

"TEACHINGS FROM THE HIERARCHY"

Monthly Teaching Letter for the dedicated student/seeker

**Channeled through
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Expanding the Borders of Consciousness

Channeled in Pennsylvania

Continuation from No. 06/XVIII

Seeker: How can I best deal with distorted mental perceptions?

Jordan: By tracing back all of the emotional disruptions, which cause us to distort our mental perceptions. I keep telling you to keep a journal. It takes you only two seconds to recognize when you are hooked by an emotional reaction from a fellow worker, from a family member, from society. Trace the emotional reaction back to your own delusional self-image and then calm it, tame it by recognizing that it doesn't have to be activated in your life.

It's the same premise when I ask you to strip off your clothing and stand naked before a mirror and evaluate what you don't like and what you do like and know you can change what you don't like. You just have to willing to follow a discipline to bring about the change.

Meditation, numerology, astrology, graphoanalysis, psychology, psychiatry, business administration are all disciplines. There is no one more disciplined than a successful businessperson. We live in a world that requires balanced discipline, not indulgence. If we wish to acquire utopia for ourselves, we must be disciplined, directed and motivated in the continuous recognition of our shadow images that we assimilated from our personality so that we can render them non-activated and we can see more clearly our true image, which is spirit.

I have asked you repeatedly to follow the exercise of disciplining your lazy optical nerves and to walk into a room with a pad of paper and a pencil and to stand there for two seconds and let your eyes do the walking for you. Then turn around and write down everything you saw and then come back and spend time letting your eyes caress everything in the room to determine how lazy and undisciplined your mind is, and you are going to get resistance because your mind is not going to give up control of your body functions that easily because your body functions co-exist and must co-exist with your mind.

Attached to every one of your cells is a nerve ending and that nerve ending transmits an energy, which is a vibration as everything is vibration. The vibration is transmitted via the meridians to the solar plexus and recorded in the solar plexus. Then the energy is transmitted up the bridge of Shamballa to

the brain for clarification, recognition and reaction. So if you don't see the energy with your eyes, you can feel it with your body since energy is vibration. But you must learn to discern between your imagination and the distortions through your personality and the true nature of the energy, because your personality will distort and also deny the energy. So you are not trying to prove that the energy is there, but you are learning to discern how your personality distorts and influences your clear recognition of the energy. You are trying to determine how you've distorted the energy and what you haven't seen clearly. That's the secret. It's not to get a definite differentiation between spirit and you. It's to see where you distort spirit, because you are spirit.

So the tools I mentioned will give you a focal point. They will give you a basis so that you can work on being more secure inside yourselves once you have recognized your shadows. Too many of us deny our shadows because we are unwilling to discipline them. We have not reached the desire and the motivator that will encourage us. We need a carrot in front of us. We need something that motivates us and encourages us so that we give our all to that which we know we want to manifest. And we must discipline our body because our body will be resistant, it will cause us to be tired, to be sick and to hurt. It sends out all these impulses - and that's resistance. Then you are dealing with your mind as your mind wants to maintain control. Then your emotions get you into a state of unbalance and if you would bring them under control, they wouldn't have the complete say-so in what you manifest. They might have to share the say-so with your mind and with your body. So you are going to meet your resistances and that's okay because resistance is part of the game. It's how you handle those resistances.

