

The five levels of healing

I developed this systematic model of healing in the 1980s and have been teaching it to practitioners all over the world since then. Many doctors and healers have been able to understand their own work better and have been able to make better choices for their patients and their own education based on this understanding. This model has already entered the heart and consensus reality of integrative medicine worldwide. In recent years we have observed a worrisome overemphasis on the value of nutritional supplements. Few people have gotten well by taking supplements alone. Dietary supplements have disappointed! Much lipservice is given to energetic and psychological care. However, very few practitioners offer practical solutions as a natural and regular part of their consultation or treatment protocol. Please consider these ideas below. Our patients need care on all levels of their existence. It works. People really can recover from their chronic illness. But patients have to shift their way of being in the world on a deep level. They need your guidance! For every vitamin there will be a better one tomorrow. Every deep conflict that is resolved, is resolved for good. Learning is forever. Vitamins are not.

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We exist in different dimensions - simultaneously. The physical body exists within a sphere of invisible etheric bodies that each have their own anatomy and physiology. There is an alive and profound interaction between the different levels. When we die, the physical body stays behind – it is cast off. There seems to be a process after death in which also the emotional body (second level) and later the mental body are cast off. The 4th and 5th body survive. Every ancient culture knows this system and has described it in different terms. This healing system has evolved from interpreting the yoga sutras of Patanjali (which are believed to be over 10,000 years old) and from trying to express this ancient knowledge with contemporary language. Applying this knowledge in a practical way is taught by myself and the Institute of Neurobiology in Bellevue, Washington.

Level 1:

The lowest or densest level is the physical body. It is not at the bottom because it is less valuable. Instead, the physical body is the foundation upon which everything else rests. It is our connection to the earth and the source of our physical energy. The physical body is identical with what we see, feel, hear (i.e., when we scratch it), smell and taste (if we lick it). It ends at the skin. It is what we perceive with our 5 senses.

Treatment:

There is much ongoing discussion as of how to approach the 1st level. Everything from the PDR, herbal medicine, low potency homeopathics to orthomolecular medicine belongs here. I use a basic set of principles:

a) Diet based on "Diet Therapy Software (Food Pharmacy)". It scans all current and old literature on illness-specific diet research- including these 4 books: Metabolic typing Diet (Wolcott), Protein Power (Eades), The Blood Type Diet (D'Adamo), No grain Diet (Mercola) and prints out the most appropriate diet for this client in minutes. ART* food sensitivity test (takes minutes, no lab fee, very accurate) *ART stands for "autonomic response testing". It is the author's advanced composite of



hands-on examination techniques that uses changes in the autonomic nervous system as primary indicator of practitioner-elicited stress responses in the client's body. The "direct resonance phenomenon" allows to scan the body for specific infections, toxins and other "invisible" problems.



b) Exercise at least 20 min every other day – balance between aerobic (running, bicycling, etc.) and anaerobic (weights) and stretching (yoga).

c) Balancing the hormones: 24 hr urine hormone test (Meridian Valley Lab, Kent WA) every 6 months for the first 2 years. I give herbal and homeopathic drainage remedies (Sanum, Heel) for the organs which test with ART during the course of treatment. Use homeopathic hormones including HGH to balance the hormones, before resorting to "real" hormones d) Heavy metal detoxification and treatment of infections belongs to this level as well (see my earlier "neurotoxin elimination protocol" and "Lyme disease protocol" in Explore!).

e) Always supplement the missing minerals (best test: autonomic response testing)



Level 2:

The 2nd level is the energy body or "body electric". It is not only the summation of all electric and magnetic events caused by the neuronal activity of the nervous system. Most somatic and autonomic nerves in the body travel in the longitudinal axis of the body and the nerve currents spread as electric fields along these nerves. The magnetic fields created by these forces travel perpendicular to this axis into space. Even though their strength decreases with distance from the body, they extend into space beyond the skin. Theoretically, these bio-magnetic fields extend into infinity. This is also the home of the other known forces in physics: gravitation, strong force and weak force. The most profound new knowledge on this level comes from the physicist Fritz-Albert Popp: each cell emits biophotons: light, which is highly coherent, polarized and "squeezed". The biophoton field created by the light emissions around the body regulates most metabolic enzymes inside the cells. It modulates neural transmission, neurotransmitter releases, detoxification and many other body functions.

