

# Biomagnetic Healing with Hands Healing Magnetism and Energy Healing

## UNIT 1



Edeltraud Jakob-Grace

Healing Magnetism and Energy Healing

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The application of Healing Magnetism is an ancient knowledge that was applied in all cultures. Over time such type of healings slowly were forgotten, whereas nowadays the healing with magnetism gains more and more significance again.

**"Healing by magnetism is taking a leading role  
in the further development of the human race."**

Abd-ru-shin, author "IN THE LIGHT OF TRUTH - THE GRAIL MESSAGE" (Vol. 2 / Lecture 58)

Today the applications of healing magnetism are far reaching and we are only at the beginning to understand its ramification and benefits. Learn why healing magnetism and energy healing are the most effective healing modalities available and how you can apply it to yourself or for others.

Special thanks to all the great Helpers for humanity and thank you to everyone who contributed to this book, be it in action, thoughts or heart.

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## How to study this Course

### Welcome to Unit 1

Each Unit builds onto the other. To be able to conduct Biomagnetic Healing it is of great help to have a basic understanding of the knowledge presented in each Unit and to be sufficiently able to answer the Unit questions. Should you not be clear about the answer, it might be beneficial to review the previous Unit/s. In order to continue with the course your Assignment has to be marked as “passed”.

Go step by step through your training material. After each section you will be presented with Unit Assignment questions. It is best to answer these questions before continuing with your reading.

The summary of all the Unit 1 questions are at the end of your Unit book. Please copy the Assignment questions into a new Word document and fill in the answers after each question as good as you can. Should you have trouble understanding a question please re-read the section again. If you still have questions please contact your tutor who will be more than happy to help.

At completion of your Unit send the entire Assignment (Questions followed by your answers) to your tutor copying it into the email. Please do not send as attachment.

Here is the summary of the understandings you will have gained after Unit 1. The actual Assignment for Unit 1 will cover more questions than stated here.

We wish you much joy with this course. Please stay curious and light during your studies. Healing Magnetism is bringing a lot of joy to people and it can make us happier too.

#### **After completion of Unit 1 you should be able to answer following questions:**

- What is the difference between personal perception or personal opinion and Truth?
- What prove do we have that a human being cannot exist without BioMagnetic fields?
- What are the Laws of Health?
- What can I learn from them for my own health?
- What is a human being?
- Describe the layers that connect body with the soul
- What happens at sleep and what happens at death?
- What are the Laws in Creation and how do they affect your soul life?

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## Unit 1 Foreword



*“The Physician should look for the force and nature of illness at its source. He is not to look to that which can be seen, for we are not called to extinguish the smoke but the fire itself.”  
(Theophrastus Paracelsus, M.D. Switzerland - 1493-1541)*

In Biomagnetic Healing we will often deal with events, concepts and perspectives that are not exclusively bound to physical “phenomena”. This is crucial if we are going to be able to heal and treat the “whole” person, if we are going to be able to address issues and questions that people have, that are not exclusively bound to or caused by physical happenings or outcomes.

In this context, we also need to acquaint ourselves with the ancient, however just as valid today as ever, concept of “noumena” or “noumenon”.

Where phenomena are events or processes that we can perceive with our physical senses, noumena are events or processes that we do perceive with human senses, however do not directly perceive with our physical senses. Thus we have a modern interpretation of noumena as a posited object or event that exists without physical sense-perception.

Most of us, if not almost all of us, have at some stage sensed or perceived something that does not correlate with physical, empirical, scientifically “proven” norms or criteria.

This context clearly raises the question of whether the human entity or existence is of a purely physical nature, for example the body we can touch with our hands is indeed physical, what we can see with our physical eye is of a physical nature. Or does the human entity, human existence, also include non-physical aspects? Does the human soul or human spirit exist? Is there a “beyond”, an existence beyond the perceptions of our human physical senses? Does the human being possess “intuition” or “intuitive perception”, which allows us to perceive events or happenings, an existence beyond the comprehension capabilities of the “reasoning intellect”, that cannot be measured or qualified by empirical evidence or physical means?

The question of whether something actually exists if we cannot perceive it with our physical senses, has been a central point of myriad discussions in philosophy for millennia. The outcomes of many of these discussions form some of the pillars of our modern sciences. These have fueled the claims to the supremacy and exclusive validation of “what is” through empirical evidence and physical observation.

Again, based exclusively on the ability to detect, perceive and quantify aspects of our Universe, our existence, by physical means and physical senses alone.

Modern philosophy has generally been skeptical of the possibility of knowledge independent of the human physical senses, however has also never been able to provide any conclusive evidence or proof that the other 95% of humanity err to such a great degree over the past 10-20 millennia. This once again demonstrates the limitations of considering our World, our life and human existence exclusively through the lens of our physical senses and the time and space bound intellect. Human consciousness has again and again demonstrated that it perceives beyond these self-imposed boundaries. The inability of the human intellect to comprehend and quantify these very human capabilities presents none of the conclusive evidence or proof required to support an overall denial of their existence.

Thus we arrive at the paradox that the vast majority of humanity continues to have convictions of, and perceive, the existence of life beyond the physical body, and that some form of supreme or creative force/being instigated this Universe we reside in and the “life” that we are conscious of, whilst the core tenet of the modern, intellectual sciences is that these aspects cannot be detected or empirically proven, therefore by default **cannot exist...?**

The paradox lies in the human entity and its natural propensity and ability to perceive, be conscious of existence beyond the physical and to perceive aspects of our existence beyond this physical sphere. EG: The perception of an averaged 95% of humanity perceives some form of Supreme Being that does not reside on this Earth and is not simply a physical alien from some far flung world... That would, by analysis, deem the human species as a predominantly, overwhelmingly, incurably delusional species that has and continues to cling to perceptions of things that by scientific default, **cannot exist...?**

Some examples of noumena have been raised in the considerations in the above paragraphs.

For the purpose of understanding Biomagnetic Healing as a modality and how it actually functions, why it is effective when applied correctly and how it differentiates from other therapy modalities, we should now consider some fundamental perspectives into the nature of the human entity, life, existence, “whole of being” and how all of these tie together, how they are integrated by Nature and for what purposes therein that we can perceive and comprehend.

In order to effectively assist a person who has personal or physical issues, problems, ailments or challenging conditions, we must first of all comprehend the entirety of the human entity and be able to recognize and differentiate where the causes and effects occur. These may or may not be visible, detectable or identifiable through our physical senses or physical devices. Typically some form of physical symptom, effect or condition will become detectable by physical means, and this all too often becomes the focal point of modern medical practices. Naturally physical symptoms do need to be addressed, often as a clear priority, however attending to the alleviation of the symptoms without identifying and seeking to alleviate the causes will all too often ensure symptom repetition and eventually lead to a percentage of conditions becoming chronic in nature.

To present this allegorically, it is akin to studiously hosing down your house and rooms within to limit fire damages, with increasingly more powerful water hoses and more often, whilst ignoring or simply not being aware of or identifying the damaged and flame engulfed gas oven in the kitchen as the cause of all this damaging heat, radiation and noxious smoke. A professional fireman, trained in and knowledgeable *in all facets* of what causes and sustains house fires and the closely associated risk factors, would be expected to know that one of the first actions should be to identify, limit or shut off any ongoing streams of fuel that feeds the core cause of the ongoing blaze. Working from the outside of the building, he will mostly not physically see the blazing oven or what is left of it, however he will usually seek to have the gas and power feeds to the building identified and controlled or removed, so that he can ensure that the efforts of his team to douse the flames, to limit the damage, are not hindered or rendered ineffective when the core causes are continually triggered and reignite the damaging flames again and again.

Logical fire-fighting. Yet with the human entity and modern medicine, working on the assumption that only the physical exists, and that human consciousness can be equated as the result of physical synapses firing in neural networks in our physical brain, we once again observe the limited practice of identifying the outcome or symptom or physical ramification as the cause, the instigation. The magnificent diversity of human existence, the manifold aspects of our being and the multi-layered physical and non-physical environment that we live in and live through in our development, is crushed down and restricted to aspects that anyone who reaches sufficient levels of superficial erudition and intellectual comprehension can attend to.

As important as these aspects are, the exclusive treatment of physical phenomena ignores the noumena, disregards or redefines, misinterprets the existence of the human soul, human spirit, of the spiritual consciousness and origins of the human being that reside and continually interacts with all other levels of our human cognition and consciousness. The degree that we are aware of or accept this reality varies to the degree that individuals vary...

Thus modern medicine and psychology treatments often spend decades hosing down the house and gardens, never truly alleviating or rectifying the underlying causes, blithely unaware that the gas oven in the centre of the house is badly or critically overheating, is blazing away and slowly melting, causing one problem after another to emerge, with the otherwise useful gas feed now an increasingly dangerous source of combustion. Eventually the water damage to the house causes almost if not just as much harm to the house as the fire itself.

The observable conditions and symptoms become chronic, often irreparable, when this is a human scenario.

The house eventually burns down in our allegorical scenario. The source of destruction expanding from within, unrecognized and unattended by those who for whatever reason or limitation were so focused on hosing down and saving the burning edifice and endangered gardens that they were never actually capable of or prepared to seek out and identify the actual causes. Sometimes they simply run out of water or eventually give up.

Thus we should now be cognizant of the reality that the human entity, the human being, is a product of and consists of multiple layers in the entirety of its existence in this physical Universe and beyond the borders of the physical, and that these layers seamlessly and unceasingly interact. We speak of “layers” or “cloaks”, of “bodies” in this context for the purposes of comprehension. Each of its own nature and radiations, each affecting the others.

Whether the individual perceives or considers these “layers” consciously and to which degree is another question, however again for the purposes of effectively working with and applying Biomagnetic Healing, we should be aware of these fundamental aspects of the human entity and work on a basis of common acceptance and understanding of these aspects and how we will describe and identify them here:

Broadly speaking, we can begin with identifying these key, generally understood, aspects of the human being:

Human Spirit – Soul – Astral Body (often identified as the Aura) – Physical Mind, Consciousness and Body.

Physical Mind, Consciousness and Body - Astral Body (often identified as the Aura) – Soul – Human Spirit.

Naturally Nature and the Universe always works in almost infinite gradations, however we should begin with the broader strokes and expand our understanding of the finer steps as we progress.

In this training course you will take a closer, deeper, more detailed look at what ties these together, how and why they interact. The radiations and energies that connect and bind them, and finally onto how when we work with these radiations and energies bio-magnetically, we can have a profound effect on the normalization of the flows of these from layer to layer, remove the actual causes of disruption, damaging blockages and conditions, and eventually influence and effect both inner and physical healing.

*(Michael Grace: “Bio-Magnetic Energy and Radiation Perspectives of the Whole Human Entity” Melbourne, October 2016)*

***Unit 1 Assignment Part 1: Answer following questions:***

- 1. What does the concept of “noumena” mean? Please give 3 examples of noumena events or processes that you experience(d) in your own life.*
- 2. When you think on the quote by Paracelsus: “The Physician should look for the force and nature of illness at its source. He is not to look to that which can be seen, for we are not called to extinguish the smoke but the fire itself.” (Theophrastus Paracelsus, M.D. Switzerland - 1493-1541)  
What does this quote mean to you? What comes up in your own awareness when thinking on this quote?*

## Part A- Introduction to this course

### Introduction: Welcome to this course

At the beginning of this training about Healing Magnetism, in Unit 1 we would like to start occupying ourselves with the questions what Healing Magnetism is and from where it is coming from. The Magnetic force needs to originate from somewhere. Where can it be found in this Universe or "Creation" and how can we use it for our benefit as well as the benefit of other people and our surroundings?

In order for us to get a clear experiencing about anything we find on earth, we usually use our five physical senses. For example we can see the beauty of the mountains, the forests, meadows, the sea or the stars in the sky. We can hear the song of the birds, the bubbling of the brook, the roll of the seas, and the sigh of the winds. We can smell the delicate aroma of the blooms, we feel the satisfying tastes of the ripe fruits that freshens and enlivens us and our hands can perceive the coolness of a fresh spring. These are all perceptions that are capable of bringing mankind closer to his environment and hereby also the incredible love we are surrounded with.

