

The Three Types of Auric Field Interactions in Relationships

One of the most interesting privileges that HSP (Higher Sense Perception) gives is the gift to watch auric field interactions between people when they are relating to each other. On the fourth level of the auric field, everything we do with each other shows up in a living, moving, constantly changing display of colored fluidlike light, or bioplasma. The interplay of the bio-plasma reveals a great deal about relationships that I certainly never suspected before I saw these auric field interactions in detail. Bioplasmic displays reveal that we are connected to each other in many ways that our psychological and sociological theories have not included. They show an interdependence between all living creatures far beyond what we have previously understood.

No matter how much we may think we are independent and do things on our own, we never really are. This is a lesson that many human beings are relearning now. In the tribal communities of our past, we knew how much we depended on each other. But in the early twentieth century, the modern world gave us a false sense of freedom. Now with satellite views of the earth and modern communications technology, we get a broad view of what it means to be interdependent. We see that our individual actions combine into a powerful force that is changing the face of the planet. We see that what is done in one country can immediately affect all others. We see it in the

world banking system, in the stock markets, in our weaponry, and in our pollution of the earth. The international concerns that the average American now has, spurred by something as simple as watching the evening news, indicate that the planetary holographic connection is beginning to be felt.

Everything we think, say, and do holographically affects everyone else through the life energy fields. Most of us are not conscious of the depth of this statement. Yet many are beginning to be. Many people feel it in a primitive way. We get a gut feeling that something terrible is happening, and we go to our TV sets to check out what it is. That is what many of us did on October 17, 1989, when our TVs told us that our gut feeling was right: The second-worst earthquake in recorded history had just hit San Francisco. This gut feeling that something is wrong is common in many people when a large calamity happens somewhere on earth. In other cases, we have a feeling of lightness and freedom that tells us that something wonderful is happening. For example, when the Berlin wall came down, we felt our connectedness to the Berliners in their striving for and standing up for freedom.

We felt connectedness not just because we saw it on TV but because we are energetically connected, through the fourth level of the auric field, to all people of the world. We resonate with those who hold freedom dearly in their hearts. Opening our conscious awareness on the fourth level means literally feeling others. It means feeling their presence and their deeper reality of feelings, hopes, joys, fears, and longings, as if we were them. On the fourth level, personal boundaries are very different from those in the physical world. Let's explore what that means.

On the fourth level of the field, energy-consciousness takes the form of what it believes itself to be. What it believes itself to be depends on its vibrational frequency and its energy content. When our energies are alike on the fourth level, we feel as if we were the same person, because we feel exactly what others are feeling. "Is it me or you?" we ask.

Yet, when our energies are different on the fourth level, we feel that we are not the same person. That is, we are not others because we have our own feelings, different from theirs. On the fourth level, we move back and forth between fusion or oneness with and separation from other people in an effort to become individuated.

In the process of life on the fourth level, we come together and fuse in communion. This communion then allows us to move apart into individuation. It is only through individuation that we can know our unique inner divinity. The more we know our inner divinity, the more we are able to come together in communion. Through this circular process of growing self-awareness, love is created.

This process can be very confusing when we try to clarify fourth level reality in the physical world, where boundaries are clearly defined by our skin. Reality simply is very different on the fourth level of the field from what it is on the physical level. I began describing this difference from the scientific perspective in [Chapter 2](#). Now I will do it from the spiritual perspective. To understand why the process of life on the fourth level of the field is so different from that on the physical, let's explore the underlying process of creation that is functioning here.

Here is how the fourth level is created: The creative force from the core of our being projects down through the higher levels of the auric field and into the fourth, on its way to the physical world. As it does this, it splits in two and becomes relational. At this point a dualistic split occurs. It is in the fourth level of our field that we first become dualistic. The fourth level of our auric field is the bridge between the physical and spiritual worlds. We experience this bridge through relationships with others. Without this bridge of relationship, the physical and spiritual would appear to be divided and separate.

In the fifth, sixth, and seventh levels, which correspond to our spirituality, we do not experience duality. The main functions of duality are to explore differentiation and to define boundaries. As creation is stepped down through the levels below the

fourth, then into the physical world, boundaries become more clearly defined. Each progressive level down has a more clearly defined duality. So it is on the fourth level that duality first begins to manifest in the back-and-forth movement between feeling that you are the same as another person and then feeling different from them.

Just beneath the fourth level is the level of the mind. Here, through clarity, we think about who we are: "I think, therefore I am. I think differently from you. Therefore, I am me, you are you." On the second level of the field, duality again expresses itself in a different way. "I have emotional feelings about myself, therefore I am. I feel differently about myself from the way I do about you, therefore we are different. We are not the same person." On the first level of the field, duality is clarified thus: "I feel myself through sensation. I sense my physical body. I sense your physical body. It is different, therefore I am different from you." On the physical level, our skin defines our shape. We look into a mirror and say, "Oh yes, there I am!"

But what, we might ask, is so important about differentiation and individuation if we are all one anyway? In dualism, we learn to individuate our conscious awareness, through the "I-Thou" relationship. *It is only through the dualism into which we descend that we can awaken our conscious awareness to individuality.* Through dualism we provide ourselves with a mirror to get a good look at ourselves. Without dualism, discernment of our individuality could not occur. I cannot overemphasize the importance of this fact.

Stylianos Atteshlis, who lives in Cyprus, is a world-renowned healer, known as Daskalos in the book *The Magus of Strovolos* by Kyriacos Markides. In his theological teachings, Atteshlis explains dualism in terms of the descent of man from the angels. He says that it is only through descent into the human experience of duality and free will that conscious awareness can exist. He says that we were all archangels who passed through the "idea of man" into duality in order to awaken to our inner divinity and to gain awareness of the evolution of consciousness. He says that archangels and

angels are not individuated as we are; they have no consciousness of self as individual and are without individuality. Free will is automatically divine will; there is no free will. In other words, the idea of choice does not exist within a nonindividuated being. Human beings, on the other hand, who finish their rounds of birth and death on this planet and then transcend to higher worlds, are beings of great spiritual power who are also individuated.

Individuation is a process that begins with incarnation down through the fourth level of duality and then down deeper into duality in the physical world. It is a very long-term process of creation that continues through centuries in the physical plane. Then it moves into higher frequencies of life experience that apparently go on infinitely.

So even though many of us complain about duality and the difficulty of human relationship, *relationship is at the heart of spiritual growth and development*. The fourth level is a bridge between our spirituality and our physical nature. It is a bridge between heaven and earth. It is a bridge that is made of relationships. It is through relationships that we become whole. In the past, some may have considered it very spiritual to sit and meditate on a mountain somewhere. But that is no longer true. Once we've sat upon the mountain to know God, we must bring our learning back to humanity to be fulfilled. Can we still be loving, honest, and truthful? It is much harder in relationship than on a mountain.

Many of us get lost on the fourth level bridge because we don't know how to create relationships that fulfill our needs, both to give and to receive. Through relationship, our learning is put to the test. By making our relationships function better to fill our needs and the needs of others, we build the bridge between our personal self (levels one to three of the auric field), through the interpersonal self (level four of the auric field), to our transcendent unitive self (levels five to seven of the auric field). In the fourth level, we learn to know ourselves, each other, and eventually God better,

through recognizing the God within us and within each other.

All the energy correlations to our interactions with people (individuals or groups of any size), animals, plants, minerals, and the planet are found within the fourth level of our field. It is the level at which we create and express love for all sentient beings. The fourth level of our field is a bridge of love. Whenever two people interact, a lot of field activity occurs in the fourth level of the auric field.

When HSP vision opens on the fourth level, a whole world of connectedness opens to us. There are three major types of field interactions in the fourth level of our fields. The first type is through harmonic induction of the frequencies of one field into the field of another person. The second, and most apparent, type is the streams of colored fluidlike energy, or bioplasma, that flow between the fields. And the third type is the cords of light through which we connect with each other's chakras.

Each type of auric interaction can be either positive or negative. The positive interactions serve to charge and nourish our fields. The more we have them, the fuller, more fulfilled, and happier our lives become. On the other hand, the negative interactions can cause damage to the auric field and lead to disease.

Communication Through Harmonic Induction of Field Pulsations

One major way we communicate through the auric field system is by influencing each other's field pulsation rates. The pulsation rates in one person's field induce a change in the pulsation rates of another's field. It works just as tuning forks do. Whichever auric field is stronger usually influences the other. That is why people travel long distances to sit in the field of their guru. The guru is usually someone who has spent a good deal of time in life meditating and increasing the frequency, size, and power of his or her field. Whenever disciples sit within range of the guru's field,

their auric field is lifted to higher vibrations. And they feel wonderful. Of course, this also releases the people's personal process because the increase of power running through the field releases energy blocks that then have to be dealt with.

Harmonic induction is an important factor in relationship. If your field is strong, with more energy than your spouse's, and your pulsation rate is faster, your field will induce a faster pulsation rate in your spouse's field. If your field is a slower rate but you are still stronger—more energized—your field will slow your spouse's pulsations down. People like to maintain their fields within a certain range of pulsation rates. Couples usually match up within nearly the same range. Or individuals may pick spouses outside of their range to help speed them up or slow them down.

It is difficult to communicate through a very big difference in pulsation rates. Intimacy requires field coupling. In other words, the ability to either pulsate in the same frequency range or to synchronize fields using harmonics is necessary for communion.

When people are not within the same frequency range or cannot synchronize harmonically, it is extremely difficult to communicate. They just don't understand each other. It feels like talking to a brick wall. Your pulsations have no effect on theirs. Or it feels as if your words disappear into a cloud. Your pulsations are just absorbed into their field without producing any change, or they are deflected off into space. Like a mirror, your pulsations just bounced off with no effect. Or it just goes over their heads—your pulsations were too high in frequency, and their field is not able to pulsate that fast. For information exchange, one field must be able to have an effect on the other. Of course, many times it is possible to purposely not allow your field to be affected by another. One can become a mirror, a brick wall, a cloud, or just too dense on purpose—to prevent communion. We all do this at times to keep each other out.

When two people do commune, the fields affect each other in a beautiful way. The pulsations of one field cause changes in the other, which then build and create new

changes in the first. This process continues in a positive feedback loop, creating new colors and frequencies in the two fields and creating a lot of pleasure for both people involved. Both people learn a lot in such communications.

We immediately feel uncomfortable in a relationship when we sense vibrations coming into our field through harmonic induction that we don't like. There are times when two people's auric fields beat against each other, creating a high-pitched screeching interference, much like feedback when a microphone accidentally gets too close to a speaker. These energy field interactions are very unpleasant, and we find them very hard to deal with. They register consciously as repulsion, dislike, fear, or even disgust. We simply don't like the person. This goes on until somebody changes. When they do, so does their auric field.

Relating Through Bioplasmic Streamers

Whenever two people interact, great streams of bio-plasma flow between them. When people like each other, a great deal of energy is exchanged. The energy-consciousness in these bioplasmic streamers corresponds with the type of communication going on between the people involved. The colors and shapes of the bioplasmic streamers depict the nature of the interaction. In comfortable, pleasant communication, the streamers are smooth-flowing, with soft, bright colors that dance in an exchange of energy. As a streamer from one person's field reaches over and touches another's field, it fills the other's field with colors, feelings, and energy. In normal relational interactions, lots of different kinds of streamers of energy-consciousness are exchanged between the people involved. The streamers can be of any color of the rainbow, and any shape. The general effect of the colors follows the same guidelines as those in [Figure 9-2](#). The brighter and clearer they are, the more positive, powerful,

and clear the energy-consciousness. These are the kinds of communication where each person gives a lot to the other, and both get filled, having had their needs met.