Treatment:

- I use Neural Therapy (NT**) with the ART principles. Acupuncture works on this level as well. NT is taught in 2 weekend courses, ART in one. It is much faster to become a good neural therapist than to become a good acupuncturist. NT is often the more effective treatment.
- The best daily energetic hygiene routine is Qigong, which is easy to learn and brings rapid results. Spending time in nature restores the energetic balance in the body.
- Cleaning up electromog in ones home is a must: switch off bedroom electric circuits at night. No chordless phones. Keep bedroom as dark and quiet as possible. De-install the nearby cell phone tower. No TV or computer work at night.



** Neural Therapy is a traditional German technique to balance the autonomic nervous system with injections of procaine, homeopathics, Enderlein remedies and more recently also with the use of microcurrent

Level 3:

The next higher body, which I call the "mental body" or "mental field", extends theoretically into infinity squared (and the higher two levels extend beyond that).

Only mathematics is able to conceive the expansive size of the higher levels. Beliefs, attitudes and thoughts form and organize this level. There is an individual mental field



and a consensus field (consensus reality). Rupert Sheldrake has named this level morphic field. Every idea or thought ever thought goes into this field and becomes part of an invisible library that can be accessed by anyone. Sheldrake has published his experiments in several books and scientific publications. Every emotion (2nd level) is preceded by a perception and a thought or chain of thoughts. Thoughts trigger emotions and other energy body changes, which in turn trigger change in the physical body. We are all surrounded by our own mental field, which in turn interrelates with the field of our human species. If a child cries in Africa, we are connected to it. If we have a diagnosed illness, the diagnosis acts like a curse: we start to think, act and feel as if we were those other people that have suffered this illness, whose family and loved ones suffered in certain ways, as if we were those that died. In medicine this is called the "nocebo" effect. It is most important to disconnect a sick patient from the mental consensus field of her/his illness. A patient's mental field can have partial tears and wounds just like the physical body. A mental field can be healthy and

can be sick. These illnesses require different kinds of medications and interventions than illnesses on the physical level. APN*** and

MFT**** are tools that belong here. ***APN stands for "applied psycho-neurobiology" and is the author's composite of most current energy psychology techniques also with elements of Eriksonian hypnotherapy, Gestalt therapy, family systems oriented psychotherapy and past-life therapy.

****MFT or "mental field therapy" is a technique within APN that focuses on level 3 of this healing system. It does not require muscle testing or other biofeedback techniques. It deals primarily with restricting belief systems and aims at resolving conflicts and trauma. It has emerged in Europe as the leading form of "energy psychology".



Treatment:

Off-shoots of Roger Callahan's Energy Psychology techniques, such as Mental Field Therapy (or MFT) and biofeedback guided

counseling (PsychoKinesiology*****) are for me the most precise and effective treatments on this level.

Goal of the treatment is:

- To make traumatic events from the past conscious (unless they already are – as in Post Traumatic Stress Disorder)
- Uncouple their ill-making effect from the ANS (autonomic nervous system)
- Replace limiting beliefs (that have been created as an ineffective way to deal with trauma) with liberating beliefs. Always address the destructive beliefs of client's husband, wife, children, other relatives, doctors and caregivers and

- friends (“I know my wife will never get well”...)

**** Psychokinesiology or PK uses ART techniques to dialogue with the subconscious. It allows to retrieve and heal suppressed pain and memories in gentle, simple, brief and effective ways. This author's textbook in Germany has been a bestseller in Europe for over 10 years.



Level 4

The 4th level is a level beyond the mind and beyond language. It is the home of near-death experiences, past-lives, archetypes, spirit possession, ecstatic states, karma and the expression of unresolved trans-generational family issues. The highest level at which an interaction between physician and client is possible is the 4th level. I call this level the “dream body or intuitive body”.

