

# Ultimate Healing Handbook

## Part Two

### The value of giving

One of the paradoxes of the ancient ones is that they give totally, but have no time for takers. This is an important paradox to understand, because when we allow people to take from us, we become drained, close our hearts and stop giving. This is a negative state to be in, as when our hearts are closed the life force stops flowing and we are closed off from life. The trick is to balance love with will. The two become separated in childhood, when we learn that love says yes and will says no. We need will to give direction and definition to our love, otherwise our love doesn't go anywhere. It is no use if we love everybody but don't do anything for anyone. Will is the part which says "right now I'm loving this person in this particular way". When you have a strong will, you have clear boundaries, and you decide how you want to give; no one can manipulate you or tell you what to do. When you can say no to the takers, you find you have far more to give, and life flows through you once again.

I learned an important lesson when going through kanzo in Haiti. (kanzo is the vodou initiation.) Mosquitoes were constantly biting me, but nobody else. When the spirits were speaking to me, they pointed out that other blood sucking parasites in my life made me feel the same way, and I was not acknowledging it. Human beings are capable of great things, and to let themselves become such parasites is an insult to human dignity. I was told that, as a teacher, it was my duty not to let that happen. I was therefore to be much firmer with takers and not give them anything for nothing. I learned that to give someone what they most need, sometimes you need to be a warrior. Giving sympathy to a taker is like giving sugar to a diabetic.

Wherever in the world I have been training with great Shamen and Sorcerors, the main thing that struck me was how giving they were. They put incredible energy into their ceremonies, sometimes for days on end. Because I felt such gratitude, I always gave a big donation. I soon found that the more I gave the more I was open to receive their magick. There were always a few westerners who give a minimal amount, just because they are expected to give something. Needless to say, they didn't find magick and weren't invited to the deeper ceremonies. For many, the doors to magick were closed because their hearts weren't open enough.

To let magick, miracles and healing into your life, you must be a giver, not a taker. Since the nature of the source is giving, being a giver brings you closer to the creator. We can generally divide people into two mutually exclusive sets, the winners and the losers. The winners give, and because they are in touch with the source, they always have more to give. They learn and grow stronger through both successes and failures. They are enthusiastic about their growth and enjoy working towards their goals. Losers always feel they don't have much to give, or they shouldn't have to give because the world owes them a living. They use self pity to manipulate

and to avoid responsibility, so they must always have lack and failure so that nobody asks them for anything. They don't want to do the work themselves, they want others to do it for them, and they give up after any failure. You are in one set or the other, you can't be a bit in each. If you're a giver you are a winner, and if you are a taker, you are a loser. Nothing will change this rule.

When people come to do healing causes, everyone wants to receive healing, but it is those who give the most that benefit the most. Once I put people into groups and they begin healing, the egregoria is with us and power flows through everyone. You are therefore not dependant just on the other people for your healing. If someone doesn't seem to be putting much energy into you, it is they who lack, not you. So long as you put your best into the healing, you can receive miracles. You should come with the attitude of seeing how much you can give, rather than how much you are going to get. When you really understand the value of giving, you will do everything you can to give as much as possible.

This is why it is so much more beneficial to attend a healing course rather than just receive one to one healing. When someone is really ill, they may think they have nothing to give, but once they receive the transmissions and start healing, they realize they have a lot to give, which is a much better attitude. Sometimes a sick person does not want to heal others; they might be self-centred and not want to give to anybody else. This kind of person will keep taking and draining you, and not actually get healed, as the heart is closed so the life force cannot flow through them. If they want to get better, they must make the effort to learn to give.

When I run Medicine ceremonies, I normally receive donations rather than make a charge. This is to give participants a chance to give. This is where I notice the big difference in results between those who give generously and those who just give a minimal amount, because something is expected of them. Although everybody benefits because the medicine is powerful, the generous and open-hearted people experience miracles. Those whose hearts are closed have a harder time as the medicine forces them to grow. There is generally a great amount of magic available, but people aren't receiving it because their hearts are too closed. It is their level of giving that I am observing to see when they are ready for higher transmissions. They cannot respond to higher energies if their hearts are closed. If you don't find it easy to give, we don't judge this, but you should see it as something that needs healing. Quite often the first step is to learn not to be drained by takers.