In order for us to grasp the origins of Healing Magnetism which is also part of that "Love", we will also use our five senses but we will also go beyond them as Healing Magnetism is not directly visible, but we can experience its effects. In the frame of this course we will discover what a human being is beyond the mere physical existence. So we will strive to experience ourselves in our entirety of Body, Soul and Spirit. That we do have a body, no one can argue about that, but what is the Soul and what is the Spirit? Hereby we naturally cannot rely on just personal perceptions or the different opinions coming from different people, religions and philosophies and how they see or explain that, but we need to understand how we as human beings are connected with the lawfulness and weaving of the entire Universe or "Creation" from a ***perspective of an overview***. Why is that so important?

When we presume that we are Body and that there is something else in us that we call Soul and Spirit we also will then want to discover from what the health for each aspect of our human nature is dependent on. In the frame of this training we will first focus from without on the subject matter in terms of the world of physical matter and then as well from within and within refers to the existence of the soul, and spirit. Although we find the effects of magnetism in the physical level in the body, the origin of magnetism lies above the earthly physical body in the areas of soul and spirit. For this we naturally have to try to discover the truth about these areas of existence too, otherwise we are groping around blindly and only dealing with the superficialities.

But how can we discover the truth about these areas that are usually not accessible to scientific explorations? When we would like to find the truth about Healing Magnetism we need to go beyond selective personal perceptions to what is valid and true completely independent of them.

### What do I mean with a perception that goes beyond personal viewpoints and offers us an overview independent of personal opinions?

I give you some examples. When I was 20 years old, after completing my German matriculation, I spend one year in Australia in a beautiful hilly region called The Dandenongs, near Melbourne, and also worked there. It was the first time in my life I have travelled so far away from home. In addition to the beauty of the landscape of this area, the life in another culture also primarily impressed me there. What a difference to my German upbringing. I experienced that every human being grows up in an environment, which then forms his world view in a very specific manner.

That is nothing completely new today, but a viewpoint beyond my homeland greatly expanded my horizon at that time. We are used to speaking about something as being “normal”. It is normal that one does something in this manner, or a specific behaviour is normal or not normal. What is “normal” for people living in Europe can however be exceptionally strange for other people on this Earth and can also lead as far as rejection.

**This experience was a key for me, that we believe in many things, as if they were the *only* right way things should be, but in the end, they were only personal opinions or perceptions.**

As an example, this is but different with the laws of nature. When flying with an aeroplane from Germany to Australia, one wants to preferably only fly with an airline that works only with reliable parameters and data that one can rely on. Arbitrary events or so-called “coincidences” are actually not welcome in this regard at all. After all, who would want to enter a plane when it is not exactly known whether it will fly or not?

The laws of physics enabling a plane to fly are the same in Europe as they are here in Australia. Here it is a matter of truly uniform laws, as they are used and applied in the same manner *everywhere*. Thus, I always sought to challenge my personal opinions during my search for truth and to confirm or refute them on the basis of experience. I thereby sensed, suspected, that there would be to be a lot more to this question of truth than what all the sciences are currently teaching us.

Here another example: One day I was sitting in a train in Germany, and I was waiting for the departure. Another train was standing on the neighbouring track and I observed how the people there were occupying their seats. Since I always prefer to sit facing the direction of travel, I was happy to have once again found a seat facing in this direction. The train then unexpectedly started moving and I thought that it was travelling backwards, with my eyes still fixed on the neighbouring train. I became very insecure whether I was actually in the correct train or if I had only confused the train’s travel direction? After a few seconds the mystery was solved, as my train was actually standing still. It was the neighbouring train that had travelled forward, and since I did not see anything else at the time, I thought that my train was travelling backwards.

### **A wrong perception.**

An observer on the platform could have easily realised any time what was actually happening. *My train was always at a standstill!* Such a misunderstanding about the *actual, real facts* is not a tragedy in this case. However, an assertion that was founded on an incorrect perception, that came into existence in a similar manner, could have had completely different consequences.

For centuries, people believed that the Earth was stationary and that the sun revolved around it. Everyone saw with their own eyes that the sun rose in the east every day, travelled across the sky and set in the west. Just think of how fiercely Galileo Galilei was fought because he had correctly identified the heliocentric astronomical model, with the Sun at its centre, and supported his philosophy. However, in order to save his life and under duress, he eventually had to publicly revoke the knowledge he had gained.

Today we all know that the opponents of his theory were mistaken; however back then, they formed the majority, possessed the power and could therefore also prescribe what was to be considered as right or wrong. Selective observations spoke in favour of the scenario that the earth must be considered as the centre of the solar system – however those observations were very limited and not well thought through.

Above all else, the following should have been taken into consideration:

The orbits of the planets appeared to be extremely complicated if it is assumed that the earth is stationary; they followed peculiar routes, were at times even going backwards; thus they had to inevitably also define equally complicated explanations, in order to substantiate such misrepresented correlations.

What can we learn from the above mentioned examples in our search for truth in general?

1. One can view and judge one and the same thing or event in different ways. As a result of this it is not possible to grasp the *totality* of that thing or event in the way that it really is, and this again can easily lead to incorrect conclusions. A reliable assertion about what is actually happening is possible only for somebody who can observe the occurrences from the outside - if possible from above - and thus has the *overview*.

This practice has displayed great success in the natural sciences. The researcher is an external observer, he can thus sort and classify his results in accordance with specific principles and laws.

2. Human opinion is not the slightest guarantee that something will be observed and evaluated correctly, irrespective of whose opinion it is.

Let us now seek to describe, following these initial deliberations, what truth must consist of.

*One aspect that we have already excluded:*

**An immediate assessment of how I see or consider a thing or a happening is something completely subjective - in this case, my personal observations. Also when influenced by my own previous experiences.**

In the very next moment another person, who considers the same happening from a different point of view, could perceive the exact opposite. Think back to our example of the two trains and the external observer on the platform. Thus, if we speak of "truth", we mean a reality that is *independent* of time, location and the individual human point of view. Do you think then, that such a thing actually exists?

Well, in mathematics I have learnt something exactly such as this. In mathematics we continually work with conditions that are always constant.  $2 \times 2$  is precisely 4 – and nothing else. A mathematical equation is correct or incorrect - a compromise is not possible in that case; a discussion of different opinions or perceptions also does not help further in this regard. Yes or no, right or wrong is applicable here. Also true and false.

I would like to describe one more example for you.

The laws of free fall always remain the same - even if one watches a stone falling down from above, and in another instance when someone is lying on the floor and watches the stone descending upon himself. Both descriptions will differ greatly from each other; yet there is a general, eternally applicable lawfulness behind both observations.

This shows what the Search for Truth in any area, also in the area of Healing Magnetism, fundamentally means:

**To truly and accurately comprehend an event, remaining independent of individual points of view.**

If such a generally validated event that always occurs in the same manner is identified, then it would naturally also be validated through personal experiences. However, when I am searching for the

truth, then I would not like to be only knowledgeable about one or the other area of life, and what transpires there. That would not be of much use; for in order to approach the Truth we search for, we require a comprehensive understanding of Creation in its entirety! A conception and view of the world that gives us the confidence to *understand the correlations and connections therein aright*.

As this reality of creation, the real world, exists – and that without our help and irrespective of how we adapt to it - there are in the end only two options for our comprehension or understanding: to recognise them as right or wrong. This is similar in manner to a mathematical equation: Compromises between right and wrong are impossible from the intrinsic nature of things, just as in case of the previously described law of free fall and all the other known laws of physics: They are and will always remain **immutable**. When we now search for the truth concerning healing magnetism, we also cannot solely rely on personal perceptions or experiences but need to comprehend the nature of healing magnetism independent of individual points of view and when we found that we can naturally also find validation in personal experiences. So our focus is first on finding the valid event that always occurs in the same manner and then we can also validate the truth through personal experiences.

We humans will not be able to change any aspect of what is true! This is because the laws of nature were also not *made* by us humans - they could only be discovered by us through researching and **seeking**! They however already existed!

From this, I now conclude: There is only *one* truth. This is eternal and invariable, i.e. unchanging, for all worlds and for the entire creation, hence also independent of human opinions and conceptions.

Truth is real, it is “being”! Only being is true Life. The entire Universe is “supported” by this Truth! - Truth is the Eternal-Unchangeable! Which never changes in its form, but is as it has been from eternity and ever will remain, as is it now.

If this were not the case, it would turn out to be incorrect at some point, then it would not be true and thus also not the truth. Therefore truth can only be found in the simple laws of creation that are independent of human opinion.

Our search for truth in regards to Healing Magnetism can also only be found through the simple Laws of Creation and how they function and what ramifications follow from these for us humans! On this journey I would like to take you in this book.

*(Introduction co-authored by Edeltraud Grace & international speaker Mr. Sebastian Amling)*

*(Sebastian Amling holds annual September lectures in Australia on “The Nature & Search For Truth”)*

**Unit 1 Assignment Part 2: Answer following questions**

1. *What is the difference between personal viewpoint/perception/selective observation and having an overview independent of personal opinion?*
2. *Why is it vital to strive for such a viewpoint first before anything else?*

## Health and illness – Order and Disorder – The Laws of Nature.

*“Future medicine will be based on controlled energy fields”*

*(Prof. William Tiller, Ph.D. Yale University)*

Bio-Magnetic Energy flows and states or fields are often actually not in the awareness spectrum of the average person, or in the awareness spectrum of people who seek to establish, maintain or improve the well-being or overall Consciousness of Life of others.

The reality is that we can survive and live or work through periods of Bio-Magnetic Energy imbalance, or disruptions to their natural flows through our being, however as Bio-Magnetism is a fundamental of our physical and non-physical self, an enabler of the micro-electrical communications through our nervous system as an example, disruptions here can only generate negative outcomes and reduce our overall ability to perform or simply feel well. The human being requires the free flow of Bio-Magnetic energies in a similar manner to the requirement for healthy blood to flow to all parts and extremities of the body.

### **Balance in all things.**

Only through balance can dynamic develop and expand, with dynamic being the engine for creating, sourcing or leveraging energy.

Energy is what drives and powers us to genuine achievement. However without direction, energy is soon a disruptor, it is quickly dissipated, misused and becomes an obstacle to success and well-being.

We ourselves, through our free will and our own decisions, determining how we will live, how well we control and exercise our emotions and drive, where we direct our energies and efforts in everyday life, where our passions, ambitions and goals are, we are who create the directions for our energies.

Harmonious, balanced and positive, or disruptive, combative and negative. Our free will, our decisions. As we navigate all the influences around us, as we contend with the positive and negative effects of our past decisions and actions (aka karma...), it is in the end us ourselves who decide what we want to do, which direction we decide to take at every intersection in our lives.

A key point to remember though, is that we are often simply not, or minimally aware of just how well we are doing there, how positive or negative we direct our energies and thus affect and influence our environment, our associates, our activities. We will though then eventually experience the outcomes of our actions and volitions. The great, the ordinary and the, well, things we may need to revise in life.

This applies in our personal lives as much as in our career and business endeavours, our health and our interactions with others and the environment. The Universe makes little distinction when Universal Laws apply.

### **The “Spark of Life” concept and the communications that makes our organism function...**

As we research, work with, delve into and observe the interactions and ramifications of Bio-Magnetic energies for the human entity, as a prime example, we can perceive and recognize some fundamentals that are both physical and non-physical in nature. Just as we are all aware that we have physical, mental and perceived human states and senses, so we also have the associated Bio-Magnetic states of balance and flows.

When we consider that the human body would cease to function the moment the billions of minute micro-electrical impulses would cease to flow between the neurons within our brain, and then out to all parts of our body to generate those functions, and that this cannot happen without the associated Bio-magnetic fields being generated, then we begin to comprehend that disturbances to

the body's ability to generate or maintain healthy Bio-magnetic fields must negatively hinder our health and well-being.

