

© Ellaeenah

Greetings from Dr. Lang!

Today, let us focus upon the polarities that exist within the human system. You know that your Earth is a planet, and, being a planet, it has the positive and the negative poles. When we use the term 'positive' and 'negative' in this context, we are referring to the pure 'physics' definition of a positive polarity and a negative polarity, and in no way does our reference imply that which you have called 'positivity' and 'negativity'.

In every human system there exists these polarities. The polarities exist in the chakric system itself, with one opening of the chakra being the positive pole and the second opening being the negative pole. There is no fixed pattern of positive and negative poles. Each individual will have their own unique pattern, which balances them completely. For example (*pointing to different sitters*) her chakric system might show the positive poles in the front and the negative poles at the back. Hers might be just the opposite; whereas hers might be the root chakra, front positive and back negative, sacral chakra: back positive, front negative, solar chakra: front positive, back negative and so on.

Each has their own pattern and this pattern shifts at certain times in your life. The shift is automatic and has really very little to do with what you are experiencing at that time. To be in perfect health - emotional, mental, spiritual and physical - the polarities that have been attained as a natural pattern by your system should be maintained. The reason why so many are vulnerable to virus and bacteria and such other is because the polarities within the system have gone awry. It is not possible for you to know, moment-to-moment, what is your current polarity pattern, but in a healing session, a healer, who allows herself to be open to energy suggestion, will most certainly be able to identify the pattern, identify where it has gone awry and balance it out again. If the polarity has shifted and is in acute imbalance, this would need a considerable number of healing sessions to set right.

Before we can proceed to show you how to set right the polarities, it is important to understand why the polarities go awry. If a patient should come to you with an experience of some kind of trauma, you can be certain that some, if not all, the chakras have had their polarities shifted and changed rather harshly. To understand trauma, do not only focus upon, what you might consider, large events. Even events that might seem insignificant to you could be traumatic for the patient. For example, it might be a merely technical problem, which has caused their most favourite possession to stop functioning; it might be the stress of the child of the patient appearing for an examination. These may appear minor to you, but not for the patient. **Any stress, which the patient is unable to deal with, is known as trauma.**

Before you start upon a healing session, you must talk, at length, with the patient. Find out what are the events currently taking place in the life of the patient or the events that were taking place when the patient first started feeling the imbalance and the ill health. You are not to focus upon setting right those events; only identify the **probable cause** of the trauma. Once you have identified this, you can proceed by identifying where the polarities have gone awry.

In order to heal the polarities, to balance them out, your focus is going to be exclusively upon the chakric system. For this, the healer's hands have to be sensitized. If you are already a healer, your hands will naturally already be sensitive. If you are not, but you wish to be, then it might be more appropriate to undertake simple energy exercises to sensitize the chakras in your palms. Simple exercises that could include rubbing the palms till they become warm and then feeling the energy that flows between the palms when they are held a little apart from each other, gathering the energy between your palms and feeling the energy as an energy ball, stretching the energy and bringing it back, like an energy rubber-band. All these are simple exercises that sensitize your palms to energy. Then proceed with 'feeling' energies of objects, of different elements, like metals, wood, fire, water, flowers. How are you able to understand energy only through your palms? Once your palms are sensitive to all energy, balancing polarities is certainly much easier.

To balance polarities, the healer must stand to the side of the patient; not in front, not at the back. The reason is, the healer must, simultaneously, be in contact with both the openings of each chakra. Once you are in contact with both the openings of the chakra, allow each palm to give you distinct and separate information. If the left palm is on the front opening and the right palm is on the rear opening, the two will give you different information about the same chakra; about the same imbalance but in a sense, viewed differently. At this point, be aware that the information that you receive from the front opening is the information pertaining to the present and the very near future. The information that you receive from the rear opening is information of what has already been experienced by the patient through that chakra. You might, in fact, be able to reveal information that could pertain to years earlier. Speak to your patient about this, for the patient may honestly believe that the patient has forgotten or resolved that event.

When resolution is complete and full assimilation has been attained, you will not be able to discover the energy of the experience. In fact, even if the patient should tell you of an event experienced in the past, you will still not be able to discover its energy, for it would have been completely assimilated.

Once the two palms have given you their relevant information, you now have two options ahead of you, as a healer. If the information revealed to you, seems significant enough not to proceed on with the next chakra, stop at this one chakra that you have received information from and begin first a dialogue with the patient. The energy of the spoken word is so powerful that in merely making the patient talk again of an event sometimes assimilation is effected.

Very often events have been experienced, but due to some reason, the patient has not given herself or himself the permission to speak to others of the event. Such suppression increases the stress, which we have already defined to you as trauma. So you must begin a dialogue. Remember, there are certain events that could have taken place in a distant past where the patient has suppressed the memory, so convincingly, that the patient is honestly unaware, at a conscious level, of the event having taken place. In such a situation, gently ask the patient to identify his or her reactionary process to the same event when he or she perceives it happening to another. One of the commonest examples is that of rape and abuse. If it has taken place at a very young age, the patient will have suppressed this information from his conscious awareness. But he will react, very strongly, when he hears about the same experience of another. Begin to then talk to the patient about the reaction. Gently, very gently, make the patient see that the reaction stems from an inner catalyst.

