

LOGOS

International centre for human development

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PATHWAYS
BETWEEN
THE INVISIBLE
AND THE VISIBLE

The little book of healing

Isis Pristed

PATHWAYS BETWEEN THE INVISIBLE AND THE VISIBLE

The little book of healing

Translated by Susana Janic and Marianne Martin

Illustrations: Isabella Torquato

(in partnership with Bia Ferraz and Isis Pristed)

I dedicate this book to

Bob (in memoriam), my teacher and friend.

Ivana, Leonardo and Maria Luisa, the three pearls of the best part of my life.

My ancestry – always a source of support and inspiration, more and more each day.

Alza (in memoriam), who encouraged me to return home to Brazil.

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INTRODUCTION

In Rio de Janeiro, where I frequently give courses and seminars, with the help and support of Bia and Isabella, I began the process of illustrating some of my work on energy, healing and meditation. My teacher had suggested I document these teachings and my clients said that they would appreciate a little compilation on healing. We had no idea when we started how this would turn out. In 2019, celebrating 42 years of work in Brazil and in Europe, the opportunity arose to publish this illustrated book about healing in Portuguese.

My teacher, rather, mentor, was internationally-recognised Bob Moore. For more than 30 years I was fortunate enough to work closely with him and this closeness, along with his generosity and kindness, allowed me to witness the development of his precious legacy of knowledge and practices, which he called Spiritual Healing.

In all that I do professionally, I have attempted to be faithful to and to develop his legacy further. My work with healing rests on the connection each person has with themselves, with their own body and their own energy in the different aura dimensions: the spiritual, the mental, the emotional, the etheric and the physical.

Meditations and exercises focus on this integrated approach and the energy movement that is developed in a practice brings care and benefits to the health of the physical body as well as the etheric web, the polarity balance, the meditative process, and the link with the spiritual dimension.

This practice of healing has helped me through problems and suffering; I have witnessed many changes but, above all, it has taught me to value and trust in the expression of my self and my quality. Our lives and energy processes are a blessing, while at times challenging and sometimes surprising.

I sincerely wish that the use of this methodology may improve the life of each reader.

I am grateful to everyone who stood by me in this process. It is a long list.

Isis

Rio de Janeiro, July 2019

NOTES

- 1. The colours and the relation between the points and the body in the illustrations are mere guidance.*
 - 2. All the illustrations of the body are in a standing position to help in identifying the areas and the circulation*
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PART I

We are the world
and the world is within us

CARING FOR THE DIFFERENT DIMENSIONS OF CONSCIOUSNESS IN DAILY LIFE

The healing approach is multidimensional. It includes working with the whole energy field, or aura, which contains various vibrating bodies — the physical, the etheric, the emotional (sometimes known as the astral), the mental, and the spiritual. The aura is dynamic and transforms itself with our thoughts, with our emotional states, with our breathing, in our contact with other people and with the atmospheres around us.

Healing is a natural process in life. In following this book you may discover for yourself that healing is built on the connections in our energetic field. Energetic networks, or webs, are related to the various dimensions of the individual and their levels of consciousness. Healing also establishes a dialogue with other areas of human expression, such as medicine, psychology, education and the arts, as well as with the roots, values and beliefs of each individual. Healing is also related to the energy organising principle, that is the power and the intelligence that creates and moves life.

Part of the purpose of my work has been about giving the individual the means to access their own inner resources and helping them to respond in the best way possible to any challenges in their lives.

The individual takes upon themselves the responsibility of practising the exercises and meditations with care, and to share with others when working in a group situation. This discipline of care provides a space to bring insight and more freedom to our everyday lives.