These bio-electrical impulses that the body generates and uses to maintain the functions of the brain and body, are in reciprocal balance with the simple and clear physical laws that bio-electrical energy cannot exist without the associated bio-magnetic fields and energies.

Hinder one, you hinder the other. When we are physically, mentally or emotionally unwell, then this is also reflected in disturbances to our bodily functions. These can be minute through moderate to major outcomes or effects. However they always manifest in our body in some form. This though also then impacts the nervous system which transmits these bio-electrical impulses from the brain to the body functions.

Logically and clearly, this then also reversely impacts the associated brain functions. Hindrances to the bio-electrical impulse transmissions through and to the myriad parts of our body, will cause the continual feedback systems our body maintains through the same bio-electrical transmissions back to the originating segments of the brain, to also be disrupted. Again these can be minute, minor, moderate or major effects, as we observe in many symptoms, peoples conditions and case studies.

Circling back now, remembering that all bio-electrical activity, indeed all electrical activity, cannot exist without the associated magnetic fields and energies, it becomes logical and easy to comprehend that if you can detect, perceive and understand the bio-magnetic fields of a person, and thus the associated bio-magnetic energy flows of that person, you will be in a position to not only detect disturbances in those fields, but also where and what is then being affected in that person's body.

The next logical step is to develop natural methods of neutralizing localized or "whole of body" disturbances in the bio-magnetic field of a person, removing "blockages" to the natural flows of the bio-magnetic energies and thus removing the resulting degradation of bio-electrical impulse transmissions or flows between the brain, the affected body functions and back again to the brain. We should here once again also recall that the emotional effects of minor, moderate or major disturbances ("trauma") to our body functions or inversely to our personal self, will cause reciprocal emotional trauma or effects, which can very often remain long after the original physical trauma has been negated or removed. Inversely, emotional trauma will often also result in disturbances to our bio-electrical flows, and thus also our bio-magnetic fields.

Restore one to degrees of normalised functionality and balance, then you restore the other to degrees of normalised functionality and balance.

In this training we will develop a greater understanding of these facets and later on develop practical skills in detecting and resolving blockages, irregularities and imbalances.

Where though the balance has not been restored, we will always struggle to achieve and perform to the best of our abilities in any specific or all aspects of our well-being, health, personal goals, family life, intellectual or spiritual endeavours, career or even in sports and other physical activities.

First though in this regard, we must have the will to achieve balance. It is our decision to make...

The "*wonder-work*" of the human organism reflects and reproduces laws and an ordinance that pervades all of our physical Universe, and indeed beyond that, in our life and existence.

In the simple but fascinating example of how the movement of electrons between atoms and molecules with the related magnetic fields and energies (electrical movement), is a fundamental facet of all galaxies, planets and also the human body, encompassing our brain and also our forms of cognition beyond our brain, including it's emotional and mental states, reflects and is reflected in our inner states, perceptions and everything that makes us human.

We can live in these bodies because of this incredible and fascinating architecture. The question we can ask ourselves, is whether this was a product exclusively of evolution, or was it a meeting of the physical body that evolution produced and the *"Spark of Life"* that the Universe provided?

Over time we will more and more gain clarity in that.



**Healing Magnetism** as the word implies has to do with "healing what has to do with magnetism" in the body. Or we could also say Healing with Magnetism, this means we are using Magnetism to heal. As already Werner Heisenberg, Physicist and Nobel Prize Winner stated with the words: *"Magnetic energy is the elementary energy that the entire life of the organism depends on."* Healing Magnetism has to do with that what gives order, life, strength and health to our organism. When there is a lack of energy or a disturbance in the magnetic energy field, healing magnetism can help our organism to come back into order and health again. Even the words we use in regards to our health point to the fact that "being in order" equals health and "having a disorder" equals illness. When we think on the word "order" impressions come up of harmony and lawfulness, health and clearness, balance and order in all things. Some also might relate order to the concept of rules, or the application of certain laws that support safety and wellbeing. With Healing Magnetism treatments we bring back Order into the Biomagnetic field of a human being.

If you would stand up now and perhaps go to your window, at day you would usually see the sky, sun, perhaps clouds, perhaps some trees, or a garden with plants, something I would see if I got up now, perhaps you see something different...other houses, depending natural in which surrounding you live. At night you see perhaps the moon, some stars and the opposite of daylight, the darkness of the night. Day and night, a balance between two polarities that is continuously happening without us being able to change anything about it, day follows after night and after night follows day. We find here an order, one follows after another.

You might sit on a chair while reading this course material or perhaps you are lying on a surface, on your sofa perhaps. If you check your body, you will come to realise that for your body to experience wellbeing and health and to be "in order" so to function properly, a balance between within and towards without is needed. A balance between the right and left side of your body, a balance between the breathing in and breathing out of air, a balance in the food intake and food digestion. Is that balance disturbed in any area of your physical existence, dis-order occurs and you feel unbalanced, disharmonious and just not in order.

The application of Healing Magnetism helps the body to come back into order and into harmony on the level of the magnetic field. Healing Magnetism affects foremost the finer energy levels, the Soul and Spirit level and brings healing from within, something we discover in the frame of our course more and more.

How Prof. Harold Burr, PH.D from Yale University stated: *"The energy field starts it all."*

### **Unit 1 Assignment Part 3: Answer following questions**

1. *How are we creating the directions for our energies? (Refer to page 13). Give one example from your own day, explaining how you directed your energies and what the results were based on how you created the directions for your energies?*
2. *Bio-magnetic fields. Summarise what you have learnt on Page 14*
3. *What did Werner Heisenberg state about Magnetic energy and what are your own thoughts about that based on your current understandings?*

But we also can do a lot for our physical body with the healing from without. Both parts of our being need to be tended to and we want to first start with the physical body and find out which laws we have to observe and follow, if we want to help our physical body from without and when I say here from without, I mean here the physical level of matter, that what we can feel, see and sense with our physical senses or the physical instruments we use, when I say within I point to the for us invisible Soul level, that what lives in the body.

### **First we look at the physical body from a visible perspective.**

**How our body works can be divided into three phases:**

- First it receives the energy it requires (phase 1)
- Then it processes the energy to make it usable (phase 2)
- Finally it gets rid of excess energy and waste products (phase 3)

This is applicable to every human being, whatever background, skin colour, religion or upbringing, and is similar also to the functioning of animal bodies.

(The following paragraphs are sourced from Christopher Vasey who is a naturopath and author)

**The first phase** of energy supply is essential, because we do not have all the energy that the body needs. So we need the air we breathe, the water we drink and the foods we eat. These energies enter through the respiratory or digestive tract. One could also mention the skin, because in a certain sense it, too, 'breathes' and even absorbs substances it comes in contact with, such as minerals in spas.

**The second phase** of organic functions consists in converting the energies that we have taken into the body. Because apart from the air and water, which can be used practically as they are, the other energies, thus the foodstuffs we eat, must undergo extensive changes before the body can use them. Bread, for example, cannot go directly into the bloodstream and then reach the cells; it must be split beforehand into sufficiently small particles and broken down chemically. These changes take place in the digestive tract, whose function it is to break down foodstuffs with the aid of mechanical (chewing, mixing in the stomach, intestinal peristalsis) and chemical processes (splitting of molecules by enzymes present in the digestive juices) into smaller and smaller particles. The energy in a loaf of bread is made up of long chains – up to a thousand – of glucose molecules. During the digestive process these long chains are split in several stages until the glucose has been reduced to single molecules. Proteins are split in the same way into amino acids and fats into fatty acids. Only in this simple form can nutrients be taken up and made available to the cells.

**In the third phase** the energy leaves the body in two ways: on the one hand by being used up – internally for the organism (heart contractions, heat production, etc.) and externally for the activities

of daily living (getting around, working, etc.) – and, on the other hand, by being disposed of in the form of waste materials by the eliminatory organs. These waste products are those energies that cannot be or have not been used by the body (tough cellulose in cereals or surplus food not stored); slag resulting from the combustion process (the ‘ashes’ of the organic engine) or residues from cell metabolism (waste and so-called ‘cell corpses’).

### What our health depends on

For us to enjoy good health it is necessary that each of these phases takes place harmoniously: The food consumed must meet in quality and quantity the conversion possibilities of the digestive tract, digestion and assimilation must be correct and complete, energy release must be in balance with energy intake, and all waste material generated must be rapidly eliminated.

These three phases are very dependent on each other:

If the amount of food consumed is too large (phase 1), the digestion is inadequate (phase 2); if the foods are poorly processed (phase 2), there is not enough energy to be converted (phase 3), or the ensuing waste products exceed the capacity of the organs of elimination (phase 3).

This dependency also manifests in the reverse sense:

Those who do not get enough exercise (phase 3), show reduced digestive performance caused by an inadequate energy expenditure (phase 2). The inadequate disposals (phase 3), for example with constipation, result in a reduced energy supply (phase 1), and finally, digestive problems (phase 2) also influence the choice of food (phase 1).

The facts observed here can be summarised in the form of individual laws, such as:

- A meal that is too heavy entails a strain on the digestive tract.
- An incomplete digestion of food yields numerous waste materials.
- Any insufficient food intake results in less energy available.

### No cause without effect

As different as these laws are, they all come under one great general law.

**This law, which states that every action, every process, has a repercussion on actions or processes, is the law of reciprocal action.**

Although this law is basically self-evident to everyone, it is not often given sufficient attention in therapy. How many digestive complaints are treated without asking what foods the patient is eating! How many patients suffer from problems with their organs of elimination without anyone investigating where all the waste products that have to be eliminated come from will always be more difficult! Trying to fight inflammation without paying attention to the triggering factors. Blood is being thinned without inquiring into the causes of the thickening – another gross oversight!

The law of reciprocal action is not exclusive to the physical level, but affects, as we shall see, all areas of life.

### Everything is in motion

Let us now look at our organ functions from a different angle in order to recognise another general law. How the human body works can be compared to the functioning of an energy converter. As with this, there is an energy flow that enters the body (phase 1), passes through it (phase 2) only to finally leave it again (phase 3). The health of the body therefore depends on a good, steady energy circulation.

Discontinuing the energy supply would inevitably cause a disruption of the organ processes. The digestive processes would be just as undermined as the outer life. Blocking the conversion process would likewise have dire consequences: although energy would enter the body, it would not get to the organs or to the muscles, since it would not be available. A suspension of elimination would for its part prevent the spent energies (toxins) leaving the body, which would lead to a dangerous accumulation of waste products in the body environment. All this shows how necessary it is that our body is all the time supplied with energy and kept in motion.

**The law of motion is yet another great cosmic law, according to which all living things must keep in motion to stay alive.**

The law of movement manifests also in blood circulation, which ensures that cells continuously have necessary nutrients available, and which prevents the blood from thickening and forming a clot that could block a vessel and obstruct blood flow (heart attack, stroke, and embolism).

The circulation of oxygen through our vessels is also a vital necessity, just as physical activity ensures the building and maintenance of muscles or continuous cellular exchange enables assimilation and growth.

Numerous therapies have the restoration or promotion of physical mobility as their sole aim. Massages activate blood circulation and cellular exchange. Water therapy has the same effect, it also intensifies breathing. The various reflex zone massages (on the feet, ears, etc.) are aimed at stimulating the activity of the organs via the nerves. Chiropractic and osteopathy re-establish circulation in the nerve strands by their manual intervention, acupuncture restores energy in the meridians. Gymnastics, too, has therapeutic effects in that it strengthens flagging functions or revives tired organs.

### Finding the right balance

**Just as the law of movement, another great cosmic law – the law of balance – is effective everywhere.**

With regard to how our organism works, again many forms of balance can be recognised: the balance between ingested foods and the extent to which they can be processed by the digestive tract, the balance between energy supply and its expenditure by the organs, as well as the balance between waste production and the capacity of the organs of elimination.

