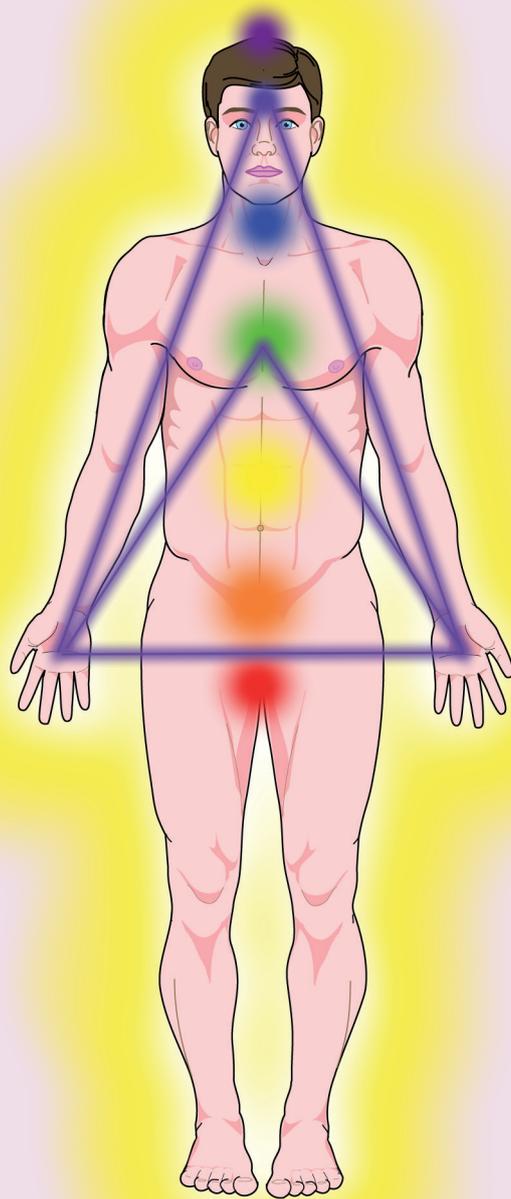


# Introduction II Triangles Esoteric Healing



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# Introduction

**The Art of Esoteric Healing is of connecting with the right triangle at the right time.**

First we must realise that the understanding of triangle circuits as patterns that form the foundation of our bodies is just another way of looking at the body.

The ancient wisdom reveals that the triangle is the basic building block upon which not only the human being is built but the whole universe as well.

D.K. says, “in the study of the science of triangles, the student must bear in mind that there is always a point of the triangle which - in a particular crisis or ‘event of consciousness’ - is the emanating, dynamic, conditioning energy. During the cycles ... in which it thus controls, the other two points express receptivity and are regarded esoterically as embodying forces. Every triangle is, therefore, the expression of one fundamental energy and two secondary forces <sup>Ref 70</sup> .

Now it is clear that the triangle works in two possible ways; which way it works will be the one chosen by the Soul of the patient.

1. The first method of triangular activity is somewhat two-dimensional: it involves a sequential flow from point to point, i.e., from the first center to the second or middle center, to the third, in ordered sequences that are laid down by the Tibetan. It is the way triangle circuits work in average people, in aspirants and in most disciples.

2. In the second method, the triangle stands as a whole, the points of the triangle working together at the same time. Here the power being released into the triangle pours through the threefold nature of the patient, affecting together at the same time, the Monad, the Soul and the Personality together at the same time. Changes and spiritual development will be secure and permanent. A deeper alignment will be established in the human being (the patient).

Let us review how triangles utilise energy from an esoteric perspective:

A. There is the major conditioning energy, producing manifestation: This is the Monadic expression, symbolised as the point at the middle of the triangle.

B. Next there is the qualifying energy, producing consciousness. This is the Soul expression.

C. Then there is the responsive point of negative energy mainly responding to the second point of the triangle (B), producing “a source of violent interplay between the two points of the baseline” (B and C), causing an expression of force and tangibility.

D.K. goes on and say, “When the experience undergone in Virgo is consummated in Pisces and the tests of Scorpio have led to illumination in Taurus, then the effect of these four energies will be to make man the true triangle, expressing the three divine aspects as they come from the three major conditioning constellations: the Great Bear, the Pleiades and Sirius <sup>ref 71</sup> .