The heart chakra on the fourth level of the field is rose. If there is a lot of love in the interaction, a lot of sweet rose energy flows in soft waves. When two people fall in love, the heart chakra on the fourth level becomes very active, training more rose energy into their auric field. (See [Figure 14-1](#) in the color insert.) Soon their auras are overflowing with rose energy. Couples in love create a beautiful rose cloud of energy around them. Anyone who happens to be near or in this cloud feels wonderful. We all love lovers. When we are near them, our heart chakra on the fourth level begins to open more and pull in more rose light. And our auric fields also begin to produce a rose cloud. If there is passion, the rose will have a lot of orange in it, with a stimulating effect. The waves will be faster with higher peaks.

Probably one of the funniest things to watch is when people are pretending not to interact. They may not be looking at each other or overtly acknowledging each other's presence, but great streamers of colored bio-plasma flow between them. Each person's field responds in bright scintillation. This can happen when two people first meet and are very attracted to each other. And it can happen when people are deeply involved, perhaps secretly, and are pretending not to know each other. They may or may not acknowledge the interaction openly, but the HSP observer is in on the secret!

When people do not like each other, they usually try not to exchange energy flow. Sometimes that doesn't work, and the friction builds up between them. Then, like a high-voltage gap that suddenly gets released through a spark of electricity, they will lash out at each other. Sometimes it is so powerful, it actually looks like a flash of lightning. In harsh communication, the relational energy streams are sharp, jagged, and dark in color, and they penetrate the other's field like spears or arrows. For example, anger is pointed, penetrating, invasive, and dark red. Envy is dark, gray-green, slimy, and sticky. If one person is trying to covertly get something from another, the

streamers will be dense, slimy, and tentaclelike. They will grasp into the other's field to suck energy like a suction cup. Or they might be brittle and sharp and hook into the other's field and hang on in a desperate fashion. Remember, all these forms are possible, because on the fourth level energy-consciousness takes the form of what it believes itself to be.

Negative interactions actually feel like spears, arrows, or daggers that tear open the field. They feel like slimy sucking tentacles that steal or drain energy. They feel like parasitic hooks that drag the energy field down. They feel like that because that is exactly what they do.

Bioplasmic Streamers in Family and Other Close Relationships During Illness

Some common interactions occur through the bioplasmic streams when people are ill. People who are ill have a double problem where energy needs are concerned. They need extra energy to fight their illness, yet they have difficulty metabolizing even a normal amount of energy for themselves because their chakras most likely aren't functioning properly. That's how they got sick in the first place: Their fields are weaker. Remember that energy flows from a higher to a lower voltage. When one person is ill and another is healthy, the healthy person usually transfers a lot of healthy bioplasma to the ill person. They do this automatically.

In addition to that, when the ill person needs something, he or she will send out a bioplasmic streamer of supplication to the healthy person's auric field. These streamers suck the energy that is needed. This happens whether or not the person asks for it directly. This process is normal, natural, and unconscious. It is part of the give-and-take of family life. The energy exchange within family life is very good for the person who is ill because it gives strength to fight illness. All the family members,

including children and pets, give life energy to the ill person in this way. That is one of the benefits of the holographic connection that each of us has within a family situation. People tend to get well more quickly in energetically supportive situations.

During the healing process, the ill person will at first need to be able to receive energy from others, then eventually learn to stand on his or her own two feet, and finally help supply energy to the family structure again. There are many variations of how this works. I'll cite the two extremes of the spectrum.

The ill person may have been sucking energy for years before the illness began manifesting physically. At an appropriate time in the recovery, he will need to learn how to metabolize all the energy he needs for himself. This will be a natural part of the healing process, as his chakras will be repaired and can function properly to supply him with all the life energy he needs.

In an opposite case, a family member who has been supplying a great deal of energy to the members of her family may need to receive a lot for herself. This may be very difficult for her and her family at first because the roles are reversed. She may be unable to receive and may need practice at it. Here is where the family can help her learn to receive by good, loving caretaking. They may even have to be pushy about it at times. On the other hand, in such a case family members may still try, through habit, to take energy from her when she needs it most. If you see this happening in your family, be very careful about protecting her. Taking energy from her at this time could have a negative effect on her health.

If the illness is long term, the family members will very likely begin to feel the psychic drain of the illness directly on their own fields. They are metabolizing energy not only for themselves but for their loved one. They most likely will not know what is happening to them, but they will get tired and grouchy and not want to take care of their loved one at times. It is essential for each family member or intimate partner of anyone who is ill to get away and off by themselves to get replenished. Otherwise,

resentment and guilt over the resentment will grow, which could then lead to depression, exhaustion, and even physical breakdown and illness.

All family members need to find ways to gather energy for themselves. This can be done very well through meditation, pleasurable hobbies, sports, personal creative activities, healthy friends, and other pastimes. To stay at home for twenty-four hours a day, sitting by the side of a loved one who is ill, is the worst thing people can do, both for themselves and the ill person. Eventually everyone will be ill. Healthy people need to interact with other healthy people for a creative exchange of energy. People who are highly creative like to spend time with peers who are also creative because together they generate and exchange a lot of high-frequency, creative energy. The exchange then releases the creative force within each of them.

Bioplasmic Streamers in Public Work

The act of teaching or performing is one of feeding energy-consciousness to students in a way that helps lift them into another level of understanding. Great streams of bioplasma flow between a teacher or performer onstage and a class or audience. A teacher of healing needs to be able to carry the energy of a room so that the collective energy-consciousness of the students can be lifted and enlightened into an experience of higher understanding. Teachers must be able to hold the energy of what they are teaching while it is being taught.

For example, I must hold my energy at the fourth level of the auric field when I am leading a fourth level healing exercise, or the students will not be able to learn it. If I try to teach fourth level healing while holding my energy at the third level of the field (the level of the rational mind), the students will duplicate that. They will try to do the healing on the third level and not be able to hold the fourth level. The old myth that those that cannot do can always teach is simply not true. The teacher must not

only know how to do but must also be able to do it while conveying it to others. That is even harder.

The same type of bioplasmic streamers of supplication occur in all forms of relationships when one person wants something from another. If there is a demand with the request, the streams associated with the request will suck energy. If there is a simple request, and then a letting go, the streamers will not suck energy. For example, since we are speaking about classroom activities, if a student decides to talk to a teacher personally and is determined to do so even if the teacher is very busy, he or she will throw a streamer of energy out to grasp the teacher's field. Sometimes students even do it before entering the classroom. Or they do it from the back of the room and then walk the length of the room along the path of the auric streamer. The teacher may be deep in a conversation with another person but will probably feel the intent the moment the student hooks on to her or his field.

Anyone who has ever been a public figure has experienced energy streamers from their public or their fans. In such cases, many people try to attach streamers all at once, and the psychic drag of it gets difficult to handle. The more people do this, the heavier is the drag. Since the fourth level of the field is independent of space, these connections can and do occur from all over the earth. It is a big responsibility to try to be loving in all these connections, which are also projections, demands, or requests of some sort. And that takes practice. When the public figure is tired, it is difficult to always respond in a loving, positive way. This is one of the reasons anyone in the public eye feels an extreme need for privacy. The need is just to get to be alone, to feel the self, and to get replenished.

Bioplasmic Streamers and Burnout

Everything that has been said about bioplasmic streamers in public work also goes

for the more private work in the helping and healing professions. The professional's job is to hold an auric field of healthy vitality and balance while low-energy and low-frequency bioplasmic streamers of supplication are constantly pulling and dragging on them. This makes helping and healing very difficult work. The professionals must be persistent in self-care. They must create a daily schedule to revitalize their energy field and renew themselves, or they will burn out. That is why burnout is so common among these professionals. Most of them do not realize that they need more self-care than a person who is not in the helping professions.

Bioplasmic Streamers and Objects

Bioplasmic streamers also occur when we connect to inanimate objects. Remember, any action we do is preceded by thought and feeling that can be seen in the auric field before we follow through with the action. In other words, we do things energetically before we do them physically. If the action is to be relational, it will first be expressed in the fourth level auric streamers. The moment we decide to make a phone call, we send out a streamer of energy-consciousness to the phone. Then we reach for the phone. This phenomenon continues throughout the entire day. Each time we connect in this way to an object, some of our bioplasmic energy-consciousness is left in that object. The more we work with an object, the more of our energy it absorbs and the more connected we feel to it.

The type of energy-consciousness we place in an object through our bioplasmic streamers depends on how we feel about the object. If we like or love it, we fill it with love. If we dislike it, we fill it with the energy of the type of dislike we have for the object. If we are in a bad mood when we pick up the phone, some of it stays in the phone. If we are in a good mood, some of that stays in the phone. As we continue to fill the object with our energy, it contains more and more of the kind of energy with which we

have filled it. The object will then give off that kind of energy to anyone who comes in contact with it.

Healers use this principle when they charge an object, such as a piece of cloth or a crystal, with healing energy and send it to a client. The cloth or crystal carries the healing energy from the healer to the client, who then absorbs the energy from it. What is more, the healer can continue to charge the object at long distance. It can then continue to be a source of healing energy for the client.

Essentially, talismans of power work on this principle. Shamans or magicians are taught how to empower objects by learning very clear, efficient ways of concentration to transfer their energy-consciousness into an object. Objects can be filled with energy-consciousness of any type. This energy-consciousness is made up of feelings and thoughts. Since this energy-consciousness is not pure thought, I do not use the popular term *thought form* for it. Rather, I call it a psycho-noetic thought form—*psycho* referring to feelings, and *noetic* referring to the mind or thought. Each psycho-noetic thought form takes on the form that corresponds to the feelings and thoughts that make it up.

Rituals traditionally were, and still are, used for this. Rituals set a form, practice, or procedure that is repeated at regular intervals. Rituals include not only set actions but set spoken words, and specific things to concentrate the mind on while the words and actions are repeated. In ritual, it is important to generate specific feelings at will, to fill the thought form with the power of feelings. In other words, a ritual is a way to recreate a particular type of bioplasmic streamer of energy-consciousness, or psycho-noetic thought form, at will for a specific purpose. Ritual is a conscious act of creation. Each time an individual repeats a ritual, he or she adds more energy-consciousness to the original psycho-noetic thought form, which was created the first time the ritual was performed. Since rituals are repeated through generations, they are a way of connecting to very powerful thought forms that have been built up over

long periods of time. Each time people perform a ritual, they holographically tap into the power of the psycho-noetic thought form for their use. And in turn, they also reinforce the power object with the thought forms they are creating in the ritual.

Creative visualization works on this same principle. By concentrating on what you want to create, you create it in the psycho-noetic world first. Eventually, it automatically steps down into manifestation in the physical world. We are continuously doing this every moment of our lives. We just usually aren't aware of it. The more aware we become of this process, the more we can consciously choose what we create.

The Cords That Bind Us

Another type of auric interaction in relationship is through the cords of auric light that connect us to each other through our chakras. These cord connections occur between all like chakras. That is, people connect to each other with cords going from first chakra to first chakra, from second chakra to second chakra, from third chakra to third chakra, and so on.