It's the same thing with your children. You can't just tell them that you are going to conquer them and that they are going to behave. You've got to follow through, don't you? So you just can't simply sit there and say: "Okay, body, I am not going to let you hurt" because the body is going to say: "That's what you think – haha." Then you are going to do a little mind over matter and you've got to say: "Mind, tell the body that it is well." When you bombard the body with the affirmation "I am well, I am well, I am well," the body gets tired of hearing it and finally gives in and says: "Okay, I am well." So follow that discipline. You can do that so easily anywhere. It's the same discipline I teach you to do when I tell you about the power of projection. Go sit behind someone in a theater and while their mind and their attention is on the screen watching the performance, you direct your attention to the back of their head and you say silently: "Turn around and look at me, turn around and look at me, turn around and look at me..." and see how fast they turn around and look at you. They won't know why, but they'll turn around and look at you. That exercise will teach you the power of the mind. Then, if you want to see the power of emotions, just get yourself in a depressed mood and then go into a situation where everybody is up-up-up, but hold onto your depressed mood and inflict everybody with your depressed mood and see how quickly they become depressed and helplessly inadequate. That exercise will teach you about the power of your emotions. Once you find out that you've got all that power, then you have to decide what you are going to do with it and how you are going to use it. You say: "Oh my God, he is in a depressed mood today! He is horrible. What am I going to do with it?" So you will be up-up-up and inflict him with your loving and very light vibrations. And don't give him any sympathy.

Seeker: So we should listen to our words...

Jordan: I always listen to my self-talk. I hear the words I say. I am not like some people who talk just because they like the sound of their voice. Many people don't listen to the words. They like the sound of their voice. They are lonely inside and as long as they can hear the sound of their voice they feel as though they have somebody around about them. I hear every word I am saying and I don't say it unless

it serves a purpose. Yes, you send every one of your affirmations into the atmosphere and they usually find their own level and gain strength and then return to you. That's why you have the experiences that you have.

I have encouraged some of my students to volunteer in the self-help programs, regardless of the stress that they'll find themselves under. Do you know why? I want them to learn constructive and active listening. As they learn to listen to others, they will eventually listen to themselves. That's what counseling does for you. As you actively listen, you will hear not only what the individual is saying verbally, but you will see what they're saying emotionally and mentally and you'll see the cross current between their verbalization and their emotional and mental coagulation and recognition. Then you'll have to choose to which communication you wish to respond.

Active listening is so important in our lives. Many of you who are entering into counseling, whether it's counseling on a one-to-one basis or in a group therapy session or through healing, will have to learn active listening. You will have to learn to listen to your clients as they are talking to you out of self-protective measures. The reward from learning to listen actively is that you are listening to yourself and that you'll stop polluting your atmosphere. In ritual churches, in orthodox churches, a lot of the ministry uses the inspiration and the ignition of the desire for the Christ consciousness and they inflame by their actions the response from the congregation: "Amen Brother. Say it again Brother. Right on Brother..." because while these individuals are learning to listen to the words of the minister, they are also learning to listen to themselves as they respond, which exemplifies their desire. Then they've got to do something with their mind and they have to bring their desire, their mind and their verbalization into balance. There are many ways that we ignite active listening.

When we practice active listening, everything that the orator is saying should produce images. That's what the actor on the stage is required to do. By their words and their statements they create images in the minds of the listener.

Seeker: So you would hear others so you hear what you are saying. But it's already out and you are responsible for everything you say.

Jordan: That's where tracing and finding out the motivation behind the indulged statement and affirmation is necessary.

Seeker: The words are spoken, but they are still in the ethers. Can I nullify them or do I have to pay for them?

Jordan: Of course you can nullify them and you'll nullify them instantly by tracing them.

When the words are first released from your mouth, you know from which of your bodies those words came from. Now trace the words and see all of the sides to the situation. Did you carry with you a feeling of frustration and inadequacy because the employer responded to you in an unacceptable behaviorism, which then later on affected your response to whatever took place within your home? Or did you go to work and because your wife has not responded to you in a fashion that would have strengthened your masculine illusionary image of yourself and has caused you to doubt your masculine imagery of yourself, you expected your secretary to strengthen your masculine image of your self and to give you recognition of your position as an authoritarian by bowing and scraping and saying: "Yes, Mr. Smith, yes, Mr. Smith, yes, Mr. Smith?"

Seeker: Can we take our words back?

Jordan: We can't erase the statements we have made. We can only work through them. With every statement I've made, I've been able to say: "I dare you to try to punish me," and my eraser is my ability to forgive myself and to learn from my words and to say to people: "Okay, that's enough. No more punishment." Om Shanti.