*It must be remembered that the inner web of light which is called the etheric body of the planet is essentially a web of triangles and, when the evolutionary process is completed, it will have been organised <sup>Ref 72</sup> .*

# The 5 phases of the work of Esoteric Healing

|    |   |         |
|----|---|---------|
| A. | Alignment and attunement                  | Page 2  |
| B. | Diagnosis                                 | Page 4  |
|    | a) The Aura                               | Page 5  |
|    | b) The 5 Centers in the Ajna              | Page 5  |
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| D. | Esoteric healing treatment                | Page 7  |
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## A. Alignment and attunement

1. Align your threefold personality with your soul (1)
2. Create the Higher Triangle (2)
3. Recite the group mantram (3)
4. Open the Radiatory Healing Triangle (4)
5. Open the Magnetic Healing Triangle (5)
6. Build the Ray Attunement Triangle (if indicated) (6)
7. Activate the Protecting Triangle (7)
8. Construct the three Activating Triangles (8)
9. Make the Triangle of Transfer (9)

### 1. Align your threefold personality with your soul

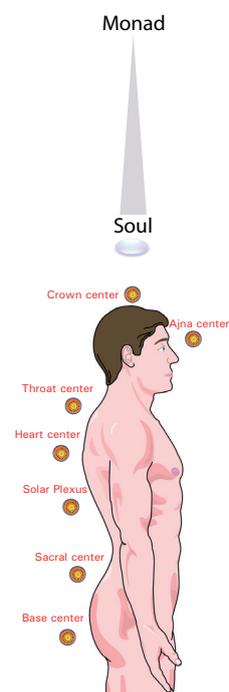
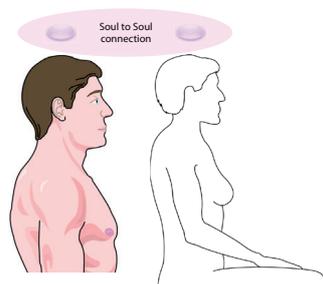
Breathe naturally (both patient and healer).

Connect all chakras mutually to each other by giving them attention and visualise balance in them (from Base to Crown center).

Connect with the Soul level (causal), then connect with the Monadic level and the monad (from a cosmic system from which we originated and to which we will eventually return).

Move your attention from the Monadic level back to the Soul level.

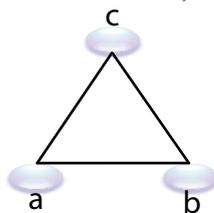
Connect with the patient's Soul (Soul to Soul) <sup>Ref 73</sup>.



## 2. Create the Higher Triangle

Link to the Soul of the patient and connect it with the source of all Power, Life and Love -  
Thus you have your principle higher point of energy:

- Soul of healer
- Soul of patient.
- Source of all Power, life and Love



## 3. Recite the group mantram

“With purity of motive, inspired by a loving heart, we offer ourselves for this work of healing.  
This offer we make as a group and to the one we seek to heal” <sup>Ref 74</sup>

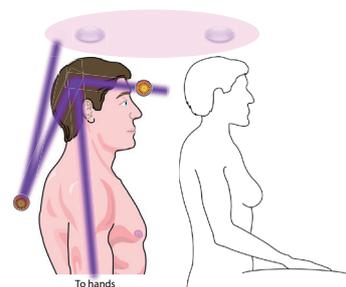
## 4. Open the Radiatory Healing Triangle

You link the Soul to Soul connection with your heart center and with your brain (etheric) and send Love out into your Aura and into the Aura of the patient.

## 5. Open the Magnetic Healing Triangle

Visualise that Soul to Soul energy is connected with your

- Heart center
- Brain (etheric) and
- Radiating out through your Ajna center and hands



## 6. Build the Ray Attunement Triangle

(only if indicated, when you have knowledge of the Ray's) (greater and lesser triangle)

## 7. Activate the Protecting Triangle

Visualise the Love, the great protecting factor, flowing from your Heart center through your Crown center into the Crown center of the patient.

## 8. Construct the three Activating Triangles.

Connect the 3 following centers:

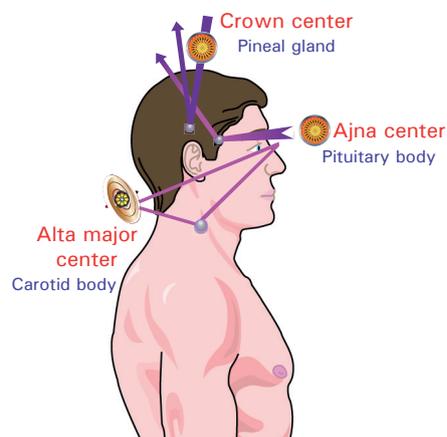
Crown center – Alta Major – Ajna center.