Treatment:

Bert Hellinger's Family Systems Oriented Psychotherapy and advanced APN

are very effective at resolving most issues that belong to this level. Since this information is new – and maybe strange – to most, I will highlight the

most important concepts. The APN techniques are easy to learn and bring amazing results. It is important to be able to understand and draw a 3 generational geneogram - for and with the client (which may require extensive research done by the client prior to treatment). The instructions for this procedure are in John Bradshaw's book Family Secrets. If the conflict is between the client and a family member, that is not alive (or not known), the rules change. First, both client and practitioner have to be in a light trance state. Second, the client has to become at times a surrogate for the dead

person during the therapeutic session and dialogue.

If the conflict is between 2 family members, that are either dead or not available for therapy, the client has to alternate between being a surrogate for one person and then the other. At this level there is no need for uncoupling the ANS or working with limiting beliefs, because changes on these levels occur spontaneously, when the reconciliation on the 4th level has truly happened. The healing occurs when the client (either for him/herself or as a surrogate for another family member) is connected with his/her core feelings and can, in an attitude of deep respect and sacredness, have a healing dialogue with the other person.

Allow, during the process, feelings of grief and love to emerge, and trust, at the end of the session, that his/her soul will complete the job in the realm of the unconscious. There must not be any analyzing or interpreting of the session's content afterwards. (If you work on the 3rd level, analyzing is necessary and recommended!)

The healing dialogue has different components that have to be addressed during the session:

1. Acknowledge what really happened. Name it! Use words that expose the truth. Call a spade a spade. If someone killed someone, call it murder, if that is what happened.

2. See your own responsibility for the "dynamics" that are acted out, and then take responsibility for what happened. Healing can only occur, if both parties take 100% responsibility (therapist intuitively senses and has the client repeat them – watch for effect). Remember, the driving force behind it all, was the deep longing to belong, the deep unconscious archaic love of the child and the entanglements resulting from violation of natural orders. The Common dynamics (I like to use the classic German terms some of which were first introduced by Sigmund Freud):

- Nachfolge (following someone): "I fol-

low you." Example: A mother dies at childbirth at age 22. The child lives. When the child turns 22, she commits suicide.

- Uebernahme (carrying it for someone): "I do it for you.", "I leave for you (so you can stay)." Example: A father is unhappy. He considers (unknown to anyone else) to leave the family. His 4 year old daughter develops cancer.
- Identifikation (identification): "I am like



you." Behavior patterns and events are repeated. Example: In a specific family, over generations, men around the age of 35 are involved in a huge business failure.

- Doppelte Verschiebung (Double Displacement): "I take it from you (person 1) – this part displaces the subject – and project it on you (person 2) – this part displaces the object." Example: The client's father was chronically very angry at

his wife. The daughter carries the anger for him (displacement of subject) and projects it onto her husband (displacement of object).

- Unterbrochene Hinbewegung – B. Hellinger (Interrupted Forward Movement: "I want to be with you." Example: A young girl was never held lovingly by her father. Her whole life becomes an attempt to finally be held by a man. It will always fail because of the displacement of the object. It can be completed in the APN session.
- Atonement for personal or taken-on guilt. Example: A newborn loses his mother at birth. He will often live as if he does not deserve to be here. The healing sentence may be: "Dear mom, to honor you and your fate, I will make something special out of my life. I accept the gift from you with grace." A good movie that was released lately ("Saving Private Ryan") brings it all down to two words. A soldier is trapped during WWII behind enemy lines. Several other soldiers give their life to, successfully, save him. As his main savior (Capt. Miller) is dying and sees the enormous guilt in the eyes of Private Ryan, he says to him, "Earn it." By implications it meant: "Don't get stuck in the guilt. Do something good and special with

your life that makes our death worth it."

3. Feel the feelings. There are three levels of feelings.

- Primary feelings: they come from deep within. They don't go away, when the client opens their eyes. They are strong, untamable and often last for 30 seconds or less. Having these feelings always moves the client in the directions of healing with profound and lasting changes evident on the 3rd, 2nd and 1st levels!
- Secondary feelings: they are more superficial. The client needs to think about the triggering content and close their eyes to keep feeling these feelings. They last as long as the client chooses to – often for minutes or even hours. These feelings have very little lasting health benefits and no measurable effect on the lower levels.
- Feelings carried for someone else ("I carry it for you"). This can represent a displacement. Example: In a marriage often one partner ("the good one") displaces their feelings such as anger to the other, who expresses those feelings ("the bad one") as if it was her/his own. "Taken-on feelings" can also be there, because the carrier either represents someone else in the family

system ("Representation") or is identified with aspects of another person ("Identification").

