



Principles of IN-OWT for Self-Healing

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IN-OWT is based in Fundamental Universal Laws that Govern Healing From Within.

IN-OWT is pronounced: “In - Out” to emphasize the power of each person’s inner knowledge. The process mirrors experiences found in many spiritual traditions. Arnold Mindell, a psychotherapist using the spiritual principles derived from Quantum Physics, describes, what Tibetan Buddhist Lama Sogyal Rinpoche calls a pre-dreaming or Rigpa state of awareness:

“In the Rigpa state, the minds’ innermost essence, which is absolutely and always untouched by change or death... could be said to be the knowledge of knowledge itself”

(Mindell, Quantum Mind and Healing 2004, 24).

INOWT Is built upon these Principles or ideas

1. **We live in a participatory universe.** i.e.) we are co-creators of everything we experience. There is no real distinction between our inner ‘world’ of feeling and the ‘outer world.’ However, our inner world is often shrouded in mystery and fear and we are discouraged from exploring it. Certainly, for some, exploring our inner world and honouring its’ reality as equal to that of physical reality is not only unconventional, but a ludicrous proposition. Inner images, our feelings, intuitions, dreams and perceptions are discouraged, passed over as insignificant and, in a number of ways, treated with insensitive hostility or violence.

Healing moves us from attempting to control through fear and violence to an understanding that individual health challenges are *a result* of this controlling and violent perspective on life. With a different life view, recovering health and well-being is not about blame, nor is it about fear or ‘fighting’ what we perceive to be outside of us. Healing is about response-ability and claiming our power as a co-creator. When we view our life as a co-creator, our life’s becomes full of interesting adventures wrought with exciting experiences that inevitably guide us to life’s treasures: inner peace, personal power and a sense of the ultimate and undeniable interconnectedness of all things.

2. **We are spiritual beings having a human experience.** The intent of IN-OWT is to make the souls needs known AND relay this information to the personality to carry out .

3. IN-OWT defines the personality as that which encompasses the characteristics of a person – race, creed, gender, behaviours and habits that one acquires over a lifetime. When one dies, these characteristics no longer exist; they are a function of historical context. The soul on the other hand is a timeless entity and its’ essence remains unchanged.

“Your personality is the part of you that was born into, lives within, and will die with, time. Your personality, like your body, is the vehicle of your evolution. ... Every experience that you have upon the Earth encourages the alignment of your personality with your soul.” (Zukav, The Seat of the Soul, 1989, 29, 31)

The relationship between the soul and the day-to-day reality of the personality is an important aspect of consciousness. A useful metaphor is to view the soul as a conductor that manages energy between the circuits of the universe and the personality. The personality is the grounding medium of the soul. However, it is quite possible for the personality not to be aware of the soul, and therefore not to be aware of its role in grounding the energetic information that the soul imparts. Being unaware of its role, the personality may short-circuit the soul’s energy.

Although a person can be unaware of its soul, it is not unaware of the pain, disharmony or incongruence that is generated by the search for external power. Ultimately the personality wants to feel Love; it wants to be truly alive and ultimately, although unaware of it, it seeks reconnection with its soul. Without the spiritual act of recovering our soul, that immortal part of us that transcends space, time and personality, we will continue to act from isolation, fear and defensiveness, and will continue to attract adversity and inflict harm on nature and each other.

4. **The Soul exists.** Not only does it exist as a distant idea, I believe the soul to be a real place within us that mirrors what quantum physicists describe as the zero-point or still-point, or void of pure space within each atom from which pure potential and creation emanates. Within each of us, if we stop our busy lives and listen, there is a still-point from which leaps in awareness arise. It is in this space that our individual potential resides and where energetic renewal takes place. I call the energetic field that sustains us the Universe, Creative Source or God, and I would call our interior still-point our Soul.
5. **Body-Mind-Soul** are a trinity and a mutually defining and communicating system of light. IN-OWT understands the soul to be one’s connection to the universe and that the body, driven by the personality, is an instrument of the soul, all of which are systems of light.

“I can no longer make a strong distinction between the brain and the body.... The research findings indicate that we need to start thinking about how consciousness can be projected into various parts of the body.” Candace B. Pert. Former Chief of Brain Chemistry. National Institute of Mental Health.

