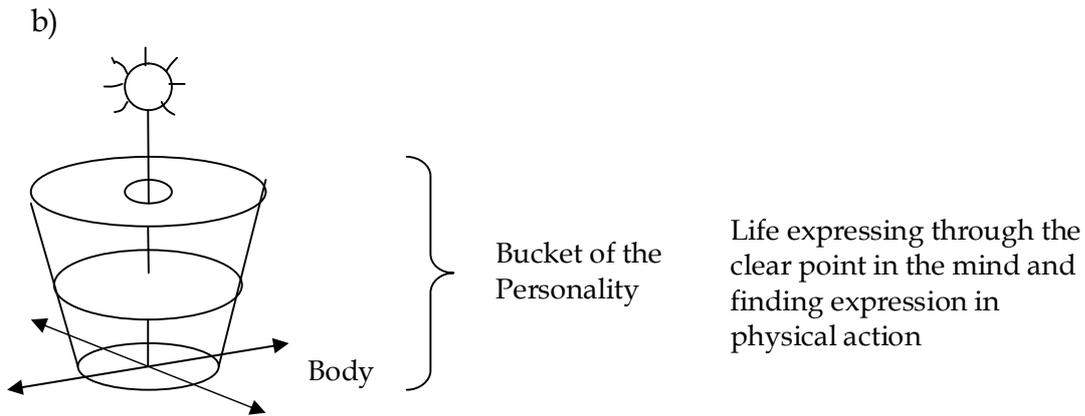
At this stage of our discussion, we will consider the combined forces of the lower mind, the emotional, the etheric and the physical body as the outer self (or form - the symbol is a square). This is otherwise known as the personality. These forces may act in accordance with the inner life or, as often happens, of their own accord (i.e. act in opposition or resistance to the natural flow of life). This may be an interesting point to consider in relation to split personalities and other disorders of the psyche.

When the forces ignore their Source and operate according to their own interests, desires, wishes, etc, this leads to the development of the lower EGO or separated self (as opposed to the individualised - unified self). The key here is that the forces operate for the purposes of the separated self (the basis of selfishness) rather than for the good of the whole (selflessness). Thus, the lower self operates to satisfy its own mental thoughts, beliefs or perceptions, its own emotional desires and/or its own physical actions. Some people may be a slave to their passions, desires or thoughts rather than to be masters of them. This means that there is a conflict and it is the resolving (or balancing) of this conflict between the life energy and the forces that lead to true healing and a balanced, expressive and full life.

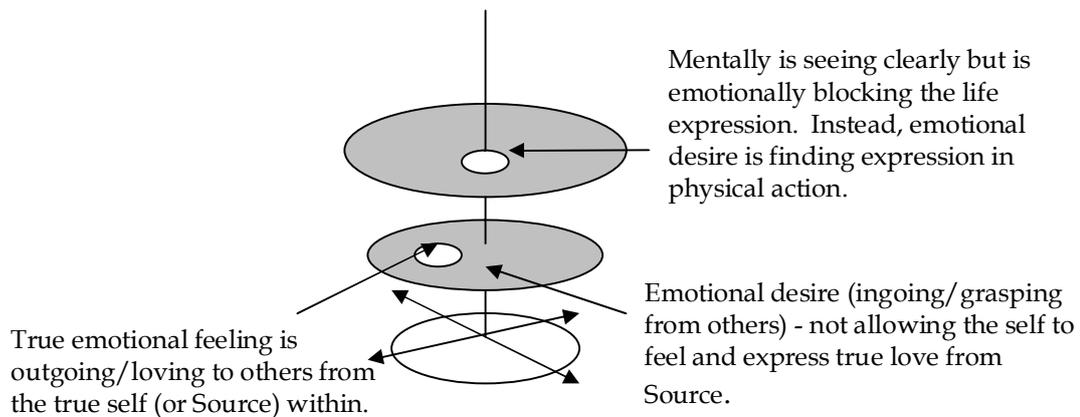
Consider the following diagrams:

a)