Healing of mind, body and emotions

(channeled in Hawaii)

Jordan: The basic understanding of healing is the restructuring and the reforming of that which is mis-formed and mis-structured and requires some correction. Healing is also like redesigning an inadequate structure so that it meets and performs the necessary functions that allow usability. That's basically what we are doing when we enter into the various different forms of healing because we are restructuring or rebalancing. So in order to function in a rebalancing, restructuring or rebuilding way, we must be able to see the perfection of the supposed structure or the supposed being. If we don't see the perfection, we have nothing to rebalance. If we can't see the balance, how would we know that there was imbalance? If we don't have a concept or a vision of a perfect form, how would we know there was an imperfect form?

So in the healing arts, we are working with the concept of being able to see beyond the imperfect, the unbalanced (form) into the perfect and the balanced (form) and being able to energize perfection and balance through the imperfection and the lack of balance, which then will have the effect of restructuring. Now, any of you who have done any creative art work or building of any nature recognize that you do not necessarily rebuild and restructure an imperfect structure instantaneously and that many times the rebuilding and restructuring requires continuous work in order for the perfect form to be totally seen and utilized. So you can't expect instant healings, but you can expect instant relief of a disease. You won't necessarily cure the disease, but you'll bring relief to the dis-ease. Now, that's a simple play on words, but the words disease and dis-ease have an intense meaning because as we work with healing it's extremely necessary for us to see the perfect form, the perfect tissue, the perfect organ as we recognize the imperfection as being a temporal condition, which is information.

That's how we must approach our healing as we enter into the many healing practices and healing arts that are known to us today. We must know that any imperfection of any structure is bringing with it information of usage. Each of us according to the laws of karma were given a perfect form in which to function and our use of that form has determined either the wellness or the un-wellness of that form. Illness is information and nothing more. With illness being information, what is your job as the healer as you confront un-wellness?

Seeker: My job is to take the information, to come up with a diagnosis and to recommend the healing tools to rebuild the perfect form, to reach again the perfection.

Jordan: That's part of the job but not all of it.

Seeker: I must educate the patient.

Jordan: Absolutely.

Seeker: I must inform the patient about the cause and then offer choices.

Jordan: That's part of your job.

Seeker: I must assist people in recognizing their perfection by seeing them as being perfect.

Jordan: Well, in order for you to be a healer you've got to see the perfect form underneath the imperfect form anyway. Otherwise you are just a practitioner of a discipline.

Seeker: I also should not judge the imperfection.

Jordan: Well, we are going to get into the natural law (of non-judgment). Right now I just want to get down to the basics. So when you as a healer recognize information that is identifying itself as a disease or a disorder, what is your job? Naturally, seeing it as just information is one of the major aspects of your job. Tracing the information to the usage of the structure is the next step. How is the patient using his structure to manifest the concept of life? What are his illusions in his own identifications, which then bring about improper or unbalanced usage of that structure, whether we are dealing with the mental structure, the emotional structure or whether we are confronted with the physical structure. As you might have heard, I've put them in an order of the most abusive actions because we abuse ourselves mentally before we abuse ourselves emotionally and thus begin the physical abuse, which then brings about the improper structure, the unbalanced form. So, with information we determine the usage. We take the information and we trace it to identification, which then brings a mental image of the form that's reflecting the dis-ease and from the dis-ease it becomes a disease or disorder. The word disorder is also a very important word because when we are born we have a very orderly interior except if there is a karmic necessity for a disorder. When we are born we are given a perfectly orderly interior, which if maintained through proper usage will guarantee a perfect structure. It's kind of like following the blue print and the proper steps in building a house as you are digging the foundation, mixing and pouring the cement, putting up the walls and so forth.