When working as a healer, the first cords I ever noticed were the ones that connect between third chakras. It seems that in our culture, the cords between third chakras get the most damage as we go through life. Almost all the people I have worked with have damage to their third chakra cords. Therefore they came to my attention first. At first, I didn't understand the significance of the cords since I had never heard of them before. I just knew that in a great number of the clients on whom I worked, I would find myself digging out cords that were embedded in the third chakra. In other cases, the cords would be dangling out in space. Slowly, I realized that these cords connected to people with whom the client was in relationship.

I was instructed through guidance to untangle the cords, to repair them, and in many cases to strengthen the connection between the two people. Guidance also had me root some of the cords down through the client's chakra and through deeper dimensions down into the core star. Heyoan said,



You are rooting the cords of “who this person is in the universe” [which is the psychological function of the front of the third chakra], deep into the core of his being, and thus releasing an unhealthy entangled dependency.



As time went on, I began to get feedback from the clients about the profound effect changing the cords had on their relationships. Not only would a client change in a relationship; so would the other person involved. It was then that I started realizing the power of the cords in relationship and the powerful effect that working directly on them through the auric field had on changing people's relationships and their lives. Over time, I observed cords connecting all the chakras and worked with them.

Since the cords are connected on the fourth level of the field and higher, which exists before and beyond three-dimensional physical space, many cord connections actually occur before life in the physical dimension begins. They continue to exist even after the death of anyone involved. The cords remain connected to the deceased people, who have left their bodies and are in the astral or spiritual world. Once they are made, these cord connections never cease. They never dissolve. They are beyond the physical world. At physical death, the auric field of the fourth level and higher doesn't really go through much of a change. It simply isn't connected to a physical body anymore. Therefore, it is not surprising that the cord connections remain after physical death.

Heyoan says there are five major types of cords:



- **The soul cords that the ongoing soul carries from its original God connection and its monad within the spiritual world.**
- **The cords from past life experiences, on earth or elsewhere.**
- **The genetic cords that are gained by connecting to birth parents.**
- **The relational cords that grow through relationship with parents.**
- **The relational cords that grow through relationship with other human beings.**



The soul cords connect us always to God and home. Through these cords, we connect to our guardian angel or our personal guide.

The cord connections from past lives help us remember the connections we had with people before this life. Many times, we meet people and have the feeling that we know them from before. We feel connected to them in ways that may at first be difficult to describe but that feel real. We find that we like the same things or carry the same longing. After a time, we find that we are working together to fulfill that longing. We may have slight glimpses of possible past life experiences together, or a full-blown past life memory may surface.

Just a word of caution about past life phenomena. Past life memories can be very tricky. As soon as you find yourself using a past life as an excuse for negative behavior, watch out. You are probably on the wrong track. If you blame someone for your negative feelings toward them; or if you put yourself in a better position in the past than you are now with respect to someone (for example, if you were the boss then and now you are not, or if you were the teacher then and your present teacher was

the student); or if you give yourself license for otherwise nonsocial behavior like extramarital sex, you are misinterpreting and misusing the past life connection and heaping up more karma. Usually whatever problems you have now, you had then. But they usually are not as bad now as they were then, since you've learned a few things in the ensuing lives.

The cords from past life experiences include past lives not only on earth but elsewhere. Not only have we incarnated as humans on earth in the past, we have also had life experiences in other forms and in other places in the universe. Some of us feel that connection now, as we are beginning to allow such a possibility to enter into our consciousness. Many people look up to the stars and recognize them as home.

The Genetic Cords

Our genetic cords first connect deep into the interior of the heart chakras of a mother-and-child-to-be *before conception takes place!* I have seen the field of the baby-to-be floating just outside the field of its mother-to-be. The effort to connect the first cord comes from the person who is incarnating. If the mother is afraid of pregnancy, she may not allow the place that is deep within her heart chakra to open in a way that the connection from the child-to-be can be made. She will not get pregnant until she does this. This can be a cause of infertility in women. She can pray and meditate to face her fear. Her fear will arise so that she can deal with it in process and thereby open that very deep place within her heart. This heart chakra opening will activate the thymus gland. Then, assuming that the other endocrines—especially the ovaries and pituitary—are balanced with it, she is ready for conception.

By deeper observation with higher resolution, I noticed that there are also cords that connect from the mother's heart chakra to her egg and from the father's heart chakra to his sperm. When the egg and sperm come together, these cords are then

connected between each parent and to the child who results from the conception. In this way, the parents are also connected to each other through the child.

Once the initial genetic cord connections through the mother's heart chakra are made, genetic cord connections are made through all the other chakras. Thus, you are connected through all your chakras to your parents. They, in turn, are connected through all their chakras to all their children. In this way, you are connected to your siblings. This connection goes on through grandparents, aunts, uncles, and cousins. It continues through all your bloodline connections, through the great genetic tree of life dating back through time immemorial. It creates a great network of light cords connecting all human life back to the first humans on earth. This great life network exists outside of three-dimensional space and independently of it. In this way, you are intimately connected to everyone that has ever lived on earth. In fact, in this same way, if evolutionary theory is correct, you are connected to all life-forms that have ever evolved up out of and lived on the earth. It is through these original birth cords that we carry our genetic heritage on the auric level.

I also noticed that when congenital birth defects, inherited proclivities to different diseases, and miasmas occur, they are related to problems with the genetic cord connections. For example, problems with the genetic cord connections in the fourth chakra can result in a child being born with a hole between the two heart chambers.

The Relational Cords

The relational cords between parents and child develop between all the chakras. They remain connected whether or not the child stays with its original parents. If a child is adopted, new cords are grown between it and its new parents. The genetic cords and the first relational cords that are developed in the womb, during the birthing process

and shortly thereafter, still remain. And biological parents continue to affect the child through them as it develops.

The relational cords represent different aspects of relationship, according to the chakra's psychological function:

- Cords from the first chakra, which also grow down deep into the earth, represent the stability of the will to live in the physical body in relationship to the earth and in relationship with another person.
- Cords from the second chakra represent the enjoyment of life's fecundity in sensual and sexual relationship.
- Cords from the third chakra represent the clarity and appropriateness of caretaking of the self and others in relationship.
- Cords from the fourth chakra represent loving and the mystery of the balance between loving and willing in relationship.
- Cords from the fifth chakra represent secure trusting in the higher will of the relationship. They also represent giving and receiving in truthful communication through sound, words, music, and symbols.
- Cords from the sixth chakra represent the ecstasy of seeing higher concepts in the exchange and interplay of ideas while at the same time experiencing unconditional love with whomever this exchange is taking place. They represent the pleasure of recognizing your loved one as a beautiful being of light and love. They represent the ability to love from a spiritual perspective, as did many religious figures such as the Christ and Buddha.
- Cords from the seventh chakra, which also connect up into the higher realms, represent the power to be within the divine mind of God in relationship to God, the universe, and another human being. They represent the ability to understand

the perfect pattern of a relationship. They also represent the ability to integrate the physical and spiritual worlds in relationship.

The state of these cords represents the nature of the relationship we have with each parent. As the child matures through the developmental stages of growth, the cords mature also. With each new learning about relationship, the cords take on more strength and resiliency. The nature of the cords reflects the nature of the relationships the child creates. The cords reflect how established and healthy a relationship is. The patterns that children develop are repeated throughout life. They determine how well they are able to relate to other people. A child uses the model of each of its original relationships with its mother to create relationships with other women and with its father to create relationships with other men. This is one of the reasons why we tend to re-create the type of relationship we have had with our parents with our intimate partners.

The cords on the left side of all chakras always connect out to a female person. The cords on the right side of all chakras always connect out to a male person. Thus, by knowing on which side of anyone's chakra the problem is—whether the role is parent, child, or peer—a healer can immediately tell if the problem originated from the client's relationship with his or her mother or father and was then duplicated with another human being of like gender.

Each time we have any kind of relationship with another person, we create new cords. These cords change and grow as the relationship changes and grows. The cords can attach between chakras only if both people allow them to. Unhealthy entangled dependence or healthy interdependence is always a mutual agreement. The fuller and stronger the relationship, the fuller and stronger the cords. The more interactions in a relationship, the more cords for that relationship. The more relationships we create, the more cords we create.

The state of the cords represents the nature of the relationships we have and how we are connected. Some of them are healthy; some are not so healthy. In healthy interdependent relationships, these cords are alive, bright, pulsating, and flexible. They serve to maintain intimacy, trust, and understanding while making plenty of room for freedom and flexibility in the relationship.

In unhealthy, codependent relationships, on the other hand, the cords are dark, unhealthy, stagnated, heavy, and slimy, or stiff, dim, and brittle. These cords serve to maintain relationship in dependence and inflexibility, and to crowd out individuality. The more we become tied to a person with unhealthy cords, the more the probability for habitual interaction, rather than spontaneity.

In unhealthy relationships, we misuse the cords that connect us. If we use the cords to slow the relationship down, to keep it from changing, and to keep interactions slow and dull, the cords become thick, dense, heavy, and dull. The relationship probably becomes stuck in depressed resentment and anger. If one person is trying covertly to get something from the other—such as to be taken care of—but not admitting it, the first person will send out a long, sticky, tentaclelike stream of energy, reaching into the third chakra of the second person to suck energy. Such cords can also cling to or hook in to another person in an effort to control. If we make the cords brittle, stiff, and unyielding, that is how the relationship becomes. The cords can also be depleted, weak, and flimsy, like the relationship to which they correspond.

As a relationship becomes healthier, the cords become brighter, more charged with energy, more flexible and resilient. They are very beautiful with many colors in healthy relationships.

Each chakra grows cords that represent a particular aspect of relationship, as shown above. Each time we have a life experience with someone in that aspect, new cords are grown. If we interact with someone in all aspects as represented by the seven chakras, cords will be grown to connect all seven chakras. In intimate, long-

term relationships, we build many cords that connect us through all our chakras. It is in this way that we build very deep intimate relationships and remain psychically connected to people no matter where they are on earth, and no matter how much time has elapsed since seeing them. For example, mothers know how their children are no matter where they are and no matter how long it has been since they have seen them.

Life Trauma and the Relational Cords

One of the most painful experiences in life is to lose a loved one through abandonment, divorce, or death. The cords usually get badly damaged in these experiences. I have seen all the chakras on the front of the body torn open, with the cords floating out in space, after such trauma. The personal experience of such a trauma is described as the feeling of being torn apart, or as if their better half is missing. Many people become disoriented and don't know what to do with themselves.

In a difficult divorce, the party who wants out usually tries to tear out as many cord connections as possible, leaving the other person a bit bewildered, as well as creating a lot of pain and havoc in his or her own field. When this is done, each person is in pain and left with the feeling of being disconnected from many aspects of his or her life, because it was all so involved with the partner. The damaged cords represent not only the old relationship but the activities that the couple did together. Many people who separate in this forceful way have a tendency to get involved on the rebound, to try to heal the pain caused by their drastic actions. Unfortunately they tend to recreate the same type of negative relationship with the same type of man or woman they had before, because they have not healed the relational cords. When a lot of cord damage is done in the process of forced separation, I have seen it take at least five

years, sometimes seven, to reorient the new lives of couples who were long married and then divorced. It depends on how much damage was done and how well the person can heal it. Of course, a healer who can see and work with the cords can do it much faster.

