

## HEALING.

**We would like to go deeper into the area of healing. We touched upon this area already, when we spoke about levels beyond thought, about meditation and stillness. Sometimes you say something like ‘In every real change healing is involved’ or ‘There cannot be a change without healing taking place’. We realise that healing is related to much of what we have already spoken about, but still we would like to ask you: What does healing actually mean? What role do the qualities play in a healing situation?**

YES, I THINK we have already touched this question. As I see it, healing is related to allowing your feelings to be expressed. So you are bringing your qualities into this physical world, thus giving an example of your connection to a level that you normally cannot explain, such as stillness in meditation. When giving healing to another person, then, in blending with that level, you are giving him an incentive, which may help him to realise his own connection to that same depth. It does not necessarily involve the use of your hands. But it does involve patience. In trying to help people to appreciate themselves, their relationship to light and what it means to them, for example, in the sense of not separating themselves between surface and depth, you need a lot of patience.

The qualities, the way I see them, are what we have built up or grown with related to our acceptance of life or ways of responding to life through different incarnations. And they are there all the time, not just when we are working with healing on a person to person basis. But when they are used consciously we have this endeavour to give expression to what quality is, which can be helpful in bringing anyone into a more true experience of joy.

When we have a healing situation, then all that happens is that you are brought into a position where it is possible to give to a person, because he has asked for it, more relationship to the experience of depth, a depth that you yourself have already related to.

**The word healing seems to be used in different ways. Sometimes it is used for a process or a learning, through which we can reach a stronger contact with our qualities. At other times it is used for something which happens at a point of realisation or clearance. In this way one might say: We need healing in order to receive healing. It seems like two stages of the same process, but maybe they are so closely linked, that one cannot separate them. How do you see this?**

LET US LOOK AT this word Healing. What does it really mean? In English it means correcting something which was wrong. So, whichever way you look at it, whether it is a process which is taking you towards a point, or whether it is this actual point, is really the same.

If you are going to help another person, you have got to have something within you which this person can use. But you cannot say to another person: 'Well, I am going to heal you now!' because in your relationship the other person must play his part. The very fact that there is something which we consider wrong, consider to be a problem, means that the person has created it some time, somehow. So we have got to help the person to understand that something which he is doing is bringing the condition about for which he needs healing. He needs to play his part in this. So healing is related to the process of communication on various levels between people.

I am not just talking about physical illness. Physical illness may be there, but to me the value of healing is to be able to recognise a cause behind a physical problem. Using the means which we have, be it in seeing, be it through intuition related to our qualities, can help to bring people's attention towards the cause. This may take time, we may have to repeat, we may have to meet a number of times, and it can only function through feeling. It does not involve a technique. Developing your abilities in healing means learning about people, not about a technique. In this way, the use of qualities is really the use of feeling for the other person, to give him an opportunity to increase the contact with his own qualities. So we have a blend taking place. This is the way I would see it.

**When giving healing to a person, I sometimes enter a type of balance between knowing and not knowing. Something happens which is difficult to describe. I call this a 'balance' because I feel it happens when I experience myself to be more open to a deeper level. In such a connection, something essential can be brought forward for me as well as for the other person. Is it so that the presence of balance creates an attraction towards balance?**

IN MY OPINION, so much is involved in the activity between people. If someone comes to you for healing – and this person is real in what he needs, if he really wants to have a contact with healing – then he is open to receive from you what you can give him. He may not really understand so much about it, but he is open. When this takes place, then you are placed in an authority position by this other person, and in this situation he allows your whole energy field to surround him. I think many people forget that when you ask another person for help you let the other person's energy surround you. It happens in all kinds of situations. In an operation in a hospital the energy of the doctor, the surgeon, surrounds the patient. When two persons talk together and there is a blend from one to the other there is always a fusion of the energy fields between the two. When we turn to healing, your energy as a healer surrounds the other person.

Of course you have to have a balance within yourself which is allowing another person to become attracted, not on the surface but on that deeper level where he is looking for something himself. Deepest down we are all trying to get back to light, trying to make contact with light. What he is attracted to in you is something which is above his level of problems and which of course relates to your qualities. So, when working with another person, the contact you have with your qualities is related to the contact this person is trying to establish to his own qualities. And this the initial thing, where the whole healing situation begins. Here, areas where you yourself are defective are no longer playing a part, because you have risen to this level of qualities. It may not be all your level of consciousness. At this point in time it is the level where you are active, and which is producing the attraction from the other person to you. But remember what I said about development: a true contact with that area contains no selfish or ego aspect.