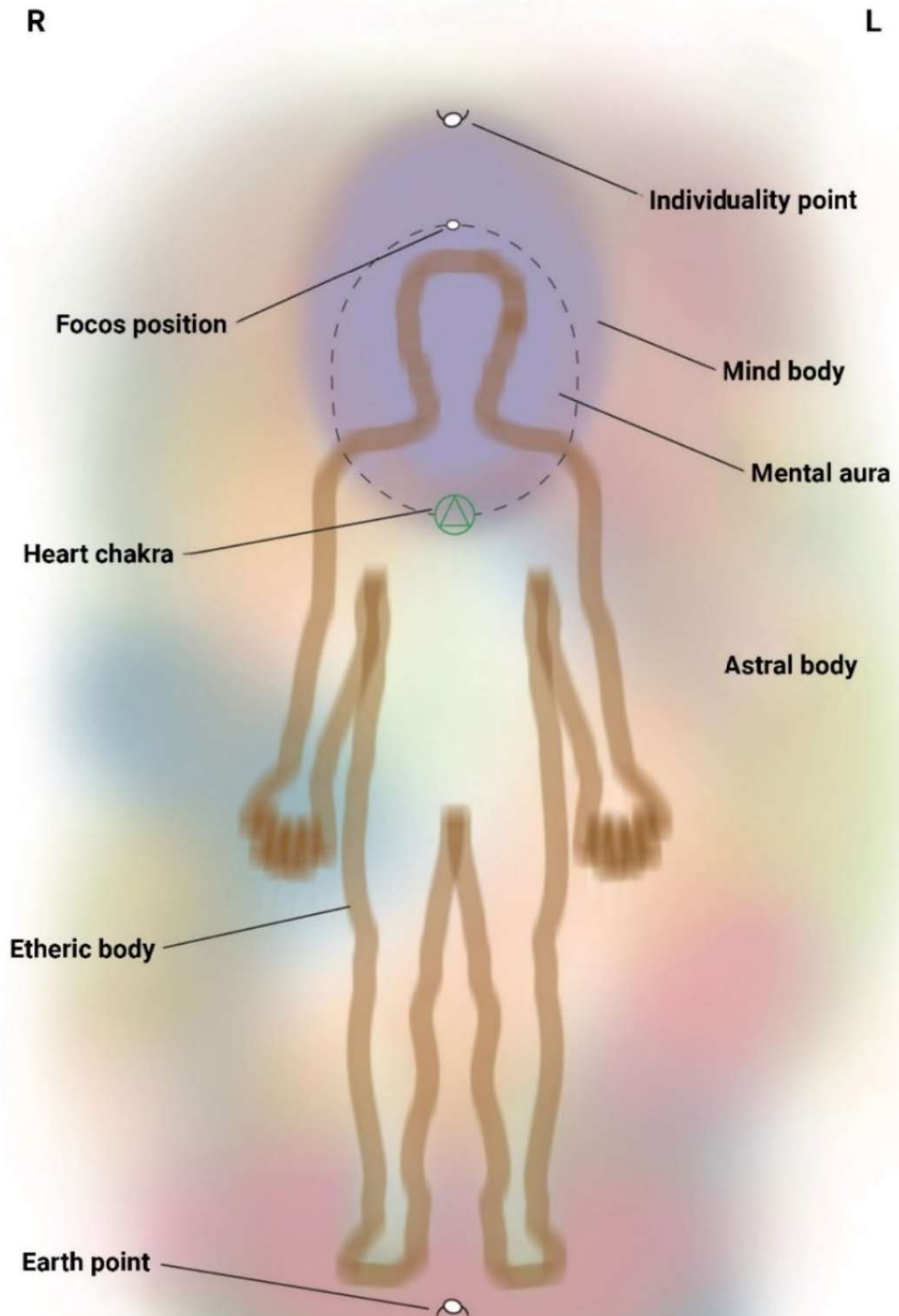
Practising the exercises establishes a relationship between the physical body and the energetic field and thus our own energy. The non-physical energy webs are linked directly to the physical body through the nervous system and the endocrine glands. Perceptions and sensations are exchanged between the non-physical and the physical dimensions across these bridges, in both directions.

This first illustration gives an impression of the different dimensions of the human energy field or aura, and also four of the important areas in the subtle anatomy.

These are the individuality point, placed 35/40 centimetres above your head; the earth point between the feet when standing; the focus position, and the heart chakra.

The movement of energy in the field is continuous. Modifications occur throughout the day, depending on how the individual feels and how they respond to demands.

