

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

## Session Five

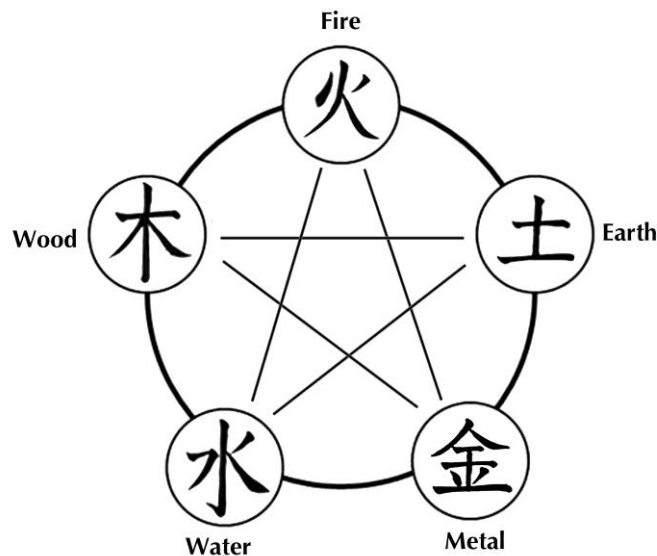


## Companion Notes



## Healing the Ancestral Self

In the last session we underwent a healing process addressed to the relatively more superficial aspect of self, the environmentally referenced self, or environmental self, and its structure: the bones, flesh, vessels, fluids, nervous system, vital organs, sense organs, sexual organs, bowels, gall bladder and bladder, and the associated aspects of mind, as well as external-life manifestations, according to the balance of the five elements, water, wood, fire, earth and metal.



We did this to attenuate the noise and static arising from the stress we habitually generate around the self-confected drama of being alive, so we can attain to the more profound layer or aspect of self, the ancestral self, the spirit body, the background presence, which is where the real process of restoration to wholeness occurs. Once that has been attained to, the environmental self rebalances itself spontaneously anyway. We attended to that first because that's the compassionate way to go about it – alleviate the obvious discomfort first and then attend to cause, and then after that if required or deemed so, attend to the surface level again and/or until the condition (yours or whomever you're healing) has improved.



Review Session Four both in the companion notes and in the audio session and, as a rule, always start the healing procedure there before launching into this stage. I say as a rule, but remember rules are to be broken when expedient, so if it came down to a choice between practicing this in the recommended sequence or not practicing it at all and so never practicing this stage, just practice this stage. I can only make suggestions in respect of the way you set up your contracts with yourself, obviously, as I'm neither your parent nor you my ward, but I do recommend it the way I do for the reason I've explained and it's certainly what to aspire to in the fullness of time if not at once.

## **Drop back**

The profound aspect of self, this background presence or witness-bearer, psycho-spatially speaking, occupies the back part of you, everywhere rear of your side-seams. Making an intervention at this level is only possible from there. To attempt it from the front of you wouldn't gain you real access and the exercise would remain conceptual rather than actual, in the same way as people read complicated books and delude themselves they've actually changed something simply in the reading and intellectual consideration of the material.

However the back region is interesting for another reason. For as well as being the natural 'habitat' of your immortal spirit, your soul, (and pardon me continually streaming out my current list of names for it, it's an old habit developed decades ago from learning to explain the ineffable to people, who back then were more afraid and in denial of it than people are today), on a psychosomatic level, your back is also the repository for all the more traumatic experiences you never quite resolved so shoved in the old junk room in the back, locked the door each time, and forgot they were there.

Hence when we begin the healing soon, the first thing we'll do is stream some cleansing light (intention and chi) throughout the back to instigate at least the process of progressively dislodging and dissolving that more and more (with regular practice).



But first let me talk a bit more about the light we'll be deploying.

## **Flashbulb blue light**

Crazy heading that, taken out of context, yet for our purposes, the farthest thing from crazy, though you may not at first think so. Because the ancient Taoists have a legend, which considering the Taoists by nature and training, are nothing if not existentially pragmatic and the last people to be given to sentimental flights of fancy, makes this an enigma unless it's an actual memory and not just a myth, not that it matters one jot in the end. And this legend states that there have been more than one physical visitation by advanced alien races, some from somewhere around the Pleiades, and some from somewhere around Sirius A and Sirius B. And it's these latter that concern us here. For it's they who are claimed to have given the Taoists their most recent data-input (about 25,000 years ago, maybe more recently), concerning all aspects of energy medicine - psychic healing in the true sense. And part of that data was all about channeling the flashbulb blue light emanating from Sirius A (whom the ancient Egyptians and subsequent cultures all the way till Christianity became official in Ancient Rome, worshipped as the goddess Isis, incidentally, and with whose light they aligned the shaft that leads from the King's Chamber to the outside, that his immortal spirit might be wafted back up the shaft in a homewards direction.)