Once the dialogue is complete, (and this may go on for more than one session, depending upon the extent of the trauma) then proceed with identifying the polarities. It will be much easier to set right the imbalance after the dialogue has effectively utilized the power of the spoken word.

Now to the actual balancing of polarities. The right and the left palms now proceed to give you information of the natural pattern of polarity, not the existing imbalance. What is the natural pattern of that moment of that patient? Initially, you might have to spend a little more time over this, but over time this will become instantaneous.

Once you have identified the natural rhythm, the natural pattern of polarity, then you proceed to discover what the existing imbalance is. Sometimes, the imbalance could be a far stronger positive and a very weak negative or vice versa. But the pattern is still maintained. Sometimes, it could be that both poles, due to the trauma, have shifted to negative, or both poles have shifted to positive. As soon as that takes place, the energy flow between the front opening and the rear opening goes completely awry. The front opening of every chakra is what allows fresh prana to enter, and the rear opening of every chakra is what allows the expelled prana to be released. Before the expelled prana can be released, and even though you are unaware of it, the fresh prana needs to clear the chakra. But the clearance of the chakra does not take place if both poles are similar and thus the expulsion does not take place causing, what you have called, a block.

Once you have identified the imbalance, you will then proceed to set it right. Let us assume that the imbalance is one where one pole is far weaker, in energy, than the other, but maintaining the natural pattern. It is obvious, and needs no clarity here, that the healer's task, in this respect, would be to energize the weaker pole. But before you can energize the weaker pole, you must be certain whether you need to give it a positive charge or a negative charge. Once you have identified the charge that you need, it is easy because all you have to do is call upon your own charge. In every human system, runs a positive charge and a negative charge. By the power of your intention, call upon the charge that you require, which will flow through your palms.

Do not underestimate the power of intention, for healing on an energy level, is only attained by intention. There are no medical examinations, no medicines, no injections, no surgical removal; only energy intention. The healer will make a powerful energy intention, drawing upon his own charge, which will then flow into the appropriate palm. For example, if your right palm is on the rear opening which is the weaker pole showing negative charge, your negative charge, as a healer, will flow into the right palm, into the rear end of that chakra energizing the negative charge. When that charge has energized that end of the chakra enough, you will find that both your palms become neutral. They will become, what you might term, 'cool' or experiencing no energy flow from them.

It is then that you proceed to the next chakra. At this stage, you do not need to once again identify the natural rhythm. You merely proceed to the step where you discover the imbalance and set it right.

In order to balance polarities, the healer's hands must be on both the openings, simultaneously, not one after the other.

You spoke about the power of intent, which I believe in completely. But then why does one have to do hands-on healing or distant healing?

Because your intention is not pure. Because your intention is, in a sense, impure due to your own imbalances, your own fears and anxieties, your own stresses and traumas. You do find, there are times, when your intention works almost instantly and those are areas where you are free of your inner impurities. But the presence of impurities, in a healer, in no way negates completely the healing. Yes, it may certainly take a little more time.

The joy of setting another's polarities is twofold: while setting right the polarities of another, the healer sets his own right, without any deliberate or conscious intent, effort or focus to do the same, because to identify a rhythm and set it right, the healer's own polarities have to be first be aligned.

We will move to discussing how you can align your own polarities, without needing the help of another healer or without going out with a lantern searching for a patient.

As healers, you must know which part of your body and which organs are ruled by which chakra. It is vital, as vital as a medical doctor needing to know everything about the human anatomy. If there is a pain in a certain part of the body, you will need to identify the chakra that will be misaligned. Place your palms, simultaneously, on the rear and the front openings of that chakra. It is not very difficult. Once you have done this, identify your natural rhythm, your natural pattern of polarities, at that time. But before you can even do that, you will do exactly as we had asked you to do with the patient: allow the right and the left palm to give you their information. The dialogue can then be an inner dialogue or a dialogue that you take up with a close one, in order to talk about the information and utilize the power of the spoken word. You might find that at the end of the dialogue your pain has disappeared. If so, you do not need to proceed any more. But if the pain still exists, then proceed with the same steps as we have given you for the patient.

There is one more step involved when you are healing your own chakric polarities. Once you have set right that one chakra, before you can proceed to examining the rest of the chakric system, you must set right the top and bottom polarities as well. For example, let us assume that it is your heart chakra that is out of polarity balance. You have attained dialogue with another, you have discovered the natural pattern of your polarities as of now, you have attained balance in the polarities of the heart chakra, front and rear end, positive and negative pole energy. Before proceeding to the other chakras, attain top and bottom polarity balance, which means attain balance between crown and root. Now this balance is not a positive or a negative charge. It is only to confirm that the prana is running from crown to root and root to crown. Prana runs in two parallel streams in the central column of light and these two parallel streams must have constant, uninterrupted flow. So check that.

By breathing?