Giving is an attitude that can be brought into every area of life. In healing it means giving as much of yourself as you can, not seeing if you can get away with the minimum. You can enter a relationship considering what you can give to it rather than what you are going to get out of it. This includes the relationship with your Higher Self. You can give to your spirituality, and your efforts will be returned multiplied. The greatest giving is when you give of your strengths, and those strengths expand. If you really want to grow fast and transform miraculously, the answer is to give of yourself as much as you can. This is all the more important for those who think they have nothing to give.

## Future causality

Every experience is a double quantum wave between here and a future; if something doesn't have a future we can't experience it. As we create the future, the future creates us. Much of what we need to heal is more concerned with the future than with the past. For instance, when one is in fear, what they are doing is creating a traumatic future and stepping into it emotionally. It is the fact that that future exists, and they are moving towards it, that creates the fear. To deal with the fear one must change the future. There are many possible futures. The ones that get most attention are the ones that happen. One must decide to create a good future and place one's attention on that. As an example, when someone has a serious disease, and the doctor tells them they are going to get worse and die, they focus on the negative future, experience great fear, and make that future happen. What they should do is decide to create a positive future in which they are healed, and focus their attention upon that. That will create a feeling of confidence and motivation which will lead them to healing.

Our minds are geared towards creating a future. It is the future drawing us towards it that produces change and growth. It is always a good idea, therefore, to set goals. If you don't know what you are moving towards, you are less likely to change. Supposing, for example, there is a person who keeps coming for healing because they are needy, and no matter how much healing they get, they always want more. We need to get them to think about who they want to become. Do they see their future as still being needy, or do they see themselves becoming whole and empowered. Once they have a positive future to move towards, they can change.

We have three basic tools of creation; our desire, imagination and expectation. Of these, expectation is the most vulnerable. It is easy to hold desire and imagination, but when anything goes wrong, our expectation drops. Fear and doubt then get a hold. So we need to know how to build our expectation. Many people try to do this emotionally. They may attend a course in which they spend a couple of days firing up their enthusiasm and making positive affirmations, but a few days later doubt creeps in again. This is because expectation does not come from the emotions; it comes from the future. There already exists a future in which you have succeeded. That future self has no trouble expecting the positive outcome. Expectation is built by receiving the resonance of that future. Each time you visualize the outcome you want, you should then take a little time to receive the resonance of that future. This means allowing in the feeling of what it is like to already have succeeded. Each time you do this your expectation grows, and then next time you visualize, it is more powerful. This way, expectation keeps growing until the thing happens. The feeling of success always comes before it happens physically.

As we build a future, it has a powerful pull to take us towards it. This should always be considered as a part of our healing and transformation process.

## Challenge versus struggle

Challenge stretches your strengths, and makes you more; struggle grinds you down. To be able to discriminate between the two, we need to understand joy. To many people, joy and

happiness are much the same. In actual fact, they are opposites. Happiness comes with the quiet contentment after we have achieved our goals. Joy comes with the new enthusiasm with which we go after new goals. Happiness comes when our outer success filters inside to mean something to who we are. Joy begins on the inside and bubbles out to change our outer reality. Happiness comes with the safety in which love can sprout. Joy comes in the challenge in which love can blossom. Happiness comes with the end of chaos. Joy thrives on chaos. Most people learn to balance happiness with unhappiness, as we need opposites. However, the opposites do not need to be negative. Rather than having to have unhappiness in order to know happiness, wouldn't it be better to say "I know happiness because I have known joy"?

Joy comes with the sweet challenge that stretches our strengths and makes us more. For example, when one goes out surfing, they are not looking for the easiest wave, nor necessarily the hardest wave, but that wave that will challenge them and stretch their abilities a bit further. In that break through lies the joy. To have joy in our lives, we need to find our strengths. When we find our strengths, challenges give us joy. Without strength, challenges become struggle, and we do not enjoy life. The only way we find our strength is to meet our challenges.

Normally, we learn to enjoy challenge very early in life. It is a challenge to walk those first steps, and it brings us joy when we succeed. As we grow, we may enjoy sporting and academic successes. Then when it is time to leave the nest and make it on our own, we have the courage to face a bigger challenge. This is when we begin to discover our real strengths. At first, challenges can be frightening, but if someone chickens out and uses self-pity to avoid responsibility, they never find strength, and so life will always be frightening. They may seek healing, but even that can be used as an excuse to delay going out into the world and facing challenges. They simply will not find the strength to enjoy life until they choose to face challenge and use it to become stronger.

