

Section II

How to perform Healing Rituals? Ω

In the introduction to this book, I was explaining about Enlightenment through the image of the lamp with a light bulb. This light bulb that has to be empty to produce an enduring light is a metaphor for the Physical Body that has to be empty from any unhealthy energy in order to contain the Light.

Our next steps in the process of developing the first Alchemical Body is to do three different kinds of healing meditations. The first one is the Ritual to disintegrate, to heal and to release all kinds of unhealthy energies through the Mystical Death journey. The second one is the healing Karmic and Genetic deficiencies through the eight initial cells. The third one is the organs self-healing meditation.

The first Healing Rituals is recommended to do for seven times in each of the three tunnels of the mouth, the third eye or the crown, or it could be repeated as much as required, depending on the healing rhythm of each individual. The first step of this ritual is made by an inner journey to visit your inner tree and your inner river. Your tree represents the totality of your Self and your river represents your energy. If you are not a healthy person and/or you have unhealthy situations in your life at any level, you might see the tree as being unhealthy and or you might see turbulence in the river and/or you might see the river dirty with a murky quality to it.

One thing you will realize is that every time you work on yourself either through chakra meditations or through rituals or inner journeying, the quality of your tree and your river will change. This would be a positive sign that leads to positive changes in your life. Please note that because your tree represents the totality of your Self, it knows everything about you, and to visit your tree on a regular basis and to receive its guidance would help you to be always aware, conscious and in charge of your life.

The second step on this journey is to do the passage to the other side of the veil which is called the “Mystical Death” experience. In part I of this book I explained the importance of the “Mystical Death” experience and the life-transforming affect it had on my life and others. This experience is a safe gentle visualization that you do which includes symbolically passing through the tunnels of “Mystical Death”. This experience

has nothing to do with the physical death that all of us go through at the end of our life. It is just a powerful spiritual experience that allows us to do quantum leaps towards our Self-Realization.

The three Alchemical Bodies “Body, “Soul” and “Spirit” resemble the Physical Body (but in energy substance) except for their colors which are Shiny Black, Shiny White and Shiny Red. These three colors represent the Alchemical Process of transmuting base metal into gold or transmuting human consciousness into Divine. Each of these Bodies has three tunnels and each one of these tunnels represents the physical death that each one of us goes through at the end of our life. One of these tunnels is in the mouth; one is in the third eye region (between the physical eyes) and one is in the crown (the top of the head). Depending on our spiritual development when we die we can use one of these three tunnels. And all journeys of this book are made through these tunnels.

The third step of this ritual is visualizing yourself standing in the middle of the eleven five-pointed stars symbol (no's2 and 2A) as if you are eleven persons with the five Archetypes surrounding each of the eleven stars. Next ask the Archetypes to perform the ritual for disintegrating, healing and releasing from you all kinds of unhealthy energies such as: despair, fears, guilt, resentments, resistances, judgments, spirit entities, past identities and personalities, Karmic energies, black magic energy, un-forgiveness issues, unhealthy beliefs and programming, unhealthy ways of thinking and conditioning, illusions, unhealthy memories, victim consciousness, feelings of rejection, hatred, anger, doubts, insecurities, jealousy, possessiveness, diseases, causes of diseases, unhealthy human cords, unhealthy collective implants, and any other unhealthy energies that don't serve your highest good. This process is important for making space in oneself for the immensity of the Light.

Ritual to disintegrate, to heal and to release all kinds of unhealthy energies

The same way you have visualized yourself between your tree and your river in the meditation to open the third eye and developing clairvoyance you can use the same meditation and after asking the permission and the help of the tree to do this journey and then proceed by going behind the tree and placing your back against the trunk of the tree and ask the tree to take you to the first tunnel of the mouth.

Next ask Once there, pass through the tunnel and as soon as you go outside the tunnel, visualize yourself in each of the eleven five pointed stars (symbol no's 2and2A) and ask the Archetypes of this symbol: the Golden Scarab, the Sphinx, Tigana the Black Panther, Min the Red Rose and Mares, the three sided axe, to manifest themselves around each of the eleven five-pointed stars by repeating the following invocation mantras:

EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY

Next visualize yourself as you are in each of the eleven stars and ask the Archetypes to disintegrate, to heal and to release from you all of the unhealthy energies such as: despair, fears, guilt, resentments, resistances, judgments, spirit entities, past identities and personalities, Karmic energies, black magic energy, un-forgiveness issues, unhealthy beliefs and programming, unhealthy ways of thinking and conditioning, illusions, unhealthy memories, victim consciousness, feelings of rejection, hatred, anger, doubts, insecurities, jealousy, possessiveness, diseases, causes of diseases, unhealthy human cords, unhealthy collective implants, and any other unhealthy energies that don't serve our highest good. This process is important to make space in oneself for the immensity of the Light.

This Healing Process might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more rituals to complete this work before you do the other rituals through the tunnel of the third eye and then through the tunnel of the crown.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming, communicate with the tree to receive insights as to how to schedule the next journey and then end this journey by thanking your tree.

As I mentioned before, the Healing Ritual is to be repeated seven times on each of the three tunnels or as much as needed before we move on to the next steps.

I also recommend the following Healing Invocation to recite overnight before going to bed. By doing so, you will authorize the Divine to heal you during your sleep.