When we talk about 'healer' and 'patient' then it is alright as long as we take it on a physical level, but when we look deeper, the reality is, that we are all one. And we are all trying to establish this at-one-ment. When the qualities of two persons blend they are in a state of at-one-ment. If the underlying problems are allowed to take over, then this prevents the state of at-one-ment or does not allow it to operate.

### **Do you experience your contact with your qualities as a type of a balance?**

YES. YOU KNOW, we have this practice, which I call the 'Practice of Manifestation'\*. It can be a big help to bring you into balance with your qualities. Being there you are not concerned with what is beneath, what are problems or what

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\* See Appendix

are emotional complications. And this is allowing a flow to take place, which is an attraction to other people. Such a practice – if I talk about myself – I would use it every day, because it will give me a means of being clear, of not being interfered with by emotions or by noises from the outside.

### **Would you call a healing contact a magnetic contact?**

IT CAN BE magnetic on a level near to the physical. Here the attraction is a magnetic connection. But then, if the person is really going to be helped, the connection has got to move beyond that, has got to move into the area of qualities.

### **And that is not magnetic?**

NO. A MAGNETIC field is related to what exists between the mind, the astral, the etheric and the physical levels, all of which are levels of polarity. There you can be in a magnetic field.

### **So spirituality is different?**

SPIRITUALITY IS THE combination of all these levels, which takes you into something different, so that you are moving beyond polarity into your qualities. Your qualities are not polar.

**If we try to focus on what is going on in the individual in an effort to understand more about what actually takes place in healing, then I would like to ask you: Is there an attraction between our problems and our qualities?**

**What I mean to ask is: Is a person who is honestly confronting his problems as a consequence activating his qualities? Or, seen from the opposite side, is a person who is opening to his qualities bringing his problems into a movement? Is there a meeting point, so to speak, between the problem level and the quality level, a point where healing takes place? Is healing the same as letting go of one's problem, and does one become fully aware of it exactly at that stage? Can healing also take place without such an awareness?**

WELL, PROBLEMS ARE very often there because we do not understand or have not been given the means to understand ourselves or our connection to other people. Looking at problems, we are essentially looking at fears, because to my experience one can trace all problems back to a fear structure. Therefore, I keep emphasising the four collective fears; they embody so much of what is held within a person related to non-acceptance of himself. This non-acceptance can bring a person to do things which he is not aware of doing, and even if he would be aware of it, he may not know why he is doing them.

Let us take an example where a man is trying to get into contact with a woman sexually. And, as we have talked about before, sexuality is very much related to our fears. You can find men being scared of women and vice versa. So this man, although he is having an ejaculation, may be in a structure of fear, where he is not meeting up with the blend, which is needed to produce the strength between him and his partner. So the problem is affecting his means to use his qualities.

Such a situation shows that there are problems which have to be uncovered, which one has to confront and work with. This does not mean that a person has to work through all the regressions of his life. In many cases I don't see the need for that. It can be helpful of course to work with regression, but many of the problems which come from an earlier part of our life we repeat over and over again. We cannot work with problems from the level of the problem. This is where our relationship to qualities and to healing becomes important. If a person can realise, what problem he keeps repeating, and if this person has the means to contact his own qualities, maybe helped through healing from another, then his attitude to the problem area can change. This change of attitude draws quality energy into the problem area, and this can bring about a dissolution of the problem. But you may also say: Through the realisation that it was his own attitude which created the problem, he became more open to his qualities. This is how I see the connection between problems and qualities.

There is this parallel structure without which problems could not be solved. If you try to find a connection to your qualities, you have got to confront those obstacles which have been standing in your way. When you reach a point where you realise how you are responsible for your own problems, you have the means to make a change. This change opens you to your qualities again. So you have a progressive state in this, where other problems can also be worked through.

As I mentioned already in the very beginning, in my experience all problems can be traced back to four collective fears. They show in the polarity structure between people in everyday life. You may say: 'Fear is the inability to meet up with the everyday requirements'. But if we look deeper, we are always coming to one or more of these basic fears: the fear of death, the fear of sexuality, the fear of physical illness and the fear of mental illness. In trying to help another person, of course you cannot just

confront him with a deep seated fear. But if that person can reach the realisation as described and change his attitude through that, then this will open his capacity to have a deeper connection to and acceptance of himself.

**If we bring all this into the context of a relationship, how do you view possibilities for change or development between partners?**

LOOKING AT PROBLEMS in a relationship, it is very important to realise that they are never just on one side. No matter how 'bad' one of the partners would seem to be, the problem is never restricted to one person. There is always a meeting point. A problem of one side meets with a problem of the other. It is the attitudes of both sides which need to be brought together, which need to change in order to allow the qualities of both persons to merge in this particular area. Maybe one of the partners fears the other one in some area and the other one is reacting to that fear. Until this is fully realised, such a problem is not going to be solved.