What people do not understand about this phenomenon is that in any separation, certain cords must dissolve, while others remain. When one partner departs, what happens to the remaining partner depends on how he or she prepares for separation and lets go of the dependency in the old relationship. Unhealthy cords resist the change and try to maintain the status quo, while the healthy cords simply allow the transition. Healthy cords remain connected, no matter what happens. Once two people come together in love, the love remains, and so do the cords that represent that love.

Problems with the Relational Cords

Problems with First Chakra Cords

Cords from the first chakra (which also grow down deep into the earth) represent the stability of the will to live in the physical body in relationship to the earth and in relationship with another person.

The main causes of weakly developed or damaged first chakra cords I have seen are:

- a child's reluctance to incarnate
- a birth trauma that disrupts the newborn's ability to connect the cords to the earth at birth
- early physical hardship that impeded a child's growing relationship to the earth and prevented the normal development of cords down into the earth
- physical abuse at an early age in which the child felt its life threatened and caused the child to prepare to leave by disconnecting the cords from the earth
- the child's emulation of parents who were not connected to the earth
- some accidental injuries that caused damage to the coccyx that in turn damaged the inside of the first chakra and the cords

Damage to the first chakra cords causes problems in the client's will to live and function in the physical world. It causes problems with the client's grounding to the earth and ability to connect to others in a physically oriented life—such as sports, exercise, and the enjoyment of the natural world and the earth in general. The main result of this damage is an ungrounded-ness, an inability to absorb the dense earth energies. This, in turn, makes for a weakness in the overall energy field that cannot support a robust physical body. The physical body becomes weak as a result.

Lack of connectedness to the earth results in a great deal of fear about life in the physical world per se, such as fear of being in a physical body because it seemingly is separate from the apparently hostile physical world around it. The person feels like a prisoner in a terrible cage—the physical body—of frightening and painful torture. People in this state feel as if they were being punished for some terrible thing they have done. They spend time trying to find out what it is. If only they can make it right, they think, they will be released from their suffering. They never feel safe.

They may find that meditating, moving as much energy-consciousness as possible out the top of their heads, makes for a safe haven, if only they could do it all the time. Unfortunately, this meditation is the worst thing they could do for themselves because it only weakens the cords that connect to the earth. And in the long run, meditation makes them less able to deal with the physical world.

Common illnesses that result from damaged first chakra cords: Actually, weakness in the first chakra cords weakens the energy field and the physical body to such an extent that ultimately, all illness is, directly or indirectly, related to it. At first, the weakness may show as a lack of physical energy. Then it could show in the adrenals. Later, it could become cancer, AIDS, or an autoimmune disease like rheumatoid arthritis. Usually, how the disease manifests later has a great deal to do with the state of the other chakras and cords.

Examples of healings and their effects: Probably the most common healings I have done on first chakra cords are the ones with people who have had broken coccyxes or an early trauma in which they disconnected from the earth. During my healing practice, I regularly restructured the first chakra and then established new cords down into the earth. The results of these healings were a revival of the immune system, a strengthening of the physical body, and a doubling of physical energy available to the client. One particular case comes to mind, in which a woman had Epstein-Barr virus and could not get well. Her first, second, and third chakras were not functioning properly. Her healer kept working on the third chakra. That helped her to a certain extent, but she had relapses regularly. It was not until I repaired the second and, primarily, the first chakra, then connected the cords down into the earth, that she became and stayed well.

Problems with Second Chakra Cords

Cords from the second chakra represent the enjoyment of life's fecundity in sensual and sexual relationship. The clearer our relationship to our sensuality and sexuality, the healthier the cords that we will create. The better a couple is matched sexually, the better the sexual relationship, the healthier, stronger, and more beautiful the

cords will be. Any disorder in the cords will be experienced as a disorder in these areas of our lives. Or if we have issues with our sensuality and sexuality, the cords that we grow between our second chakras with the person with whom we are in a sexual relationship will show our problems.

Each time we have sexual contact with another person, we create more cords and remain connected to that person throughout the rest of our lives. Sometimes this causes confusion in those who have had a lot of sex partners, especially if the relationship was not healthy. These cords can be cleared and cleaned so that the positive aspects of the connections remain and the negative are healed. They will never be completely dissolved.

The main causes of weakly developed or damaged second chakra cords that I have seen are:

- past life difficulties with regard to sensuality and sexuality, with which the child is born
- general disregard or degradation of sensuality or sexuality in the child's environment
- direct rejection of the child's sensual or sexual expression by parents or other close adults
- childhood sexual abuse
- rape by a person of the same or opposite sex
- invasive medical procedures on the young child
- mistreatment by a sexual partner

Common illnesses that result from damaged second chakra cords: The problems that I have seen result from damage to the second chakra cords are:

- depressed sexuality that results from sexual abuse
- sexual perversion (from all types of sexual abuse)
- inability to achieve orgasm
- inability to conceive
- impotence with a particular person
- prostate cancer
- vaginal infection
- vaginal cancer
- ovarian infection
- pelvic inflammatory disease
- homosexuality from repeated rape by a person of the same sex

This does not mean to imply that homosexuality is an illness. According to Heyoan:

One incarnates for a life task that is best served by all one's physical parameters, including the body. Many individuals may choose a male or female body without the traditional sexual attraction toward the opposite sex, simply because that is not the type of life experience needed by the individual in that particular lifetime. There are no judgments in the spiritual world as to how one chooses to express one's sexuality. Rather, the goal is to express one's sexuality with love, truth, wisdom, and courage.

We can consider two types of homosexuality: one that is the result of free choice to create circumstances for life experience, and one that came from a trauma that resulted from the karma of past actions. (And let me remind you that karma is not punishment; rather, it is the rebound effect of a past action.

All of our actions are causes that create effects that eventually come back to us. Sometimes it takes lifetimes before the effect comes back.) In a way, both types of homosexuality are the same, for both create the circumstances needed to fulfill the life task. In the second case, the trauma needs healing work, but that doesn't mean the healing work would necessarily lead to heterosexuality. Rather, the goal is wholeness for the individual.



I must make it clear that damaged cords are not the only general causes in the auric field of these problems. I am only listing examples from cases I have seen in working with people whose problem was mainly caused by damaged cords.

Examples of healings and their effects: In several cases I worked to rebalance channels of energy that connect the endocrine system on the auric level to help women be fertile. Sometimes unhealthy or embedded cords from past relationships prevent healthy cord connections to the person in the present sexual relationship from forming. In such cases, I have to clean and clear the old cords before new, appropriate cords can be connected properly. Once the cord connections for the present sexual relationship are repaired, pregnancy can occur. When both parties of the couple cooperated, I have been successful many times.

On the other hand, if both parties do not cooperate and healing is needed in both, connecting the cords doesn't work. For example, one woman came for healing to be able to get pregnant. Her field configurations related to endocrine balances were very distorted and disconnected. I worked on her about three times, and they all straightened out. She was ready.

At the end of the last session, her husband came to pick her up. He came into the healing room for a few minutes, and I saw that the cords between their second chakras were not connected. I began to try to connect the cords. But as I did so, I saw that there was much deeper work to be done in his field, especially around his genitals. There was damage deep inside the first and second chakras. I could see that his sperm were very weak and would not be able to penetrate the egg well. Unfortunately, the husband was very skeptical and a bit hostile about the work and wanted nothing to do with it. Since he didn't want healing, there was nothing I could do. I knew that when they went for testing, it would show a low count of very weak sperm.

Later, through a friend, I heard that they had tried artificial insemination, which didn't work either because of the husband's auric and physical difficulties. I have always felt rather sad about that interaction. Perhaps I shouldn't have kept quiet. Perhaps the bridge of skepticism could have been crossed. But I wanted to respect his opinion and choice.

Problems with Third Chakra Cords

Cords from the third chakra represent the clarity and appropriateness of caretaking of self and others in relationship. Taking care of a child means being there for the child for everyday needs—washing, dressing, feeding, reading bedtime stories, and putting to bed. There are parents who love their children deeply but do not know how to take care of them in these ways. Or vice versa: There are parents whose love connection is weak but do know how to take care of the child.

During trauma in relationship the cords can get badly damaged. Usually this trauma is from lack of contact and nurturing or from overcontrol by a parent. In either case, a child's reaction is to tear the cords between its third chakra and the third chakra of the parent involved. If the trauma was from lack of nurturance, the ends of

the torn cords that come out of the child's third chakra usually end up floating around in space. It is as if the child were trying to find someone else to attach the cords to. When the trauma is from overcontrol, the cords usually get embedded into the child's third chakra. I would guess this is a protective means to keep anyone else from trying to control him or her in this way. This same trauma will most likely occur in other relationships as the child grows up and goes through life.

Usually, over time, these cords get tangled and embedded in the third chakra, causing it to dysfunction. In the long term, the process goes like this:

1. First being Overcontrolling, the parent grows very controlling cords into the child.
2. Then the child tries to get away and tears the cords out.
3. Then the child gets entangled in the self, and the child's cords get entangled in his or her third chakra.
4. Then the child can't connect well with others because the cords are too unhealthy to connect to others.

People who live this process go through life without being connected to their parent(s) and have difficulty in connecting to other people. They never feel that their parent recognizes or understands them for who they are. They probably resent their parent and are unable to recognize the parent as a human being who is also going through life.

Through hands-on healing, these cords can be pulled out, untangled, cleaned off, and reconnected in a healthy way by a healer. It is actually quite easy for a trained healer to do this. The cords will remain healthy if the clients are ready to create healthy relationships. On the other hand, they could damage them again through negative relationship. But they are less likely to do so because the healthy cords pro-

vide them with the experience of a healthy relationship, something they have perhaps never had before in this lifetime.

Common illnesses that result from damaged third chakra cords: The most common illnesses that result from damage to the third chakra cords are illnesses of the organs in the area of the third chakra. Broken or embedded cords on the left side of the third chakra that originate from problems in the relationship with one's mother result in a problem such as hypoglycemia, diabetes, pancreatic cancer, indigestion, or ulcer.

Broken or embedded cords on the right side of the third chakra that originate from problems in the relationship with one's father result in a problem such as sluggish or underfunctioning liver, infectious liver disease, or liver cancer.

Examples of healings and their effects: In a demonstration during a workshop I worked with a student named Carey. Carey, a tall, thin, beautiful young woman is from the Boston area. She was very quiet all year in class, so I decided to work with her to help bring her out. I could see that she had cords embedded deep into her third chakra. One end of the cords was connected to the inner tip of her third chakra, and the other end, which would have normally been connected to her mother, was embedded into her third chakra. In the work I cleared the embedded cords from the left side of her third chakra to the left side of her mother's third chakra. As I took the bundle of entangled cord ends from her third chakra, she took a deep breath and stretched up in response to the room that she now felt in that space in her body.

Next I cleaned the cords. When this was done, I connected some of the loose ends, which represented dependence, down deep into Carey's third chakra, bringing them down through the haric level and rooting them deep into the core star. In other words, I rooted her cords deep into the core of her being. Since these cords represent

caretaking, it means that her caretaking of both herself and others will now come from the core of her being.

Next I reconnected the rest of the cords back into the left side of Carey's mother's third chakra. Her mother was not physically present in this healing, so this was done with the same kind of connection as is used in long-distance healing. This gave Carey a very different feeling of connection with her mother.