Now visualise a connection with the corresponding glands of these 3 centers to vitalise the glands:

- |              |                              |                   |
|--------------|------------------------------|-------------------|
| Crown center | ➤ pineal gland (epiphyse)    | center of brain   |
| Alta Major   | ➤ carotid body               | behind jaw joint  |
| Ajna center  | ➤ pituitary body (hypophyse) | inside eyes cross |

Now send the energy through the eye centers to Ajna center.

- |                     |                  |                    |                |
|---------------------|------------------|--------------------|----------------|
| • From Crown center | ➤ pineal gland   | ➤ right eye center | ➤ Ajna center. |
| • From Alta major   | ➤ carotid body   | ➤ left eye center  | ➤ Ajna center. |
| • From Ajna center  | ➤ pituitary body | ➤ Ajna center.     |                |



## 9. Make the Triangle of Transfer.

Make a connection between your Ajna center and your two hands.  
This triangle is composed of the Ajna center and the two hands.

## B. Diagnosis

- The Aura
- The 5 Centers in the Ajna

a. Hold the energy of LOVE in the Ajna center and raise your hands.

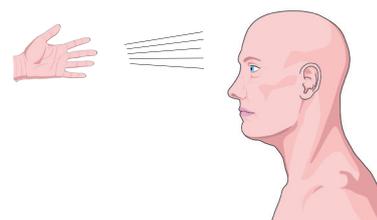
Move to the right side of the patient and bring your hands gently into the auric field of the patient. Sense the integration of the personality bodies of the patient and get an initial impression of the condition of the patient's energies and needs. This can be in the form of an image, symbol or picture, or in strength of energy (weak or strong).

b. Bring your left hand into the outgoing stream of the patient's Ajna center and your right hand (slowly and not too close) in the in stream of the Ajna center. Feel the stream of this center and then move your right hand slightly away from the Ajna center.

Become aware of the impression you receive and compare it with the impression you had from the aura (this gives information about the relative integration of the soul and personality).

Connect the 5 fingers of the right hand to the Ajna center of the patient (always keep at a reasonable distance) and connect them with the 5 centers of the spine of the patient:

- |                      |   |                     |
|----------------------|---|---------------------|
| • Thumb              | ➤ | Throat center       |
| • Index (forefinger) | ➤ | Heart center        |
| • Middle finger      | ➤ | Solar plexus center |
| • Ring finger        | ➤ | Sacral center       |
| • Little finger      | ➤ | Base center         |



Try tuning in to each finger, one at a time and let the chakras in most need, present themselves (under or over stimulation). Sometimes there can be the sensation of having your finger pulled slightly. Now bring back the symbol, image, picture or feeling you initially had, connect it with the center which needs most, and find out if the chakra is over-working or under-working (use intuition).

Then connect this intuition with the highest plane – Causal – to feel (if possible) where the problem is coming from.

Disconnect hands from the Ajna center of the patient but keep them in the patient's aura and step behind the patient.

## General principles of triangles

The ancient wisdom reveals that the triangle is the basic building block upon which, not only the human being is built, but also the whole universe as well.

Every triangle is the expression of one fundamental energy and two secondary forces <sup>Ref 75</sup>.

The triangle works in two possible ways; which way it works will be the one chosen by the Soul of the patient.

1. The first method of triangular activity is somewhat two-dimensional. It involves a sequential flow from point to point to point, i.e., from the first center to the second or middle center, to the third, in ordered sequences that have been laid down by the Tibetan. This is the way triangle circuits work in average people, aspirants and most disciples.

2. In the second method, the triangle stands as a whole, with the points of the triangle working together at the same time. Here the power being released into the triangle pours through the threefold nature of the patient, affecting the Monad, the Soul and the Personality all at the same time. Changes and spiritual development will be secure and permanent. A deeper alignment will be established in the human being (patient).

How triangles utilise energy from an esoteric perspective:

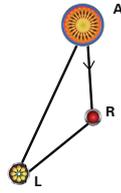
A. There is the major conditioning energy, producing manifestation: this is the Monadic expression;

B. Next is the qualifying energy, producing consciousness: this is the Soul expression.

C. Then there is the responsive point of negative energy mainly responding to the second point of the triangle (B) that produces “a source of violent interplay between the two points of the base line” (B and C), causing an expression of force and tangibility.

It must be remembered that the inner Web of Light, called the Etheric body of the planet, is essentially a web of triangles and, when the evolutionary process is completed, it will be organised <sup>Ref 76</sup>.

