

INNER TRUTH

PROLOGUE

*The Soul Dance*



*The wind blows over the lake and stirs the surface of the water.  
Thus visible effects of the invisible manifest themselves.*

—The I Ching, Chung Fu / Inner Truth<sup>1</sup>

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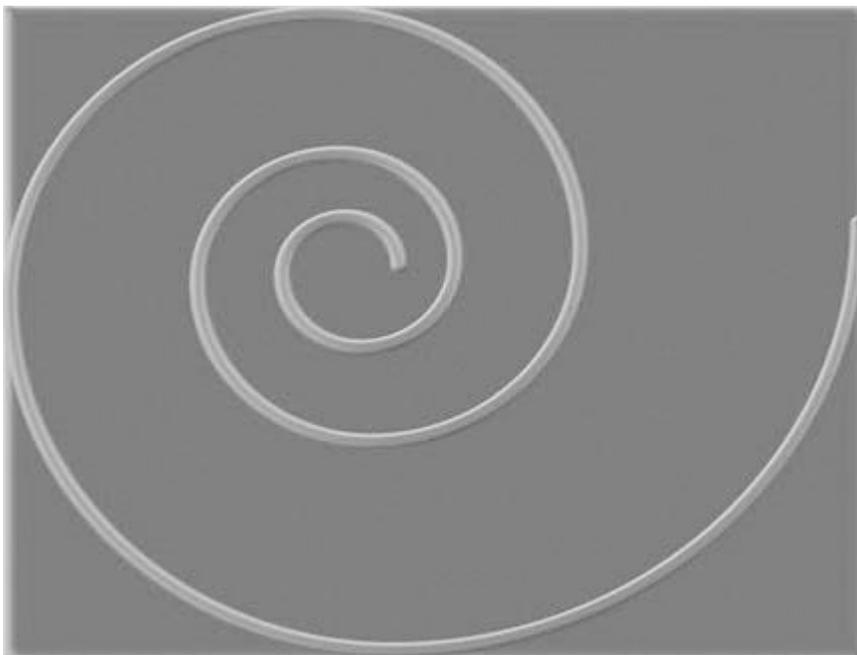
<sup>1</sup> Wilhelm, Richard, *The I-Ching, Bollingen Series XIX*, p. 235.

**T**he invisible manifests and becomes visible through matter. There is an energy field around the body. If balance obtains there, no disease can take hold of the physical body.

Our world is vibration. Our bodies and all creation are organized vibration. We are a part of the vibration of the cosmos that nurtures our life and health.

Disease will first appear on the vibrational level—nothing really wrong, just a bad spell, not quite yourself. Restoring harmony between body, mind and soul brings the return of health. Changes at one level will bring sympathetic responses at other levels. The body, mind, and emotions are one.

Taking a step back to revive ancient practices, vibrational healing is non-invasive and anti-materialistic, relying for its effectiveness on tuning the body/mind to achieve a communion with the healing powers in the soul. Vibrational Healing is primal. It is a part of the basic goodness of the earth, and it is there for one and all. A cat purring on your lap is vibrational healing, so is the murmuring of a loved one. In nature, vibrational healing may be found in the blue sky and verdant hillsides ablaze with glinting golden sunlight, the tumult of water in a stream, the smell of flowers and crops on the earth, the songs of birds and the buzzing of bees, rain splashing on your head or mud squishing through your toes, the first bite of a tomato fresh off the vine.



**T**his guide will escort you on your healing journey. In Buddhism, the conch shell signifies sharing knowledge and wisdom. Let this book inspire your exploration with a dozen alternatives in the field of vibrational healing. You will see what appeals to you and what doesn't. Don't try everything. Listen to your body's wisdom and wait for an answer before proceeding.

### ***Shankh Mudra***

Encircle your left thumb with the four fingers of your right hand. At the same time, touch the right thumb to the extended middle finger of your left hand.

Together, the two hands look like a conch shell. Hold your hands in front of your sternum. Do this as often and as long as you want...

**Affirmation:** *I use thoughts and words of strength and love, and everything that I think and speak comes back to me.*<sup>2</sup>

The principle of health dwells in the harmony of mind, body, and soul. Forgetfulness of soul brings disease; often the body's wisdom is also ignored. Putting things right again means tuning-in to the soul, opening the heart, and finding out what is making us so sad—what I call the “Buried Treasure.” The healing journey requires bravery, because we will be looking into dark corners where our awareness and understanding have been withdrawn.

Once we have embraced things exactly as they are, a path to progress always opens up. It may mean moving to a new house or a new town, changing jobs, changing habits, but change will be necessary. Change is the very definition of life—and sometimes our comfort will be jostled. This journey will challenge us, as Pema Chödrön says, to grow more “comfortable with uncertainty.”

Healing means joyously welcoming life as it is, whatever path we are following. We may be more or less healthy, depending upon how many diversions from the path we permit. If the distractions are legion, we may feel like giving up.

**R**ight now as our world faces the crisis of modernity, we need to develop our capacity for New Age consciousness. That means letting go, little by little, of our attachments to materialism. But what will replace our consumer-driven lifestyle?

There are many other paths to evolution; the possibilities are limitless.

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<sup>2</sup> Gertrud Hirschi, *Mudras: Yoga in your Hands*, p. 76

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Ritual—tea ceremony, yoga, chanting, shamanism  
Art, Music, Dancing—the ancient Greek “*Mousike*”  
Cooking and Dietary Health  
Deep Ecology—reducing our footprint on the earth  
Native Cultures—learning to live simply  
Vibrational Healing—rely less upon Heroic Medicine  
Cosmic Music—Harmony of the Spheres  
Soul Healing—from Pythagoras to Thomas Moore  
Internal Cleansing with Herbs  
Relaxation—Breathing, Meditation, Exercise

Together they bring more fulfillment, happiness, and joy; to remember, as Thomas Moore has written, the care of the soul that we have forgotten in our busy “adult” lives:

There may be a direct relationship between loss of soul in daily life and the atrocities of international struggles and the barbarism on our streets. Only in a thoroughly unrelated world can we poison nature without conscience, neglect our children and the poor, and righteously slay thousands of enemy soldiers because we don't have the patience or imagination for negotiation.<sup>3</sup>

### ***Your Life's Path***

The demands of modern life are often at odds with our deepest wisdom. Isolated within our fragmented “personality,” forced to wear a social mask and perform ritualized behavior, we are left unfulfilled. Spirit waits to guide us toward connection with our own life, the earth, and community.

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<sup>3</sup> Thomas Moore, “*Soul Mates*”

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Community can be a convivium, “rest from labours, release from cares and nourishment of genius.”<sup>4</sup> Making life more artful means experiencing each moment with awareness, detached and involved at the same time.

*“Love is the light by which we see light.”*

—John O’Donohue

Love is the energy behind all. It causes the sap to rise in the spring, the pods to break open, the buds to burst and the sprouts to push up out of the earth. As the generative power, it is also the energy to heal.

***Achieving a Quiet Heart***

The alternation of rest and movement keeps light and love alive. During periods of rest, go into the quiet darkness and journey to deeper levels.

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<sup>4</sup> Thomas Moore, *“Care of the Soul”*