As soon as a balance goes unheeded – because one of the two factors is given more ‘weight’ – illness sets in. If the food does not cover the needs of the body, the organs can only function in a restricted manner (less energy production leads to a lack of muscle tone or asthenia). If, on the other hand, food intake is excessive to our needs, the body is overtaxed (indigestion), it must work extra (hypersecretion of gastric juices, hyperthermia, high blood pressure), toxins accumulate (clogged body environment), and an outcome is an increased deposit of fat tissue (weight gain).

The law of balance is also reflected in the balance between arterial and venous blood volumes, between inhaled and exhaled air, between activity and rest, the movement of the right and of the left leg while walking in order to ensure that we maintain our ... balance.



If an extra-large amount of toxins, microbes and poisons endangers the organism and these must be burned off as quickly as possible, fever develops. Fever, however, is not in itself a pathological condition, but only a temperature rise resulting from the speeding up of the organ activities. This acceleration is necessary to balance our body environment by burning the waste components. In therapy there are numerous methods to rid the body of toxins and thus to balance the body environment. These include draining toxins. This is done with the aid of herbs or homoeopathic remedies, which speed up the work of the elimination organs and so enhance the process of removing toxins. Laxatives, enemas and in the past the use of leeches are part of these cleansing therapies. Fasting and diets are also important, because they help to offset the harmful effects of overeating. If we stop eating (fasting) or take in only very little or selected food (diet), the production of toxins is interrupted or reduced. Above all, however, the body environment can balance itself again, because the body must, in order to obtain nutrients for its activity, burn off the toxins accumulated in the tissues.

The striving for balance manifests also in how the body uses the organs of elimination to get rid of toxins. Sometimes it alternates between two organs to prevent one organ from taking on the task alone and being damaged by the toxicity of the poisons. This results in changing crises of elimination in which the removal of the waste is done by two different organs in turn. The best known of these cases are the alternation between asthma (removal of pathogenic toxins via the respiratory tract) and eczema (removal via the skin), and that between asthma and haemorrhoids (artificial removal through bleeding).

This possibility of using different organs to eliminate a certain type of toxin can be applied in therapy for diversion. In order to relieve a weakened or diseased organ, the toxins that would leave the body by this organ are deliberately directed to another – similar – organ. An example: the kidneys can be relieved by sweating because the waste excreted in urine and in sweat are the same type. The use of cupping glasses in an asthma crisis makes it possible to divert the toxins that pollute the airways to the skin. The same result can be achieved with Grandma's remedy of mustard poultices.

### **There is no one for all**

**Among the great universal laws of nature the law of the attraction of homogeneous species must still be mentioned.**

Its mode of action is well expressed in the saying 'Birds of a feather flock together'. Often one can find that one and the same treatment has different effects, depending on the type of patient. For a particular health problem a certain medicinal plant works well with some people, while with others there is no beneficial effect, or, what is worse, is even an impairment. This also applies to treatments

such as acupuncture, water treatments or homoeopathy, which prove very successful with some patients, but not with others.

It is well known that for some a stay in the mountains is very refreshing, for others, however, a stay by the seaside is more beneficial. This difference in effectiveness depends – as it is rightly said – on whether a certain type of therapy ‘suits somebody’ or not. On the basis of this law, therapists have always endeavoured to look for affinities between therapeutic measures (medicinal plants, medicines or food) and the type of patients. This can be seen in connection with the different temperaments. There are four basic temperaments: sanguine, melancholic, choleric and phlegmatic. Each temperament has similarity or homogeneity with quite certain things. Take for example a person with a phlegmatic temperament, which is associated with the element water: he loves tranquillity and calm, likes to be near water (lake, rivers, sea) and reacts well to hydrotherapy and applications with algae and medicinal plants in liquid form (herbal teas, drops, etc.). The opposite temperament is the choleric, connected with fire. A choleric person loves movement; a long spell of calm living goes against his nature. It can even make him ill, because he cannot expend his energies. Sport and physical activity are more suited to him than calmness; sun baths are better for him than water applications, and he responds better to medicinal plants in tablet form than in the form of herbal teas.

The description of temperaments, however, always has something of a caricature and one-sidedness about it, because in reality they never manifest in their pure form. Each of us is a mixture of different temperaments, in which the one or the other predominates. The great art in medicine consists, therefore, in finding out the affinity that exists between the patient’s temperament and the therapeutic agents to be applied.

It may seem paradoxical, but the law of homogeneity is also manifest in an aversion to a food, for example, or a medicine that we have been taking for quite some time. This can easily be justified, however: if one assumes that like attracts like, this requires also that opposites repel. If some food is not doing us any good, then we are not attracted by it in the least, it can even have a ‘repulsive’ effect on us. We have no desire to consume it; our body knows that it does not do it any good. The feeling of aversion, which is caused by the sight or smell, ensures that we strike the food off our diet. Similarly, a medication that has been used for a long time, can become saturated in the body and cause someone to refuse to take it anymore. In this way our body protects itself against harmful effects.

The immune system, the subject of a lot of talk nowadays, is also subject to the law of homogeneity. It functions to differentiate the self from the non-self. It accepts everything that is of a similar species with its own organism; what does not exhibit this homogeneity – such as microbes, cancer cells, foreign proteins, etc. – is, in contrast, neutralised, destroyed or rejected. This process can take place very slowly, but also extremely rapidly: sometimes it can take an organism years to get rid of a foreign body (e.g. a splinter) that has penetrated its tissue. In other cases the reaction to the alien species is very rapid, severe and short. This is the case with vomiting, cough, diarrhoea, sweating and especially in allergies, which can break out within seconds of contact with the allergen.

### **No rule without exception?**

The fact that the mentioned natural laws – the law of reciprocal action, of movement, of balance and of the attraction of homogeneous species – are universally valid, means that there are no exceptions.

If a person speaks without hesitation of the ‘exception to the rule’, or even that the exception makes the rule, it is only because this concerns man-made laws and he knows that these are imperfect. In contrast, with the laws of nature any exception is impossible – every happening takes place in the

framework of these laws.

What we experience is thus always the consequence of what we ourselves have caused. It becomes difficult to accept this fact if the cause lies very far back and accordingly takes a long time before the effects manifest.

(Source Christopher Vasey: <http://christophervasey.ch/anglais/author.html>)

**Unit 1 Assignment Part 4: Answer following questions.**

1. Explain the three phases of how our body works.
2. Give examples that illustrate the laws of nature referring to the health of your own body. Referring to the Law of Reciprocal Action, Law of Movement, Law of Balance and Law of Attraction of the Homogenous Species. Which effects does it have for the health of our body, when we are not obeying these laws of health?

So health and order on a physical level is caused by abiding to the laws of nature. It is Nature that also proclaims the Truth to us. Its Laws have the hallmark of Truth. They are immutable, always have the same effects: like seeds, like harvests, and moreover even greatly multiplied. Whatever swings in the laws of nature is in order whatever is not according to these laws experiences disorder. Disorder equals illness and Order equals Health.

It is not farfetched then to expect that these Laws of Nature also apply to other aspects of a human being beyond his physical body.

But naturally we first have to ask ourselves that question: What is a human being?



## Part B- What is a human being?

There is something within all of us that is conscious of itself, but we cannot see it with our physical eyes. A lot of people but have the habit in regarding that what is invisible to their physical eyes as unnatural. But clearly this is not a justified attitude as we know only too well how inadequate our physical senses are. We are not even able to perceive infra-red light, ultra-violet light or ultra-sonic sound. It would be therefore absurd for a human being to deny that there are also realities beyond our senses. We are constantly surrounded, indeed permeated by waves of the most diverse kinds without noticing it. The very fact that we have such a concept as “beyond” at all surely means that we are quite aware of the existence of such worlds.

If a human being is now more than a physical body, then we must seek to understand the connections between the real “him” which is invisible and intangible self, and the outer “him”, which is materially visible and tangible body.

I would like to say in advance that many of the explanations you will read here in the following sections are based on recognitions and knowledge attained through the work *In the Light of Truth: The Grail Message by Abd-ru-shin* (Stiftung Gralsbotschaft, Stuttgart, Germany), a book that clearly explains many of the aspects and connections we will work with here.

As a short introduction to the Grail Message, it is a book that describes the entirety of Creation, naturally also provides information about the questions relating to the Creator, then only in this manner can it encompass everything and describe the Truth. In the same manner that the observer on the platform had a view of both the trains from his vantage point as I described to you in the introduction to this course, a true explanation of the World is also only possible when one has an overview of it. And thus the author of the Grail Message had the ability to outline and portray the complexities and connections of this World from such a perspective.

For a better understanding of what is to follow, let us begin at once by defining these regions to which a human being is connected to. From now on I shall refer to the earthly as *the World of Gross Matter*, and to the beyond as *the World of Ethereal Matter*, but we must be clear that this is only a broad distinction, which for the time being disregards the stages of transition. The World of Gross Matter comprises everything we can see with our five senses and also the instruments we can use to see. The World of Ethereal Matter refers to the “Beyond” in a broader sense.

When we see a human being as more than their physical body, then the understandings and discoveries from the Darwinists, neo-Darwinists, the behaviourists and evolutionist are indeed then only half-truths and they are right and wrong at the same time. For they occupy themselves only with the development of our body and its organs, but disregard the real man inside of the body. It is as if we would not differentiate between a driver of a vehicle and the vehicle itself. There is certainly something in us which is capable of being conscious of itself, which can think about itself; something that already distinguishes us from animals.



*We have to distinguish between the driver of a vehicle and the vehicle itself.*

We can not only intuitively perceive joy and sorrow, love and hate, but also such abstractions as art, beauty, sublimity. And with this expression “intuitively perceive”, which seems to offer itself here naturally we touch precisely upon the actual human within us. This actual human is spirit! Its voice, its language, through which it makes itself perceptible to us, is the intuitive perception. It is that welling up which does not depend on external sensory stimuli, but flows forth spontaneously from the innermost depth of our being.

With this we have indeed found the way to the sensing, to the experiencing of our spirit, but I find it necessary to define this concept still more sharply.

Here we can read about what is conveyed about this in the Grail Message, “In the Light of Truth” by Abd-ru-shin:

“Spirit is not wit, and not intellect! Nor is spirit acquired knowledge. It is erroneous, therefore, to call a person “rich in spirit” because he has studied, read and observed much and knows how to converse well about it, or because his brilliance expresses itself through original ideas and intellectual wit.

Spirit is something entirely different. It is an independent *consistency*, coming from the world of its homogeneous species, which is different from the part to which the earth and thus the physical body belong. The spiritual world lies higher, it forms the upper and lightest part of Creation.”

*And...*

“Spirit has nothing to do with the earthly intellect, only with the quality which is described as “deep inner feeling” (“Gemuet”). To be rich in spirit, therefore, is the same as “having deep inner feelings” (“gemuetvoll”), but not the same as being highly intellectual.”

*( Volume 1 , Lecture 19 – “Once Upon A Time...” )*

### **Spirit – our inner nature**

Usually if we talk of human perception we refer to physical senses and the processing of sensory impressions in the brain. Today we understand most of these processes pretty well, because they have to do with physical mechanisms, which can be aided or replaced with prosthesis where there is impairment – we could think for example of the “cochlea implant”, which allows deaf people to hear again.

However, the sum of all perceptions forms only a part of that which reaches our consciousness or awareness. Apart from impressions from the external world we also receive impressions from the inner world. We speak then of the “inner voice” or deep intuitive perception. Let us examine this further.

In the work “In the Light of Truth”, Abd-ru-shin explains that the core of the human being is spirit. We do not originate from physical substance, and the intuitive perception or “inner voice” of man is none other than the expression of the spirit, of our innermost, living core.

