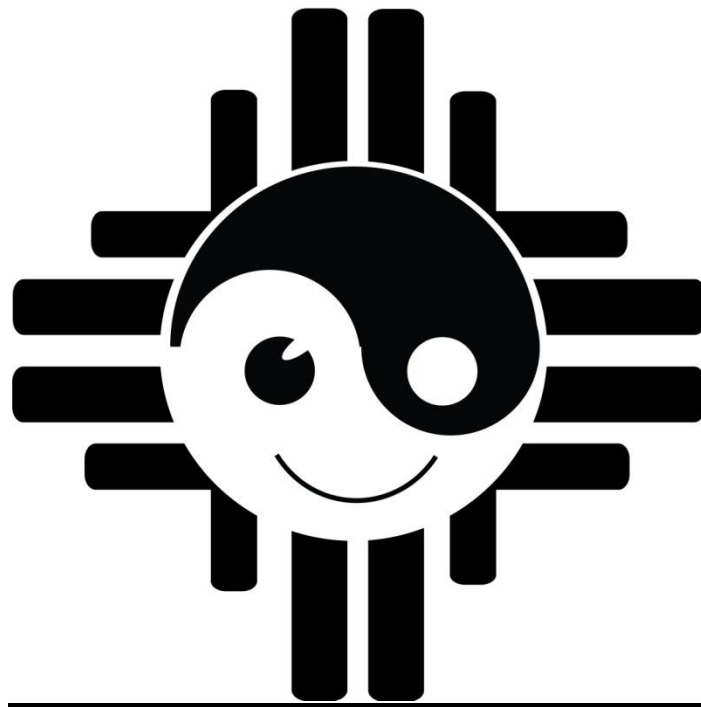


Barefoot Doctor's SUPERHEALING TRAINING

Session One



Companion Notes



Basis

This process will be both educational and experiential: both personal and transpersonal – something for you individually, by which you'll be able to attain to a profound level of health and also be able to serve as a catalyst for others to attain similar.

You'll be learning psychic healing.

Psyche derives from the Greek: soul – hence psychic healing or soul-healing (as opposed to sole-heeling which you might at first glance think would be more suited to a barefoot doctor's style).

Implying we'll be healing ourselves from and at the most profound level of self. This then takes care of all the progressively more superficial levels, all the way out to the skin, and even further to encompass all external aspects of life too. This all based on Taoist metaphysics, and is a training in becoming not just a physician (in the broadest sense as in healer), but a metaphysician. Anyone who imagines that divorcing physics from metaphysics can provide a full intelligence of any aspect of existence is severely deluded. The physical relies on the metaphysical for its existence. *Meta*, comes from Greek, above, as in Latin *super*.

Hence SUPERHEALING, as in metaphysical, or psychic healing.

Everything starts and ends with the mind. The universe starts and ends with the primordial universal 'mind' or consciousness – and each of us likewise – similarly all physical conditions are instigated by the mind, even including exogenous diseases and damage. And all conditions are healed by the mind. This doesn't mean conditions are imaginary, simply that both their genesis and dissolution are instigated by the mind, by an intention – at the deepest level, the level of the soul, and almost exclusively unconsciously – hence why psychic healing will be our focus: to access that autonomic layer of mind whence the intention arose and adjust it.



I've also called it super as an ironic nod to this overblown, overheated, over-sensationalized world of superlatives we find ourselves in where even the most commonplace occurrence is awesome (a word confined in former times to describe only that which provoked profound awe, as in awe of the divine, or of a mountain range, or of a galaxy, for example). And I reckoned if we can have super-cars and super-yachts, we can have super-healings too.

I say this will be experiential, because by my intention, I'll be healing you even as you'll be learning how to heal yourself and others using your own intention.

As well as activating intention, you'll be learning a whole lot more about the two main levels of self, the structure and anatomy of each, and the most effective direct methods of intervention.

Healing

Healing derives from Old German, *heilen*: to make whole, meaning a process whereby you're restored to wholeness, restored to factory settings, as you were in utero – perfect.