In seeking to heal their fears, many people will try to weed out beliefs in life being hard. The pitfall here is to try and program the belief that life is always gentle and easy. This will not work because the senses cannot verify it as being true. The truth is that life has its challenges, and one needs a certain degree of strength to face them. If you're strong then life is beautiful. If you're weak life will crush you. Because of this, it is one of our strongest instincts to seek to grow stronger through challenge. This is why we enjoy competition. It goes wrong when this is distorted into the need to control, and is further distorted when we learn to control through self-pity. Self-pity keeps us in that weak state of avoiding responsibility and relying on others. Self-pity is actually the most self-destructive state we can be in. If ever you find yourself in this state, your first priority is to step out of it and choose to face your challenges and grow strong. In healing others, we must be prepared to push them to do the same. The greatest gift we can give anyone is strength, as with strength comes joy.

### Retrieving lost opportunities

You have all heard the saying, "opportunity knocks but once". This is not completely true. People have just forgotten how to retrieve opportunities.

The first step is to understand why the opportunity was lost. All opportunities are lost through a lack of passion or lack of responsibility. For example, one may be disappointed at being rejected from initiation, because his heart was not open enough, i.e. he was not giving. If he stops to look at why he didn't give, he will see that there wasn't enough passion, and so there wasn't the gratitude to make him want to give. Also, he was not being responsible by not thinking of giving something in return for the opportunity. Once he decides to be accountable for this lack, the road to retrieving the opportunity opens up.

There are two different paths that can open: the path of the hero or the path of the magician. Each of these paths has four steps.

The hero's path begins with a calling, and a reluctance to answer that call. The second step is giving in and answering the call. There then follows a series of tests. The final step is the return, which is both eager and reluctant. Eager to get back to life and use the new strengths, and reluctant because the journey itself was so beautiful.

The path of the magician begins with the conscious alienation from the past. Secondly, with direction and design, rebellion against the consensus. The third step is a self-imposed and temporary exile from the illusion. The fourth step is the promethean return; bringing back the fire from heaven.

Only when you have made the first step of becoming accountable will you know which path is going to open. If you follow the steps, the opportunity will be retrieved. Therefore, when something valuable is lost, don't give up; stop and look at yourself carefully, be accountable for your actions, and then follow the path that opens up.

## Gratitude

Gratitude is a powerful resonance that attracts more. We forget the power of gratitude when we confuse it with complacency. We are often told in our childhood, when our parents can't give us more, to be grateful for what we've got. This is not gratitude, it's complacency. We can be grateful and still ask for more. Because this false idea of gratitude is more or less forced upon us, we end up resenting it. When we allow this to happen, we lose a great gift. Gratitude is not something that is demanded of us by the Gods, but rather it is something that is given to us, to use for our benefit, not for theirs. Gratitude has a powerful magic, provided that we also have value, that attracts more to us. If you feel you lack gratitude, you can ask for it. Realize that it is a powerful tool that is available to you. If you feel hard done by and that the world owes you something, that attitude cannot attract anything positive. If you want a more abundant life, value yourself enough to ask for and receive gratitude, for this is the preliminary energy you need before you can attract all other good things. When you need healing, don't get caught up in feeling resentful for your condition. Instead, be grateful for the healing that is available, and for the fact that the universe provides a way out of the mess you've gotten your self into. Ask for the energy of gratitude. This will open you to receive greater healing.

## Ask and it shall be given

This is a powerful law, but few know what it really means. You may have noticed that you don't get everything you ask for. What it really means is that the kind of questions you ask determine what you will receive from life. The brain is a powerful goal seeking device that always seeks to answer your questions. It tries to give you the kind of answers you're looking for. It is therefore very important to look at the kind of questions you ask your self and the kind of answers you are expecting to receive. For example, when something bad happens in your life, and you ask "why does this happen to me?" this is not the kind of question that is seeking a positive future. What you are actually seeking with this question is a reason for bad things to happen to you, and so that's what your mind will provide. You may get an answer something like "I deserve this", and with that answer you will manifest more bad things in your life. If you want a positive outcome, you must ask empowering questions, which enable your mind to give you a positive direction, such as "how can I turn this to my advantage" or "what strengths can I gain from this?". Your mind will seek to give you the answers, maybe not immediately, but answers will gradually come and affect the way you live your life. You should therefore be diligent in watching the questions you ask and training yourself to ask empowering questions. As another example, if, in your healing process, you're not getting the breakthroughs that someone else is getting, instead of asking "Why am I not getting results?", you may ask "what qualities can I learn from this person that will give me the same results?". The trick to asking the right questions is to check that you are asking for a path to the most positive future.