When you're in the Northern Hemisphere, Sirius rises in the East and sets in the West just like the sun, except you see it at night, starting very late at night around Halloween and rising earlier as the weeks progress, all the way until around Easter when it's no longer visible. Obviously it doesn't really rise or set – just like the sun, it's still relative to us – we're the ones moving relative to it in an easterly direction.

If you get to see it on a cloudless night with no light pollution, you'll see its flashbulb blue color clearly. I call it flashbulb blue instead of electric blue, as that tends to conjure up a slightly darker hue in the mind and I don't want you to confuse its chi with actual electricity, which is relatively



coarser, though in fact exactly the same medium generically speaking.

When looking at it amidst light and other pollution it seems to change from blue to red, to green to yellow, and back again, but this disco lighting scheme is merely an optical illusion. And similarly to when gazing from the cliffs out across the bay to the twinkling lights on the other side, knowing there are beings with sentience there, even though you can't actually see them with your eyes, you tend to get the same feeling gazing at Sirius across the night sky – that somewhere in that vicinity orbiting that huge blue star there's a planet or two with intelligent life.



Whether you believe it possible that light 8.6 years old, when streamed into the body, as it were, through visualization, could then exert some sort of special effect, or just think it a load of utter nonsense, doesn't matter. Nor does it matter if it is utter nonsense in the first place. Because when you use it merely as a visualization aid, it focuses the intention dramatically.

In other words, method act that you're someone channeling the light from Sirius, someone who believes or more importantly experiences it as that.

We're not concerned with whether it's true or not. We're concerned with the fact that it works to at least focus your intention, and that in itself is all that matters here.



I experience it as true, myself, for what it's worth. But just because I do, doesn't mean you must too. That's your business. But don't turn away from the healing at this point because you don't agree with the idea – simply pretend you do and see what happens.

Now we can all move as one, even if some are just method acting. It has the same effect, and it's important to suspend that layer of mind involved with belief and disbelief for the duration of this process, as this only interferes with the requisite level of pure cognition.

## **The process**

Relax (always do that anyway – all the time – certainly aspire to – it is possible).

Sit in your back, as previously instructed.

Tap your thymus as previously instructed.

Visualize an aperture there.



Picture (or if you can see it for real by going outside on a clear night in the Northern Hemisphere between Halloween and Easter preferably around Winter Solstice, but it's not in any way essential, visualization is ample), the blue light of Sirius stream diagonally downwards through the night sky directly in through your aperture.



Once in your upper chest the light gathers in your thymus, with such intensity it soon bursts out and specifically backwards instantly flooding everywhere rear of your side-seams. From top to bottom and in the rear of your brain, and feel/see it moving in micro-motion like a fractal rapidly unfolding, cleansing/purifying the entire region at the psychic (soul) level of all residue of unresolved trauma, shame, anxiety, anguish, dread, disgust, resentment, humiliation and so on, until all there is visible is the blue light.

Take up your place fully in your newly cleaned house and lean back to bear witness to what follows.

Now return your focus to the light streaming in through the aperture into your thymus, building up and now bursting forth and streaming downwards into and instantly filling up in the lowest psychic chamber or *tan tien*, down in (co-spatial with) the lower abdominal region, the 'pelvic bowl' formed by pelvic floor beneath, the pubic bone in the front, the pelvic bones wrapping round the sides and the sacrum and coccyx at the back, and rising all the way up to just below the level of the navel – all of this now filled with the blue light so that all there is visible is the light. This chamber provides you access to primordial power and the will to generate. See/feel the light moving everywhere in micro-motion like a fractal rapidly unfolding, cleansing your power receptors and transmitters, and restoring your power processing capacity to full potential.

Notice the light (this light inducted from Sirius) continuing to stream downwards via the thymus into the lower chamber and having accumulated a critical mass of volume and hence pressure, now bursting upwards into the middle psychic chamber in the chest.

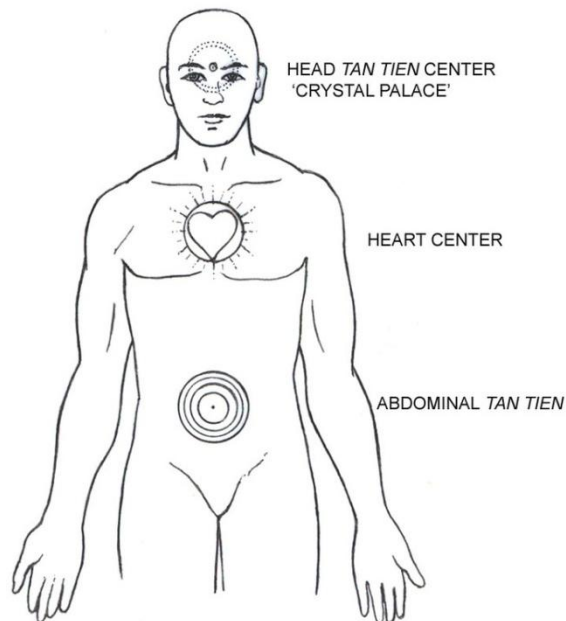
This *tan tien* provides you access to primordial love, as in the love for existence that's so strong it bursts into being from absolute nothingness to generate an entire multiverse. Nothing can resist a force this strong. See/feel it radiate ubiquitously throughout this chamber cleansing it of all residue of broken-heartedness (for all the suffering of humanity and all sentient beings, not just your own), all residue of the pain of betrayal, of disappointment and of