The feedback on these types of healings has been amazing. It is more or less the same from most of the people on whom I have worked. The relationship changes very drastically. Usually people leave a healing with a mindset that now they will finally be able to act differently toward their parent. They are surprised to find not only how different they are but how different their parent is.

Not only is Carey's relationship to her mother changed, but her mother's way of relating to Carey is changed. The very next time Carey saw her mother, her mother welcomed her and recognized Carey in a way Carey had always wanted her mother to. After years of feeling alienated, Carey felt that her mother finally saw her as she is rather than as what her mother wanted her to be. Since then, their relationship is still unfolding and growing.

Confusion in relationship is sometimes caused by distorted cord connections. What the aura shows and what clients think the cause of their problem is many times will be opposite. A client may have gone through life thinking that the problem was with his or her father, when all along it was with the mother. Many women appear to have problems with men. They just can't seem to get what they need from a relationship with a man. But when I look at their auric field, the torn, tangled cords from the third chakra are on the lefthand side, indicating that the problem originated in their relationship with their mothers.

For example, my client Joyce learned at a very early age that she was not getting what she needed from her mom. This was an extremely painful and frightening

experience, since from a child's perspective, Mother is the giver and sustainer of life. In other words, to the child it seemed to be life-threatening. In order not to feel this threat, Joyce tore the cords of the third chakra out of connection to Mom. She displaced her needs for mothering onto Dad. From the auric field perspective, that meant all her needs became focused through the cords connecting through the third chakra to her dad. Joyce got nurturing from Dad. Dad did as well as he could, but he just couldn't be Mom.

Later in life, the same relationships are re-created. Joyce, now a grown woman, tries to get mothering from her man. It never really works. So she assumes something is wrong with her relationship with men, which is true, of course, so she works on it in her sessions. Very logically, she chooses a male therapist to help her work on her relationships with men, to learn to get her needs met from the man in her life. She doesn't have much problem with women at this stage of the game because she doesn't expect much from them anyhow. She doesn't go to them to get anything, not even healing or therapy.

If this situation continues, Joyce will never really get much better, even though she may seem so from the outer level. She will stay in the transference position of being a good girl and become an even better girl. She is in awe of her male therapist, praises him profusely, and will do anything for him. Unfortunately, sometimes he unconsciously enjoys this so much that he doesn't see the greater picture of what is going on.

A smart healer will know that a female client needs to work on her relationships with women with a woman therapist and/or a woman healer who is trained to deal with psychological issues, before the problem can be healed. She needs to open up the existential terror that she cut off when she broke her connection with her mother. Through this process she will begin to understand that the women in her life have a lot to give to her and that many of the needs she has placed on her man do not belong

there. This is what will heal her relationship to her man. A healer can properly untangle, repair, and reconnect the client's torn cords to her mother. This will change the relationship drastically so that it can unfold and develop from the point at which it was frozen so long ago.

I demonstrated a healing on a freshman student I'll call Grace that also shows the strong effect of clearing relational cords. In Grace's case, I worked on the cords from the first chakra, and then the third; then six months later, it was time to work on her heart chakra cords. This example shows the progressive action of the healing process.

Grace is of light frame, blond, and quiet and gentle in nature. She works as a financial manager and bookkeeper for an architectural firm. The healings lasted about forty-five minutes.

First, I worked on the first chakra, opening and grounding its cords deep into the earth. Then I restructured the etheric body of the left leg, which according to my HSP needed work. (Grace later commented that it was her weak leg.) Then I cleared the bladder meridian going up her left leg. Next, I cleared and restructured the second chakra.

I then spent the most time on Grace's third chakra. The cords were very damaged. I untangled them and cleared them. Some were so indrawn that they had gone in and wrapped around the central vertical power current. The guides took out the old cords and put in brand-new ones. I had never seen that before. I had only seen guides clean and repair cords. The guides put a prosthesis into the third chakra that looked like a badminton birdie. The guides said it would dissolve in three months.

Six months later, I interviewed Grace on the phone about the results of the healing I did with her. Here is what she had to say:

My relationship with my parents changed after you worked on the cords. After the healing my first chakra was very open. I felt more grounded than ever. When I

came home, my mother embraced me and looked at me with so much love, which I had never seen before. The love that she had for me was profoundly transformed. Before, she never expressed it. She wanted to be with me all that weekend. She was gardening outside, and I just sat out in the grass and she kept asking me questions about healing. She was more open to me and more open to who I am.

I felt the same from my father. I felt a real heartfelt love coming from him. He's not one to express himself openly as much as he could—that's something that changed. And I also felt that over the summer, because I wasn't so defended. I didn't trigger them, and they didn't trigger me. Then I realized how much of the intimacy that existed between us was the patterns of triggering each other. With the new cords connecting to them, those patterns seemed to be completely gone, all through the summer.

The chakra stayed stable for five months. Now in December, the chakra has started wobbling again. I've been doing a lot of desk work and have a lot of pressure. I'm not getting any exercise.

Grace also said that her relationship with her parents had become more "dormant" since her third chakra had started wobbling again. It wasn't as it had been before the healings; rather, there was much less outer expression of the love.

So I read Grace again, over the phone. The first chakra was becoming less open than it was after the healing, but it was much stronger than before it. The third chakra was wobbling a bit, but that was caused by a dark red plug of stagnant energy in its center. I described several ways that she could heal it. I also saw that her relationship with her parents was going deeper and that it was important for Grace to work to clear, repair, and make stronger connections with the heart chakra cords between herself and her parents. This she did, and once again her relationship with her parents has gone to another deeper level of intimacy.

Problems with Fourth Chakra Cords

Cords from the fourth chakra represent loving and the mystery of the balance between loving and willing in relationship. These cords between heart chakras are what is being referred to when we talk about "heartstrings." Most of the people I have worked with have some sort of problem with their heartstrings or fourth chakra cords. The fourth chakra cords are damaged during unhealthy love relationships. The unhealthy configuration starts in childhood and is repeated as the person grows up. Whatever the problem, it gets amplified each time the trauma is repeated.

Common illnesses that result from damaged fourth chakra cords: The most common cause of damage to the heart chakra cords I have seen in clients and students is from being hurt in an intimate love relationship. The diseases that result from this are heart pain, palpitations, atrial fibrillation, and damage to heart tissue that later results in heart attack.

Examples of healings and their effects: In the summer of 1991 I asked a person who was attending an introductory workshop if I could work on her for a demonstration of advanced healing techniques, and she agreed. Earlier during the workshop, I noticed that the cords that connected her heart chakra and that of her deceased father were very damaged. Most of them were entangled deep in the heart chakra. Some were hanging out in space. I also saw several psycho-noetic energy-consciousness forms left over from past life experiences in the heart chakra. As a result of all this, her heart chakra was wobbling around rather than spinning in an even, clockwise motion.

I asked her what she would like to be called for this case study, and she chose the name Esther because she relates to the biblical Esther. Esther, who lives in the mid-western part of the country, is a lawyer and freelance writer.

In 1976, when she was in law school, Esther had been diagnosed as having a defective mitral valve. The doctor said that it was a fairly mild kind of defect and that unless it interrupted her daily activities she shouldn't be put on medication. Then a couple of years ago Esther started a vigorous exercise program. During one of those programs, problems began.

Esther explains:

My heart tripped out on me and I couldn't get it to stop. It was ongoing for over thirty minutes. That was when I was diagnosed as having atrial fibrillation. I went to a cardiologist and he said, 'No, you don't have a defective mitral valve; you have atrial fibrillation.' And he said that I have an unusual type of it, in that part of it is positional. It can be caused simply by turning over on my left side. I had two symptoms. One was that it would beat at a higher rhythm. The other was that it would sometimes start missing beats. So the doctor prescribed Lanoxin, because when your heart does trip out, it can create an embolism, which then could create a stroke. So in order to prevent the risk of stroke, this was the safer thing to do.

I spent most of the time I worked on Esther on her heart chakra. First I cleared the stagnated energy away. Then I loosened the damaged cords, pulled them out, untangled, cleaned, cleared, charged, and strengthened them, then reconnected them appropriately to her father's heart chakra. Once this was accomplished, configurations from past life experiences began to unfold on the fourth level of the field, which were also in the heart chakra. I pulled a long sharp object that looked like a lance out of the left side of her heart. With HSP, it looked as if she had been betrayed and killed in a

past life conflict. There were also two very heavy, dense shields over her heart, which had been placed there in a ceremony during the ancient Goddess religion times. To be a priestess in these ancient times meant to dedicate one's life to the Goddess and vow to give up any relationships with men. The shields were inscribed with some sort of ancient writing. Shields such as these were placed over the heart in a ceremony to help prevent a priestess from falling in love with a man. Once I was able to remove the shields, I also could remove a suit of medieval-looking armor.

Past life objects such as these remain in the auric field as unresolved psycho-noetic energy-consciousness and influence present-day life. The spear could give Esther the tendency to expect betrayal of the heart; the shields would tend to interfere with her ability to relate to men. The suit of armor showed a strong psychic connection to Joan of Arc and martyrdom.

Once these objects were removed, a great deal of light emerged from Esther's chest. I have never seen anyone's chest radiate such a beautiful, brilliant light before. After the healing, Esther asked if she could go off her medication. I said no for several reasons. First of all, I had no authority to say yes. The doctor would have to decide that. And I had no plans to follow up the healing, as I do not have a healing practice. It turns out that Esther did go off her medication on her own.

Five months after the healing, I interviewed Esther to find out her experience during the healing and to follow up on what had happened since.

ESTHER: What I remember most vividly is feeling lighter and lighter as you removed the shields. I was never aware of the feeling of heaviness beforehand, but I remember feeling lighter as they were being removed.... The connection with Joan of Arc made a lot of sense to me because I have the tendency to martyrdom. I tend to martyr myself for causes.... All of my friends would tell you that I'm a very intensely committed person in terms of being very active in a number of causes. It's an area in which I've

had to pull back at times, because of my intense overinvolvement. I'm codependent about it. I just throw myself into these things sometimes to the detriment of my energy state. I'm a peace activist. I'm a lawyer, and I was actively practicing law in civil rights cases. Most of the cases that I took were underdog cases. I represented many women who felt they had been discriminated against, such as sex harassment in the workplace, employment discrimination, race or sex discrimination.... Anita Hill was a lot like a lot of my clients....I'm a feminist....

What the healing did for me is that my heart problem is ninety-five percent gone! I'm still experiencing a little bit of the, not the atrial fibrillation, but the other—it skips a bit every now and then. What I've learned to do when that happens is place the palm of my right hand over my heart chakra and just rotate it clockwise. It just regulates the energy field. You saw the heart chakra wobbling around, and what I picture is this wobbling heart chakra and I'm then able to just get it to calm down and go back into its regular clockwise pattern. That doesn't happen very often, but it does every now and then. But that's the only thing I do for it.

I tapered off the Lanoxin over the next ten days to two weeks. I think I was taking about one and one-half pills a day. I cut back to just taking one and then I took a half of one. Then I took a half of one every other day. Eventually within about two weeks, I was completely free of the medication.