## Mystery

Mystery is the memory of God, Goddess, all that is. It contains knowledge of all that was and will be in all dimensions. However, we cannot know it because it is mystery. Getting closer to it and letting it touch us can provide us with a great source of power and enlightenment. Although we cannot know it, there are three orbs of mystery that can bring us to the edge. Each of these orbs of mystery has three aspects.

The first orb is an all encompassing vortex. There is nothing there for it to be a vortex of, it is just a vortex of at all encompassingness. It is also being before beginning. Thirdly, it is the oneness of an all encompassing vortex with being before beginning. Imagine that this subtle mystery that is all encompassing and is being before beginning is swirling in a vortex. This is the first orb of mystery.

The second orb of mystery is ceaseless function, is the essence of beginning before it began, and is the oneness of ceaseless function with beginning before it began. There is nothing yet to function, it is simply the pure functionality.

The third orb of mystery is the ceaseless expression of potential, the essence of possibility before anything became possible, and the oneness of ceaseless expression of potential with the essence of possibility before it became possible.

If you contemplate these three orbs of mystery you can allow that mystery to touch you.

Imagine the vortex swirling beyond space and time and sense the potential, the possibility, the functionality and the being. Everything is created out of this mystery, as a movement within the mystery. Everything begins as a small vortex. Contemplate the meaning of the square of Abramelin:

SATOR

AREPO

TENET

OPERA

ROTAS

which means; the creator, slow-moving, maintains his creations as vortices. The first light out of this vortex spins through all dimensions. As consciousness has evolved, it has raised the frequency of this spin to produce other miraculous effects apart from creation. It is this spinning light raised to higher vibrations that gives rise to the advanced transmissions we give for healing and evolution. Each successive transmission is a further increase of the spin of the light of creation.

## The Transmissions

The purpose of transmission is to attune you to a universal power. All these powers are your birthright and are available to everyone. They are, however, forces that you have forgotten and need reminding of. It is important to remember that nobody gives you these powers, they are yours for the taking. You are able to channel any force in the universe, as long as you have a sense of the resonance of that force. For example, if I ask you to visualise the colour red and you have never seen the colour red, you could not visualise it. So I would have to show you the colour, and once you're familiar with it, you can visualise it any time. Some healing instructors allow their students to form the erroneous belief that they are being given power. This belief actually causes you to give your power away to your instructor. This weakness can be seen in the iris of the eye as a lesion forms in the pineal gland. The truth is that you can access any power in the universe; you just need to have a sense of what the power is. Transmissions are not the only way to gain this sense, but certainly make it faster. The descriptions below will help you to gain a sense of some of the powers we use so that you are able to attune with them and channel them. This will be useful whether or not you receive the transmissions.

## Divine Blueprint

The transmission of the divine blueprint is at once an earthly energy and an angelic one. Angels are, after all, the divine blueprints for what happens on the earth. Your personal Angel holds the divine blueprint for what you are to become. It holds the memory of your true will, your individuality, your personal power and the plan for a healthy physical body. One's individual will is closely connected to their sexuality, for it is the awakening of the sexual urge at adolescence that gives one the first sense of individual will as separate from the parents will. This is why it is necessary for an adolescence to rebel. If they are too controlled at this stage, they do not develop a strong will. If one's will is weak, one will be shaped by others around one. Everything in nature is, to some degree, shaped by its environment. A rock gets its

unique shape by being worn away by the sea. A person who is worn away by others, will lose the integrity of their energy field. This is the cause of much illness. Once the will is weakened, it is easy to be shamed. If you do not have the instinct to follow what is right for you as an individual, it is easy to make you feel guilty for not doing what is expected of you. Shame is not just a psychological problem, but a metaphysical one, which can rob you of the power to deal with it. Once a person is weak willed and in shame, no amount of counselling will change that. Channelling the divine blueprint will restore the integrity of a person's energy field and true will and enable them to cast off the shame.

