

**Etymology**

As we know, our triangles work is a form of planetary healing that aims to support the inflow of spiritual energies into the planetary bodies, enabling movement towards greater spiritual alignment and wholeness. This intention is reflected in the very etymology of the word ‘healing,’ which gives us a rich starting point for our reflections on healing, because when we look at families of words, we enter into the fertility and the livingness of language, and this helps us to open up our understanding.

These derivations are taken from Eric Partidge’s etymological dictionary:<sup>i</sup>

Whole

Old English: ‘hal’ = sound, complete, healthy

Old English: ‘haelan’, Middle English: ‘haelen,’ English: ‘to heal’

Old Norse: ‘heil’ = sound, healthy

Middle English: ‘hole’ = whole

Middle English: ‘heil’, ‘hail’ = health > ‘wassail’ = ‘good health’ (greeting)

Holy

Middle English (early): ‘hali’

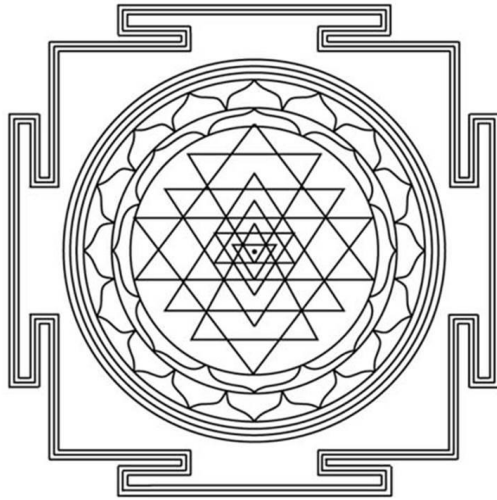
So we see that, embedded into the very word ‘healing’ (at least in English!) we have the idea of wholeness. Some of you who are speakers of languages other than English may be able to add some insights from your own languages!



**Jung Mandala**

This image shows one of the mandalas from Carl Jung’s ‘Red Book’ where he records his personal internal journey as a psychological explorer. In his autobiography,<sup>ii</sup> Jung describes the emergence of his understanding of the mandalas he drew, which he noticed always seemed to ‘correspond to [his] inner situation.’ He explains how he came to understand the meaning of the mandalas as ‘cryptograms which were presented to [him] anew each day,’ seeing in them ‘the self – **that is my whole being** – actively at work.’ This idea of the mandala as the wholeness of the self is reflected in

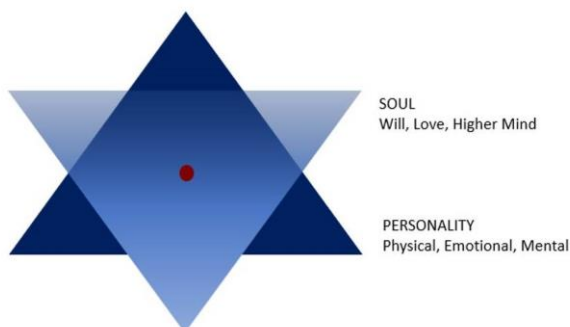
the etymology of the Sanskrit word 'mandala' which suggests the idea of 'a container of essence,' and which also means 'circle,' (itself a symbol of wholeness and unity).



### Sri Yantra

In relating healing and wholeness to triangles, we turn our attention to the 'Sri Yantra' mandala. Here we see an energy field created by the interpenetration of the downward and upward facing triangles, as they emanate from and create the three smaller triangles and the bindu point in the centre, where all is unified into wholeness.

So we begin to see healing as an evolutionary process, where forms in matter (the upward striving triangles) are continuously refined through development and experience, to become ever more resilient vessels for the expression of the higher fire, the higher energies (seen in the downward pouring triangles).