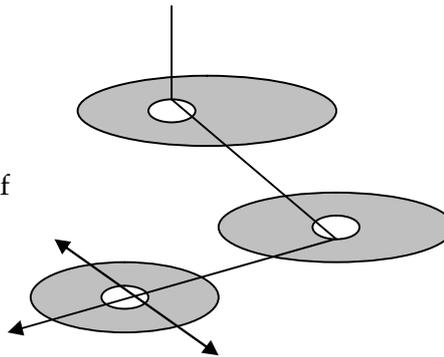
e)



In this case there is disharmony between the life stream (and mind) and the emotional body (conflict). Therefore dis-ease would manifest.

f)

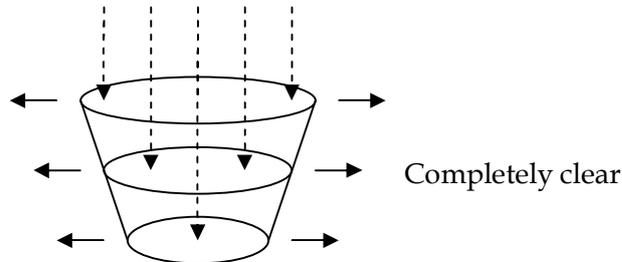
In this case the bodies are not aligned but the individual has achieved an inner centring. He/she is operating from a point of balance (health) despite problems in the personality.



Note: we may say that consciousness is a quality of the soul, dwelling in the higher mind, which allows us to experience and grow as an individualised self. The higher mind receives inspiration and energy from above and transmits it into the personality (lower mind, emotional and physical) for expression.

If the consciousness attaches itself to any of the lower forces acting through any of the lower bodies (and seeking their own gratification) then it may, being attached to outer things, be distracted from its connection with the Source (inner reality) to such an extent that disharmony and disease result. Note - disease and disharmony are merely signs telling us we need to consciously reconnect and heal. Regardless of where this imbalance begins (first cause of disharmony) it will eventually manifest outwardly in the form of symptoms. Thus, symptoms are outer clues indicating a need for re-union and re-harmonising with the Source.

It is important for us to re-anchor our outer selves (as consciously as possible) to this inner life Source - like a battery always plugged in to its battery charger - so that we do not drain ourselves or begin to malfunction. In this way the inner self (life) can flow into the forces of each respective level, gain mastery over them and thus express through them in ever expanding and creative ways.



The goal is for the inner self to operate, unimpeded, through a purified personality.

The choice we have is simply "which aspect of life do we attach ourselves to - The inner self (which includes and finds expression through the outer) or the outer self (which is not always in alignment with the inner life)?"

What does all this mean? Simply this - **THAT HEALTH IS SYNONYMOUS WITH UNITY.** Unity implies harmony between the inner life and all of its outer diversified modes of expression. In this state there is **NO DIFFERENCE** between the inner and the outer, only a balanced relationship (unity in diversity).

DISEASE IS SEPARATION FROM UNITY - implying disagreement between the inner life and its outer modes of expression (at any level or part there-of). In this state there is a **DIFFERENCE**.

Unity - No Difference

Disease - Difference

How do we detect this difference? - With the tools of investigation - namely - the **MIND**.

The main senses of the mind are discernment and discrimination and these are simply an ability to discern a difference (between Health/Disease, Truth/Error etc).

Therefore the key in diagnosis is again - Look for **DIFFERENCE** before **DETAIL** (relationships between objects before honing in on objects themselves). Don't get distracted by the details until all the relationships are established. Only then will we know which details are relevant and which are not. Look for the dividing lines or edges between the major areas of health and disease (and the pivots for and between each).

The co-ordinates of disease and of health are the only two things we need to start off the healing process. If we know *where we are* and *where we are going* then we have the co-

ordinates we need to find our way home to health. Consider what would happen with only one of these co-ordinates? This leads us to treatment.