This energy is therefore quite a primordial one, which builds a being from its root, starting with the self-preservation instinct, sexuality and will. Traditionally, it is linked to the horned gods, and you can gain a sense of this energy through the old pagan ways of celebrating these gods. Normal religious conditioning would see this as far removed from the angelic realms, but it is the first angelic energy, as it is the divine blueprint form which your being is built. Working with this transmission or celebrating the horned gods will give you a sense of the divine nature of sexuality and individual will. This creates a healthy self-image.

In healing, this transmission is used to remind the body of how it is meant to be, to remind the person of their individual will, to cast off the invasive influence of others, to help release shame, and to rebuild the immune system. The immune system is directly linked to ones will to live. Viruses have an incredible will to live. It was found that while medical scientists were preparing an antibiotic to destroy a particular virus, that virus was already building an immunity to the antibiotic before it was applied. If the virus' will to live is stronger than yours, the virus will win.

To attune with this energy, meditate on Pan, or some other horned god, and feel the divine nature of the life force.

## Omega

Omega signifies endings. This is the energy of the end of the universe, where all illusion is dissolved back into the oneness. It is linked to the Hindu goddess Kali.

The will to survive and express one's individuality must be balanced with the spiritual vision that frees one from attachment to the illusion. Otherwise we make the world too real, lose our magick and get caught up in karma. Kali is basically the fast track to enlightenment. She dissolves all illusion and negative ego and takes us directly to the unabridged truth. The balance of this energy with the will to express our individuality allows us mastery of the illusion so that we can create the life of our dreams without forgetting who we really are, and without over identifying with the illusion. This energy can be used to dissolve all that we don't want. It will dissolve the aka cords that form between us and other people that drain our energy, karmic webbing, negative thought forms, samskaras and negative entities and parasites. To channel this energy is to feel the power of Kali coming through you. To get to know this energy, you should meditate on Kali. Traditional pujas and mantras help. To fully gain this power without transmission, the Parascharana discipline can be used. This discipline requires



100,000 repetitions for each of syllable of the mantra, not including the Om. For example, the simple Kali mantra; Om klim Kalika yai namaha, would be repeated 800,000 times, over a period of time. You may, for instance, do 4000 repetitions per day for 200 days, while contemplating the image of Kali. This will build the power of Kali in you, and in so doing will push you to work through all your karma very fast. Channelling this raw energy in healing will produce great transformation and the likelihood of big healing crisis. It is usually channelled in a very precise way to dissolve particular limiting structures.

## Opening to Miracles

This healing energy is produced when the spinning light of creation increase its spin. Its tendency is to lead one beyond their beliefs towards the pure awareness that created those beliefs.

All our limitations are determined by our beliefs. We create beliefs of many different depths. The surface beliefs we are able to access in meditation, such as the beliefs in how much success we can have and how much love we can have. There are much deeper beliefs which are set in the collective unconscious before we even become individuals. These are the consensus beliefs that set limitations for the world, such as our belief in gravity or the solidity of things. Naturally, these consensus beliefs must exist to allow life to continue in an orderly manner. If we were able to go deeper into our beliefs and release these consensus beliefs, we could defy gravity or walk through walls. It is all a matter of belief in the end. To open to miracles we only need to release the deeper beliefs.

The opening to miracles transmission is a light that deepens our consciousness so that we can begin to access and release these deeper beliefs. It is linked to Isis, and symbolised by the ankh. The ankh is a simple which represents the mastery of spirit over matter. The circle is spirit, the cross below it is matter. It is the light which enables us to master the physical illusion, and is therefore the energy that is needed to work magick. To begin attuning with this energy, invoke Isis and meditate on the ankh. Then meditate on the mystery, and on the spinning light that emerges from it. As you pray to Isis and ask for miracles, see the light spinning faster. Take time to get a feel for this energy.

## Higher Guidance

When the light increases its spin a stage further, it produces the light that connects one to the higher self. In yoga this is called jyoti. By connecting you to your higher self it opens you not only to receive guidance but also to receive divine blessings. Continuously invoking this light into yourself keeps you in tune with the guidance of the higher self, but also brings many blessings into your life, including happiness and abundance. To attune with this energy, start by meditating on the mystery as before, but now see the light increasing its spin a stage further. Take plenty of time to get a feel for this vibration. To help you resonate with this, you can use this traditional mantra:

Arit parum jyoti

Arit parum jyoti

Tani parum karunai  
Arit parum jyoti

## Manifestation

Increase the spin of light a stage further and the energy will change the very boundaries of time and space, and begin to open portals to higher dimensions. This process is actually governed by an angel called Jamaerah. This Angel is an important part of the process but which we manifest our desires. It is the force of desire that sets the light spinning to create a vortex through which our desires can come into manifestation. This level of transmission not only makes it easier to manifest our desires, but takes this process to a more miraculous level. This is not just about manifesting our desires, but taking the receiving of divine blessings a step further. As a portal between time and space is opened our spiritual helpers can give us physical gifts. During healing, small objects begin to manifest in our hands. These may be crystals, roots or some kind of charm or talisman. Exactly how these help the healing is not known to us, but it is an important stage of magic to allow the mystery. These higher transmissions allow healing to happen in a miraculous way that is beyond our ability to explain scientifically. These manifestations are quite spontaneous. They are not controlled by us, but rather it is the spiritual guides and helpers of the patient who use the portals in our hands to give a gift that will have some subtle affect on the patient's healing and evolution. Experiencing this manifestation is rather inspiring. It gives us a deeper knowing of the spiritual realities beyond this plane.

It may take many years to achieve this level of resonance without the transmissions, but the way to open to it is to continue the process of meditating on the spinning light of the vortex quickening its spin, and pray to the Angel Jamaerah.

## The Mythical Mind

As we go deeper into consciousness, we go beyond the rational mind, through the emotions and instincts, through the intuition, and finally get to a state of mind that can only be described as mythical. It does not act according to logic and reason, but seems to follow the pattern of myths. It is this deeper state of mind that is most responsible for the creation of our bodies and our realities.

It is beyond the reach of subliminal programming, but responds to ancient magickal languages. Some of these languages have been found to exist within our bodies. For instance, the shapes of the Egyptian linear B alphabet have been found in the shapes of neuropeptide chains in the brain. This research was never completed, but many Sanskrit letters have also been found in the shapes of neuropeptides in the brain. It seems that these ancient languages fit templates in the brain which unlock deeper states of consciousness. All the ancient myths exist within these deeper states of consciousness. All our deeper drives and unconscious impulses are personified in these realms, as the various gods and daemons of mythology. Whether or not the gods really exist is not an issue; the universe behaves as if they do.

As we go deeper in our healing, there are times when we must deal with these deeper states. These levels of consciousness are not usually influenced by what we do in our lives, but there are certain things which can open them up, and allow some of these ancient daemons to run amok in our lives.

If we look at the normal spiritual experiences that open us, the same kinds of experience but not done in a sacred way, can open us to negative possession. Near death experiences, sacred plant ceremonies, intense prayer and powerful sexual experience can all open us to the divine. A near death experience which is traumatic and accompanied with intense emotion open us to the daemonic realms. Recreational drugs can also open us to possession. An emotional experience that is so intense is to shut out the conscious mind will create a split in the solar plexus into the deep realms through which daemons can enter us. Those who are very active sexually without love or any sense of sacredness tend to be drawn towards dark forces. These negative entities, once they have entered the body, begin to consume its vital energy, distorting the normal energy patterns and creating sickness. They can create far more serious illness than emotional suppression alone. Such serious illnesses cannot be healed without removing the daemons.

In the case of AIDS, the opening to the daemonic realm was created by a deep sexual shame. The more shame of the daemon can feed on, the stronger it becomes. As well as having to deal with all the deep shame, the most difficult part of healing AIDS is destroying the daemon, which may have become very strong and is deeply held in the system. Only when the daemon is gone can the etheric and emotional bodies be fully healed. During this healing the split into the daemonic realms must be closed.

Motor neurone disease, on the other hand, usually comes from a long-term disappointment in love. The person may have numbed out the pain over time, so they are not even aware of how much pain they hold. As the disappointment continues, a deep sense of hopelessness develops, and the persons self-esteem goes downhill. It is the great loss of hope and self-esteem that creates a great hole in the heart chakra, which is the centre of bodies life force. The entity which gets into the heart chakra will gradually consume the persons strength, so that no matter how fit they are, they become weak and lose their motor function. This was the disease I had most difficulty in healing before I discovered the importance of dealing with the entities. Releasing emotional pain of hopelessness alone just wasn't healing it. The person would get stronger for a while, and then the disease would come back. Then I discovered the entity in the heart chakra that was slowly consuming the vital energy. Once this was removed, the disease could be permanently healed.