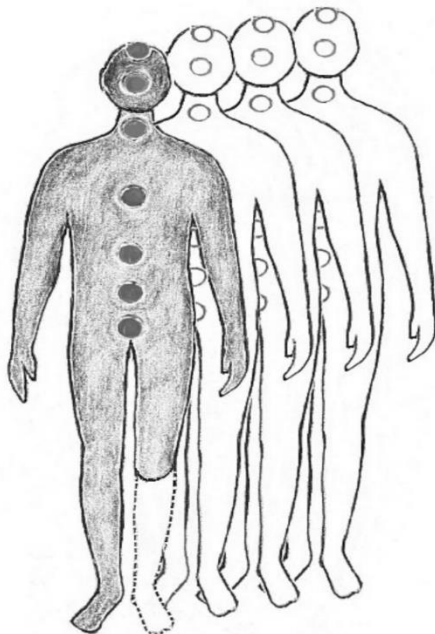
In the consciousness of the human spirit lies the urge to unfold in the course of its existence; it ought to mature and develop the ego into a personality. But also when it is not yet matured, while still only in its semi-conscious condition, the spirit knows – due to its origin – what is right and wrong, what is just and unjust. If we listen to the inner voice of our spirit, we will always live with integrity. The spirit

perceives very clearly what uplifts, furthers and advances it in its development, also which decisions restrain it and hinder its ripening process. Hence the spirit expresses itself in our consciousness as the voice of conscience, **it tells us what is true**. This voice is extremely useful as a compass for living and is more reliable by far, especially in ethical-moral matters, than the intellect, which is linked to the physical brain.

Although such an inner compass is widely accepted by millions of people all over the world, it is still quite a sad thing that many people are not really aware of their spirit anymore that they literally have buried the spirit within themselves and as alas so often happens, to confuse it with the intellect. The only thing which the intellect can do, namely to connect experiences and information supplied to it, and to draw conclusions from these, can today already be done much better by computers than by us. Indeed the intellect is only an instrument bound to the body, an instrument which is meant to enable the spirit to manifest in accordance with its nature in this earthly world. The intellect is the servant of the spirit, but nowadays with many people the spiritual voice is so suppressed that they let the intellect decide instead.

Thus our true ego is spirit. **It is also the only living thing which is within this earthly body, and which keeps it alive as such** and in the further explanations this should become clear. But this spirit is not directly inside the body, for its species is too different from that of the earthly body. After all, we know that Nature makes no leaps. The only one it does know is the quantum leap, the joining together of minimal quantities of energy, which however precisely demonstrates the extent to which in the natural happening one building-stone always follows another for progression, by small stages only.

Thus the spirit also has next to it finer, lighter, more permeable coverings, coming closer to it in the gradation-order of Creation, and thus also one of ethereal substance. Here we come now across the concept of a gradation-order, which we will describe in the following more in detail and again and again. So in the next level we find the finer, lighter, more permeable covering. It is this manifestation, the spirit in its ethereal body-covering, which has been seen already by many clairvoyant persons, and to which the concept "soul" – by which unfortunately people usually envisage so little – is applicable. The "**soul**" therefore is not something independent which exists side by side with the spirit; it is the spirit clothed in ethereal substance.

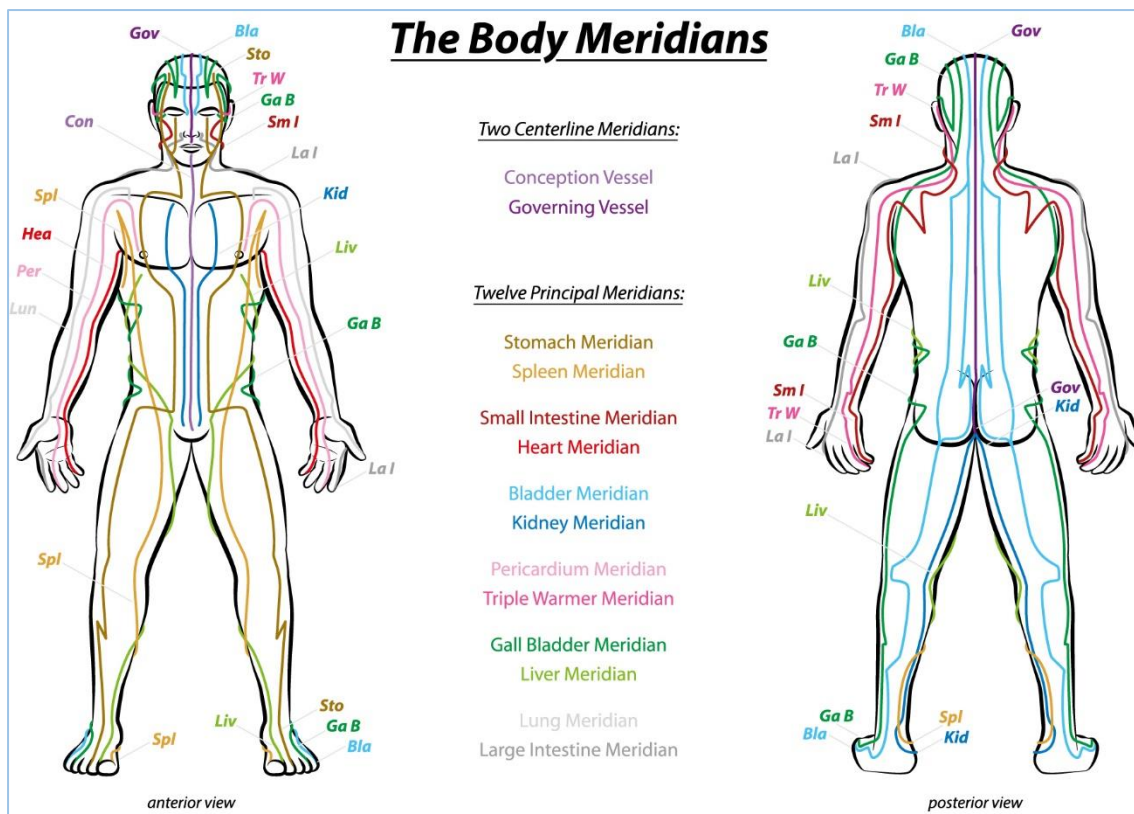


But even this ethereal body just discussed is still too different in nature from the earthly. Therefore between this ethereal soul and the gross material earthly body another necessary transition is inserted, the so-called **astral body**. It already comes very near to the earthly body in its consistency;

**the astral body is the direct prototype of the physical body**, its model so to speak. It may perhaps seem strange to express it in that way. But we know today that the minutest building-stones of our material substance, the neutrons, protons and electrons, do in fact have such finer prototypes. These are the so-called “sub-atomic particles”. A large number of them, becoming ever less material, have already been discovered.

The so-called “astral body”, is first shaped of a finer material substance, only after which does the gross material body then form. Only through the astral body can the soul work on the physical body, but it still also needs the radiation of the blood as the last bridge to full activity on earth. For many people these concepts might be quite new. I would like to ask for the moment to just try to follow as good as you can. Over the frame of this course I will repeat these concepts again and again to give you a chance to get acquainted with them and then to find in your own life the validation through personal experience that helps you to discover that they are true. The understandings about the different layers of a human being is vital for your practice of Healing Magnetism.

The meaning of our human existence lies in the development of consciousness. We should get to know the “Mechanism of Creation” and consciously learn to discern it. For this purpose we are equipped with a free will and this carries responsibility, which is inseparable from it. By our own decisions and their resulting consequences, we learn what is good, beneficial and upbuilding, and what is not. This free will does not arise from the brain. It is nothing physical or tied to the body. The conscious core of the human being is spiritual. This spiritual core is connected to the physical body in the form of the so-called soul and the bridge between soul and body is the astral body. If we now classify the gross matter as coarse, medium and fine types, the astral body belongs to the medium type of gross matter. Some things point to the existence of the astral body. Acupuncture, for example. It is a method that is used since thousands of years to diagnose and treat diseases through insertion of fine needles in certain parts of the body. The key points in acupuncture lie along the so-called meridians, a definite number of which run vertically through the body. This makes it possible to treat pains and diseases from points that lie further away. For instance, heart and circulation disorders can be treated from a point on the left little finger. It is essential that the points lie on meridians which are related to the parts of the body or organs concerned. The knowledge about the meridian system is also used in modern energy body methods like Emotional Freedom Techniques, where the person taps on a variety of significant end meridian points on the upper body with his fingertips in order to release stress symptoms or emotional disturbances that are caused by blockages in the meridian system, but also other methods like Qigong use that knowledge.



The networks of meridians could be imagined as running through the astral body like energy paths, analogous to nerve paths in the physical body. The fixed meridians naturally have a connection with the nerves. They must be of finer consistency than the physical body, because they are absent in the tissue of the corpse. At physical death, not only the physical body but also the astral body disintegrates with the meridians. Thus there is no anatomical proof that the meridians exist; we can only imagine that they were at one time detected by persons who could see “deeper”, who had mediumistic gifts.

But yet another indication of the existence of the astral body can be given. This body fills out, as it were, the physical body entirely; it corresponds to it in shape, because the earthly body was actually formed on the astral model. If a limb is severed from the earthly body, the astral body is not affected, and the meridians continue to run through the astral part of the missing member. This indicates that the astral body is less dependent on the physical body than vice versa. In this connection how mentioned already the “phantom pains” which are felt where a limb has been amputated have their origin in the astral part. They can be relieved by acupuncture from a distant point in the body.

Let us therefore once more hold fast to those three concepts with which we shall have to occupy ourselves in the following: There is on the one hand the gross material earthly body, which is also called the “mortal cloak”, after that the astral body, which in its consistency comes very close to it; and finally the spirit in its ethereal body-covering, the so-called soul.

**-Gross material earthly body**

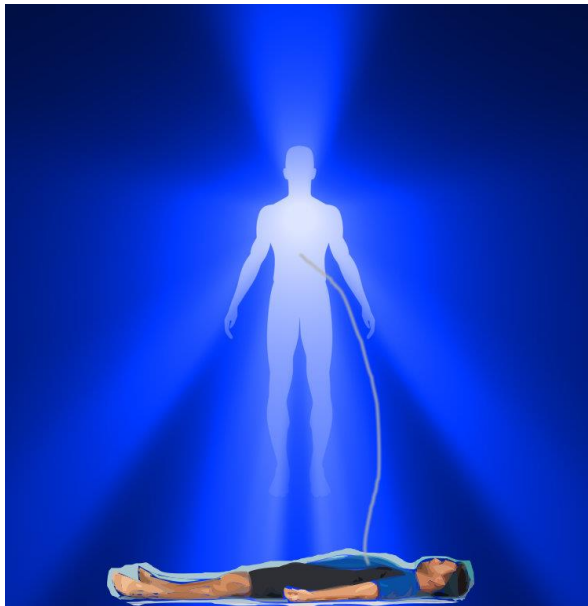
**-Astral Body**

**-Spirit in its ethereal body-covering, called The Soul**

Now the soul is connected with the astral body, and thereby also with the physical body, through the ‘silver cord,’ which likewise has often been seen by clairvoyant persons. It is a kind of ethereal umbilical cord. In fact it runs into the same place as the gross material naval cord which once connected us with the womb that is in the solar plexus. This ‘silver cord’ is – on sober consideration –

the ethereal manifestation of that “construction-design” which we find again in the umbilical cord familiar to us. It is the channel for the influence of the spirit on the physical body.

**Therefore the deep intuitive perception or inner voice, or also called the gut feelings always arises in that region. The voice of the spirit, intuition works always from the inside out via that bridge function** and it is just this bridge function that is often disturbed in people, especially when people deny their own spiritual nature for varied reasons, also due to the materialistic prone attitude of the majority of people and what is expressed in the media and through shock and trauma. We can help to re-establish harmony in this bridge function with healing magnetism and the treatment is called the Harmonising Bridge treatment, and you will learn how to conduct this treatment in the later units.



The Silver Cord



The Umbilical Cord



*You may now want to ask: Where are these various coverings then? Indeed they are all inside us, but not physically. Yet because of their different consistency they cannot blend with each other, but only unite. They are pushed into one another like the parts of a collapsible telescope, and they are held in this position, bolted as it were by that tremendous power that holds together everything in Creation, from the greatest to the smallest.*

***This power is radiation.***

***Our different layers or bodies are all connected and seamlessly transitioned via radiation...***

**Today** we know of course from physics that everything radiates, that the apparent solidity of our material substance is due to nothing other than just this radiation, which magnetically connects the elementary particles.