Energy field – Aura



EXERCISE 1

PART 1 I suggest that you find a spot in a quiet place where you can sit calmly. If you are able, sit with an upright spine in a way that feels natural and comfortable. Close your eyes to tune into your inner self and observe your breathing for some minutes.

PART 2 From there, bring your consciousness to your energy field. Allow yourself to be attracted to different areas, pausing and relaxing at each one, before you gently allow your attention to move to a new area.

To finish, feel again the extent of your aura and gradually connect with your physical body. Open your eyes slowly and stretch your body, allowing yourself to utter any sounds that come.

Before, during and after the exercise, be aware of what comes up for you. Pay attention to thoughts, emotions and feelings. From now on in your daily life be aware of your physical body, your emotions, the quality of your sleep, your dreams and the rhythm of your breath. Various sensations and subtle adjustments may be perceived and gradually nurtured as you use the practices.

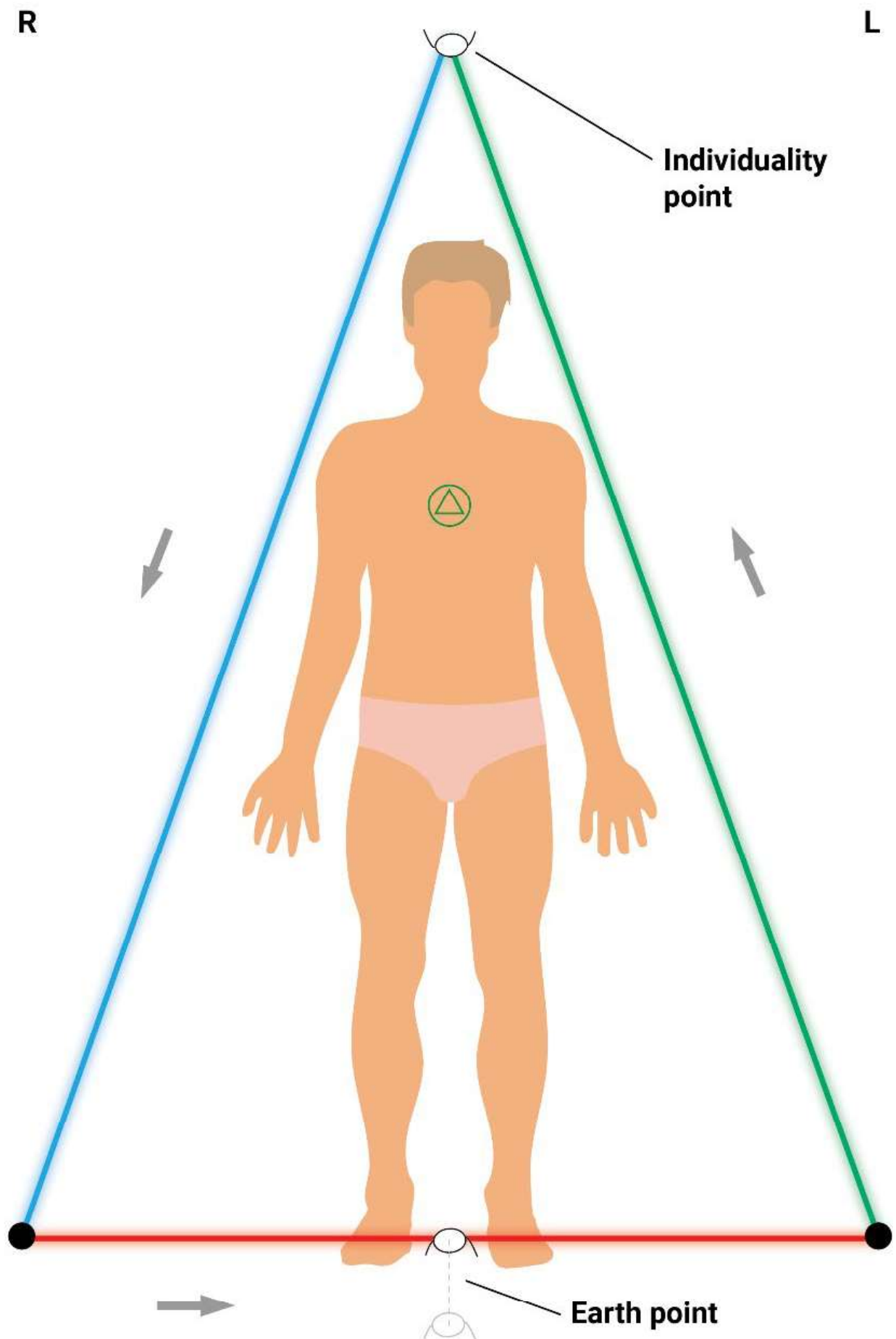
By repeating the exercises within your own rhythm, the experiences will teach you how to care for yourself, for others and for the collective consciousness. In order to be alive and healthy, we depend on social exchange and on the renewal of social bonds—the true source of human sustenance.