This is really what relationship is about. Remember what we said about opposing and complementary opposites. Problems represent opposing opposites. Now, a relationship which can provide this movement from opposing to complementary opposites is allowing a blend of activity to take place, which again can bring acceptance from both sides. All this does not mean that the two persons are submitting to each other. It simply means that there is acceptance of each other's point of view. If both of them go deeper into their valid reasons for having their particular point of view, then this had got to draw them back to the basis for their relationship. Now, if this basis is connected to their qualities – which for me will always show in their thyroid chakras, in their contact on the level of expression – then this drawback will bring about a change. After having worked with a problem in this way, the character of the opposition can change and you will find a dissolution of the problem. To me this is what growth in a partnership is about: increasingly finding a way to blend qualities, to allow feelings to show.

Again, I wish to bring in sexuality here, because it plays an important role in a relationship. Sexuality involves intimacy, or should involve intimacy, not just on a physical level, but also the intimacy of sharing in silence. Silence is allowing a blend to take place between the aura structures, allowing the qualities to become active between the two persons and is thus allowing an integration of qualities down through the different levels towards the physical.

So when you have difficulties – which I have found so often relate to the stubbornness of one or both partners because of a background of fear – and when you are able to reach this silence, this stillness together, then the intimate blend may allow the activity

of qualities to penetrate the stubbornness of the fears without a word being said at all. I can translate this into meditation. I think I can say that nothing can be stronger than meditation in a relationship because it gives the two people the means to find this stillness. As I have said earlier on, you cannot describe stillness, but if you have a depth of feeling existing between two people, then the stillness is a very effective healing agent between them and it can be expressed towards other people, with whom they are working or coming into contact. So I see a relationship as tremendously valuable when it comes to the whole purpose of healing. If the two people have this coordination, existing problems do not at all need to become or remain an interference.

### **You sometimes talk about healing energy or a healing colour. What is this really? A special form of energy, a blend, a situation?**

FIRST OF ALL, it is an activity showing itself as a blend within a person. Again, this relates to what we were just talking about, the connection and interaction between problems and qualities.

When we talk about a colour – remember all colours are vibrations. Take green, for example. I call green a self-development colour, because it always relates to a person's inner process and because green is also the colour of the heart chakra. Green is quite important in healing, partially through its ability to blend with blue. Blue is a pacifying colour, and it is a colour of tremendous strength. It is a colour that does not reflect the emotions, it reflects the strength area. You only see blue connected to emotions when there is a situation of suppression, as when a person uses his thoughts to press down emotions. In such a situation of suppression you may see blue in the aura related to the lower part of the body.

When we have a blend of green and blue, we have two colours which show a development process within a person and his reaching the means to use the calmness or peace within himself. In groups we have used this blend, which is turquoise, and it has tremendously strong healing aspects. When a person reaches such a blend within himself, this is what he can use outwardly towards other people.

But there is something about green which shows one of the subtleties of vibration: Often you find green showing in the aura related to illness. In cancerous conditions, for example, you may find green, in arthritis as well, and also related to emotions of tremendous power like aggression or jealousy which produce lots of stress within a person.

So you see, you can have green showing a progressive state within a person, say towards the use of blue in healing and you can have green showing the opposite, where the person is using more and more of his emotional self. The latter will produce,

or has already produced, physical illness. Physical illness, as I see it, is coming about either when a person is wanting too much for himself in a selfish way, or when he is doing something non-productive for himself, like covering up fear with anger.

These situations all show green, but the subtlety is, that they are of varying shade. I would like to have more time to go into this, because it makes green such an interesting colour for me: Here we have this colour, which is so closely related to nature and therefore to the whole vitality of life, and yet this green can reflect a productive side and it can reflect a destructive side. Perhaps this means that if a person who is, let us say, full of hatred, has the means to acknowledge what the hatred is about and the means to move just a little bit, then this hatred would change into love and the shade of green would change accordingly. I suggest this because often the change within a person need not to be very large. Often we may find that the attitude of a person has been held in one direction, because he has not had the means to change or to see another.

Altogether, I can say that it is a very good thing to work with colour, that it gives an added aspect in working with healing. Of course, colour is vibration, and vibration is also sound, which actually comes before colour. So this opens to the whole area of sound, which may certainly also be very useful, when it comes to making a change.

**When we look at the history of healing, in our culture it was Jesus who is known for working with it. How do you look at the evolvement of what he brought forward? How is healing going to progress?**

IF WE TAKE Jesus as an example, he taught his disciples. They again talked about healing and worked with healing as well. But in the writings from that time nothing is written about the mechanism of it, nothing is written about energy. Everything in Christianity has been based on a faith structure, there has been no room for the educational aspect. It is the educational aspect that needs to be brought forward today, to allow people to see the mechanism of how the laws which Jesus was using work.