defeat, and undo all surplus to requirement energetic armoring hitherto obstructing the flow of love into and out of your heart. And now see/feel it stir the primordial love flowing in you, and with that stir the courage (heart chi), the appreciation for beauty, kindness, generosity and joyfulness that comprises your natural state as you're restored to wholeness.

Still streaming in the light is building an upward pressure from the lower chamber up through the middle chamber, and is now bursting upwards into the upper chamber centered in the midbrain region. This chamber provides you access to primordial consciousness – the same consciousness informing the root of every subatomic particle throughout the universe.

Feel/see the light cleanse this upper chamber of all residue of toxic thinking, misguided beliefs, misperceptions, mistaken identity (assuming you were merely the body and personality), confusion, doubt, deficit of self-esteem and -worth, deficit of self-approval and -confidence, and pessimism. See/feel the light radiate ubiquitously in micro-motion, unfolding like a fractal, now refreshing your consciousness receptors and transmitters and restoring your consciousness processing power to wholeness.

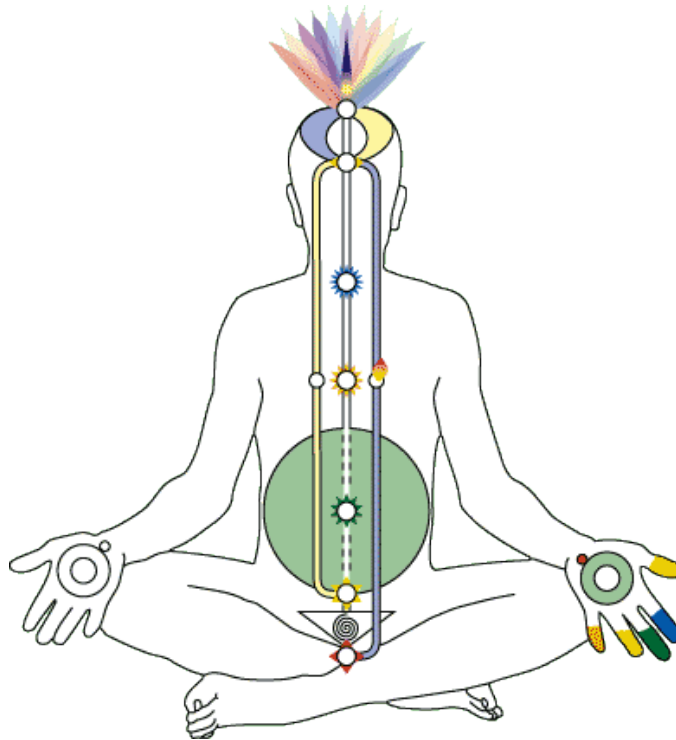






Now again focusing on the light streaming down into your thymus, see/feel it stream downwards to your pelvic floor and gather itself into a fine, concentrated beam, which now streams up the rear of your backbone from coccyx to the base of the brain, up to the crown, forwards over the top of the brain and down behind the face, along the front of the spine and down into the pelvic floor ready to stream upwards again.

Repeat this cycle and as the blue light orbits up the rear and down the front, it's progressively refining and purifying the essence of your profound being, your immortal spirit, your primordial self, refining more each up-thrust and purifying more with every down-thrust, until you feel this, your central strut, so refined and purified, like the clearest diamond, that it's now indestructible.



As the light streams upwards, which you might enjoy accompanying with an inhalation, embrace death, as in the state of supra-conscious eternity and realm of the



ancestors, rather than oblivion, and as the light streams down, accompanied by the exhalation, embrace life, as in this momentary excursion into the realm of appearances, the realm of destiny.

As you keep orbiting the light, allow it naturally to extend in its reach, further and further from your physical space, until it's moving up the rear (so to speak) of the entire universe and down the front of the entire universe, respectively refining and purifying the whole infinite magic lantern show progressively more and more.

Take a moment to appreciate the implausible miracle of your own existence.

Feel/see yourself restored to your original state of primordial wholeness where no illusion of disease can take root – visualize yourself looking supremely healthy, powerful, strong and vibrant, remain in your back and return to the world of men and women and all their machines.

Next session we look at practicalities and resolve the whole training so you're ready to start using it fully for yourself and others.

Practice this as often as you like – the more often the better, so it becomes as if automatic and occurs on a daily basis.