-  CHAKRA
-  minor chakra (sec. chakra)
-  organ, gland
-  point (small chakra)



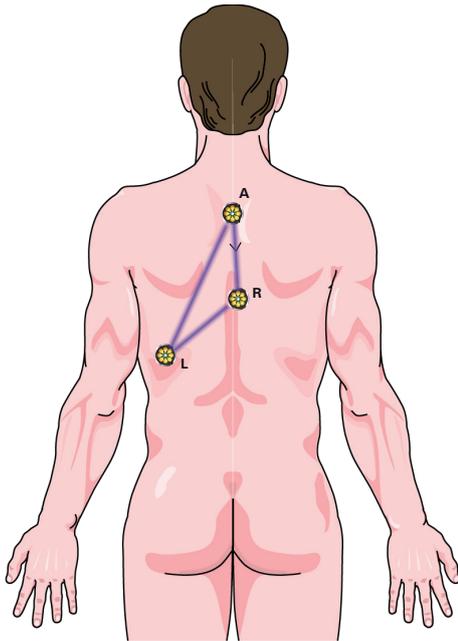
A=Ajna: hold this point or center  
 R=Right hand holds this point or center  
 L=Left hand holds this point or center

This is only suggestive since it depends upon where the healer is standing and the upon position of the patient. Always be aware of what you are holding and to the flow of energy. As you hold the triangle, find out what feels right or comfortable for you. This applies to all the triangles. Energy always flows from your Ajna center first, then to your right hand or your left hand, and then to your other hand, depending on your position.

## C. Vitalisation of the bodies of the patient

### 4 vitality triangles

#### 1. Pranic Triangle



- A. Vagus nerve center (governed by the heart center)
- R. Minor center below the heart and near the diaphragm
- L. Spleen minor center

The Pranic Triangle starts the whole process of healing.

The prana of this triangle has a triple effect in the body:

- a. Its preserves bodily health, protecting the patient from any deterioration during the demanding healing activity.
- b. It constructs and builds in the body what is needed to replace daily wear and tear.
- c. It is the medium whereby one person comes into physical touch with another, known as physical magnetism. <sup>(Ref 77)</sup>

We will be able to understand how this triangle holds the two sides of nature in balance, especially as we ascend the spiritual path and have to blend the higher with the lower or material self.

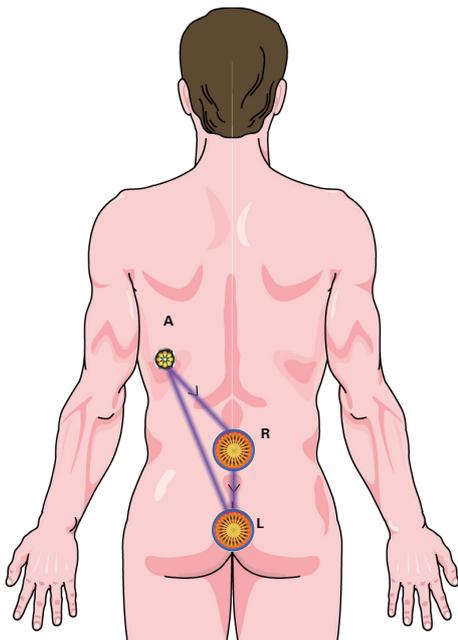
Prana is nerve force controlled by the mind from the brain itself.

Prana brings to activity the sense organs.

Prana is the planetary force which keeps us alive.

Prana pervades all our bodies from the physical right up to the most subtle. The capacity to receive and utilise this energy will be according to the evolutionary development of the patient.

#### 2. Spleen Triangle of Force



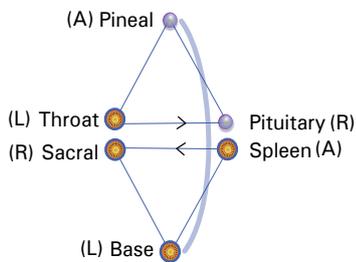
- A. Spleen minor center, the organ of physical vitality coming from the Sun
- R. Sacral center
- L. Base center

The spleen assimilates the vital energy given off by the planet in two ways.

First, it absorbs the Sun's vital force, transferring it to the vagus nerve center where it is utilised via the circulation. (see Pranic Triangle)

Second, it takes from the food we eat that living vitality still in the food and sends it to the heart for use in the body's organs.

The Spleen Triangle of Force is the first and most important force triangle used to "ground" the patient to receive the creative and will-evoking healing energies.