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### Law I & Soul/Personality Star

In Esoteric Healing by Alice Bailey, we read that, 'All disease is the result of inhibited soul life ... [and that] the art of the healer consists in releasing the **soul**, so that its life can flow through the

aggregate of organisms which constitute any particular form.<sup>iii</sup> He adds that disease is caused by lack of harmony and lack of alignment ... between the form aspect, the life aspect, and the soul or self.<sup>iv</sup>

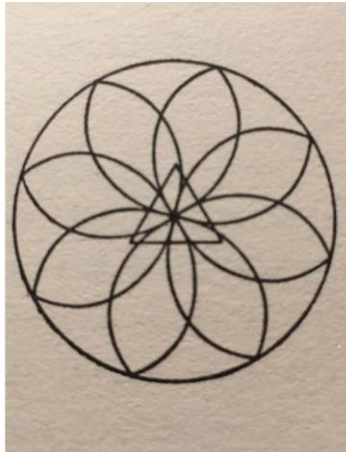
Roberto Assagioli called this process of alignment and freeing of the soul into the form, 'psychosynthesis.' We see it represented in the alignment and interpenetrating of the triangles of personality and soul in the 6-pointed star, with the bindu point of animating spiritual life at the centre.



### **(Process of Disidentification)**

How can we cultivate this alignment and harmony, so needed for healing and wholeness? One exercise from Roberto Assagioli<sup>v</sup> encourages us to disidentify from our personality vehicles, and to identify with the vital, permanent aspect of ourselves. By repeating this practice daily, and by bringing this awareness into our everyday lives, we can gradually come into soul alignment.

And so we cross the burning ground, and the unintegrated aspects of ourselves rise from the depths into the open to be cleansed and transformed. This is usually unpleasant, but *it is* possible for us to be in a place of identification with darkness and despair and *still* reach for the light. When we do, it is surprising to feel the reality of the light descending in response to our call, and to witness the light and the darkness living simultaneously within us, as the transformative processes do their healing work.



### **Centres Drawing from Telepathy**

From Ageless Wisdom perspective, DK tells us in the Alice Bailey books that healing works through the etheric currents and the centres in the etheric body.<sup>vi</sup> It is striking to note the similarity between the mandalas we saw earlier, and this drawing of the Hierarchical view of man's etheric centres.<sup>vii</sup> And we see again the form of the triangle, holding the communicating point, at the heart of the lotus. Indeed, when we work in our triangles meditation, we are building in the etheric substance of the planet, and our own etheric bodies, we are told, are an integral part of the planetary etheric body – so we are literally all connected! What an expansion of our idea of wholeness this demands!



### **Christ in the Etheric**

One of the greatest archetypes of healing that we have is the resurrection of the Christ, depicted in the Easter Holy Days just past. The Christ disidentifies with the physical as he moves through and beyond death into a renewal of form that signifies a completely new level of wholeness, offering to humanity the restoration of the knowledge of the spirit of which we are born.

Interestingly, the Western Church's timing of Easter this year caused the resurrection day to fall within the influence of Taurus, blending the vernal energy of Aries with the illumination of Taurus, which throws light on humanity's struggle to re-orient towards soul, and which is also the sign of the world servers who are striving to establish conditions for healing and wholeness on our planet.

In closing, let's turn our focus to the Soul Mantram, which encapsulates for us the whole process of psychosynthesis:

I am the Soul, and also Love I am.  
Above all else I am Will and fixed design.  
My will is now to lift the lower self, into the Light divine.  
That Light I am.  
Therefore, I must descend, to where the lower self awaits my coming.  
That which desires to lift, and that which cries aloud for lifting are now at one.  
Such is my Will.

Rebecca Hood

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<sup>i</sup> Partridge, Eric. 1983. *Origins: A Short Etymological Dictionary of Modern English*. Greenwich House, New York.

<sup>ii</sup> Jung, C. G. 1971. *Memories, Dreams, Reflections*. Collins/Fontana Library, London, UK. (pp 220, 221, 222).

<sup>iii</sup> Bailey, A.A. 2012 *Esoteric Healing*. Lucis Press, London, UK. (p 5).

<sup>iv</sup> Ibid, (p12).

<sup>v</sup> Assagioli, Roberto. 1994. *The Act of Will: Self-Actualization Through Psychosynthesis*. Harper Collins, London, UK. (Appendix 1, p211)

<sup>vi</sup> Bailey, A.A. 2012. *Esoteric Healing*. Lucis Press, London, UK. (p 645).

<sup>vii</sup> Bailey, A.A. 1951. *Telepathy and the Etheric Vehicle*. Lucis Press, London, UK. (p 165).