

# Reflections

by Kristelle Dumas

**1. Reflect on what you have discovered about the first four laws of healing and write a summary of how at least two of these laws have affected your thoughts, life and healing. You can include connections with your secular work, relationships, meditation and any other aspect of your life.**

**Law 1** To comprehend the laws of healing, the first thing that is required to be understood is the cause of disease. The first law states that all disease is caused by lack of harmony between the soul and the physical form. When a free flow of energy from the soul flows through the chakras and to the physical body, you have perfect health. If there is a blockage and the flow is inhibited and limited, then disease will occur.

Disease is present through all four kingdoms in nature being mineral, vegetable, animal and human. It produces conditions which cause pain, congestion, corruption and death. These conditions are not necessarily negative and they should be regarded as purificatory in their effects. Why is this? Disease gives a period of rest for the body and enables it to 're-tune'. In cases of death, it allows the soul to withdrawal and set it free for other service. Death is a process of liberation.

The healing method an esoteric healer uses is to call in a person's own soul into positive activity so that it may flow freely through the physical form. This will help to vitalise the physical body and assist to clear blockages and congestion.

**Law 2** Additional to lack of harmony, disease can also be caused through karmic influences as outlined in the second law. These influences are inherited through an individual or group past and this is known as the 'Ancient Law of Evil Sharing'. Eventually this law will be superseded by the 'Ancient Law of Dominating Good'. However, this will only happen once the majority of mankind's soul energy and right use of will is released and directed by the mind. Once mankind is inclined towards goodwill, higher energies and rhythms will be brought in and disease will gradually disappear.

**Law 3** The third law talks about the consideration of where the consciousness of a person's life is focussed as this is where the life energy will gather its forces. Dependent on the plane where this energy is focussed, will determine the conditions which produce disease and ill health. A shift of a person's mental attitude will produce either a freedom from the physical plane disease or a further intensification of the disease.

**Law 4** states that another cause of disease is friction between the soul and the personality. This point of friction is caused by the good, the beautiful and the true

in conflict with the forces of the lower man. It is the soul that is responsible for producing the friction and it does this as the soul energy begins to manifest through the form nature. If the form nature is not properly equipped to handle the soul's energy, then there is a resistance which produces a point of friction. This will in turn generate a condition or area of inflammation and will eventually lead to disease.

The good, the beautiful and the true mentioned earlier are three aspects of Divinity producing disease.

*The Good* This mainly affects advanced people (mental types) and involves the head and base centres. If the soul meets resistance while endeavouring to express the will-to-good through the personality, then this causes depression, inferiority complex and a sense of failure.

*The Beautiful* This affects emotional types and involves the solar plexus and heart centres. Depending on the level of development of a person will depend on as to what they consider to be beautiful. Each person has different ideas and desires and by striving after the beautiful (material possessions, surroundings, their own expression, etc) this produces a point of friction.

*The True* This is the major cause of death in those below the first initiation and this is due to an inability to express ideals. The True or truth is the amount of Divine expression that any individual can demonstrate at their particular point in evolution. No matter how successful they may be at this, there is always more that the person is unable to manifest.

Also mentioned in the fourth law is 'the eyes of the personality'. This refers to the astral and mental bodies which are basically the eyes of the soul in incarnation. The use of these eyes or windows leads to a concentration of energy which is then directed via the three lower major centres to an area of discomfort causing a point of friction. Alternatively this can manifest into divine qualities through the higher centres.

In the case of causing a point of friction, the healer is to assist the person by drawing the attention away from themselves so that the point of friction is no longer the object of attention. The healer gathers the energy and refocuses it into its distributing centre and sends it back to the appropriate higher centre so that it can manifest into a divine quality.

## How have these laws affected my life?

I would have to say that firstly one thing I have noticed overall is that I take more responsibility for my actions. I feel a deep responsibility to assist in contributing positively, love and light into the planetary body. I want to play my part towards helping humanity and our planetary body evolve.

I understand that there will always be things that I can't

control. There are karmic influences, both individual and group that need to be played out. We can't change the things that we have done or been a part of in our previous or current lives but we must understand and accept the consequences of our actions. Having said this, I realise that what I can do is work towards the benefit of mankind and bring in positive forces to help re-balance and heal.