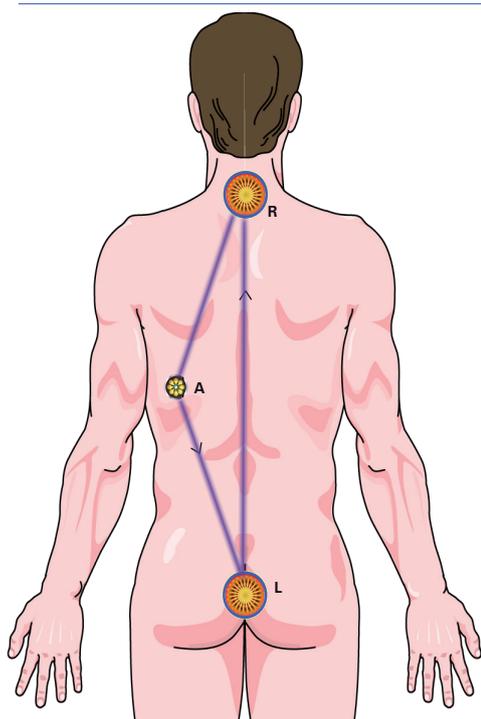
We create this triangle by connecting  
 i) spleen to pituitary, ii) sacral to throat  
 center, iii) and base to pineal

### 3. Immortality Triangle

This triangle is a reflection of the Spleen Triangle of Force on a higher level and cannot be activated without relation to the latter.

The Triangle of Immortality consists of the Throat center, the pituitary body, and the pineal gland. (the Fire of Mind or manasic triangle)

When the healer relates these two triangles, they become the magnificent clue to the instinct of self-preservation (which governs the relation of spirit and matter), to the survival of the subtle bodies after death and to the principle of immortality, which is seated in the Soul and functions when self-preservation and survival no longer hold sway.



### 4. Lower Prana Triangle

- A. Spleen minor center, the organ of physical vitality coming from the Sun
- R. Throat center
- L. Base center

Move your hands and Ajna focus to the Spleen minor center on the left. Then, while keeping your Ajna on the Spleen minor center, move your two hands down to the Base center getting the stream of vitality moving at the same time. Next, with one hand draw the energy up the spine through the major centers in the etheric spine right up to the Throat and Alta Major centers. Now we redirect this prana into the spine and up to the Throat and medulla oblongata governed by the Alta Major center, covering all the spinal nerves, to energise the whole body of centers.

## D. Esoteric Healing Treatment

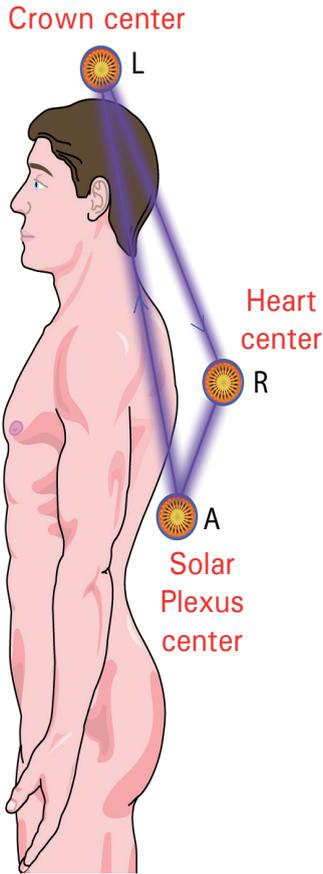
On the next pages you can find a selection of general primary triangles, triangles that are frequently used and of major importance.

Each healing is different according to the healing diagnosis.

Some of the triangles are important in the context of the Plan and others because they are elementary.

In the book there are many more triangles; this is merely a starting point for the student to practise then to deepen.

# Selection of relevant Triangles



## 10. The Triangle for Imperil

The effort to free yourself as well as your patients from irritation or from what is called “imperil” is particularly essential for an advance towards right service and right human relationship.

Irritation and irritability are exceedingly prevalent during these days of nervous tension and stress.

Irritation definitely generates a poison that locates itself in the region of the stomach and Solar Plexus.

The triangle for this transference vibrates from the Solar Plexus center to the Crown center to the Heart center <sup>(Ref 78)</sup>.

This triangle can be used also on anyone demonstrating stomach and intestinal problems as well as on any patient whose voice reveals the poison of irritation. It can also be used to facilitate group healing and integration.