- Meta-feelings. These are feelings on a higher level. Example: A mother pushes her 19 year old out of the home so he can become independent. The "normal" love of a mother would hold the young man and accept him still being there; the "higher" love can look tough.

4. The healing movement

- Give the other person



your deep respect and take them into your heart (It is important to have intense eye contact on the inner picture).

- Ask the other person to look kindly upon you and your children.
- Turn towards the "here and now", i.e., your current partner. Example: "Now I take you as my husband and man." The proper attitude on the 4th level requires to not hold an intention of wanting the

patient's symptoms to improve but to hold the intention that after the work is done there is more love, harmony and respect in the family. Working on the 4th level requires more skill, experience, maturity and sensitivity than the work on the other levels. It requires openness to real magic.



Level 5:

The 5th level is the plane of self-healing. I call this level the "spirit body". The only relationship that exists here is the relationship between the individual and god. The fifth level is this part of God that reaches into us and wants to learn and experience the physical world through this individual with all his or her flaws, strengths and idiosyncrasies. A physician, psychologist, or guru who claims that he can be helpful on the 5th level is being arrogant, misleading, dangerous and simply wrong.

Anyone who truly has experienced this level will have an attitude of deep respect and understands that it cannot be explained using language. People that talk often about "god", "angels" and other spiritual experiences are suspicious to me. People too deeply involved in the "New Age" often have significant unresolved family issues or guilt (that is either taken on from another family member or "earned" through one's own mistakes). The pain and necessary healing work is often avoided by involving oneself in extensive spiritual practices that never seem to resolve the real issues.

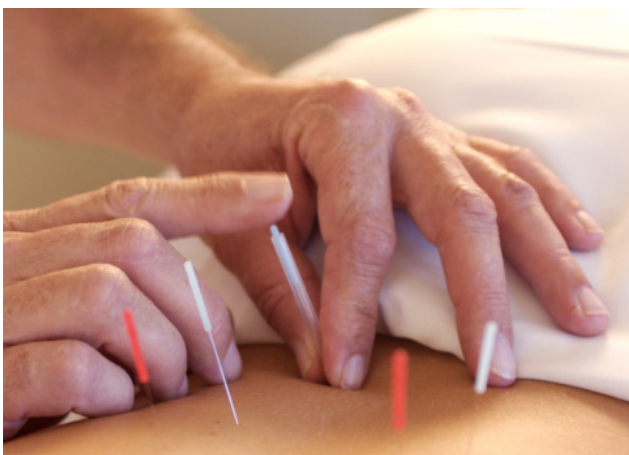
Treatment:

Any exploration of this level is left to the patient. As practitioners we have no right to intrude on this plane. An attitude of great respect and humbleness is appropriate. Interfering would be saying: "the part of God that works through me (the practitioner) is more important or healed than the part of God you (the client) represent".

The Rules

Over the 30 years that I have been in practice, certain orders and rules have emerged and become obvious that appear to govern the relationship between these 5 levels of healing. In turn, each level has its own laws and its own order which needs to be acknowledged and understood. I will summarize only a few observations that may be helpful to others.

There are descending influences (trauma to a higher level causes problems in the lower levels) and ascending influences (the reverse). Healing impulses created with a practitioner on a higher level can penetrate downwards, but not upwards. Vitamin C (level 1) cannot change a post traumatic stress disorder (level 3). It really cannot. A healing intervention therefore must be either on the level where the illness was created or on one of the levels above. If the practitioner has no tools on the higher levels, he or she will not succeed with many clients. Each level can have blockages which prevent healing impulses from the higher levels to reach the physical world.