And here's where the paradox comes in: you are already whole and always have been – already healed. The aspect of you that experiences disease is an illusion – a damn clever and convincing one but a trick of the light nonetheless. And when you're healing yourself (or another), you're seeing past the illusion of disease to the wholeness behind it, and when you see it clearly enough, its power, so to speak, takes over and the illusion of disease is dispelled and the actual condition as experienced in real time is healed.

Let me explain: the Tao means the Unity – the unity of everything (and everyone), the primordial consciousness and energy informing everything (and everyone).

At its core the Tao remains non-manifest, it remains in the undifferentiated, absolute state – non-existence. And it's evidently its nature to burst forth into manifestation (as this multidimensional multiverse), which it does by fragmenting



itself into an infinite number of parts. Each of these parts is naturally imbued with amnesia so doesn't ostensibly realize itself as a fragment of Tao, yet is imbued with an innate drive to seek its origin. As soon as things burst forth into manifestation, they become subject to the cyclic alternating contracting and expanding dynamic the Taoists termed yin and yang, hence each individuated entity's urge to exist is matched by an urge to destruct, whence comes disease.

There's nothing personal about it, it's all purely transpersonal – just the nature of existence doing its eternal dance of equilibrium. Hence everything in the universe is transient.

And nothing is as it seems. Hence why the Buddhists call this the realm of illusions – it's just one vast magic lantern show, including the illusion of you being you. Disease is an illusion and she or he who suffers an illusion likewise.

The Jesus myth provides the perfect example of a healer who understands and utilizes this awareness – for instance when he commanded the crippled man to pick up his bed and walk and the man did as instructed, the healing worked because Jesus didn't see the illusion of disease but looked beyond to the healed perfection informing the man, and did so with sufficient conviction to transmit the power of that vision.

The Christian Science movement, founded by Mary Baker Eddy, utilizes and enshrines this very principle at the heart of their practice. So it's not just a quaint or curious oriental tradition, but universal.

This comprises the fundamental tenet upon which this form of healing we're doing here is based – indeed if you can really get this you need learn nothing else – but you won't, at least not for more than a second or two, without training.

But we go a lot further than that too, as you'll see.



My credentials

Having been fully awake from birth, in fact from conception onwards, and having never succumbed to the trance of

social conditioning, I've always been keenly aware of the poignancy of the human condition and equally imbued with an innate desire to bring amelioration on a universal scale.

I was first taught to heal by my Aikido master, Tio Honsai when I was 11, learning to transmit *ki* (chi) via the palms. I studied yoga in my teens, which eventually led me to train hands on for three years with RD Laing, father of modern psychotherapy (*psyche*, ancient Greek, soul, *therapia*, healing, hence soul-healing), in at the deep end, working with people in severely distressed states of mind, a crash course in feeling at ease with the internal tumult of conflicting primal, non-rational drives or *id*, informing the unconscious of every individual and the human family at large (hence why the world is such a madhouse).

Switching from Aikido to Tai Chi (where Aikido came from – ai = tai, ki = chi, do = tao), I was introduced to the entire spectrum of Taoist practice, and went on to qualify as a doctor of acupuncture. I also went on to live for a blissful and radically transformative four years with a tribe in New Mexico and explored in depth the shamanic approach to healing, which depends very much on the use of sound and rhythm to effect an altered state, and whence, along with the fact of having grown up a musician, sprang the idea to create music and music-based events intended as healing for all participants.

Returning to London in '83, I started a healing practice which swiftly became the biggest in the world and remained so for 17 years until the end of 1999, when all the creative experimentation I'd also been doing during that time, reached a crescendo of business and needed my full-time attention. So I gave my practice to Gloria Else, a lovely woman and sincere and excellent physician herself – I didn't sell it because for me that would be like selling bits of the souls of all the people on my books.



