

# Barefoot Doctor's **SUPERHEALING** **TRAINING**

## Session Six



## Companion Notes



## **Practicalities and various sundry considerations**

Firstly, at least one time round, invest time and review sessions one and two.

Then review session three.

And then review sessions four and five.

If you've not much time to invest, skip to sessions four and five. Similarly when you've been through at least one review process and are properly au fait with the material, just skip to the actual experiential healing sections.

Hearing and processing it all through once can be hugely profound and opens the door, but to walk through it and keep on walking till you get the healing, so to speak, takes a couple of repetitions, not by way of brainwashing, but simply to be able to claim it as yours, so you can practice it unaided at any time, wherever you are, as the more you do, the more you'll also be able to help others.

### **How often do I need to heal myself?**

It's an inevitable question, and the length of a piece of string metaphor the inevitable answer.

It depends on what's ailing you, how acutely, how chronically, how fierce the symptoms, how desperate or besides yourself you are, how old you are, how strong you are, how sympathetically your life is structured to accommodate practice, how genuinely you apply yourself with each intervention, how distracted you are, how much you're fighting with life, how willing you are to surrender and acquiesce instead, how identified you are with the condition you're in, how identified you're willing to be with the profound self, how afraid of death you are, how afraid of life you are, how courageous you are, how clear-minded you are (from phase to phase), how cognitive you are, how much of a victim of circumstance you believe yourself, how powerful you believe yourself, how supportive those close to you are, where Sirius is in the sky relative to us at any one time, various atmospheric conditions, time of the month, how



much sleep you've been getting, how optimistic you are about your general prospects, how well things are going for you, how stressful things are, where you see yourself in your life story, what your conceptions of feeling well are, how much you believe in disease, how clearly you can see through the illusion of fragmentation whence illusion of disease arises, and so on.

What we can say is as follows.

The effect of each intervention requires approximately 24 hours to work its way through your psycho-energetic circuitry, as the chi activated has to pass through the meridian (channel) of each organ and bowel, sexual organs and brain, spending two hours rolling through and being processed and assimilated by each. However if the condition is particularly intractable or extreme, the effects may take a few days to show, and may be preceded by a so-called healing crisis, wherein the aspect of you identified with the condition and so needing to cling to it, rebels and generates exacerbation of symptoms. Once this has passed the condition generally improves dramatically.

So if you're suffering a lot, in the sense of the condition being your main focus and ameliorating it your main project, make an intervention three times a day if you feel like, certainly once a day. If things aren't that urgent, perhaps every other day, once a week, once a fortnight, or just once a month for a general boost.

As you get older you'll be needing to focus more regularly and assiduously, but this is not a burden – to the contrary, the more you do practice the more sublime joy and relief you experience in an ongoing sense, and the revelations that ensue are invaluable.

The idea is to gradually raise the lowest level of feeling well, rather than to predicate success on achieving spectacular miracles in a hurry. There will be such quantum leaps along the way, as a natural boon, but the gradual raising of the base level is still the essence of the aim.

Traditionally before a student of Taoist medicine could even



touch a patient, they were obliged to practice the relevant moves 1008 times on themselves. When training in the acupuncture aspect, for example, I had to needle myself 1008 times before I was detailed to needle patients in the clinic.

Similarly with acquiring the model, the template of the system from the depths as you are here, you have to be fully conversant with the process on both the environmental self level and the ancestral self level, with a full appreciation of the five elements' gubernatorial roles in respect of the various physical and psycho-energetic systems, and a confident facility with conducting the light/intention/chi, before you can fully intervene with efficacy in helping another.

Or rather than being so dialectically black or white about it, in practice, the more conversant you are the more efficacious your interventions will be for those you treat.

### **Drop-back technique**

Do the drop-back technique all the time – remember, remember, remember – the more frequently you do, the faster it'll spontaneously become your default position, and when that happens the healing is occurring of itself all the time and your moment-by-moment experience is of the heavenly realms yet with feet fully on the ground.

### **Love the pain**

Everything is Tao – nothing is not Tao – in fact even nothing is Tao – and pain is Tao too – just in a horrible disguise. But don't be fooled by appearances.

The Tao is love in motion (you might say), love thrives on itself, and is multiplied by itself (exponentially), whenever it feels itself loving itself, which it does whenever you love it, which may all sound like a load of garble and possibly is in one sense as all this is too ineffable to really convey in words. Suffice it to say that when you actively love the Tao even when it comes at you disguised as pain or disease, and can say to the Tao disguised as that pain or disease, 'I love you, I love you, I love you', till you feel a even just a glimmer of it,



the Tao relaxes and desists masquerading as the pain or disease, and the symptom dramatically lessens or dissolves.

### **Conducting the light**

Practice streaming the light in through the tops of the shoulders on the inhalation and down the arms and out through the palms on exhalation – three to nine slow cycles once a day, visualizing the flashbulb blue light of Sirius (or wherever you like), zooming through you. Use this technique when treating others.

In treating others, address the superficial layer first – look to the elements involved, use the sound, use the touch, use the points but mostly use intention and conduct the light. Alleviate pain first. Then address the profound aspect and work to cleanse the back region and balance the light in the three chambers, as well as bind them in the loop, using visualization.

Remember the light, once in the cells or chambers, operates in micro-motion like a fractal unfolding on a subatomic scale.

Remember you are not healing yourself or anyone else.

You are merely conducting healing – healing happens by itself.

Remember everything manifest is an illusion, fragmentation of the ultimate unity is an illusion, disease is an illusion. Glimpses of this are enough to activate the healing.

Healing means making whole.

But any deficit of wholeness, derived from fragmentation, is an illusion.

Being made whole therefore, means restoring yourself and/or another/s to the state of former wholeness you never relinquished or vice versa in the first place.

And finally remember we aspire to the example of the Buddha who was so whole, so un-fragmented, so one with



the One, that anyone who came in his presence was instantaneously healed, without him having to lift a finger.

And if you like that notion, smile, clap hands and shout hoorah, for today you and your healing process, and by extension the healing process of all sentient beings, move to the next level.