## 13. Lower Clearing Triangle

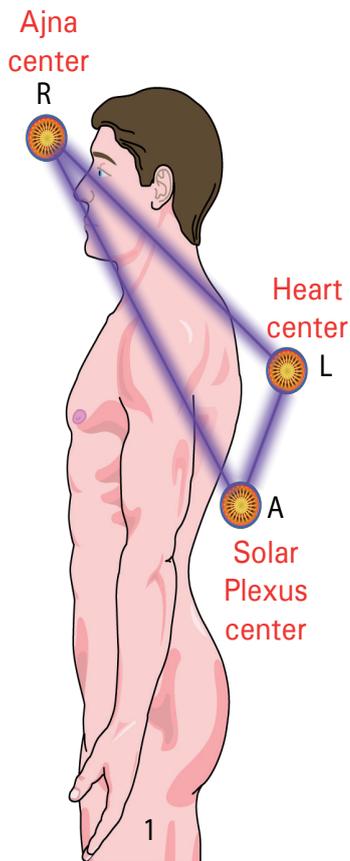
The Lower Clearing Triangle involves the Solar Plexus center, the Heart Center and the Ajna center.

Its effect and purpose can lead the patient towards a stronger identification with some particular service in the world. This is not done for solo performance but for work in cooperation with others which the same inclination.

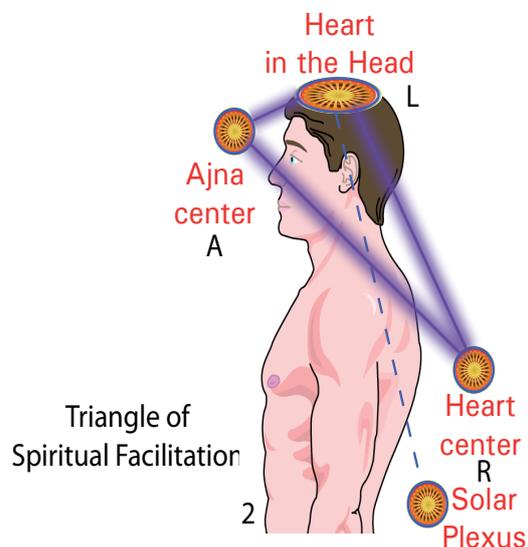
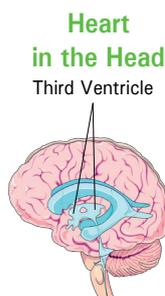
This triangle helps lead to an increased sensitivity to group consciousness. There are 2 forms of this triangle:

1. For the average person: Solar Plexus center, Heart Center and the Ajna center.
2. Triangle of Spiritual Facilitation: for the advanced student of service to humanity.

This triangle causes a downflow of energy from the Ajna center to the Heart center, eventually leading eventually to the Heart-in-the-Head center (see Appendix page 14) This is a result of the action of the first triangle and of an advanced development of the Solar Plexus center (the Ajna of the healer holds both the Solar Plexus center and the Heart-in-the-Head center).



Lower Clearing Triangle

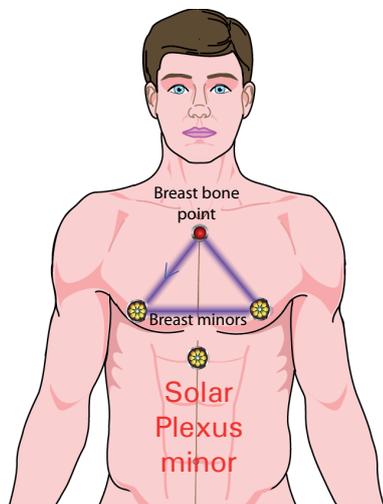


Triangle of Spiritual Facilitation

## 25. The Two Triangles of Force

These are probably the most important triangles to work with in relation to damaged webs and violated etheric threads. Here we have combination of two triangles that must be held in mind and linked at the same time. The healer superimposes the upper triangle on the lower. Standing to the right of the patient, the healer first connects with the upper triangle by holding the three minor centers with the thumb and two fingers of the right hand in front of the patient.

Raise the left hand behind the patient to connect with the lower force triangle. Here hold the Sacral center with the middle finger, the Solar plexus minor center with the thumb and the Base center with the index finger <sup>(Ref 79)</sup>. Now feel the lines of force connecting with each other right through the etheric body of the patient.