It hasn't all been easy however. One would be a fool to think that you can just flick a switch and be positive and everything will be fine. Some days I may hear the news or have to work through a challenging situation and I think what is the point? Why should I bother trying if everyone else is just messing things up again? I feel frustrated with humanity and what we are doing to each other and the Earth. I don't feel like this often but it is interesting how it creeps up here and there. When this happens now though, instead of dwelling on it, I close my eyes, let the thought pass and try to refocus on something else. Before beginning this journey, I would not have been able to do this. I would have let the negative thought go around and around in my head and end up thinking "screw the world; I am doing my own thing". I now realise that this does not help the situation at all and in fact isolates me from the rest of the world.

**Dissatisfaction** One other huge change that has happened is that I quit my job that I had been working in over the past four years. I had not been happy in this job for quite some time and I could not put my finger on what it was that was bothering me so much. It was at the point where I didn't like getting out of bed in the morning as I had to face this place which seemed to suck the life out and make me feel like an empty shell by the end of the day. I came to realise that the only reason I was actually still working there was because I liked the team I was working with and this full time corporate job gave me a sense of security.

I had also been having issues with my digestion for quite some time and suffering from intense headaches on a regular basis. Some nights I would come home from work completely drained to the point that I would be in tears. I was focusing so much energy and thought to this place and was in constant stress. Why was I so unhappy? I had this great team and steady job that I was doing well in, I was well respected, there were plenty of opportunities to progress and move up and make something of myself. Why was I so stressed? What was bothering me so much?

The answer to that question slowly started to unravel itself. This job is not what I wanted. What I wanted was to help people and not with silly insignificant materialistic things but really help people and see a change in their lives and the way they think and feel. I handed in my resignation without knowing how I would do this and without having another job lined up. The moment this happened, I felt a sense of relief and purpose.

For the past three months, I have been working with a charity. Although I am working with the administration side of things I am a lot happier. At the moment it pays the bills while I work out what it is that I really should be doing. I haven't had any digestive complaints or

headaches since I have been there and come home feeling fine; some days with a real sense of fulfilment.

**Self Healing** Looking back, this would be an example of healing for myself. I was not happy and constantly worried about being successful and living up to the high expectations set by modern day society. In order to be happy it was required that you had a good steady job, had the latest gadgets, looked the part and kept up with the Jones'. I was striving after the beautiful and wanted to be accepted by everyone and the constant worry as to not being able to get there or do this was filtering through from the astral via the solar plexus centre causing turmoil and manifesting into physical digestive complaints. I was being ruled by my emotions and desires and couldn't see the bigger picture. Once I turned my focus away from this and could see the cause of what was causing the grief, could I start to do something about changing the situation.

**Weeding the Garden** With regards to practising healing on friends or family I have started to take into account karmic influences and also try to understand where their thoughts might be focussed. In the beginning I was just trying to remember all the different healing triangles and the protocol of what needed to occur while facilitating the healing session. However, to be an effective healer there are other factors which need to be considered. These factors give an indication as to what may be causing the disease or discomfort and by therefore acknowledging the cause, steps can be taken to bring relief. By not acknowledging what the cause is, the problem may keep re-occurring and manifesting itself.

Metaphorically speaking, I like to think of it in terms of a weed. If you just cut a weed back, it may look alright and nice on the surface for a while however after time it will grow back. It is not until you dig the weed out and remove its roots from the ground altogether that it will not grow back. The roots which are underlying the surface are the cause of the disease. By cutting the weed back, you are only doing half the job. By digging a little further to find the cause, then there is a much better chance of the disease being removed altogether.

**Meditation** In relation to meditation, I have found that the quality has increased and I am now getting a lot more out of it. When I initially started, meditation to me was simply just an opportunity to quiet the mind and take time out. Now however I understand that there is a lot more to it. It is important for me to now try and meditate each day to have the consistent soul contact. I find that if I have a couple of days where I do not have the opportunity to meditate, then I may feel a little ungrounded and if I was to try to assist in healing someone, the experience would seem to not be as effective.

I am also enjoying the feeling of togetherness and group contact that the meditation brings. There is a nice sense of fulfilment when I am contributing to love and light being distributed to those who need it.

In summary the first four laws of healing have had a significant impact on the way I think, feel, live and

heal. I take more responsibility for my actions and my fears about the uncertainty of life have dissolved. There is no point worrying about things that have or have not happened and things that probably won't.

There is an emphasis on the importance of not over analysing certain events and emotions and I have recognised the consequence of constantly directing thought or attention to a particular area. The esoteric

causes of disease should always be acknowledged and never ignored if healing is to be of significant value.

#### **References**

*Esoteric Healing*, Alice Bailey

*Esoteric Healing Workbook of Part One*, Judy Jacka

*Esoteric Healing Workbook of Part Two*, Judy Jacka