Light is a form of electric and magnetic energy. Photons of light travel through space with characteristics of both particles and waves. This is what physicists call the wave-particle duality. One of Einstein's great insights was to realize that mass, ie) (matter) and energy are really different forms of the same thing. His famous equation ($E=MC^2$) is a mathematical statement that says that energy cannot be created nor destroyed, only transformed. The wave-particle duality of light means that everything in our world is either its particle or wave state. From this theory it follows that our bodies are dense heavy forms of light in its particle state. *"Your personality is the energy of your soul converted to matter. ... Physical matter is the densest, or heaviest level of Light"* (Zukav, *The Seat of the Soul* 1989, 130, 111). On a psychological and spiritual level, this has a profound effect on our lives. Consciousness is not static; it flows into and out of matter, into waves and particles and back. If it is true that I am light, I have the ability to engage either property of light – particle or wave.

Particles of light appear distinct. In exactly the same way, the particle property of my awareness enables me to discern matter and identify my body as separate from others. The particle property of my being enables me to engage in logical steps and make distinctions in what I call our local, material reality, in other words, what has manifested in physical form. Because the personality is contained within the body, it is therefore a part of the particle property of light and identifies with the logical discerning mind. Our left brain is responsible for this perception.

The creation of physical experience through intention, the infusion of Light into form, energy into matter and soul into body, are all the same. The distance between you and your understanding of the creation of matter from energy is equal to the distance that exists between the awareness of your personality and the energy of your soul. ... The system is identical. (Zukav, The Seat of the Soul. 1989, 130)

As human beings evolve into multisensory humans, we learn to encompass the senses that come from within – the non-physical qualities of energy. Likely because many people have been so focused on external cues and senses, humanity has identified five external senses and lumped our internal senses into one broad category called the 'sixth sense'. The sixth sense, the sensation of e-motions and vibratory waves that are not visible to the eye, are not considered physical, but the feelings that are generated by them *are* felt physically.

6. **Remembering a Time-less Language.** In my experience, my soul wants to listen to the meaning imparted by a symptom or illness. It is my judgmental mind (left brain) that wants it to go away. The language of the soul is a function of the right brain and of the wave function of light. It encompasses internal senses such as emotion, feeling, inner images-while awake or dreaming, inner sound and voices, physical sensations such as twinges, flutters, and pain.

Sufi Mystic Hazrat Inayat Khan calls the souls language Cosmic Language. Jeanne Achterberg describes it as a preverbal or 'a priori' language. 'A priori' meaning a language that has always existed. It is a language we all possess when we are born, a language of

archetypal images, symbols and feeling. It is a language that speaks of the deep interconnection and purpose of mankind.

“it is preverbal in a sense that it probably evolved much earlier than language and uses different neural pathways for the transmission of information... Here, the imagination acts up on ones physical being. Images communicate with tissues and organs, even cells to effect a change. The communication can be deliberate or not.” (Achterberg, Imagery and Healing, 1995)

This language contains information based on rhythm and pattern and enable us to make quantum discontinuous leaps or abstract-random connections based on wave-patterns of energy rather than on particle-like step-by-step connections. The internal senses enable us to create meaning from our experiences. The sixth sense (right brain faculties) also enables one to relate external sensation and its situations to the internal energy field in which it is mirrored.

“From the perception of the multisensory human, the physical world is a learning environment that is created jointly by the souls that share it, and everything that occurs within it serves their learning” (Zukav, The Seat of the Soul, 1989, 28).

Physicist David Bohm added a psycho-spiritual dimension to quantum physics when he described the wave function as it operates in peoples lives as ‘pilot waves’. Arnold Mindell connects Bohm’s concepts and its implications throughout his work as a psychotherapist.

Pilot waves appear first and are felt as “slight sensations, wiggles, thoughts or pulse –like form. As the subtle experience arises, it flirts with your attention ...you can imagine how, if ignored, this experience of the (wave function) can become a perception, feeling or dream image. Finally, if this is ignored, it may eventually appear as a visible signal or noticeable symptom (Mindell, Quantum Mind and Healing, 2004, 51).