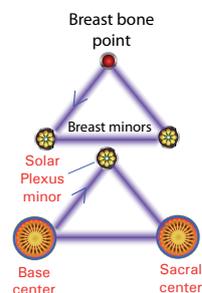
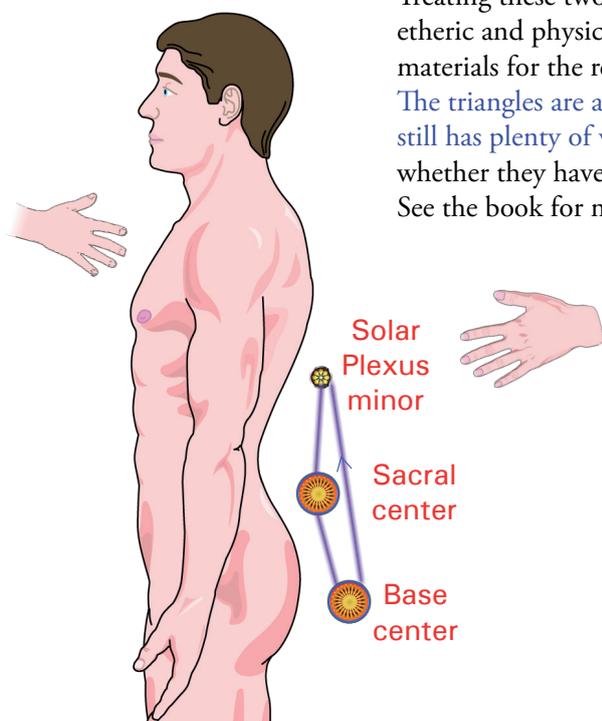
We use this triangle (the two circuits as one, connected through the body) whenever there has been trauma, be it a physical accident, an emotional upheaval or a mental shock. The upper triangle gathers and directs the energy downwards in a kind of involutory spiral, while the lower triangle receives the energies and consolidates them in the personality. These energies are youth forces.

All the centers have “webs”, or etheric discs, separating them one from the other. The webs act as transformers, either to upgrade ascending energy or to lower the vibratory activity of descending energy. They are the basic necessities for a balanced and harmonious life. On the path of spiritual development these webs are gradually and naturally destroyed.

Breaking down the webs can even be resisted for certain specific ends by trained individuals, according to the Master DK <sup>(Ref 80)</sup>. But if there is a sudden shock, for instance, in a motor accident, or the death of a loved one or even a financial ruin, a person may not be able to contain the surge of rampaging energy and a hole is blasted through one of the etheric webs.

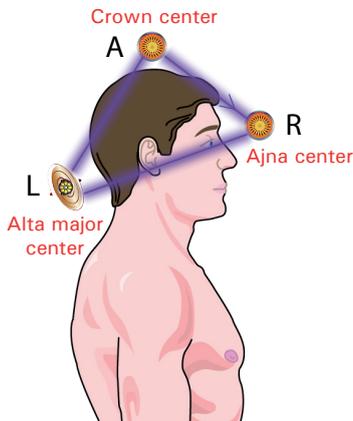
Treating these two triangles in a patient helps draw healing force into the etheric and physical bodies and carries with it energies that are the building materials for the rehabilitation and restoration of a patient’s diseased organs. The triangles are also particularly effective with anyone seriously ill but who still has plenty of vitality. You can sense whether they want to live and/or whether they have enough fight to throw off the problem.

See the book for more information.



## 51. The Head Triangle

When working with the major centers of the head, we are aware that they form one of the most subtle triangles in the whole system of esoteric healing. And, since most people rarely live in the head, preferring to think via the Solar Plexus center, we mostly perform this particular circuit in a dimension far removed from the physical and vital bodies in the hope that at least we are impressing patients with healing energies they will reap perhaps only in the distant future. This triangle, signifying the connection between the three aspects of man - Body, Soul and Spirit - as well as their unity, consists of the Crown center, the Ajna center and the Alta Major center <sup>(Ref 81)</sup>. **When this triangle is rotating, the disciple is Soul-controlled and governed by the Law of Magnetic Impulse** <sup>(Ref 82)</sup>.



Stand facing the right side of the patient. Hold your Ajna on the Crown Center of the patient, place your right hand in front of the forehead to hold the Ajna center, and use your left hand to hold the Alta Major Center at the back of the head.

The Crown Center is a symbol of the Spirit, the Ajna Center of the Soul and the Alta Major of the Body.

Around these centers much light can be poured.

This triangle can be created as a higher expression of the centers of the Crown, Heart and Throat (for more information, see book).