In the case of multiple sclerosis, the opening to the daemonic realm is created by very deeply held negative beliefs. The person may have been brought up with much suffering, which created beliefs about life being a struggle all full of pain, and later they attempt to push these beliefs aside. The belief simply gets pushed deeper and deeper into the unconscious until it connects with the negative archetypes there. Since the deep beliefs affect the persons survival instincts, it is the base of the brain that is first opened to negative entities, and from there the spinal cord is affected.

Removal of the daemons requires a strong connection to the positive archetypes, which the healer should have developed through spiritual practices. The process of body electronics releases entities spontaneously, but as this level of consciousness responds to magickal languages, the use of traditional words of power and mantras helps greatly.

Apart from the removal of entities, there are other important uses of the positive archetypes. A particular archetypal energy may be missing from a person's consciousness, and needs to be called in (invoked) before healing can be complete. These archetypal energies are the first layer through which we create our reality, before they are filtered through our beliefs. As an example, when a person meets constant failure in their life, the apathy and hopelessness that build up can damage the spleen, liver and gallbladder. The spleen stores apathy. The gallbladder holds issues of mistrust in life. The liver degenerates when we don't have the courage to rebuild after loss. Through therapy we can release the apathy and hopelessness and change the belief, but if the spiritual power that overcomes obstacles is missing from that person, they will fail again, so the negative belief will be re-established. In the long run, we cannot build a positive belief without the necessary archetypal energy, as beliefs are simply filters which give us access to these powers. This is why a person can spend years working hard to create a positive reality and still continue to fail. In this example, the required archetypal energy can be represented by the Hindu God Ganesha. During each healing session there is a time in between emotional release with a person becomes unconscious, as the deeper unconscious levels of mind are being reorganised. At this moment, while the unconscious is fluid, mantras and stotrams properly chanted into the organ have the most profound affect. The archetype can be integrated into the consciousness. This produces a healing crisis as the organ reorganises itself at a very deep level.

Ancient Egyptian incantations can also be extremely effective at bringing in the missing archetypal energy, when used at this stage of healing. However, much of the Egyptian knowledge was lost, and researchers have only rediscovered part of it. Most of the time I use the yogic system, as Hindu magick has continued unbroken, and so the system is complete and readily accessible.

Here are a few more examples of mantras that can be used in healing. A person's ability to accumulate wealth obviously has an affect on their happiness. This partly depends on their ability to receive nourishment from the divine. It is a natural, divine right we all have that we should receive the things we most need for our happiness. In many people's lives, this does not appear to be true. When a person's basic preferences are not being met, they end up with lower self-esteem, lose their trust in the divine, and become spiritually and emotionally dry. They may also become quite cynical. This weakens the kidney. It takes a lot of effort to maintain an open heart and a positive attitude when ones needs are not being met. The divine force that seeks to fulfil our needs is personified as Laxmi. During healing, Laxmi mantras and stotrams can be vibrated into the kidney.

As a basic tool of survival, we all have the ability to seduce, to attract a lover. This archetypal energy can be personified as Kama. If it is missing, it leads to loneliness, sexual frustration,

and feelings of unworthiness. This will affect the genitals, spleen and thymus gland. Kamas mantras and stotrams should be chanted into the base chakra, once the feelings of loneliness, frustration and unworthiness have been released.

Problems with the heart are a result of a lack of self love. To truly love oneself, one must have a sense of one's own divinity. Without this glimpse of the divine in oneself, one cannot have true self love, and therefore easily takes on guilt, and neglects one's own needs to serve everyone else. When healing heart conditions through body electronics, the patient normally has a great spiritual experience during the healing, as they get a glimpse of their divine nature and feel a connection to God. This experience can be stimulated by using Krishna mantras and stotrams during the healing.

However alien this is to rational thinking, experience shows that to heal serious conditions, gods and daemons have to be taken into account, whatever you perceive them to be.

### The Shadow

The shadow is not merely a space in the unconscious, but a living being which seems to have a personality of its own, which is born when you are born and dies when you die. Its purpose is to hold sacred any part of yourself that you are in danger of losing. It does not make judgments as to good and evil. It holds onto anything about yourself that you deny. It can hold both positive and negative qualities that you have denied. It tries to make you aware of what you are missing by bringing it to you from the outside. Hence anything you deny about yourself comes at you from the outside world. If you deny your anger, you will find yourself surrounded by angry people. If you deny your creativity, you will be surrounded by creative people. This will usually produce envy. Whenever you feel envy it is a reflection of your light shadow.