May I remind you also in this context of an old, well-known proverb which says:

*“Food and drink keep body and soul together.”*

This is mainly taken as a justification of the pleasure of the table. Yet what wisdom, what knowledge of the true connections lies in it! For it is clearly stated here that body and soul are two separate things,

that they are only held together, and that for this a certain consistency of the physical body is necessary, the achievement of which simply requires a supply of material nourishment. If it does not receive this nourishment or if it is struck by illness, then it is weakened. But this of necessity means that its radiating power, its radiation, also becomes weaker.

## Soul and Body are connected via Radiation

With this we have arrived at a decisive point that will also clarify a lot for us. I will again do this with words from the Grail Message, "In the Light of Truth", in which we read:

"Thus it also happens that the soul must separate from a body which has been forcibly destroyed, ruined by disease, or weakened by old age at the very moment when *this body*, owing to its changed condition, can no longer produce *that* strength of radiation which brings about such a magnetic power of attraction as is necessary to play its part in the firm union between soul and body."

(Volume 3 – Lecture 23: "The Name")

Thus the body and soul are connected via magnetic attraction power.

Should the magnetic connection become too weak, this results in earthly death, or the falling back, the falling away of the gross material body from the ethereal covering of the spirit, thus in separation. A process which takes place, in accordance with firmly-established Laws, between two species which only unite at an exactly corresponding degree of heat through the radiation simultaneously produced, but which can never blend, and which fall apart again when one of the two different species can no longer fulfil the condition laid upon it.

Hence soul and body must contribute their share to this magnetic radiation-connection. Of course it is generally the earthly body wearing itself out whose radiation diminishes for one of the aforementioned reasons; but it can also be that the connection is severed because the radiation of the soul is no longer directed to the earthly body with the necessary strength. These then are cases where a human being, not suffering from any specific disease, departs this life simply because he no longer has any will to live.

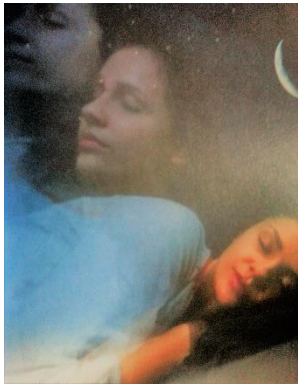
But here too there are of course intermediary stages. If someone does not feel well, physically or psychically, are we not inclined to say: "He is not quite himself" or "He is not in his right mind." Surely these phrases quite clearly refer to a loosening of the cohesion necessary for our full strength.

Thus we read on in the Work "In the Light of Truth":

Even when the gross material body is asleep its firm union with the soul is loosened, because during sleep the body produces a different radiation which does not bind as solidly as the one required for

the firm union. However, since the union still exists only a *loosening* takes place, but no separation. This loosening is immediately eliminated at each awakening.

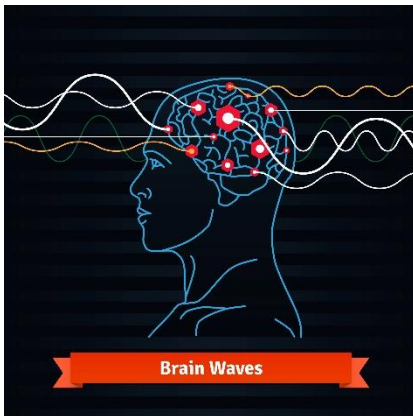
(Vol. 2 – Lecture 23 – “The Name”)



With this hint on sleep, a bridge is made for our understanding. For here indeed it is a question of an experience which each of us can have every night. Sleep has often been described as the little brother of death. Was this only because in sleep man is removed from active life? Or were not people after all aware of the common cause, based on the Laws of Nature?

Although man is known to spend one third of his life in sleep, science only began to apply itself to research into sleep a few decades ago. The findings of this research are unfortunately still too little known generally. I would therefore like to tell you something about it, because here we already have the first possibility of recognising the rightness of what has just been said.

We know that micro-electric processes are constantly going on in our brain, which can be measured as brain-current on the electro-encephalograph. The brain-current shows up to thirty cycles per



second in the waking state. In sleeping persons it drops to half a cycle per second in the course of falling asleep. But at the same time the heartbeat, respiration, blood-pressure and body temperature also diminish. The body economy is maintained only on a “pilot-light”. Research has thereby established the outward signs of a weakening of all vital functions, naturally also accompanied by a lessening of the body’s radiation, which is dependent on these vital functions. This, however, confirms exactly what you have just heard: For this diminished body-radiation makes possible the loosening of the soul. Before achieving deep sleep some sleeping persons even have the sensation that they are falling- they jump. It is the moment when the soul rises out of the hitherto firm radiation-connection.

Only after reaching deep sleep does the phase of eventful dreaming begin. As sleep research has discovered, it can never be attained while standing or sitting. For this the body needs a horizontal support, which allows a fully-relaxed repose. Muscle and tendon reflexes have now ceased, so that occasionally even the chin drops and the person snores. Thus the body lies there free of tension, **like the covering of a ball from which the air has escaped**. What more do we need by way of proof that here the carrying-animating support is lacking, and therefore is obviously of a different species from this earthly body?

But while the body is thus relaxed we dream. Sleep research has established that all human beings dream every night. Why we only sometimes remember this can indeed be easily explained, but it would lead us too far from our subject. That a person is dreaming can also be confirmed by the fact that at the same time the eyes move to and fro remarkably quickly behind the lids. This rapid eye-movement, which can be measured on the oleograph, is so characteristic that it has even given a name to this phase of sleep. It is called REM-sleep, which is an abbreviation of “rapid eye-movements”.

If the sleepers were awakened during this phase, they confirmed that they had just been having vivid dreams. The eye-movements behind the closed lids corresponded to the content of the dream: If someone had dreamed that he was climbing up a ladder, his eyes would be looking upwards, if he dreamed that he was lifting something from the ground, he would be looking down. But nothing is to be seen through the closed lids of the earthly body. In this way research already gives us proof that

after all our ego is something other than this body, and that this ego, the spirit, sees and experiences, in the course of which the eyes of the earthly body follow these impressions only because in sleep the connection of the soul with the body is not yet severed, but only loosened. That these eye-movements take place more rapidly than in a waking state, and are jerky, even indicates to us that the spirit is experiencing a world of higher animation, which the sluggish earthly eye is hardly in a position to follow.

Thus we already find here confirmation of the fact that the change of radiation releases to us a new sphere of experiencing. It already makes possible the loosening of the soul, and the spirit present within this soul then experiences, in a world beyond that which we describe as dreaming.

If further emphasis is needed that the radiation is decisive for union between soul and body, it can be seen in the following: Sleep research has established that the phase of REM-sleep, that is the stage at which the soul has already loosened itself from the body, can be reached more quickly in a cool room. The reason is obvious: The reduced room-temperature leads to a quicker decline in body-temperature, and therefore to an earlier decrease in its radiation which, as you have heard earlier, is also dependent on a certain degree of heat. Finally we all know also that stage between dreaming and waking when conscious thinking is already beginning to set in, but when we are still unable to move the body. We are just bringing the "soul "near, and as long as the radiation of the body is still not strong enough, the soul simply does not have it fully "in its grip". It is like engaging the clutch in a motor vehicle. Here we also can have a clear experience that the astral body is a bridge function that enables us to anchor ourselves into a physical body and experience life on earth.

Now let's go back into the exploration of our astral body which is connected to the physical body. Let us turn to death as here we can learn many things about life. When, in the opinion of science, does it take place? The view held today is that brain-death is the decisive sign. By that is understood the cessation of the brain-current on the electro-encephalograph. This is in complete agreement with what sleep-research has established, and at the same time with what we have heard about the magnetic union of body and soul brought about by radiation: The diminishing of the brain-current up to the attainment of deep sleep has led to the loosening of the soul; the cessation of this wave-pattern appears to medical science to be death. But what is the brain-current, other than a measurable vibration peculiar to the body? And vibration in its turn is only a manifestation of radiation, because **all radiation appears as vibration, is vibration**. If such a vibration is no longer present as measurable, this to the doctor signifies death. Thus you see that science strictly establishes what matters, but it sees only the fact and does not yet recognise its actual significance. There are scientists nevertheless who understand the significance of what is discovered.

Werner Heisenberg, a famous physicist stated:

***"Magnetic energy is the elementary energy that the entire life of the organism depends on."***

As can already be ascertained during the gradual attainment of deep sleep, the decline in the body-radiation does not take place suddenly. If we disregard those cases in which the body is destroyed by violence or mutilation, then it is a question of a smooth, gliding process, as if one were slowly and steadily reducing the current of an electro-magnet and finally switching it off. This explains the difficulty in accurately determining the time of death. It was formerly thought that it had set in when the respiration ceases, thereafter, when the heart stops. Now it is assumed that a person is dead when the brain-current stops. But where actually is the end? How is it possible for the "clinically dead" to be able to come back to life?

Let us then take a quick glance in the opposite direction. What happens at entry into earthly life? Here also, the medical world cannot state clearly when human life begins. In connection with the question of abortion particularly, the most diverse opinions have been put forward. Here too the reason lies in the fact that the attracting of the soul through the increasing radiation of the developing earthly body

takes place gradually, until the magnetic union holds. The infallible signs of this are the first movements of the child in the womb. Only now has the soul taken full possession of the body, and is able to move it.

Thus “clinical death” also is only that moment in which the too greatly diminished body-radiation **no longer allows the soul still to maintain the bodily functions** at a measurable strength. But just as with entry into life the connection with the approaching soul gradually became stronger, so also is its severance not yet finally completed at the point in time which we regard as that of death. –

We have so far discussed the means by which death comes about, namely through the weakening of the radiation-connection between the physical body & the soul. Now let us occupy ourselves with what really happens at death:

Again I would like to convey this in words from the Grail Message, “In the Light of Truth”:

“It is true that after the soul has severed itself from the physical body the astral body decays along with the physical body. But this must not be taken as a proof that it is therefore dependent upon it. This does not even give a justifiable foundation for such an assumption!

In reality the process is different: When it severs itself the soul, being the mobile part, draws the astral body away from the physical body. Figuratively speaking: The soul upon stepping out of and leaving the physical body pulls the astral body out with it. That is how it appears! In reality the soul only pulls it *off* the physical body, because a fusion has never taken place but only a telescoping, as it is with field glasses which go in and out.

In so doing the soul does not draw this astral body along very far, because the latter is not only anchored with the soul but also with the physical body; and, moreover, the soul from which the essential movement issues also wants to sever itself from the astral body and consequently strives away from it too.

Thus after the earthly departure of the soul the astral body always remains near the physical body. The further the soul then moves away the weaker the astral body also becomes; and the ever-increasing severance of the soul finally brings about the decay and decomposition of the astral body, which in turn immediately brings in its train the decay of the physical body, in the same way as it also influenced its formation. This is the normal process in accordance with the Laws of Creation.”

(Vol. 3 – Lecture 26 – “In The Gross Material Workshop Of The Elemental Beings”)

*Dr. Richard Steinpach also addressed this happening in his publication: “Why We Live After Death”:*

“Let me once more summarise this explanation because of its great importance: Through the body-radiation having become too weak, the connection of the telescoped coverings is severed; they are so to speak unbolted. Like a balloon which is no longer tethered, the soul as the lightest part then floats away. But with it the spirit contained in this ethereal covering also moves away. It alone, as the only living thing in man, was in a position to hold together the structure of the body in the astral as well as in the earthly gross-material sphere. If the connection with the spirit is severed, these forms must disintegrate again. So the only living part in a human being is the Soul and Spirit and we will naturally occupy ourselves more with these understandings in the frame of this book.”

(Source: Richard Steinpach. “Why we live after death.”)