I recommend that you write down the experiences you have in the exercises and the meditations. There may be images, sensations, memories, emotions, aim to record whatever comes up, even if it doesn't seem to make any sense. In time, these recollections may tell you about your own story and open up areas and connections for new pathways.

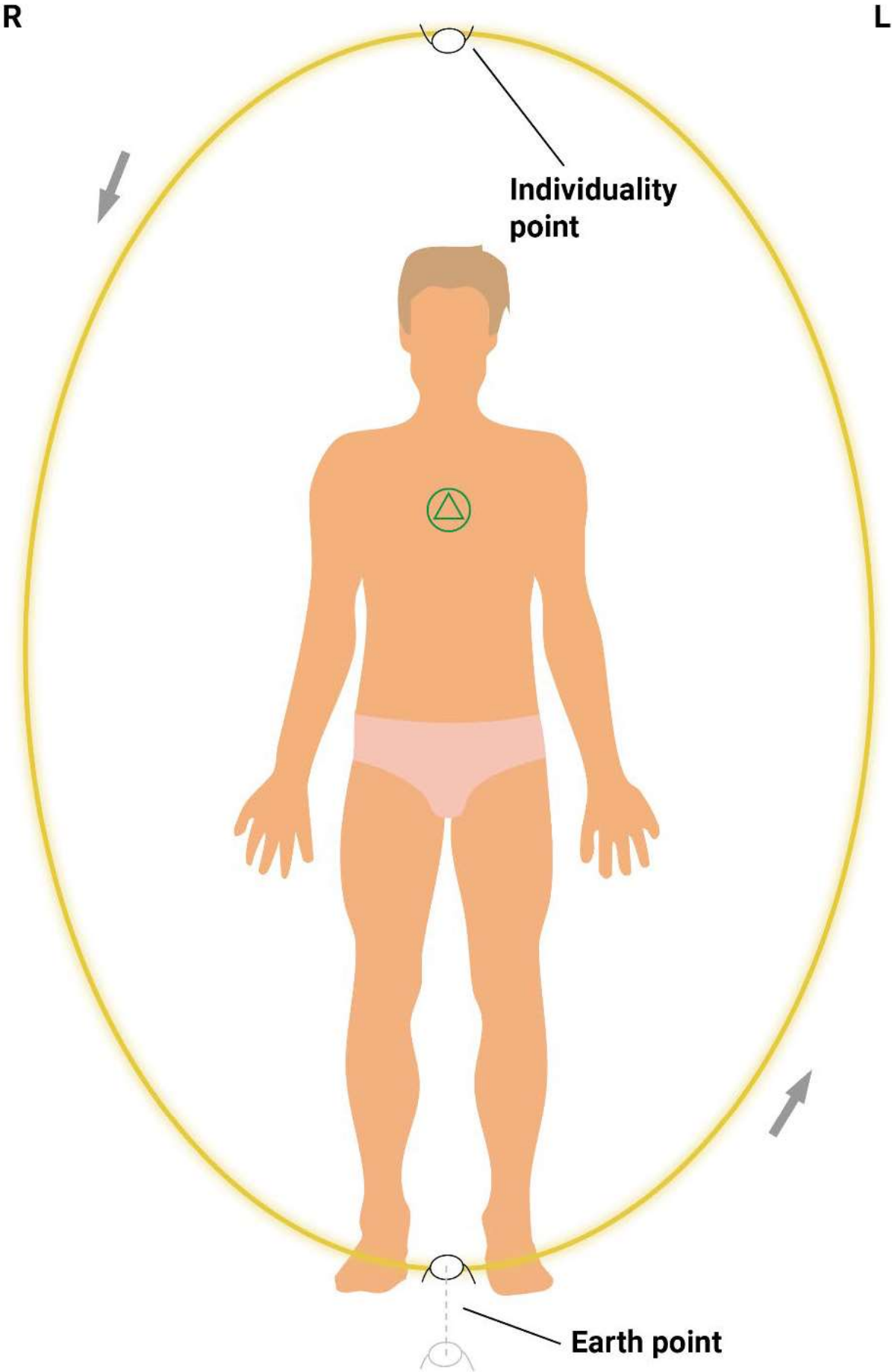
Allow whatever may come to come – this phrase helps people surrender to the energy process with less interference from thoughts or autosuggestion.

