

## **Triangles Group Presentation – 10-02-25 – Dermot Carroll**

The triangles work is a very beautiful form of sacred service. We are drawn to it by its beauty, its apparent simplicity, and because it meets so many of the needs of those who long to serve. It is a group project, which allows us to share our aspirations and pool our energetic resources to meet the challenges facing humanity. It is a form of meditation and so answers our deep need for silence and contemplation. It aims to transform the pathways of life and the quest for transformation is the deep motivation which rouses the members of the New Group of World Servers to action.

The triangles work is esoteric. Most of us can only comprehend it in a very limited way for we are connecting with realms beyond our grasp and working with substances we do not understand. Yet we are drawn to the work. Faith is described in the Bible as “the evidence of things not seen”. Triangles work is an act of faith. We have amassed enough evidence in our hearts and minds to know its value, but we cannot describe the materials we are working with. When we read in the Triangles handbook that the Triangles worker uses “soul-infused mental energy to weave and to build the Network of lighted triangles within the etheric body of the planet”, we have a sense of what this means in our imagination, but no idea what it is like in truth.

My experience as a practitioner of energy medicine has really helped me with conceptualising triangles work. For many years now, as a pranic healer, I have been working with the etheric body of clients, cleansing and energising the major chakras without ever being able to see them. In pranic healing the healer uses a technique called scanning where the minor chakra in the palm of their hand is used to sense the energy of the patient’s chakra. Over many hours of practice the sensitivity to energy is built in the hand and eventually the healer is able to recognize different types of pranic energy

There are three core techniques in pranic healing. There is cleansing where the healer removes used up prana, diseased energy and negative energy from the chakras. There is the technique of energising where the practitioner replenishes depleted chakras with prana. And there is scanning where the healer uses their etheric hand to sense the energy of the clients’ chakras and auras. Once scanning is mastered the healers brain is able to register the quality of energy being felt by the

hand and then make a determination on whether the area needs to be cleansed or energised. An entire session of pranic healing from beginning to end involves no touching of the physical body and so, even though scanning is a very simple skill it is also a difficult skill to master because in order to become proficient you need to overcome the strenuous objections of the lower concrete mind. In my case these objections would have won out long ago, had I not experienced many extraordinary, seemingly miraculous results.

My journey into the study of prana began twenty years ago when my dentist, after examining x-rays, presented me with two bad options. I had a recurring infection in my gum brought about by impaction from a wisdom tooth. The tooth was rooted in the nerves running through my lower jaw. I could either have it removed and risk losing the feeling in my mouth, or else take anti-biotics every time the infection flared up. I found both options impossible to imagine and was determined to find a third way. Shortly after this a friend introduced me to a pranic healer who had a healing clinic in Limerick City, where I was living at the time, and I began attending for regular sessions.

This was the third way I had been seeking. Up to then I had no idea of the existence of an etheric body or the determining role it plays in our lives. My persistent tooth problem was arising because of congestion in my throat and jaw minor chakras. Once these chakras were normalised the infections stopped and never recurred. That was twenty years ago. There were other benefits from these sessions too. My energy levels, mental health and overall sense of well-being improved and the spiritual connection that I had forsaken began to return. The experience was inspiring because it offered me a window into a world I always sensed was there but was unable to reach. I decided that I wanted to share this new consciousness with as many people as I could. I trained as a pranic healer, started a clinic and eventually found my way to the ageless wisdom teachings and the triangles work that brings us all together this evening.

One of the benefits of the emerging world of energy medicine is that it is helping people to become conscious of their spiritual reality. The late energy master Choa Kok Sui who developed pranic healing said that, aside from the acts of healing which were obviously very helpful to people suffering with ailments, its real impact would be

to introduce people to the energy body and from there they could begin to develop a spiritual connection. I have seen this myself many times, where clients will have their physical and psychological ailments addressed by pranic healing and struggle to comprehend how it could have happened. Some people go away bewildered and try to fit this new experience into a framework that is more acceptable to them. Mind body or psychosomatic are terms the concrete mind uses to explain away medical anomalies like those arising from energy healing. Other people accept the theory of the energy body and begin a new journey of exploration. For these the world will never be the same again as the surreal gradually becomes the real in line with their expanding consciousness. For the others, the more cautious and sceptical, a seed has been set, and even if it isn't fully planted yet, it is there awaiting the right conditions to germinate.

One form of energy medicine that is particularly challenging to the concrete mind is the phenomenon of distant healing, where the healer and client can be in different locations, maybe separated by thousands of kilometres, yet a successful healing can transpire. Most energy medicine systems have some sort of distant healing technique. In pranic healing the practitioner goes through the same protocol as if the client were with them. The only difference is that instead of touching the etheric body directly they are connecting with it through energetic cords, linked in some way with the etheric body of the planet. These sessions are mostly just as effective as in person healing. Asthma, anxiety, depression, migraines, infections, back pain are just some of the conditions that I have seen either entirely or substantially reduced, through distant healing.

We are practising distant healing in our Triangles work too. But instead of working with a single individual we are using light to heal at a planetary scale. Working as a group, using the power of visualisation and the Great Invocation, our efforts are bringing about planetary healing. Every triangle imaginatively linked with the planetary network of light surrounding the earth plays a part in this healing through the soul light which is invoked and directed through it into human consciousness.

Distant healing is a difficult concept for people to accept. But as more scientists overcome the constraints of the lower concrete mind the phenomenon will be made clearer for humanity. Currently pranic healers are reliant on scanning to discover

issues in the energy body. But our minds and our emotions can influence our reading – much as we try to minimize this, it happens. We work around this limitation in pranic healing by always invoking first to the great beings for their help guidance and protection. The beneficial effects of invocation were studied by Master Choa and his clairvoyant associates when they were developing pranic healing. It is the fail-safe that prevents us from doing harm.

Energy Medicine would be really helped if we could independently verify the results of scanning if, for example, an image of the aura could be examined before and after a healing session, or if we had a real time image on a monitor to register changes in the aura as they occur. Kirlian photography was the start of this years ago. But it was never developed. Perhaps one day some courageous scientist will be free enough in their mind and have the resources to take on this challenge. There is tremendous scope for integration between energy medicine and modern medicine

For now, at least, even though we work with light, we are mostly in the dark. Yet we each have our own body of evidence which encourages us to continue. For some the evidence is tangible, a miraculous healing, or an illuminating synchronicity. Mostly though, the evidence is personal, a subtle internal shift that forces us to re-adjust our orientation. Each of us that participates in Triangles work has experienced some form of this. We know the importance of the work and we hope that one day we will be able to articulate it or define it more clearly. But whether that time is years, decades or centuries from now, we carry on in faith. For faith is “the substance of things hoped for, the evidence of things not seen”.