Each phenomenon that we observe in the physical realm seems to also occur simultaneously on the other 4 levels. In fact, the physical body is designed like a computer screen that makes visible and tangible that which happens in the new spirit (the 5th level). However, you can have problems in the higher levels, which have not yet penetrated down to the lower levels. This is most known in acupuncture, where disturbances on the 2nd level are picked up by the practitioner (using pulse and tongue diagnosis and understanding early warning signs) before symptoms occur. The traditional doctor of Chinese Medicine was only paid when the patient's physical body remained healthy. He/she had to pick up the disturbance on the 2nd level long before it penetrated down to the 1st!

An Example:

True healing requires simultaneous work on all 5 levels. The first level, the physical body, is the home of orthomolecular and conventional medicine. Let's assume a young female patient has the clinical diagnosis of "anorexia nervosa." We know that approximately 85% of these patients have a clinical zinc deficiency. Therefore, the causal diagnosis on the 1st level would be "zinc deficiency." The laws that govern this level are the laws of biochemistry and mechanics. If you keep her on a lifetime of zinc supplements, she would probably stay reasonably well.

However, looking at this patient on the 2nd and next higher level, the electromagnetic body, we may find that she has a hidden malabsorption syndrome caused by over-activity of the sympathetic celiac

plexus (which leads to vasoconstriction of the absorbing lymphatics and blood vessels in the gut). This condition may respond well to periodic treatment with acupuncture or neural therapy. The patient would start absorbing zinc from the food again and would improve without zinc supplements. The 2nd level has an organizing effect on the 1st ! The laws that operate on this level are the natural laws of neuro-physiology (or the practical stepped down rules of acupuncture or autonomic response testing – ART).

Now let's look at the 3rd level, the mental field: this young woman may have an unresolved conflict with her father, who was very oppressive during her childhood – stern, punishing, critical and at times violent. The unresolved memory held in her limbic system is responsible for stimulating the hypothalamus and sending sympathetic stress messages to the celiac ganglion, which is now in a pathological state of chronic arousal. Finding and resolving this conflict with a targeted and specific approach such as Applied Psycho-Neurobiology (“PK”) eliminates the focal area in the limbic system. The celiac ganglion cools off permanently and the patient starts to absorb zinc again – and gets well! The 3rd level has an organizing effect on the 2nd level and also on the 1st level! Vice versa, without the absorption of food (1st level) and a functioning autonomic nervous system (2nd level) the patient would not have the energy and functioning mind required to remember the past and work with it in a healing way. The energy, however, to do the necessary healing work comes from the lower levels! Therefore it is best for the patient to treat all levels simultaneously – take zinc during the initial treatment period and have some neural therapy at the beginning of treatment. The laws that govern the 3rd level are the simple natural rules that are being gradually rediscovered by modern psychotherapy: nurture and love a child, provide it with opportunity to learn, keep it safe, nourished and warm. Each violation of these natural needs has consequences, leading to fairly predictable distortions of the mind, nervous- and immune systems.

Other “laws” and natural orders have been outlined by the leading psychologists of this century.

Now let us go to the 4th level, the dream body or intuitive body. The typical family constellation in a young woman with anorexia looks like this: invisible to anyone on the outside, including the children in the family, the patient's father was deeply rejected by the mother, his wife, and subtly pushed her out of the family. The patient in turn is unconsciously loyal to the rejected father and holds the “magical belief ” that if she disappears, the father would stay. “I leave you for you” is the operative sentence and sign of a deep and strong love and loyalty for the father. Anorexia is a way for the client to disappear. The father's oppressive behavior (behavior belongs to