With the following illustrations, there are two exercises. The first one is based on a triangle and the second a circular shape. These geometrical figures are inspirational symbols for the movement of consciousness accompanying the precision of energy. The triangle practice will gradually bring the feeling of balance between the three dimensions; the circular one, the feeling of unity with yourself.

Triangle exercise



Circular exercise



EXERCISE 2

PART 1 At the beginning of all the practices it is recommended that you sit with spine upright, in a natural way, being aware of your breath and your physical body.

Start by making contact with the individuality point. Breathe in and out at the individuality point for some minutes and open up to this unknown area. If your attention wavers or thoughts about your daily life come to mind, gently bring your attention back to the individuality area. Settle in this space, which can be a shelter from disturbances and offer a sense of direction.

Then, let your thoughts and feelings move downwards, directing them to the point to the right side of the right foot. Settle there. Then move your consciousness across the earth point until you reach the point to the left side of the left foot. Settle there, breathe, and then move up the left side, back to the individuality point. Repeat the movement a couple of times, outlining a triangle.

The sides of the triangle do not need to be precise. Allow the energy to guide you gently with soft intention, focusing mainly on arriving at the points rather than the journey between them. The

purpose is not to have a perfect triangle around you, but to strengthen a structure that will offer control, boundaries and protection, to help deal with what daily life brings.

PART 2 Settle for a while in the triangle and return to the individuality point. Repeat the movement in the same way as in part 1: down the right side, going under the feet and moving up the left side, now using colours as illustrated and detailed below.

Adding colours produces frequencies and/or vibrations. They have an effect on the body, on the aura and on the psychological and psychic conditions of the individual.

When you use colours, it is not necessary to visualise them. People have different levels of mental imagery ranging from vivid to a total absence, with most people sitting somewhere between these extremes. Also people's connection and attraction to work with colour varies. Just connect with the colours in whatever way is natural for you and let them do their own work. Allow whatever shades to show themselves without adjusting them. Let the energy guide you and if the logical brain interferes, gently bring yourself back to the practice.

Note also these colours are of light, not of pigments, therefore the illustration on the page is limited. Think of the colours that you see when looking at the light of a rainbow.

Evoke in whatever way is natural for you blue-coloured light in the downwards movement, red-coloured light underneath the feet and green-coloured light going up the left side. These colours encourage the process of expression, grounding and absorption, respectively. Repeat this colourful movement a few times and relax. *Allow whatever may come to come.*

PART 3 To finish the exercise, focus on the heart chakra with the symbol shown in the illustration. Relax and *allow whatever may come to come*.

Notes:

1. *As you can see in the illustrations, the earth point shows an extension, meaning a contact deeper down into the earth.*
 2. *You don't have to practise these exercises one after the other. It is better to have a pause of hours or days between them.*
 3. *Each exercise can take as long as you want, do what feels natural. I suggest 15 minutes, but to start with that might feel too long. Try out what is best for you.*
 4. *At the end of the practice, remember always to stretch out, utter some sounds, and write down what has come up during the exercise.*
 5. *If you practise the exercises over the weekend, before breakfast, you may feel like sleeping afterwards. Listen and take care of your body and your soul and be generous with yourself.*
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