*And a final observation:*

*“The energy field starts it all”*

(Prof. Harold Burr)

**Unit 1 assignment Part 5- Please answer following questions:**

1. *What is the inner voice? (Refer back to page 23). Give several examples of your own experience with your inner voice.*
2. *What is the task of the intellect? (Page 23)*
3. *Name the coverings of the spirit.*
4. *What is the Astral body? What does point to the existence of the Astral body?*
5. *According to what you can read on Page 25, what is the meaning of our human existence? What is your own perception about the meaning of your human existence?*
6. *What are Body Meridians?*
7. *What is Phantom Pain?*
8. *How is the Soul connected to the Astral Body and to the physical Body? Please describe in detail. Refer to page 26 to 27*
9. *What is meant with bridge function?*
10. *How are the different bodies connected with each other?*
11. *What happens at sleep? What are the outward signs of a weakening of the radiation connection between body and soul? (Page 29)*
12. *What is the carrying animating support that is lacking during sleep?*
13. *What is prove that the Union between body and soul is due to radiation?*
14. *What happens at death in regards to the radiation connection?*

## The Laws that govern inner life

In the beginning of this book we occupied ourselves with the laws of health or the laws of nature that are decisive for our physical body and its health. Now we will lay a foundation and find that the same laws that govern our physical well-being also can be applied to the finer levels of our being, the soul and spirit. Like everything in Creation, all is subject to the all-embracing laws of Creation. If we become conscious of the forces which determine every single second of our life in all naturalness we realise that they lie so close at hand that we often “can’t see the forest for the trees.”

These three Laws of Creation are:

- The Law of the Attraction of Homogenous Species
- The Law of Reciprocal Action
- The Law of Gravity

Let’s look at these laws in detail and how they affect our inner life and then also effect our outer life. Every prominent physicist in the last 90 years, and others going back hundreds of years have all said the same thing: The root of health and the root of all illness is an energy problem in the body and soul.

*“Body chemistry is governed by quantum cellular fields.”*

(Prof. Murray Gell-Mann, Nobel Prize Laureate, USA)

To understand a bit better what they meant, the Laws of Creation can help us a lot and in the frame of this course we will delve deeper and deeper into that.

### The Law of the Attraction of Homogenous Species

We already mentioned this law in regards to our physical body. That for each person a different therapy is suitable according to his nature. I am sure you also already heard “birds of a feather flock together” and “like attracts like”. This law causes similar kinds to attract each other and unite, becoming stronger in the process. The effects of this law can be observed among animals too. Think for instance of a flock of birds or a shoal of fish. The same kinds of fish join each other and thereby appear greater and more powerful to their natural enemies. Among birds, the same kinds gather in

autumn in colder regions for their long flight south. We will never see a flock of mixed birds flying south. The species are strictly separated.

It is also easy to observe this laws among us human beings in our social life. Clubs, Meet-ups, interest groups are formed by people who have the same interests and hobbies. It is sometimes said of two people that they are “in sympathy”: meaning that they have an understanding for one another, similar views, and are quite simply of the same species. There is a saying which is most likely based out of this observation: “You can judge a man by the company he keeps.”

Through chemistry we can recognise that it is easy to mix homogenous substances. Just think of the states of matter: solid, liquid and gas. But we also find this principle in the composition of crystals and the formation of rocks. Both result from the accumulation of similar substances.

In physics this Law of Creation is reflected in resonance, for example. It means that things tuned to the same pitch swing together. You may remember the experiment from school, where the physics teacher held two equally pitched tuning forks and struck one of them. When he brought it closer to the one that had not been struck it also began to swing. This particular experiment makes the Law of the Attraction of Homogenous Species audible – in this case through resonance.

Wolfgang Eisenmenger, a physicist from Stuttgart in Germany, likes to shatter glass during his lectures. To do this he tunes a loud-speaker to the resonance frequency of the glass and then turns up the volume to 126 phons (*“Phon” is a unit measure of level of loudness*). Due to the intensification of the homogenous vibration beyond a critical point, the glass shatters. This is likewise an effect of the Law of the Attraction of Homogenous Species with its accompanying intensification.

This strengthening through the homogenous kind can also be observed with a playground swing. If the swing is always pushed at the same point in the same rhythm, it gains momentum with every push. This can be continued until the swing rotates fully.

To clarify further the principle of intensification through homogeneity, snowflakes serve as a good example. When the snowflakes have fallen, they lie side by side, joining together to form a blanket of snow becoming ever denser and more powerful. Should this come thundering down as an avalanche, it will then be capable of destroying a whole village.

This observation also holds true for the way our thoughts work. If we constantly produce the same thoughts, sending them to the collection points of their homogenous species, then we strengthen and invigorate them, supplying them with unimagined power. This has repercussions not only for ourselves but also for other people.

This strengthening through homogeneity can naturally give rise to both good and evil. A historic example of the catastrophic effect of enforced conformity of thought is the National Socialist regime in Germany. Conversely, the fall of the Berlin Wall in 1989, which put an end to the rule of the German Democratic Republic (Communist ruled East Germany), could serve as an example of liberating effect that can be achieved by the similar thoughts and wishes of hundreds of thousands.-

**Let** us now examine the situation of an individual human being, an addict for example. His thoughts revolve only around one particular issue or a certain drug. Apart from being physically dependent, his thoughts focus only on obtaining and enjoying his drug. He cannot spare a thought for anything else. It is similar for someone with a marked propensity, for football or motorcars, for example. This can also be a kind of addiction! The person in question buys all kinds of magazines about “his hobby”, perhaps visits motor races, motor shows, drives an expensive car and spends all his money on this, his particular bent.

In addition, the circle of his thoughts is completely filled with whatever lies within the scope of this addiction, occasionally to the detriment of the whole family.

Hence the Law of the Attraction of Homogenous Species also affects the inner life of us human beings. Examples concerning addictions or propensities (a marked predilection for something), can be used to illustrate this intensification of homogeneity. In his great attachment to his hobby, the person concerned progressively restricts his world of thought as well as his personal freedom, often without even realising it.

The attraction of homogenous thoughts can also be observed with people who suffer from pathological anxiety. They are virtually pursued by thoughts of anxiety, they actually attract them and in the process become more and more anxious, being unable to escape this circle produced by their own thinking.

**THE** examples mentioned above will have clarified that the Law of Attraction of Homogenous Species, as with all the Laws of Creation, is applicable to all areas of life, influencing and changing them for better or for worse. It also applies to our thoughts. Homogenous thoughts attract each other, the good constructive ones gather just as the bad, destructive ones do, thereby forming accumulations of thoughts, so-called thought-centres.

One can try to imagine what gigantic ethereal worlds are generated by the thoughts of all people on earth! A world that also awaits us after our departure from life when we continue our existence in the ethereal world as soul. A happy image if mankind were of good volition, producing only good thoughts, but a frightening one, when one considers the irresponsible nature of so many people, who are unaware of the power of thoughts and believe them to be “free”, producing no effect whatsoever.

### **The Law of Reciprocal Action**

The second Law of Creation to which our being and also our thought is subject to is the Law of Reciprocal Action. It is the law of equalization, of settlement, the closing of a cycle that connects the beginning with the end, the law of sowing and reaping, of giving and taking, of balance, of cause and effect.

What a man sows he will reap! We all know: If we sow wheat, we will harvest wheat. With this harvest we even receive a multiple of what we have sown, always of the same species. This law, too, applies not only to nature but to all areas of life. It applies equally to our deeds, words and thoughts.

Jesus once said: *“What a man soweth, that shall he reap.”* He did not say that *can* he reap, but rather: that he *will* reap. That means the same as: He must reap it! Good as well as evil, whatever has emanated from us, returns to us. In this way mankind weaves its own fate (karma), be it good or bad.

And according to this Law of Reciprocal Action the thoughts that have emanated from us also flow back to us, enriched and strengthened according to their nature. We then have to accept them, they influence us whether we want it or not, whether it suits us or not.

And so whoever sent out bad, disparaging, destructive thoughts will have to suffer in some way or other through the reaction. The returning good thoughts however, will gladden and further him. This experience is expressed in the following sayings: *“They sow the wind and reap the whirlwind!”*, *“As the question so the answer!”* or *“What goes around comes around!”*

The actual happening is explained in the Grail Message in the following sentence:

*“Thus the time approaches when the thoughts that have come to life and reality in the Ethereal, together with the similar species attracted on their way, will fall back upon their origin and starting-*

*point*, because in spite of their wandering they remain linked with him, in order now to discharge, to release themselves there.”

(Vol. II, Lecture 4: “Man in Creation”)

We ourselves are this point of origin of the thoughts and ideas that we let loose on the world.

### **The Law of Gravity**

The third great Law of Creation is the Law of Gravity. We know that heavy objects sink and light objects rise. A stone, for example, that has been thrown into the water will sink to the bottom, while the air-bubbles from a diver’s aqualung cylinders will rise to the surface.

In order to clarify the connection between our thoughts and the Law of Gravity, a number of things must first be explained.

We know the famous sentence of the French philosopher Rene Descartes: “Cogito, ergo sum – I think, therefore I am.” It clearly shows how much we identify with our thinking. But we are not our thoughts, nor are we our intellect. The intellect is merely a product of our brain which belongs to our body of flesh and blood.

What is alive within us, what distinguishes us, is the soul, or more accurately expressed, its core, the spirit. And this spirit, the vital part within us, expresses itself in perceptions, it shows itself in our state of mind. To recognise this, is of the greatest importance!

So our innermost human core is spirit, which expresses itself in our perceptions from which originates also the “inner-voice”, our conscience. And this spirit has a physical tool, the intellect.

For a better understanding here is an example: We know of days or moments when we perceive great joy; and yet this perception does not necessarily entail a single thought! Only when we want to express this perception do we form a sentence in our thoughts, for instance: “Today I am extremely happy!” But it is not the thought which produces the joy, we ourselves are in a state of happiness, it is our inner being that experiences it.

Our spirit, our innermost core and thereby our inner self makes use of a tool, the intellect, and generates thoughts on the basis of our state of mind.

But this can also work in the reverse direction: thoughts influence our state of mind! Thinking of a sad event, such as the loss of a loved one, can burden our heart, it depresses our state of mind. On the other hand, thinking of a joyful event, passing an exam for instance or the birth of a child, can make us feel happy, make our heart feel lighter and lift our state of mind.

To feel light or heavy, uplifted or depressed, these examples, as well as the use of language connected with this, demonstrates how closely the effect of our thoughts is linked to the Law of Gravity.

But in order to grasp everything connected with this, we have to come back to our human core, the spirit. In the Grail Message we find following related explanation:

The spirit is everything, it is the *essence*, thus the human being. If together with the other cloaks he also wears the earthly cloak he is called earthman; when he lays aside his earthly cloak he is considered by earthman as soul; when he also lays aside these delicate cloaks he remains spirit alone, which he always has been in his species.

Thus the various designations are merely adjusted to the species of the cloaks, which could themselves be nothing without the spirit, which glows through them.

(Vol. III, Lecture 51 – “Soul”)

Furthermore in this context, we have some insightful paragraphs on the subject from Martin Schott, in his book *"The Mysterious Power of Thoughts"*:

Thus we are not our body, which belongs to this earth. The soul, or even more accurately, the spirit within us, is something quite independent of the earthly body. This leads us to the conclusions that in death, in discarding the body of flesh and blood, we do not cease to exist, we do not stop living. The earthly body is, as we often say quite correctly, merely our mortal cloak! We ourselves, our spirit, hence our real 'Ego', live on in the other, the ethereal world having laid aside the earthly cloak! The spirit is meant to return, having matured through experiencing, to its actual origin, the spiritual realm.

What this has to do with the Law of Gravity is that it also applies to our human core, the spirit, our 'Ego'. Whatever we decide to form will have an effect upon our spirit, hence upon us, since we are responsible for it. Thus, evil deeds, words and thoughts will weigh upon our spirit like a heavy burden, preventing us from returning to our real home, the spiritual realm.

This picture can be likened to a gas balloon. The sandbags represent bad thoughts. If we free ourselves from these, we will become lighter, making it possible for us to rise up to the heights of the spiritual realm. If we persist in our bad thoughts, words and deeds, possibly taking on even more "sandbags", we remain heavy and cannot ascend.