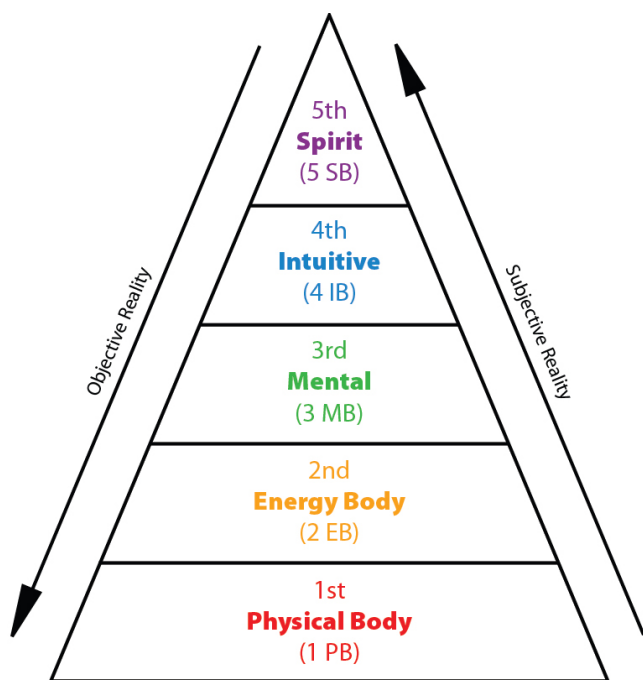


the 3rd level) was his way of responding to the wife's rejection of him (which in turn triggered and re-stimulated his unresolved childhood issues). If the therapist can facilitate healing in this situation, which may culminate in the child saying in the therapeutic session to the father (who does not need to be present): “Dear daddy! What happened between mom and you is none of my business. I am only your child. You are the grown-up, and I am only your child. I trust

that you can handle the issue with mom yourself! Look kindly upon me if I stay.” And to mom: “Dear mom! I am only your child. Please look kindly at me when I stand by my father. He is the right and only father for me.” Healing on this level often leads to instant disappearance of the associated unresolved conflicts on the 3rd level, and in this case, disappearance of the celiac ganglion dysfunction and therefore improved zinc absorption. Again, the energy required for this healing work has to flow upward from the lower, energy-supplying levels. Simple interventions on the lower 3 levels would be laying the foundation to make the work on the 4th level possible. The laws that govern the 4th level are the rules and orders of Systemic Family Therapy “discovered” by Murray Bowen and Bert Hellinger: in a family every member has an even right to belong. If someone denies this right to one of the members, another member will try to balance the family by self-excluding him/herself. The 10 commandments of the bible may be an attempt to formulate the laws operating on this level. Other rules are

discussed in the book: Love’s Hidden Symmetry by Bert Hellinger, which is a must for anyone working on this level. Issues such as spirit possession, evil entities, alien takeovers and implants, etc. seem to lose their grip on us when the family of the client is in a state where there is respect and love between all the family members of the system. A family system is comprised of the genetically linked persons of the last 3 generations and all of their respective partners.

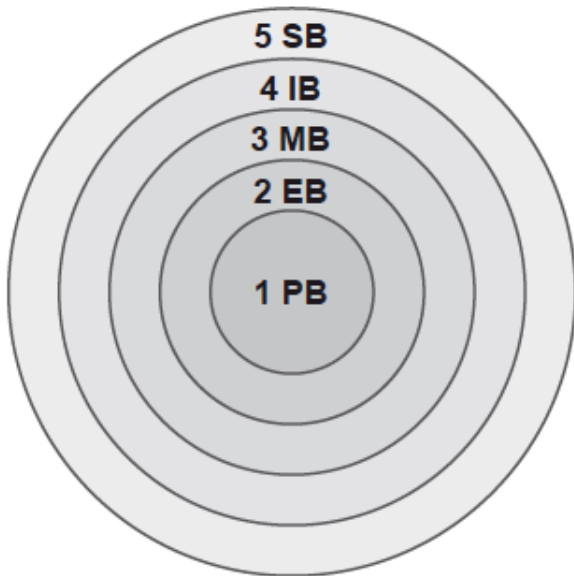
What about the 5th level, the spirit body then? Here are a few hints: it would be a good start, if after resolution of the physical problem both the physician and the patient turned inwards and upwards with an attitude of gratefulness. For the client to do something “good” with the newly gained hope and vitality and clarity may be the appropriate concluding work on the 5th level. Simply praying or meditating in a cave may be enough, but maybe not. If the work on the 5th level is not completed there may be a gradual relapse of the condition. The laws that are operative here are gradually revealed to us as we mature.