- 7. The Heart is the physical organ of the Soul.** The heart is the power-house or enlivening organ of the body. It is responsible for the maintenance of light energy – i.e) electrical and magnetic energy in our body. Our hearts are at the core of the electrical and magnetic fields that communicate with the world around us. According to the scientists at the Institute of HeartMath:

the electrical strength of the heart’s signal, measured by an electrocardiogram (EKG), is up to 60 times as great as the electrical signal from the human brain, measured by an electroencephalogram (EEG), the heart’s magnetic field is as much as 5,000 times stronger than that of the brain. ... When we form heart-centered beliefs within our bodies, ... we’re creating the electrical and magnetic expression of them as waves of energy, which aren’t confined to our hearts or limited by the physical barrier of our skin and bones. So clearly we’re ‘speaking’ to the world around us in each moment of every day through a language that has no words: the belief-waves of our hearts. (Braden, The Spontaneous Healing of Belief, 2008, 59-60)

Thus our inner light, our soul, is an energy field and its eminence is governed by our heart-based beliefs. Quantum physics and its experiments reveal:

that we're bathed in a field of intelligent energy that fills what used to be thought of as empty space. Additional discoveries show beyond any reasonable doubt that this field responds to us – it rearranges itself – in the presence of our heart-based feelings and beliefs. (Braden The Spontaneous Healing of Belief 2008, xi)

Congruency between our thoughts and our hearts heals dis-ease. The power of two interconnecting waves has been a symbol of medicine for centuries. The caduceus, used as a symbol of medicine, has two snakes wrapped in opposite directions on a staff or wand and carried by two wings. It is the symbol of the power to move between realities, between the waking consciousness, personality or ego that is bound by our material reality and our spiritual consciousness or soul that is unbounded by time and space. It is our spiritual consciousness that accesses the wave function and which has the power to create and initiate change. Until recently, our science has focused on the particle property of light or the material manifestation of the wave function. Focusing on the outer world, on our thoughts instead of our feelings, and our bodies instead of our souls, on material reality over spirit creates a belief in separation between ourselves and the greater forces of Nature and God. This separation incites fear and the idea that one must 'fight' or struggle through life.

7. **Truth** is a feeling of congruence and harmony between one's thoughts (left brain) and feelings (right brain). Thus, it is easy to identify when we are not experiencing truth because we experience the feelings that characterize fear, feelings such as anger, greed, resentment, revenge, and jealousy. In this case, fear is the presence of the emotions without any real immediate physical danger. "Feelings ... are the means through which we can discern the parts of itself that the soul seeks to heal, and through which we come to see the action of the soul in physical matter" (Zukav, The Seat of the Soul 1989, 44).

Negative or violent feelings are indicators that we need to further develop our relationship with our soul. Martin Buber, (Jewish philosopher) said: 'All suffering prepares the soul for vision.' But suffering is not necessary for vision if we are willing to look – to see – in the dreams and events of our lives, the all-important messages that are designed to bring us out of victim role and into victory. Most suffering is the result of not seeing. (Williston, 1995)

In choosing to identify with a perception of life that is sacred and that aligns us with health and harmony, it must be emphasized that this does not mean trying to be healthy or in harmony when we feel we are not, through positive thinking. It means accepting what one feels, loving what is, accepting truth and identifying the meaning within it so that incongruent thought patterns can be changed to realign with one's soul and a new action can be taken through the personality.

8. **Negative energy is an essential part of our being.** Negative is not 'bad'. Somehow in the development of human consciousness the natural poles of energy, 'negative' and 'positive,' have come to mean 'bad' and 'good.' The universe does not judge, human beings do.

The body is 'energized' through the soul and is like a battery. Energy wants to stay in motion and batteries only work when there is a free-flow of energy from one pole (negative) to the other (positive). However, human beings in our current society and culture have been taught to avoid or reject the 'negative' and prefer, long for or even obsess over the 'positive.'

By stagnating our energy flow by trying to be happy, by identifying with only the positive pole of energy, the meaning within our experiences is inaccessible. So it is, in the struggle and hyper-intention to be happy or successful, we bring about more of our own unhappiness, illness and perceived failure. We need negative energy, embrace it, trust it, accept it, honour it and trust it. It is how we learn and is the easiest way for your energy to shift to the positive pole and retain your life-energy and well-being. Everything is energy – symptoms, situations, illnesses and dreams are all accompanied by e-motion (energy in motion) – keep it moving.

- 9 **Non-violence.** Judgment is violence. When we work with IN-OWT we must remember that we are not fixing something we perceive as wrong – rather we are serving something greater than ourselves and that we don't know all the answers. Ironically, happiness, health and well-being happens when you don't focus on trying to achieve them. *"For success, like happiness, cannot be pursued; it must ensue and it only does so as the unintended side-effect of one's personal dedication to a cause greater than oneself"* (Frankl, *Man's Search for Meaning*, 1984 p 17)