I think the most exciting thing for me was that for several months after the thing had gotten rediagnosed, even with taking the Lanoxin, I was not able to turn over on my left side in bed without it kicking into the fast heartbeat. After this healing, I was able to just turn over on my left side. At first, it would feel like the heart didn't quite know what to do. And then it would just settle down and be itself, a normal heart. And that's the way it is today. I can turn over on my left side, and there's maybe a three- or four-second period of time, a very very brief period of time, when my heart seems to be remembering that it used to do this. But then it doesn't do it anymore. I

don't know how else to describe it. It's a very funny feeling.

BARBARA: So during that time when you turn over, you're with your heart. It sounds as if you bring your conscious awareness to be with your heart. Bringing a new pattern there is what it sounds like you're doing automatically.

ESTHER: Yes, I do, I'm there and I'm with it. I guess I'm sort of reassuring it that it doesn't have to go crazy on me anymore. And it works.

But the most exciting thing for me was waking up one morning and realizing I had been asleep on my left side, and I had obviously just turned over in my sleep in the middle of the night, and my heart didn't trip out the way it used to when I did that. It would just wake me up immediately and drive me crazy until I turned over. But now I was obviously able to turn over in my sleep and sleep on my left side with absolutely no consequences and wake up in the morning a new person.

BARBARA: Great!

ESTHER: So that was really really exciting. But I get frustrated because I feel that I should be completely cured of this, with this wonderful healing. I wanted it to be totally, totally gone. I went through a period of time of being frustrated with that because it was ninety-five percent gone....Because when it happened on the table, like this great miracle, I really felt like—like you had been the shaman. You were the person who did this, and you took all of this stuff off and you took it away. I was so much lighter. I remember the next day, I doused my heart chakra with a pendulum, and it was the entire width of my chest. It was just huge, and it was a wonderful feeling just being that open....But then there was this, almost a ghost-pattern that would still be there at times. My husband tells me I'm too hard on myself, probably my martyr complex again.

But for now, I've really learned so much from that about the relationship between who I am emotionally and what my body is. And that the energy field is a real communication tool for me. And that was the most learning ... I finally realized that this

whole thing for me had been a real learning experience. First of all, taking responsibility for my own healing and for teaching me that I'm responsible on a day-to-day basis. I'm responsible for my energy field, and there are some days when I don't take care of my energy field the way I should. I allow myself to get overstressed or over-fatigued, and that's when I start feeling this ghost-pattern. My heart is trying to again tell me, "Hey, you're being a martyr. You're being too committed to this. You're too intense. You're too involved. Slow it down."

And I remembered you saying something about that in the workshop, about what our bodies tell us, what our disease processes tell us, and it's almost like I still need some piece of that to serve as my thermostat, as my warning bell, I think. Does that make sense?

BARBARA: That sounds great. Yes, that's true and that's probably why you've kept the ghost-pattern there, because you still need that protection for yourself.

ESTHER: Yes.

BARBARA: And someday that may go away too. Because you may get to the place where you automatically stop when your body tells you to in a more subtle way, like simply feeling it's time to quit.

ESTHER: Now I still have this need for a warning system to tell me when I'm scattering my energies. Then I know that it's time to stop, refocus, center my energy field, and work with my heart chakra, and I have the tools to do that now.

I'm working to get to the place where I can anticipate the dissipation of my energy. If I can anticipate that before it happens rather than after the fact, then I don't think I will have any need for this. I think it will be totally gone.

BARBARA: Good for you. Have you noticed any changes in your relationship to your father?

ESTHER: Oh, wow, that is interesting. The healing came in the middle of a journey that I began in April, in which I had joined, for the first time ever, a codependency

therapy group working on early-childhood issues in family relationships. The most important piece of work that I did was after I came back from the healing. It was confronting my father on some things. I've had a history of not having a very good relationship with my mother, and I've struggled with that relationship for a lot of years. I have done all this work with my mother. But I always left my father alone. He was too scary to me or something to really be angry at, until I was able to do this work then, and that was after the healing. I had never had the courage to go ahead and be angry with him before. Some of the stuff that I had been blaming my mother for, I found out really belonged to my father. And so I gave him back his own stuff, and I was able to see my mother in a much more sympathetic light and how much she had struggled in her years of being married to this alcoholic man who was a womanizer and pretty selfish, who did his own thing. And so I was able to shift some of that over to him and confront him and, I think, come a lot closer to forgiving him. So yes, my relationship to my father definitely did change!

Problems with Fifth Chakra Cords

Cords from the fifth chakra represent secure trusting in the higher will of the relationship. They also represent giving and receiving in truthful communication through sound, words, music, and symbols. How communication and higher will interrelate is very interesting. When the throat chakra is open and functioning well, we speak our truth in the moment. That truth is automatically aligned with the higher will. In the beginning was the word, and the word was God. The word was made manifest. What we speak becomes manifest in the physical world. When our relational cords are healthy, the truths we speak to each other in a relationship bring about a positive manifestation of the relationship, which is aligned with the higher will of the relationship. Then we are able to accomplish our purpose in relating.

When our fifth chakra cords are not functioning, we don't know how to speak the truth of the higher will of our relationship. We have a difficult time completing the purpose of our relationship, and the relationship becomes painful.

All relationships are formed for the purpose of learning. The higher will of each relationship is always related to whatever is to be learned from that relationship. Some relationships may be formed just to complete karma. Karma is simply lessons that aren't yet learned that are carried over from one life to another. They are experiences that have not been completed. In the past, one has set an intention to complete a lesson, and when the lesson isn't learned, it gets carried over into another lifetime. We create a life plan, and within that plan are the types of significant relationships we will have to learn our lessons. We choose our parents and our family. The question is, do we also choose our "mates to be" way ahead of time? Do we have soul-mates?

Heyoan says:



In the great wisdom of the Universe, there are many, many individuals who carry the desire to complete a particular learning, the wisdom, and the karma, who are compatible to your needs and who are available for you to meet. The universe is not so inefficient as to provide you with only one possibility. In any case, the individual that you will meet is someone you will recognize as the one, the mate, for that particular time in your life. In our view here, to a certain extent every individual on the planet is your soulmate and indeed also those that may not be in incarnation at this point. However, if you have come into a particular life with a major purpose, a major task, then the propensity for a particular mate will be higher if that individual has a life task that meshes completely with yours. In that sense, yes, you are soulmates. So you will recognize a soulmate from the perspective of being

perfect in terms of energy vibrations, energy exchange, connectedness, and higher ideals and also in terms of who you are and where you are moving in the moment and over a particular period of time. When the lesson is learned, the karma is completed, and the relationship may no longer be active. The relationship will never end, since the connection remains forever. Or you will take on a new learning together and stay with each other for a lifetime if you so choose. It is completely up to you, for from our perspective there is no separation anyway.

Another way to look at it is in terms of how many times you have been together before. If you have been together before, you will recognize the other as yourself. The more times you have been together, the more you will recognize the other as yourself. Perhaps there is some particular moment when the number of times you have been together will bring you to the belief that this is indeed a soul twin. Once connected, always connected, and the more times you are connected, the more similar you become in experience and wisdom and in the level of integration of consciousness and individuality.

Relationships continue beyond the physical world. They also continue between an individual who is in the physical and one who has released the physical. They are very much the same as they are in the physical. That is how it is with one's relationship with God. You see, the human romantic relationship is one of the closest ways to experience the divine, for one experiences the divine in the individuality of the other. This is a prologue to how good it will be with God. The human romantic relationship is the first step of many mergings that you will experience before you unite with God in relationship. You never lose the eros and the beauty and the wonder of recognizing the other.



The cords in the fifth chakra can be damaged in harsh interactions regarding the truth and the higher will in relationship. They can be carried over from past lifetimes in which the individual was betrayed or betrayed others. They can be damaged in childhood through harsh interactions with regard to truth, such as a parent or other authority not believing children when they are telling the truth. They can be damaged by parents who don't take responsibility for their role. For example, one of the roles of a father is to protect the child from harm. But if the father doesn't protect the child and even takes his frustration out on the child by physically mistreating it, he is betraying the higher will of their relationship. The child will not trust relationships with other male authorities.

Common illnesses that result from damaged fifth chakra cords: The illnesses I have most often seen include hypoactive thyroid, goiter, misalignments in the neck, and lung diseases.

Examples of healings and their effects: A woman I shall call Lorie came to me in her early fifties, after having gone through many years of therapy in which she had cleared a lot of problems in her life. Her present complaint was a hypoactive thyroid. She still had one central issue: She didn't trust relationships. I will give a longer history in this case, because it gives a clearer idea of how someone can, step by step, clear many of the chakra cord problems that were developed during childhood. Although some parts of Lorie's story are more drastic than what you might consider normal, her chakra cord problems were not much worse than the so-called normal state of most people who are having problems. In other words, most people have difficulties

in their cord connections in many of their chakras. And it is usual to take very long periods of time to heal them if they don't know they exist and therefore do not work directly on them. Although Lorie was unaware of relational cords for most of her life, I will tell her story in terms of them.

Lorie grew up in a conservative midwestern farm culture. She was a quiet girl, had few friends, studied a lot, and excelled in school. She didn't feel very connected to her mother, who chose her older brother and younger sister over her. She connected to her father, whom she adored and for whom she would do anything—even become the son to her father that her brother refused to be. She didn't play with dolls much, she loved to make things, and she assisted her father in many things. She felt terrible jealousy toward her little sister, who got all the adoration, while Lorie was made to work long hours helping her parents.

These experiences in her early life brought about a distortion of the cords to her parents in many of her chakras.

The first chakra cords grew pretty well into the earth, since she did a lot of work with her family members on the land at the farm.

The second chakra cords were damaged on the left side, the ones that connect to the mother, because she couldn't connect to her mother in terms of sensual and sexual pleasure, which her mother denied in her own life. Lorie also had a very strict sexual upbringing because of the culture she grew up in. Sex was a duty that was to be put up with.

The third chakra cords of caretaking developed well between Lorie and her father, but she tore the ones to her mother out. Her father paid attention to her and took care of her, but the roles were reversed with her mother. Lorie did the caretaking. Lorie tried to get her mothering needs from her father.

Lorie's fourth chakra cords became a bit embedded in the left side of her heart because she also disconnected her heart from her mother. She felt guilt because she competed with her mother for her father.

Over time, Lorie's fifth chakra cords were entangled on both sides because she was so confused about her identity and her true needs. She had no models in her family for asking and filling needs. No one really knew how to do it. Most personal needs were also overridden by economic hard times.

The sixth chakra cords developed fine. There was a lot of freedom within the family structure with ideas. Actually, there was very little intellectual discussion about anything in the family, but both parents had a great respect for knowledge. The cords of creative ideas were strong and healthy, although there weren't many of them.

Lorie's seventh chakra cords were also fine. She connected with her mother in her spirituality. Her mother had "the faith of a grain of mustard seed." She also learned the benefits of being silent while spending time fishing with her father. This was actually his method of meditating and feeling God. Lorie emulated her mother's faith and her father's practical use of meditation. She was thus able to make very strong connections through her seventh chakra.

As a result of Lorie's reactions to her childhood life and how she developed her relational cords because of it, she most naturally began to concentrate on the areas of her life where her cords were the healthiest. She slowly began to withdraw from family life and concentrate on school, where she could make a mark for herself. It was the main area left to her as a young teenager where she could find recognition and respect. This worked for her. She excelled in school and went on to college. Everything was fine until she got into relationships with men. Actually, she was fine as long as she could help them with their homework. But she could not take the role of a female caretaker or lover, because she had no direct model of it from her mother.