**Do you think, Bob, that maybe the educational aspect could not be brought forward at that time? I mean, everything takes time, and maybe it was something which had to come in later.**

YES, THIS COULD be. Because if a person has not got the feeling for what he is doing, then he is in a totally different connection to energy, completely held in his own psychic ego. Where people use energy but have not got the feeling for what they are

doing, you can say it is really the left hand path or black magic. The fact that nothing was written about the mechanism of healing, neither in the Bible nor in the writings of the Essenes, from whom it is said that Jesus received his education, makes one consider: Is it something which has to be carried on by word of mouth, something which has to be taught in a person-to-person contact?

**Do you think that people today are more prepared to speak openly about these things than was the case earlier on?**

YES, I THINK SO, this is what we are experiencing. At the same time there is opposition, and as we have talked about earlier on, it is important not to be caught up in that.

The silly thing is that although it was Christ who brought healing into focus, there is a lot of opposition within the Christian Church. This is related to the fact that the Christian Church has not played its proper role in the development of humanity, it has become stuck. Because of that, people outside the Church are going to take over. And this is what we are seeing, this is what is happening today. If I remember correctly, C.G. Jung says in his autobiography that in his understanding, Christianity is the religion for the Western World, but it has to change. And I would completely agree with this.

What is so interesting about our world today is that we have got almost everything that has ever happened in history and evolution unfolding at the same time in front of our eyes. We can see everything, from the stone age to highly educated people to satellites moving around in space. And we have got all the emotional display of the centuries just in front of us. This is amazing.

**Coming back to the teaching of healing, you mentioned Jesus and the knowledge which he probably received through the Essenes. Is this the source which you are connecting to, and how do you look at the progression of your work?**

YES THAT IS an important source for me. I look at my work as having gone through three phases. Each phase has brought about an initiation in some people. For a number of years we had two main series of workshops: 'New Dimensions' and 'Healing' workshops. You can look at the difference between them as indicating the difference between more philosophical aspects and aspects more concerned with healing. So people who were more attracted to philosophical aspects came to the 'New Dimensions' workshops, whereas people more attracted to learning about healing came to the healing workshops, and some came to both. Within each series we

had 3 stages connected to the Tibetan, the Egyptian and the Christian wisdom. The Tibetan wisdom relates to discipline, the Egyptian to precision and the Christian wisdom to love. And those three stages have got to come together in order to create a reality. If you do not have discipline in what you are doing and if you are not precise in doing it, then you cannot reach love. So you have these three factors linked to the three initiations which we talked about. And if you have got those three factors combined, then it is drawing you into a fourth area of function which we have now in the Synthesis groups.

But you have to be aware of the subtleties in all of this. You see, I don't think everybody has to go through what many went through in the years with the New Dimension and Healing workshops. Those who went through these workshops were filling their aura with what they took in, and even without talking they were passing it on to other people. This had helped the progress of others, and what I see is that people who are starting today are in quite another place than people who started ten years ago. So one has got to look at the progress which has been achieved, one must relate to people within the progress that is with us now. The longer we continue on, the more attraction there is to people who have a lot of hidden knowledge within themselves. We really are in a whole movement of attraction, where a lot of work is done through the influence of example, related to the influence of what people have in their aura. So more and more I see my work as trying to give to people a structure, so that they may be able to increase the potential of what is already there. As I recently said in a group, I am not really teaching anything new. All of it is already there.

**This brings us to ask you about methods of teaching. You have been teaching through talking, through meditations, through exercises. You were given exercises, and you yourself probably made exercises?**

YES.

**Do you think this would be the way to continue teaching?**

I THINK – for this period – it is the way. I don't think it is always going to be the way.

## **Okay – but let us talk about now.**

I THINK – for now – it is the way, because people have got to learn to be disciplined and to be precise within themselves. Only then are they going to understand what love is. If they are not connected to discipline and to precision within themselves, love is just going to remain some floaty thing related to two thousand years ago, and this is not the reality at all.

So people need to learn to appreciate themselves through their own discipline and in this way understand what they really are. Not what someone else tried to make them, but what they really are in themselves. Of course, this means drawing on the knowledge which they have already structured around themselves.

This is a process of opening. If, for many lives your knowledge has been blocked off because of outer authorities and you learn to open to it, then of course, you can draw on what you already have around you, you can draw on the awareness of your own individuality. And this is exactly what other people are looking for as an example, this becomes an attraction to others. The law of attraction is at work all the time and is working most precisely through example. If you create a proper example in yourself, you will always relate to the depth within yourself, and this is what you give to other people. This is how I would see the movement or the growth, also in teaching.