Since that time, my focus has been on providing the method and experience of healing to as many as possible in as many ways as will work, this training being a case in point. I've clocked up way more than a million treatments in my time so far so have developed a certain facility with it, and having been steeped in the healing space for so long, tend to naturally trigger healing around me all the time anyway.

However I'd not presume to call myself an authority. To do so would constitute supreme arrogance. The universe heals itself as does all its constituent parts – the healer's role is merely to serve as a humble conductor, just as with any other form of art, for healing is an art as much as making music, painting pictures and so on.

So I can but offer an interpretation for the artists within you to resonate with, to the best of my abilities.

Healing, what it is

Restoration to your former state of wholeness, which in fact you'd not lost in the first place, hence healing constitutes a dispelling of illusions. By connecting back to the great presence within, as opposed to continuing to be bamboozled into believing you, or the person being treated, is merely the local apparition of self.

Disease derives from fragmentation – fragmentation of various aspects of the psyche or soul through trauma, shame, phobias, complexes and so on. Fragmentation is an illusion. Therefore disease is an illusion. When addressing someone in need of healing, including addressing yourself, you don't see disease, you see a person, and then you see even beyond a person, to the great presence behind it. The great presence within, what we might call the soul, and which the Taoists call the immortal spirit, is whole and knows no fragmentation or disease.

The art of healing lies in guiding the subject (which might be you yourself), back to awareness and identification with the great presence. Once this is attained, the body and locally referenced mind spontaneously retrieves its balance and symptoms clear up of themselves.



However balance is not a static state, which once attained to remains stable – balance is a fluid state and needs constant adjustment to maintain. But this process is fun and not a chore.

The healing agent itself is chi, the psychoactive energy produced by the Tao setting itself in motion (as the multidimensional multiverse), and the same in nature as the light of the sun or any star.

When you reduce the static derived from stressing yourself, and in turn the muscles and soft tissue relax, chi flows freely. Wherever chi goes, blood follows, and hence healing is brought about.

But no matter how effective a healing process you can't escape death, you can merely extend the time you have in this body, and increase the ease and comfort with which you ride in the body (as your vehicle). Nor is there any reason to avoid death. For while in our culture we've been programmed to remain identified with the lesser self and are hence terrified of its dissolution, death is just the point at which the great presence within is no longer confined to that particular node of consciousness and energy you think of as you – death is a coming home, the greatest healing or restoration to perfection of all.

But you can considerably ease the passage for self or others through the healing process. All of life is a preparation for this ultimate transition and enjoying such perspective brings an exponential increase in the degree to which you appreciate and hence enjoy each and every moment of being alive.

Loving being alive is one of the greatest triggers for glowing health there is.

What is health?

Health is not a static state. The Cartesian mindset prevalent in our culture sees things dialectically, as either it's this or it's that, and precludes the more mature, enlightened awareness that it's invariably a combination to varying degrees of this *and* that.



No one alive is totally healthy – and no one alive is totally diseased. The aim is to generate at least 51% health over disease at all times, and then to gradually raise the base level to around 70%, which is probably optimal, as more than that presages more of a fall down the other side according to the yin-yang equation, and is easier to sustain longer term. We're not looking for peak epiphanic experiences, even these these are obviously welcome whenever they spontaneously occur.

What is disease?

Disease is a lack of ease in any or many of your internal functions, hence dis-ease. And is merely a state not an entity in its own right. So the real physician eschews labels in diagnosis, as these are arbitrary and more often than not merely a convenient hook around which to peddle pharmaceuticals.

Instead we see the person and the presence informing the person, in their wholeness.

The importance of intention

Because all conditions begin and end with an intention – the instigating intention is invariably unconscious, the dispelling intention generally conscious – cognitive intention is the most powerful healing tool there is, and the most powerful intention-device is visualization, and you'll be learning how to maximize that faculty.

Is there a difference between healing yourself and healing another?

Only a cosmetic one – learn this system and you're able to heal another person as easily as healing yourself and vice versa – reestablishing wholeness is universal and it makes no difference whether it's you or someone else being focused on.