Lorie went through two marriages in which she was unable to get her needs met,

or trust that the relationship was right for her, or support her in her life. She had difficulties for years communicating her needs in her relationships with both of her husbands.

First she married someone much older than herself. She was quite young and in a sense, wanted someone to take care of her. As she said to her friends at the time, "He is offering me my life on a golden platter." She hardly knew the man but married him out of fear of being alone. The week after the marriage she spent feeling completely trapped and sat staring out the window of the one-room apartment in which she now found herself. After several months of discovering that she had very little in common with her husband, who would sit for hours playing with his ham radio, she began to focus on her career as a way to make something in her life worthwhile. During the next five years, she built up a career and became financially independent. Although her husband was very nice to her, the marriage never really developed. Their sex life was more or less nonexistent. There were not many friends or pastimes, and no children were born. Lorie did not want to have children. She didn't have the faintest idea of how to mother them, and she didn't want to. After five years, she had an affair with someone at work, which she used to get out of her rather boring, unfulfilling marriage.

During the first marriage, what Lorie did accomplish was more development and strengthening of the cords from the sixth chakra that gained her financial independence. Because her husband was so loving, she was also able to begin working on her sexuality. So those cords began to be loosened and healed, especially the ones that had represented sex as a duty to put up with. Even though sex may not have been that interesting, at least it was no longer a duty.

Lorie had so many guilt feelings about the affair that she decided to try to make a go of it and moved in with the second man. There was immediate trouble in the relationship. By this time, Lorie was desperate to get some of her relational needs met,

but she didn't understand this. She didn't know what her needs were. Neither could she communicate them in a way that worked. Instead, she was once again with someone who was very different from her. Lorie started demanding attention, caretaking, and sex. The new husband, who was a child of alcoholic parents, reacted by becoming abusive. The more she demanded, the more scared her husband got, the more abusive he became. Each year the abuse got worse, and Lorie became more distressed. She had no idea of what to do. She didn't even know she was creating this situation in which she seemed like a victim. She was successful in her career but miserable at home.

In this abusive situation, she grew very distorted cords. Her second, third, fourth, and fifth chakras became worse. Her agony finally forced her to get help. She began therapy and made great strides in clearing away a lot of issues. She found out how to stop the abuse by creating clear boundaries she didn't cross. In the process of creating boundaries, she used her seventh chakra spirituality connection, which her husband also had, to help herself stay on track. With this new safety, she found much more love for her husband and healed many of her heart chakra cords. She maintained the clarity of the sixth chakra cords in the process. But she still was unable to heal the second, third, and fifth chakra cords. She was very sexually incompatible with her husband, who was afraid of sexual passion and avoided it. The only way Lorie knew how to get sex was to demand it. This scared her husband even more. Soon their sex life became dormant.

She was unable to learn to take care of herself, and her husband could not deal with her demands. So he still continually either avoided her or rejected her. The left side of her third chakra began to tear open, causing weakness in the pancreas and then in her whole digestive system. She became food-sensitive and had to go on special diets to prevent exhaustion and bloat. Her fifth chakra got worse. She had regular fights with her husband, who still threatened physical abuse but turned it into verbal abuse, cruelty, and overcontrol.

During this time in her life, Lorie also did a lot of personal and couples therapy and body work. She continued to ground down strongly into the earth. Through this work, she strengthened her first, fourth, sixth, and seventh chakras.

After much struggle and soul-searching, she finally decided to end the marriage to work on herself alone. So by the end of her second marriage, she had many of the cords from her first, fourth, sixth, and seventh chakras well functioning. But the cords from her second, third, and fifth chakras were worse.

During her time alone, she worked on her second, third, and fifth chakras. She gave herself space to find out what her needs were, to find trust that they could be met, and to begin asking for them in a nondemanding way. This began to strengthen her fifth chakra, where she had had the most trouble since early childhood. She also began to take better care of herself, and this strengthened her third chakra. She began to explore her sexuality in a freer situation than she had ever been able to do before and discovered that she functioned quite well in that area. The second chakra cords also now began to heal.

After two years she met and married her third husband. Their heart and sexual connections were immediately felt. Because she had done so much work on her chakras, this time she was able to couple herself to someone much more compatible. She married a man who had very few difficulties with sexuality and was a caretaker. Her second chakra was now well on its way to health. Her husband spent years going with her through all her sexual pain left over from the two previous relationships. He took care of her in ways she didn't even know existed. This was natural for him, having been brought up in a family that did this. Lorie began emulating him. She began making stronger connections to her original family, especially to her mother. And her third chakra cords to her mother began to heal. As she cleaned and strengthened her third chakra cords to her mother, she also revised her relationship with her father.

She began creating healthy third chakra cords to other people with whom she was in relationship.

By the time Lorie came to me, most of these problems had been taken care of. But she still had a lot of problems in her neck, jaw, and thyroid. She still did not trust relationship. She still found it impossible to trust her husband enough to allow herself to admit any dependence on him. Her solution to problems was to stand on her own two feet and never to really rely on another person, to never really surrender to the higher will of a relationship and trust the relationship to carry her through.

As her relationship grew deeper, she was challenged more and more to do this. Her reaction, again, was to concentrate on her work life and to overwork. Thus, after years of overworking, her thyroid, which sits directly in the fifth chakra—where her cords had been entangled since early childhood—began to give out. This distrust in relationship was now interfering with her work life also. She found it difficult to delegate work to her employees. Many times she just did it herself. By the time she came to me, she had worked an average of sixty to eighty hours a week for about twenty years. She was very successful and still had lots of energy, but she was wearing out her body. The issue was whether she could surrender to the higher will of the relationship that she had created and learn to see it as an ongoing co-creation that she and her husband were doing.

As I worked on her fifth chakra and cleared the cords, Lorie began to let up a little. She began to quit work at five or six o'clock every day and just watch TV with her husband. She began getting more involved in her home life and painting and other pleasures that fulfilled her. She spent more time with her husband, even going on his business trips. And he went on hers. As she healed herself, she realized that she had had a tendency to malign people or employees who didn't meet her needs. She realized that she had difficulties in communicating duties to employees without anger or blame because she assumed they would not do what she wanted. All of it was

wrapped up in her fifth chakra and her disbelief in the higher will of any of the relationships she was in.

As her fifth chakra cleared with several healings, her thyroid shrank in size and functioned normally. She focused on her communication skills with people who knew how to manage employees so they felt good about what they did and got things done. She used them as models to learn to communicate her needs. She practiced communication skills with friends. She tried new ways of verbalizing what she wanted to say. She realized she had to go over all the relationships that she had ever had, see the higher will in each, and find what she had learned through each so that she could feel safe in a relationship now. She is spending her daily meditation time for one year doing this. At the time of this writing, Lorie is in the process of doing this and is making great strides. Everything in her life is coming together in new ways, and she is trusting all her relationships much more.

Problems with Sixth Chakra Cords

Cords from the sixth chakra represent the ecstasy of seeing higher concepts in the exchange and interplay of ideas while at the same time experiencing unconditional love with whomever this exchange is taking place. They represent the pleasure of recognizing your loved one as a beautiful being of light and love. They represent the ability to love from a spiritual perspective, as did many of our religious figures such as the Christ and Buddha.

The cords of the sixth chakra can be damaged from past life experiences where people were forced to practice religions they did not believe in.

Common illnesses that result from damaged sixth chakra cords: Damage to cords from the sixth chakra can result in headaches, confusion, disorientation, brain disorders like schizophrenia, and learning disabilities.

Examples of healings and their effects: In February 1992, in an introductory workshop, I had the privilege of working on cords from the sixth chakra. I shall call the client Aida. During the break of a lecture I was giving, Aida came up to me and asked about her daughter's and her own dyslexia. I checked out Aida's sixth chakra and its cords. Sure enough, the sixth chakra was damaged on the right side. The cords that would normally connect from the center of the sixth chakra out into the corpus callosum did not connect at all. I rolled backward in time and saw that some of the damage was from when she was very young, and that part of the damage had occurred a couple of years before Aida got pregnant with her daughter, when she had a fever of about 105. She had her tonsils out at that time. The cords that were supposed to connect from her sixth chakra to her father's sixth chakra were damaged. I could see that her father had tried to force his negative ideas about life into her mind through his sixth chakra cords, so she had torn them out. I asked if she would like to participate in the demo. She agreed.

First, I worked to help Aida ground herself, to strengthen her weak first and second chakras. Then I worked on the third chakra, which was not functioning properly. I cleared the clogged vortices in each of these chakras. I then cleared the vertical power current of energy up the spinal cord all the way up through the head. I lifted a dark shroud, somewhat like a cloud, off her head and shoulders. It had been there a long time. She began to feel much lighter, freer, and relieved as it came off.

Because of her father's economic difficulties, he had a pessimistic attitude about life, which he conveyed to Aida. However, as a child, Aida knew that it was very im-

portant to get to the heart of any matter before going to the solution. That is what was missing in the concepts that came from her father. Heyoan said that as a child, Aida had disconnected the cord pathway from the sixth chakra into the corpus callosum because she was afraid that she would take up her father's pessimistic attitude about life. Using her child's reasoning, she became wary of taking in information from anyone for fear that it would be pessimistic. To do this, she had to disconnect the sixth chakra cords from her corpus callosum, and thus she had created her dyslexia.

As I described what had happened to Aida, I untwisted her vertical power current. Then Heyoan explained to her:

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Anyone has the incarnational option open to them to create dyslexia in order to maintain the knowledge that it is very important to get to the heart of the matter before making an intellectual judgment about any situation. Given the structure of the school system in America, it would have been very difficult to keep your heart first. So you chose to give up, at least for the time being, the ability to take in information from a perspective that you thought would lose the heart. For you saw the need upon the earth, and in descending into incarnation you decided to give the gift to teach others to keep the heart first, before the rational mind. Now that this gift is clear, we shall work on these cords.

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As I worked on the sixth and seventh chakra cords, Heyoan continued:

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All the cords that go out the back of the chakras relate to past relationships that are not right now actively affecting this incarnation, and the front ones are actively affecting this incarnation.



I connected the cords from the inner tip of the sixth chakra down into the corpus callosum. Then I untangled and cleaned the cords from the front of the sixth chakra and asked Aida if she would be willing to deeply reconnect to her father. She agreed. As I made telepathic connection to her father, I could see that he had a heavy heart from the burdens of his life and that he was sad from many unfulfilled longings. He (telepathically) said that he is better now. I worked (long distance) on his third eye to help relieve some of the negative ideas, and I connected his head to his heart. At that point some of the cords from the front of Aida's chakra went to the rear. Heyoan explained,



Some of these issues are now behind you.



As the cords began to reconnect between Aida's and her father's sixth chakras, a new relationship began to form. I then worked on Aida's heart chakra cords to her father. I could see that earlier in life she had gotten very angry at him and wouldn't let him in. Aida said, "I pretended that my father was dead."

Heyoan said:



Over time you will see why it is so important to accept the love from your

father the way it is. The way he expressed it and expresses it now. You need to accept the way each individual expresses his essence. In the past you have said, "Your love is not the way it ought to be, so I won't accept it." There is a deep lesson here for you to learn: how to accept the essence of each individual. This is what blocks you in your relationships to men and with a mate. They can never live up to how you deem they should be.