To be whole, it is necessary to embrace every part of yourself, otherwise a lot of your power can be missing. Power itself is neither good nor evil, but raw. Raw power can be used for good or evil depending on your choice. To find your raw power, it is necessary to embrace both your light and your dark and find what is common to both. For example, you may find you're capable of very intense love and very intense hate. Your power lies in the depth and intensity of your emotion. Once this power is owned, you can choose to use it for good. Knowing you are capable of goods or evil yet choosing to do good is far more powerful, and honest, than thinking you're not capable of evil.

The way to embrace your shadow, and therefore to claim all your power, is to look at its reflections in those around you. Make a list of everyone you hate and everyone you admire. Then look at the qualities you actually hate or admire in them. Not only look at what it is you love in those you love, but look at what you hate in those you love. Also look at what you admire in your enemies. Don't make judgments of good or evil, but try and define the exact quality that is standing out. For instance, many new-age people who consider themselves light workers will find they have enemies who work in the dark side. Rather than thinking evil is a quality of the shadow, look at what it is that makes them dark. The thing about black

magicians is that they are totally self-serving, whereas the light workers tend to be selfless. It is a natural part of our survival instinct to look after one's own needs. Those who lose this or feel guilty about it will not be very good at looking after themselves. These light workers therefore have little resistance when fighting the black magicians. This is not because dark forces are more powerful; on the contrary, those who are lost in ego can have no idea of what true power is. The self-serving nature should not be denied; it simply needs to be balanced with compassion and awareness of the bigger picture. If the light worker can reclaim his self-serving quality, he'll be better equipped to survive, and the black magicians will no longer be a problem.

Once you have acknowledged all the qualities you admire and those you hate, look at what is common to both. All you have to do then is acknowledge that those qualities are yours. As you spend more time thinking about this, the power will come back to you. You will also find changes in the people around you, as those who are closest to you no longer have to carry your shadow.

## Herbs

In our modern world, rare, expensive and exotic remedies are often thought of as more powerful. This idea has been created by commercialism, as it produces profits by causing people to spend more money on exotic remedies. This attitude actually takes us further away from God/Goddess/ all that is, by taking the source of our healing further from us. The wise woman and cunning man, on the other hand, know that the goddess is close to us and always watches over us, and therefore know that the medicines they need are close at hand. To know the true power of herbs, one must remember their connection to the divine. As a perfect gift from the goddess, the plants you most need will always grow close to you. It is now more important than ever to remember this, thanks to new laws making it harder and harder to buy herbal medicines. It is time to remember how to gather and use the medicines around us.

First of all, you should remember that the very things that maintain health will restore it. We will therefore not be using dangerous medicines that only apply in disease. The plants we will gather are those which nourish and strengthen us and provide all the nutrients we need for building health. These can be used regularly, not just when you're sick. A good practice is to take a collection of your favourite herbs each day, cover them in boiling water and let them stand. When the infusion has cooled, keep it in the fridge and drink it regularly throughout the day. You can also produce your own tinctures by bruising the fresh herb and covering it in vodka for two months, and then draining off and keeping the liquid. Your attitude in preparation can have a profound affect on the power of the remedy. If you see the herb as a vehicle for divine blessings and prepare it with ceremony and prayer, it will have far greater healing power.

Here are a few common herbs to be used regularly:

Dandelion. This strengthens the liver. The leaves can be eaten fresh as a salad, all the roots can be roasted to make dandelion coffee.

Burdock. Another good liver strengthener, it can also improve muscular strength. Make a decoction from the roots.

Clivers. This nourishes and strengthens the kidney. The young plants can be eaten fresh, or can be made into a stew or an infusion.

Oatstraw. This nourishes and strengthens the nervous system. Make an infusion from the flowering tops.

Nettle. A great blood builder and purifier. Young plants can be made into soup, or older plants into tea.

Chickweed. This is a great herb for the skin. It can be eaten, made into tea, or even put in the bath.

Fennel. This nourishes and strengthens the adrenal glands and generally improves one's vital energy.

These are all herbs that can be used as part of your normal diet. If you wish to use herbs to cure yourself when ill, the remedy should be specifically made for that purpose, with prayers for that end. That way the spirit of the herb is given direction and invited to help you.