Yes, you can breathe. You can use any other technique you wish. Breathing is certainly the easiest. Once you have checked that the parallel streams are flowing uninterrupted, then continue with setting right the polarities of other chakras. If the parallel streams are not flowing uninterrupted, this means that there are several chakras whose polarities are imbalanced. At this point, do not attempt to set right the top and bottom polarity; merely continue with setting right the chakric polarity, for you will not be able to attain uninterrupted flow if the chakric system is completely out of polarity balance. But if there is a small interruption, minute, attempt to set it right before you proceed with chakric balance.

This step of crown and root polarity is not to be undertaken for a patient. You may ask why. Because **you** become the flow of prana for the patient, as the healer. When you are undertaking self-healing, you have to ensure that the flow is smooth; while healing another, you become a temporary central column of light for the patient.

Remember Intent! Intent and breath! Intent and breath! Inhalation will show you the upward flow and exhalation will show you the downward flow, so it is essential that you breathe in and breathe out slowly, for if it is done fast you will not know there is an interruption.

I've been reading on the net about people being taught to rub their palms vigorously and then massage their tummy clockwise something to do with the intestine. How does that work?

All you are doing, when you attempt to do this, and it is effective, is setting right the flow of intestinal energy. You may be surprised how many illnesses could be avoided only by having a good and healthy digestive system, and how many illnesses take place because the digestive system is not functioning one hundred percentage. By smoothening out the energy flow of the intestines, which form a large part of your digestive system, you are setting right, to an extent, the imbalance of energy flow in your body.

I'd like to ask about the psychic healers who have conducted 'surgeries'

Psychic surgery, psychic healing, is attained by those who have the ability to go beyond the physical, and to touch the physical imbalances without touching the physical itself. It is too vast a subject and too detailed a subject and too complex a subject and we would not like to even attempt to explain it here for some may attempt to do it on their own, without adequate knowledge, causing harm. Not all, those who call themselves psychic healers, are truly aware of all complexities involved. If the healer is not aware of all the complexities, you may hear and see all that seems so fascinating but the energy flow could be hindered, considerably, if the healer is not in perfect sync. It is only the non-physical being aligning with the non-physical being and for that the healer must necessarily 'disrupt' the energy flow initially, for the purpose of healing, but which he should be able to undo, at the end of the healing session, which he may not do.

So, yes, there are those who are magnificent. We ourselves have done that when we were on this Earth. But, dearest beloved, there are very, very few who can complete the process. The important feature of psychic healing is completing the process.

What happens if it's not completed?

The energy that has been disrupted, deliberately disrupted, for the purpose of healing remains disrupted. In order to do a good psychic healing, the healer has to first disrupt the energy flow, for that energy flow, which is present in you currently, is not aligning with your system. So the energy flow has to be disrupted but it has to be realigned with your system, with your system, at the completion.

The choice of healer and choice of healing techniques, beloveds, rests on the patient herself or himself. There is no blame, no fault to be apportioned to the healer, for we do not believe that there are more than just a marginal few who deliberately undertake a healing knowing that they do not have the ability. Most healers are doing what they do in utmost good faith.

Could you explain to us healing with Light, such as blue light or the Violet Flame?

Let us explain this, although it is not strictly part of this healing technique discourse. So we will briefly mention it.

Light heals! This is a truth that has no opposition. Light heals! What you are referring to, dearest beloved, is healing with colour, infusing light with an appropriate colour. Thus you are using two energies, combined to become one, for enhanced healing. Now here there is one choice that is important and that is the choice of colour. What is erroneously believed is that the colour violet, let us say, has the same ability for all, the same healing potential for all or the colour pink which is used so commonly to heal, let us describe it picturesquely: a broken heart. But, beloveds, the pink colour may not be the one that is required; it might really be the colour red.

So the choice of colour is very important. Now this is where most healers err. They will rely upon another's definition of the colour. A book of healing may tell you that the pink colour is wonderful to heal the heart chakra, and you will

believe that, and you will use the pink light. But for the person you are healing, the pink colour may not be the appropriate colour for that person's heart chakra energy. Do not rely on another's description of the ability of the colour. Each patient will define his own colour and will define his own colour at a given point in time. Before using the colour, and before infusing light with the colour, you have to wait for the patient's energy system to give you information. We cannot reiterate this enough: wait for information and then begin healing.

If you believe that you are not equipped to define the colour required, then only use gold or white light. The white light is for those who are in acute stress, acute imbalance, acute ill-health. The gold light will be too powerful for such systems. Once the white light has energized the system enough, then you may start using the gold light.

Does this apply to crystals as well?

It applies to crystals, not only with their colours, beloved, but with the choice of the crystals. Once again, crystal healers attempt to look at a book and go by the book. But, beloved, books have been written at one point in time and energy is constantly shifting. And with a particular patient you may not use a rose crystal at all for the heart but it might, in fact, be malachite.

How do we sensitize our hearing?

Beloved, sensitizing your ears or your eyes are simple techniques: merely becoming sensitive to sound around you. Sound is all around you. Are you even aware of how many sounds you do not consciously hear? There are so many sounds you begin to take for granted. For example: people living close to railway stations do not hear the trains. Sound awareness! Not difficult to do!

Greetings of Dr. Lang!