At this point, Aida stopped the cords from entering her heart, so I said, "Can you let your father walk toward you? Your father wants to walk into your heart exactly as he is with all his human frailty. That's good, let him walk right into you. Your child is saying, "It will hurt, it will hurt. It will hurt because he hasn't been there for so long.' "

As the cords connected deep into Aida's heart, her breathing deepened.

"It feels pretty new, huh?" I said.

"Pretty alive!" Aida exclaimed.

Heyoan continued to speak as I worked:



Connect this deep into the soul seat. Connect it to your life's work. For it is directly connected to your life's work: accepting another individual's reality, finding the truth in it, and finding the bridges to commune from one to the other. It can only be done through the heart, by allowing the other into your heart. It is the way you can think for yourself and also allow the other to think for him/herself. Thus individual truths can exist side by side with apparent differences or even disagreements from the perspective of duality, and at the same time, from the higher spiritual truth, they would not be different.

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I completed the connection into Aida's soul seat on the haric level and then switched to the core star level to expand her core essence out into the room, 360 degrees. I said, "Feel who you are that is different from anyone else on the earth. Feel the light going all through your body. It is coming from the inside of your body, from your core star."

Aida's light beamed out over the audience. She felt brilliantly alive. It was visible to everyone.

As we closed, Heyoan added,

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This particular pattern is handed down through generations. It is only one type of dyslexia. There are three kinds. I will speak about them in the future.

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I like to follow up healings at several-month intervals for as long as possible, to see the long-term effects of a healing. It has been five months since Aida's healing, but since this book needs to go to print, I cannot allow a longer time period to pass before followup. Here is what she said about the effects of the healing on her relationship with her father and on her dyslexia.

AIDA: Well, it's affected my relationship with my father a great deal. It's certainly a lot more loving and a lot more supportive. It's almost as if I've forgiven a lot of the past issues, and I feel a lot more connected with my father. There definitely has been some wonderful experience as a result of the healing.

BARBARA: Does he treat you any differently?

AIDA: Yes. In the past I always felt that he wasn't there for me; he wasn't available to me. And now, the least little bit of anything I need, he's right there to help me. He's very supportive. In the past, I would have said something, and a week, a month, a year would have gone by, and he would never have heard me. Now I just say one word, and within a matter of hours, it's done, and I'm thinking, "My goodness. This is definitely a change." So I'm feeling loved the way I had never felt it before because my father was just not available. Also, the communication between him and me has gotten better. He's been able to tell me about his childhood. He experienced a great deal of abuse as a child. He was battered a great deal both by a stepfather and by a mother who was in turn also abused. And she was an alcoholic. So in seeing and understanding where he came from, I was more able to accept and forgive the way he treated me and us—my brothers and my sister. Because there was a great deal of abuse and harshness and total rage, out of control, on his part.

BARBARA: That's great!

AIDA: Now the dyslexia part. There's a part of me that feels real organized, but I'm noticing some more disorganization. It's almost as if it's coming more to the surface. I'm becoming more aware of it. I'm more conscious of the difficulty that I have. I do see myself turning things around. I do see myself stumbling on new words that I have not seen or am real familiar with. In the past I would get frustrated and angry at myself, and now I'm a little more forgiving and tolerant of myself.

BARBARA: So the improvement is that you're consciously aware of when you're doing it. Were you consciously aware of it when you were doing it before?

AIDA: No, I was not.

BARBARA: Well, that's interesting because usually the first step in changing something is to become consciously aware of when you are doing what you want to change.

AIDA: Well, yes. I have been experiencing a lot of things that seem to be moving toward transformation. I had a vision of myself as being like an old twig. I could see my arms and my legs as an old dried-up twig. It was a vision because I wasn't asleep. Then I could see or feel or I recognized that the light was within me to rejuvenate or reignite, redevelop those twigs. And then the next picture was again my face, but I was with a vibrant alive body. I didn't realize what that was all about until just recently. It's almost as if my life is organizing itself so that I'm not so much the focal point for my children. My daughters are going away to college and summer school in July. My other one's in college, and I'm thinking of going back to school. I'm being drawn to a possible new area.... Perhaps I would have powers to do a lot of healing. There is a great deal of confirmation within me, and I'm wanting to do this, but there is fear on my part to surrender. I want to be willing to do God's work. I'm signed up for a communicative disorders course. Can I get any guidance? Is that in keeping with what my life purpose is?

BARBARA: Oh, yes.

Heyoan says:

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Clearly, communicative disorders are right on the line of what we've been talking about.

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Problems with Seventh Chakra Cords

Cords from the seventh chakra, which also connect up into the higher realms, represent the power to be within the divine mind of God in relationship to God, the uni-

verse, and another human being. They represent the ability to understand the perfect pattern of a relationship. They also represent the ability to integrate the physical and spiritual worlds in relationship.

Common illnesses that result from damaged seventh chakra cords: Damage to cords from the seventh chakra can result in depression, inability of the physical body's normal development through the maturation process, headaches, and mental disorders like schizophrenia.

Examples of healings and their effects: The seventh chakra cords connect to relationships that exist in the soul's life between incarnations in human form. They connect up to our spiritual heritage. Sometimes that heritage is related to our relationship to God or spiritual beings that are accepted by the organized religions of the world, such as the Christ, the Buddha, guardian angels, and spiritual guides. Sometimes they connect to beings in realities that may seem outrageous to those of us who have been brought up in the Western Hemisphere.

Seventh chakra cords tend to get damaged before birth, at conception, or in the womb. They are always related to difficulties with bringing the consciousness of the incoming soul into the body and the process of incarnation. Damage to the seventh chakra cords results in our either being stuck inside our bodies with no spiritual connection, or being stuck in the spiritual world and not being able to come down fully into the physical.

For example, retarded children have not been able to completely come down into their bodies, and they seem to have a great deal of fear to do so. I have not had the privilege of working with retarded people, so I do not know if the body was damaged first so that they couldn't get into it, or if the body became retarded because they

were unwilling to come down into it. I would guess that either is possible. Probably the cause varies with the case and, of course, the life task. Retarded children are great teachers and sometimes volunteer to incarnate in that way to help the family into which they are born. I know of one case where a healer was able to bring a retarded child into normal development through years of daily hands-on healing work.

For those of us who call ourselves normal, there is usually one major reason why we haven't come completely down into our bodies and therefore have problems with our seventh chakra cords. We use the spiritual connection to escape from incarnation and avoid dealing with life as human beings on earth now. To do this, we simply keep shifting our consciousness out the top of our heads, or "going out the top of our heads." This is simply a defensive maneuver from fear.

This defensive maneuver is very popular with many healing students! When the cords are worked with and the fear dealt with, these students understand that since they are human now, their spirituality can be realized only from the perspective of being within a human body. They change their lives and begin to spiritualize matter rather than escape it.

An interesting seventh chakra cord problem is common among people who believe that they are from another star system. These people feel that they are not really human beings but have been forced to come here from an advanced culture, usually outside the solar system. They miss their "true" home and have a rough time getting into and staying in a physical body. HSP reveals that the seventh chakra cords from these people relate to these other star systems and connect to highly evolved beings from advanced cultures on planets in these star systems. These clients commonly call themselves star children and claim never to have been incarnated as humans before. In such cases, healing takes on a different flavor. The problem is usually that these people, in denying their connection to the earth, also deny their connection to the other place. They have torn their cords that connect to the other systems, yet they

seek to leave their bodies to return "home" via their broken cords. (That won't work.) The result is that they find it very difficult to connect to anything in a stable way.

So in this way, they also resist incarnation. I have found that the best way to help these people come down into their bodies and connect down into the earth is to repair these torn cords and make the connection to the other star system stronger. To do this, they must connect to the part of them that volunteered to come here out of love and power. They then get nourished through these cords. Once the full connection is made, these people come down into their bodies and claim their humanness, even allowing for the very strong probability that they have been incarnated as human beings before. By reconnecting their star cords, they have a strong connection to the stars through which they can be nourished.

This may seem totally preposterous to some readers, but I remind you of my motto: "Don't ask if it is real. Just ask if it is useful." It works! Usually, part of the channeling that goes with such healings is to teach clients to perceive themselves as originating holographically out of the whole of the universe rather than just one planet or a particular star system. Since we are all holographically connected to everything, we can theoretically remember every life that ever was lived on this planet, as well as others, as if we were the one who lived it.

I have worked on seventh chakra cords on a number of occasions. The healing work is the same as with all the cords. They are cleared, untangled, cleaned, and reconnected appropriately.

In one case in my class, the student had cord connections to the planetary beings of a particular star system through all the chakras. In the healing I began with the seventh chakra and worked down the body to repair and connect all the cords that she had cut. She felt much better later and was much more in her body than I had ever seen her. At the time of this writing, she is much more grounded into her body, being

surprised at how much she is enjoying it, feeling much safer in her body, and doing just fine.

Another time I worked on damaged cords from the seventh chakra in order to heal a depressed client. Before the healing series, the client felt connected to his fellow humans but experienced life as a finite, rather senseless passage to nowhere. He felt no connection to God. As a result, he was depressed. After spending several sessions repairing these cords, the client began to have a sense of connectedness to all that there is, including the divine. His depression went away, and he began to enjoy life at a deeper level of meaning. He began making choices about how he wanted to spend his time, and over a period of time, his life changed a great deal. He changed his attitude about work. Previously, he had been an accountant; now he chose to become a professional therapist, specializing in helping people understand the broad-scale aspects of their lives, in order to help them find what they want to do with their lives.

As I conclude this chapter and look at the compiled information, I am surprised at how important all our past and present relationships are in our health and healing as well as our personal development. Since it is now in vogue to say we each create our own reality, there has been a swing toward isolationism in many spiritual groups in dealing with this issue. It seems that some people work on “how I create my own reality” in isolation from everyone else. But in fact, holistically speaking, our reality is deeply intertwined with others, through our auric interactions and connections, through our past history of relationships, and through our genetic cords. We are products of millions of years of evolutionary development of the physical body, as well as of the auric connections. Undoubtedly, our auric cords develop over evolu-

tionary time as well, since we are always evolving in our ability to relate.

We know that we create our own experience of reality, but who is the “we” or “I” that is creating? Probably the best practical context in which to work with the concept of creating one’s own reality in self-transformation work and healing is that *what makes us sick is not our relationships per se but our energetic and psychological reactions to these relationships*. None of these auric interactions could occur without agreement between the people involved, yet they are usually automatic and unconscious.

Our negative interactions to relationship result in healing cycles in which we reflect upon ourselves more and thereby move through an individuation process that, as I stated in the beginning of this chapter, is the prime purpose of life experience on the fourth level of the field.

So from the broad-scale view, self-development or individuation through the incarnation process is working. Illnesses that result from our negative reactions to relationship help us sort out who we are from who we are not. Successful relationships teach us who we are, even if they are difficult and lead to illness. If we are not growing by learning about ourselves in a relationship, then the relationship is not successful.

This does not imply that people should stay in painful relationships. In such cases, usually part of the learning is to find out that we deserve and can create a much better situation in our lives.

The more we know ourselves and heal our codependency, the more we can learn about ourselves in a happy, smooth, flowing relationship. The more individuated we become, the more interdependence we achieve.