Conclusion:

The vertical healing system can be a valuable foundation for understanding truly what holistic medicine is and gives the practitioner a road map that makes it easier to navigate the sometimes chaotic landscape of healing techniques. Each level has its own order and its own laws that need to be understood. The lower 3 levels belong to the personal realm, the 4th and the 5th level to the transpersonal realm. Each higher level has an organizing influence on the lower levels. The lower levels supply energy to the higher levels and create boundaries for the individual to exist in. The practical conclusions for leading a healthy lifestyle and guiding a client towards well-being may look like this:

- Put as much effort as possible into healing your own family. Don’t rest until there is love and respect between everybody in your generation and the two



Spheres model.

The five "bodies"

The "Emotional Body" is a composite of Levels 1 through 3. The "Soul" is a composite of Levels 2 through 4.

generations before you. The "family" includes children who have died early, aborted children, husbands that were excluded after divorce, mothers that died in childbirth, and uncles that died in war. The healing involves relating and communicating to everybody that is alive and holding a loving memory of those who are gone.

- Pump as much energy as possible into the lower 3 levels: eat right, sleep right, exercise, and take your vitamins. Nurture your "body electric" with massage, acupuncture, neural therapy, lying down by a waterfall, listening to good music, and doing your yoga stretches. See a therapist to work through confusion and unresolved conflicts on the mental level.
- Turn inward to investigate the 5th level. Don't follow anyone's advice. Create time and space to be alone. You need all of you, undistracted, to do this. I have tried to give some guidelines for practitioners who desire to achieve higher levels of competence, satisfaction, and organization in their work. Healing is the greatest of all the joys.

Whenever a client performs the miracle of the inner movement called "healing," there should be gratefulness and humbleness, not only by the patient but also by the practitioner. When certain unwritten laws are respected, healing occurs much more frequently than otherwise. Healing is only in a minor way dependent on the skill of the practitioner, but in a major way dependent on the attitude of both patient and practitioner.

The 5 Levels of Healing – A Guide to Diagnosis and Treatment

Level Body/ Sphere	Our experience at this Level	Anatomical & conceptual designation	Related science	"Diagnostic method"	Related Medical treatment & healing techniques
5. Spiritual Body	Bliss, oneness with God, Satori	Spirit higher consciousness	Religion & spirituality	Knowing & awareness	Self-healing, prayer, true meditation, chanting
4. Intuitive Body	Intuition, symbols, trance, meditative, states, dreams, magic curses, spirit possession, out of body & near death experiences	collective unconscious "No mind"	Mathematics & Quantum physics	Intuition, Applied Psycho-Neurobiology (APN II), systemic family, constellation, sound & voice, analysis, radiesthesia, dream analysis, syntonometric optometry, art therapy	APN, systemic family, constellation, colour & sound therapies, shamanism, hypnotherapy, jungian psychotherapy, radionics, rituals
3. Mental Body	Thoughts, beliefs, attitudes, long distance healing, consensus reality	Mind & mental field (conscious & subconscious mind), morphic field, the "Will"	Psychology & homeopathy	Autonomic Response Testing ART I & II, Applied Psycho-Neurobiology APN I & II, Psychological interview - (MMPI), Homeopathic Repertoiring	Applied Psycho-Neurobiology APN I, Mental Field Therapy, Psychotherapy, TFT, EMDR, Homeopathy
2. Energy Body	Feelings - [anger, joy, etc.], Chi [qigong energy], 6th sense & other "energy" perceptions	Nervous System, Meridians, Chakras, Aura, Bio-Electric System, GAGS, Microtubules	Physiology & Physics	Autonomic Response Testing ART I & II, Thermogram, EEG, EKG, EMG, VAS, EAV, Kinesiology, Chinese Pulses, Kirlian Photography, X-rays, MRI, CAT scan	Neural Therapy NTA & B*, Microcurrent Therapies, Acupuncture, Bodywork/Touch, Breath Therapy, Yoga, Qigong, Meditation, Radiation Therapy
1. Physical Body	Sensations (touch, smell, etc.), action, movement	Structure & Biochemistry	Mechanics & Chemistry	Direct Resonance - Autonomic Response Testing ART II, Physical Exam, Lab Tests, BDORT	Diet Therapy - Exercise, Osteopathy & Chiropractic, Surgery, Physical Therapy, Drugs & Herbs, Orthomolecular Medicine, Aromatherapy