

New Dimensions In Healing

Table of Contents

About the Author.....	4
A Few Words.....	5
To the Reader	11
Introduction — The Process of Healing	13
1. Striving Toward Perfection	17
2. The Constitution of Man.....	31
3. The Etheric Body	41
4. Prana & the Etheric Body	61
5. The Three Centers of Prana	71
6. Prana & the Sun	81
7. Fires in the Bodies	89
8. Devas & the Etheric Body	93
9. Color & the Etheric Body	103
10. Centers & the Etheric Body	109
11. Coordination of Centers	121
12. The Kundalini Fire	139
13. Thought & the Etheric Body.....	155
14. A Protective Meditation	163
15. Objects & the Etheric Body	165
16. Telepathy & the Etheric Body.....	171
17. Etheric Centers & Their Coordination.....	177
18. Healing & the Increase in Disease	191
19. Healing Exercises.....	199
20. Meditation — <i>Recharging & Healing</i>	207
21. Radiant Health	211
22. Sixteen Steps for Healing.....	227
23. A Healing Meditation.....	241
24. Healing & Space	243
25. Healing & the Aura	255
26. Seven Major Healing Exercises	267

27. The Four Laws of Health	279
28. How to Communicate With Your Soul	289
29. Exercise — <i>Freedom</i>	301
30. The Solar Angel	303
31. Exercise — <i>Angel Visualization</i>	324
32. The Chalice & the Seeds.....	325
33. Lotus Exercises	345
34. Elementals.....	349
35. Diseases on Many Levels.....	355
36. Diseases & the Planes	363
37. Pressure & Tension	369
38. Cosmic Sources of Illness.....	373
39. The Law of Karma	381
40. Dangers of Hypnotism	395
41. Visualization Exercises	417
42. Psychic Energy in Healing.....	429
43. Evening Exercise Before Sleep.....	441
44. Dreams	443
45. Morning Exercise.....	478
46. Healing & Fire — Part 1	479
47. Healing & Fire — Part 2.....	489
48. Healing & Fire — Part 3	499
49. Silence & Health.....	517
50. Identity & Healing	527
51. Creating Identity	537
52. Co-Measurement.....	561
53. Gradient Breathing.....	575
54. Psychological Breathing	591
55. Angels	601
56. Healing & Invisible Beings.....	623
57. The Human Soul & the Subtle World	629
58. Sleep & Healing.....	643
59. The Meaning of Joy	667
60. Healing With Joy.....	673
61. A Joy Exercise.....	680

62. Healing Through Unity	681
63. Healing Through Struggle.....	691
64. Exercises — <i>To Develop Energy, Confidence, Healing</i>	697
65. Depression & How to Handle It.....	699
66. Exercise — <i>Light</i>	724
67. Subtle Sources of Depression	725
68. Exercise — To Repel “Bad” Energies	746
69. Virtues — Part 1.....	747
70. Virtues — Part 2.....	751
71. Meditation On Virtues.....	771
72. Healing From a Distance	773
73. The Tools of Love	775
74. The Twelve Energies of the Heart.....	779
75. Exercise — <i>The Wisdom of Love</i>	785
76. The Heart & Healing.....	789
77. Exercise — <i>Healing the Heart</i>	805
78. Exercise — <i>Love in Action</i>	807
79. Infinity in Man	811
80. Meditation on Causality.....	823
81. Healing & the Self	825
82. Exercises — <i>for Beauty</i>	843
83. Basic Meditation — <i>Beauty</i>	855
84. Exercises — Seed Thought: <i>Solemnity, Beauty, Joy, Balance</i>	857
85. The Sense of Healing	863
86. A Transformative Exercise.....	880
87. Resurrection	881
The Great Invocation	919
Epilogue	920
Index	921