

The Arathi Ma~Healing School

Module 1-1: Learning Points

1. Activating and Increasing Prana
2. 'Polishing' the Ego: Character building
3. Beginning to identify and clear your imprints

Theoretical overview on Ways of Healing:

- Spiritual Healing
- Psychic Healing
- Mental Healing
- Pranic Healing

Prana:

It is the energy which has mind behind it. It emerged from the Mind Principle of the Universe. It is different levels of fineness to it. Some is more physical and some very light.

Understand how the Connection to God leads to true Healing:

Oneness/God/Source is the healer: align and empty yourself, ongoing. You are an instrument in the Hands of the Divine, or better said you are to become the hands and feet of God.

As a Healer you are a Catalyst for the Restoration to Divine Law.

Understanding the Laws of Nature:

Eat properly=chewing food to pulp

Sleep

Water

Exercise

Understand the Source of all Disease:

The stomach (solar plexus): All illness starts in the digestive tract

The spiritual state of your heart which affects the above.

The Levels of Spiritual Anatomy:

Manifest Levels:

Physical - Material Level (Realm of Physical bodies)

Heart-Angelic/Deva Level (Realm of Intelligence) Level of Symbols

Soul - Power Level (Realm of Power) =The Bridge between the previous and the upper

Unmanifest Levels:

Light - Face of God Light (Realm of Unity)

Light - Face of God & Includes Prophetic/Master Streams of Light (Realm of Absolute Unity)

Source/God - Beyond Manifestation of all Experience

7 Ego Stations:

Ask: What is my current ego level at all times?

1. I am listening to the forces of Darkness and taking their orders (ego desires)
2. I still question the Higher force/God
3. I have faith and trust in God
4. I feel secure and my ego is quiet
5. I do not obey my ego tendencies anymore
6. I live in full acceptance of what is (I don't ask for anything)
7. My ego is purified and I now begin living in my heart