So in healing we might not just go back to the time of birth, but we might have to go back to past life misuse, especially when we are dealing with karmic disorders. As we are viewing the physical structure, it will give us information, which will then allow us to educate. Meanwhile, we have used our recognized healing abilities to relieve the dis-ease so that we can attack the disease or the disorder and recommend or put into action certain disciplines, whether those disciplines are holistic, dietary or physical or whether those disciplines are called faith or re-visualization. Then we educate the client, which will bring about a restructuring, a re-ordering, a comprehension and an understanding, which will then eliminate the disease. In some cases we eliminate the disease through psychic surgery and we remove the obvious dis-ease, which is a disease, but we don't always remove the disorder.

For the healing to be maintained, the client has to bring order into his structure and he must affirm an orderly interior as he follows the necessary disciplines, which will allow him to become acquainted again with his interior perfection. Sometimes we call that interior perfection our Godself, sometimes we call it our spirit and sometimes we call it our soul and we have to acquaint and orientate ourselves again with that interior perfection if we are going to maintain an exterior perfect structure. We all know that our exterior structure takes on many shapes and forms according to our usage of it, according to our indulgences, our vision and our desire. As we start functioning in the world today, we oftentimes create for ourselves an illusionary image of who we are, what we are, where we are going and what's expected of us. With that illusion we begin an interior disorder and we begin to create for ourselves those minute little dis-eases, which will eventually evoke a disease as we want to create the form we envision and desire for ourselves because we expect that form to bring us the outer commodities of love, success, happiness and acceptance. Yet we must first learn to love ourselves, to be successful and to accept and understand ourselves before we can expect to get love, success, acceptance and understanding exteriorly.

You as healers must recognize that first comes the desire for what is supposed to be the perfect form of that particular time. There are people suffering from bulimia and anorexia because unfortunately they have this illusion of being in an unacceptable form. So we have a disorder, which then becomes a disease and then manifests as a disease. We can relieve the exterior dis-ease by feeding their system with glucose and hopefully we will be able to confront their disorder, their illusion and thus remove the disease. We are confronted with AIDS because many people believe that allowing their physical form to be sexually abused and submitting to chemical ingestions will make them acceptable by society, which is again synonymous of a disorder, a dis-ease, which eventually becomes a disease. Now, we can begin to work on the AIDS indulgent, instead of calling him an AIDS victim, as we confront his disorder. We can confront the disorder not only chemically, but with herbs, with flower essences, with certain massages or energy transferences, with surgery and with the restructuring and remolding of the affected organs before they become destroyed, with dietary measures etc. But eventually we will have to educate and confront the mental and then the emotional disorder in order for the ordering to take place.

The healer must be able to see the perfection that exists beneath the imperfection and not relating to or identifying with or owning that imperfection. Many of us healers have done a lot of physical, mental and emotional self-abuse and have created a great interior disorder before we recognized our healing abilities. We still bear those interior scars and when we confront through the laws of attraction individuals indulging in similar or identical practices of self-abuse, we oftentimes empathize with them and through that empathy we then evoke our own disorder, which certainly will not allow for clear energy transference.

After all, if you put your toes where your nose should be, then you are not really going to be able to project your nose energy from where your toes are now. And when your brain is in your pants and you have what should be in our pants on our brain, then you certainly can't heal with mind projection because the only projection you are going to heal with is based on sexual desire.

Remember that we don't really have to create disorder. If we as healers identify with the conditions and situations of misuse, that are being presented to us and our own scars are opened and we start bleeding, we oftentimes do an immediate disordering of our own interior and we are not functioning in the energy transference that we should and could function in. Now, we are working with healing and we are working with desire and the healer must desire to see humanity always activated in their perfect form. That way the healer is functioning in a neutral condition and is not forming a dependency on his client or on his own feeling of superiority. That way he is not forming a dependency on using the client as a measuring rod of his own ascent and success. Now, you'll hear people say: "Oh, I know how you are feeling. I've had that disorder myself and this is what I did to heal it." Well, when that happens, it awakens dependency in the healer because he says: "I am dependent on your illness to remind me of my wellness, which then makes me superior," which does not allow clear energy transference.

Om Shanti.

This teaching letter will be continued in No. 08/XVIII.