One can imagine how bad characteristics, selfish deeds, words and thoughts sully and burden our soul-cloak. It makes no difference where we are, whether in this world or the beyond. The more a human being succumbs to baseness, the darker and heavier the cloak of his soul will become, which will weigh him down. Conversely, the more a person strives towards the good, noble and pure, the brighter and lighter his cloak will become and the less he can be kept in the depths.

Think of the gas balloon that cannot rise even one millimetre into the air if it is loaded with too many sandbags! In this way, through producing bad thoughts we seriously retard our own spiritual development!

What happens to the soul after its final severance from the earthly body, thus after the disintegration of the "silver cord" according to the laws of creation, the fate of the ethereal "soul" after the final severance depends of course on the lightness or heaviness of the ethereal body. But we create its variation for ourselves through the aims we give to our desires. The higher they are in the rightly-understood spiritual sense, the lighter will our soul-body thereby become, and the baser they are the denser it will become. We can indeed experience ever again within us that gloomy thoughts "press us down", earthly worries "burden" us, make our heart "heavy", but a noble intuitive perception, a serene disposition, "uplift" us, make us "winged", and we "feel light at heart". These descriptions are certainly no empty illusion. They are the absolutely fitting description of a process in which the ethereal body participates very decisively, because every such stirring of our spirit, the intuitive perception, can only manifest in the earthly body by way of the ethereal body." Here we can clearly state that the Law of Gravity that we can observe in the physical world is also valid for our ethereal world.

But the moment the cord which binds us here to our earthly body has disintegrated, this ethereal "soul" rises or falls in accordance with the Law of Gravitation familiar to us all. We know this Law as buoyancy, in water as Archimedes Principle, but it manifests most clearly in gases. Any earthly substance, when it changes into a gaseous state, thus when it has become finer and lighter, as you must know, takes its place in accordance with the Law of Gravity. And through this Law heaven and hell are also explained, because it brings about a completely natural separation. For at the place to which the Law of Gravity automatically leads it, every soul will be surrounded by such souls as have the same weight and therefore essentially the same nature. This being together with their kind may be heaven for some, but for others – as long as they themselves do not bring about a change through a judicious transformation of their volition – it may be hell. –



But once we have grasped that after the falling away of the physical body, our stay is determined by the Law of Gravity, which automatically separates the homogeneous species at any given time, we shall have come another big step nearer the answer to the question of the meaning of our life. For we will then recognise that this, our earthly body, is a mantle, a protective wall which – like a diving-bell through its weight – holds us fast in the gross material substance of this earth world, thereby making it possible for human beings of the most diverse character to live together and side by side. Hence the Earth is a reservoir, a meeting-point for what otherwise would have to remain separate.

(Source: “The Mysterious Power of Thoughts”, Martin Schott)

In a book from Dr Moody, he reports on “*Life after Life*”, and he questioned many people about the experience they had in that “out of the body state”. Where they “had penetrated more deeply into the realm of death” they had a remarkable experience: They felt as if they were gliding through something dark and narrow, a valley, a dark shaft, a tunnel. Difficult as it is to put an experience in the beyond into earthly word-concepts, those concerned were characteristically agreed in speaking of being “pulled out”, or on their return being “drawn in” to earth-life. Here we are therefore already dealing with the next phase, the striving away of the ethereal soul from the astral body, thus the soul’s pulling out from the latter. At these moments of transition, of the striving away movement, the spirit can now no longer see through the eyes of the earthly or astral body, nor as yet through those of the ethereal body, which is only about to become free. Therefore the spirit temporarily has the impression of darkness. It is as though one were inside a lift moving between two floors. There we cannot look out either, but must wait until the next floor is reached.

That this next stage which the soul now enters is actually a world of faster vibration is emphasised by an acoustic experience which the persons questioned had while being “pulled-out”. For they heard a noise, and described it as the booming of a bell, a rushing, a bang. Thereafter they found themselves suddenly in the brightness of a new world, the earthly had disappeared from them. Now we know from many earthly phenomena that where two movements of different speed collide, such acoustic effects result. Just think of the uncorking of a champagne bottle, the crack of a whip, or clearer still – of the boom that arises when a supersonic aircraft breaks the sound barrier. Thus also for the soul, the entry into its new form of existence is like the breaking of a sound barrier. It changes over into a world of faster vibration.

A result of this faster vibration is also the change in the concept of time. Here too we see again the fundamental relationship between dream and death. Already in dreams the wealth of what has been experienced often does not coincide with the earthly time that has elapsed, we think we have been dreaming for much longer. One of those questioned by Dr. Moody summarised the experience in the beyond, which went even further in this respect, in the sentence: “As soon as one has detached oneself from the earthly body, everything seems to speed up. “This too is really self-evident and simply could not be otherwise. For owing to its faster intrinsic movement the ethereal soul-body is lighter, thus more permeable, and that brings with it an increased receptivity to experiencing. For everything that happens affects the spirit much more directly through the less dense covering. It is in a position to be able at the same time to grasp that is to experience, much more than we can, because every happening can move the spirit much more directly. Here it is fundamentally a question of the same Law, which indeed we can also observe in the earthly: The more vibrations produced by the current with which we charge a cable, the more conversations we can simultaneously transmit along it; the higher the frequency of the light with which we take a photograph, the more detail it will show us. The laser-beam is the clearest example of this. In this increased ability to comprehend, which is

characteristic of any faster movement, is found an easily verifiable explanation, based on the Laws of Nature, of the apparently so enigmatic saying “a thousand years are as one day”.

But the altered feeling of time in the world beyond shows us very clearly that with regard to the concept of time we are under a misapprehension. We generally understand by it minutes, hours, days and years. Yet these are basically only a measure, derived from the movement of the earth in relation to the sun. We all know indeed that one hour does not equal another, that an hour of joy seems short to us, while one of pain seems like an eternity. Rich experiencing makes time pass as if on wings, while during inactive waiting it crawls by. Time is not the hour or the date, but the abundance of what we are able to experience, to accumulate in it. Hugo von Hofmannsthal expressed this very well when he said: “To the one who experiences, life expands.” That is why it is so significant that, through the experience in the beyond of those who had briefly departed this life, this recognition is called to our consciousness and deepened. For it already means that first step towards answering the ever-repeated question about the purpose of our life. We realise that to live means to experience!

In this connection another experience with those who hovered between life and death were able to have gained special significance. For they experienced that in the world beyond only a completely different kind of knowledge counts. It was, as they described it, a deeper knowledge, a knowing as it were “with the soul”, which is connected with the origins and interweaving of that which “holds the world together at its core”.

To acquire this kind of knowledge, as they were told by helpful beings in the beyond, is the most important thing, even already here on earth. And this should not only make us think, it should arouse us. For it certainly shows how wrong our education is, how much precious time in our life we spend on learning things which after all are quite unimportant. Here runs the dividing line between intellect and spirit. What we acquire by learning is of use to the intellect; stored in the cells of our brain it remains behind with our physical body. Only what we experience, perceive intuitively, what moves our spirit in this way, enters into us; that alone can we take with us. But today the whole of mankind suffers under the one-sided intellectual development. We accomplish splendid works of technology, but we lack the ability to control them, to use them wisely, because instead of letting ourselves be guided by the spirit we have left the guidance to the spirit’s earthly instrument, the intellect. Thus everywhere we interfere in the natural happening, without being able to foresee the consequences, because we lack the true knowledge of the structure of Creation.

In a book by thanatologist Dr. Raymond Moody, one of the people he had studied reported:

*“My entire life passed before me in a review. I felt ashamed of these experiences, since I had a much wider knowledge now....It was not only clear to me what I had done, but also how it had affected other people.....I recognised that not even our thoughts are lost.”*

In a book written by P.M.H. Atwater, another author who concerns himself with near death experiences, one participant who had returned from the threshold of death relates the following:

*“It was a total re-experiencing of every single thought which I had ever had, every word that I had ever spoken, and every action I had ever undertaken; together with the effect that every thought, every word and every deed had on all the people who had ever been within my circle of influence, whether I had actually known them or not....and also the effect of thoughts, words and deeds on the weather, plants, animals, the earth, trees, water and the air.”*

### **Unit 1 Assignment Part 6**

Please Answer following questions

1. What is spirit?

2. *What does burden a human beings soul cloak?*
3. *How can we effect our soul in a positive way based on the knowledge of the Laws in Creation: The Law of Attraction of the Homogenous Species, the Law of Reciprocal Action and the Law of Gravity. (Refer back to the recent pages)*
4. *What does it mean to you to know something with the Soul opposed to intellectual knowledge? (Page 38)*



Assignment to be sent to your tutor. Please answer the questions in detail:

## Unit 1 Assignment

Summary of Assignment questions for Unit 1

### **Unit 1 Assignment Part 1: Answer following questions:**

1. *What does the concept of "noumena" mean? Please give 3 examples of noumena events or processes that you experience(d) in your own life.*
2. *When you think on the quote by Paracelsus: "The Physician should look for the force and nature of illness at its source. He is not to look to that which can be seen, for we are not called to extinguish the smoke but the fire itself." (Theophrastus Paracelsus, M.D. Switzerland - 1493-1541)*  
*What does this quote mean to you? What comes up in your own awareness when thinking on this quote?*

### **Unit 1 Assignment Part 2: Answer following questions**

3. *What is the difference between personal viewpoint/perception/selective observation and*

- having an overview independent of personal opinion?*
4. *Why is it vital to strive for such a viewpoint first before anything else?*

**Unit 1 Assignment Part 3: Answer following questions**

5. *How are we creating the directions for our energies? (Refer to page 13). Give one example from your own day, explaining how you directed your energies and what the results were based on how you created the directions for your energies?*
6. *Bio-magnetic fields. Summarise what you have learnt on Page 14*
7. *What did Werner Heisenberg state about Magnetic energy and what are your own thoughts about that based on your current understandings?*

**Unit 1 Assignment Part 4: Answer following questions.**

8. *Explain the three phases of how our body works.*
9. *Give examples that illustrate the laws of nature referring to the health of your own body. Referring to the Law of Reciprocal Action, Law of Movement, Law of Balance and Law of Attraction of the Homogenous Species. Which effects does it have for the health of our body, when we are not obeying these laws of health?*

**Unit 1 assignment Part 5- Please answer following questions:**

10. *What is the inner voice? (Refer back to page 23). Give several examples of your own experience with your inner voice.*
11. *What is the task of the intellect? (Page 23)*
12. *Name the coverings of the spirit.*
13. *What is the Astral body? What does point to the existence of the Astral body?*
14. *According to what you can read on Page 25, what is the meaning of our human existence? What is your own perception about the meaning of your human existence?*
15. *What are Body Meridians?*
16. *What is Phantom Pain?*
17. *How is the Soul connected to the Astral Body and to the physical Body? Please describe in detail. Refer to page 26 to 27*
18. *What is meant with bridge function?*
19. *How are the different bodies connected with each other?*
20. *What happens at sleep? What are the outward signs of a weakening of the radiation connection between body and soul? (Page 29)*
21. *What is the carrying animating support that is lacking during sleep?*
22. *What is prove that the Union between body and soul is due to radiation?*
23. *What happens at death in regards to the radiation connection?*

**Unit 1 Assignment Part 6 Please answer following questions**

24. *What is spirit?*
25. *What does burden a human beings soul cloak?*

26. *How can we effect our soul in a positive way based on the knowledge of the Laws in Creation: The Law of Attraction of the Homogenous Species, the Law of Reciprocal Action and the Law of Gravity. (Refer back to the recent pages)*
27. *What does it mean to you to know something with the Soul opposed to intellectual knowledge? (Page 38)*

**Please complete the Assignment. Should you have any questions please contact your tutor. At completion of your assignment please send your answers copied into an email to**

[edeltraud.jakobgrace@gmail.com](mailto:edeltraud.jakobgrace@gmail.com)

Book Section Sources:

- Abd-ru-shin: In The Light Of Truth – The Grail Message
- Christopher Vasey: Laws of Health
- Dr Richard Steinpach: How is it that we Live after Death and What is the Meaning of Life
- Martin Schott: Power of Thoughts