## 52. Triangle of Being

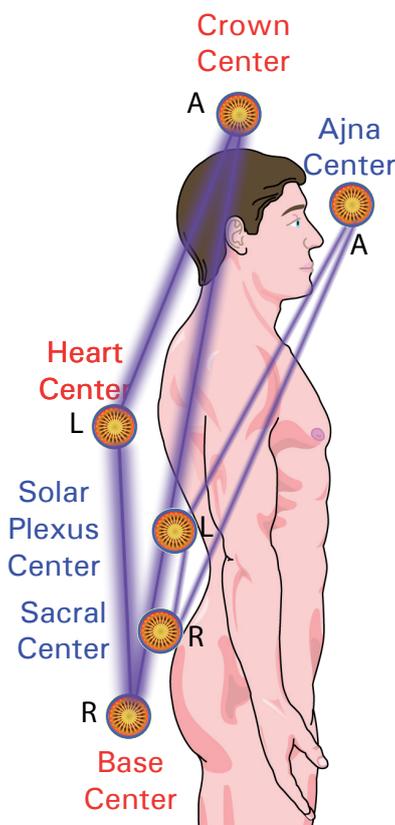
At this stage of human evolution, little can be said of this triangle, which is associated with the Head Triangle. In fact very few people will have this triangle even remotely vibrating, for its energies, for us all, lie in the future - a triangle that will express us as we essentially are, **expressing that we will become that which we really are.** <sup>(Ref 83)</sup> It consists of the Crown Center, the Heart Center and the Base Center.

Please note that this triangle has exactly the same three centers as the Kundalini Triangle (38) though producing different effects that at one level could be seen as complementary and essentially, even identical. The Triangle of Being, however, is not associated with the Vagus Nerve Center as is the Kundalini Triangle.

This triangle can be allowed to superimpose itself on that very active Triangle which governs the majority of people today, called the Triangle for the Majority: Ajna Center, Solar Plexus Center and Sacral Center <sup>(Ref 84)</sup>. In this way the patient aspires towards Soul control, and if the patient is ready or at the relevant stage, the Kundalini

Triangle may also be activated at the same time.

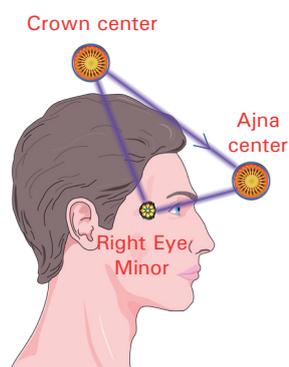
The Triangle of Becoming can also be connected to this triangle. (See book for more information).



## Dissipating Triangles

The three dissipating Triangles are important for both healer and patient <sup>(Ref 85)</sup>. As a further deepening of your work with these three triangles, consider the following tabulation.

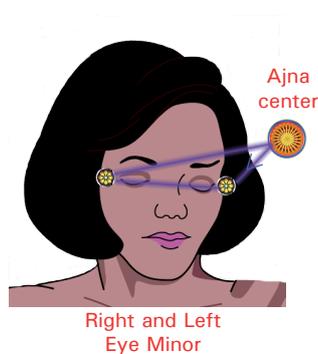
| Hindrance | Effect       | Ray | Counteractive Energy                |
|-----------|--------------|-----|-------------------------------------|
| Illusion  | Separateness | I   | Synthesis                           |
| Glamor    | Distorsion   | II  | Love                                |
| Maya      | Materialism  | IV  | Creative Knowledge/<br>Intelligence |



### 60a Triangle for Dissipating Illusion

The first, the Triangle for Dissipating Illusion, can dispel the Illusions of the mind. Its points are the Crown center, the Ajna center and the right Eye Minor center. Should energy get “stuck” anywhere along the circuit, mental illusions occur. Thus we can, when this triangle is flowing, we can see things as they are, and not as they appear to be.

### 60b Triangle for Dissipating Glamour

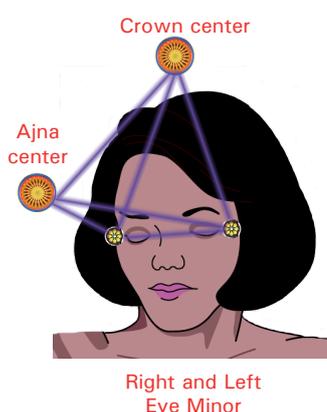


The Triangle for Dissipating Glamour can disperse glamour, namely, those emotional desires and aspirations, hopes and fears, persuasions and allurements which have nothing to do with reality.

Use the Ajna center and the Left and Right Eye(s) minors in triangle form to dissipate the glamour of the emotional plane of desire and false attraction.

Do these triangles of illusion and glamour one after the other, and then allow them to stand in the etheric light of the person, for it is “when these two triangles are under control and are beginning to function properly that the seven centers in the etheric body are brought under clear direction” <sup>(Ref 86)</sup>.

The Triangle of the Second Thread is a powerful combination of this triangle and three other centers (see the book for more information).

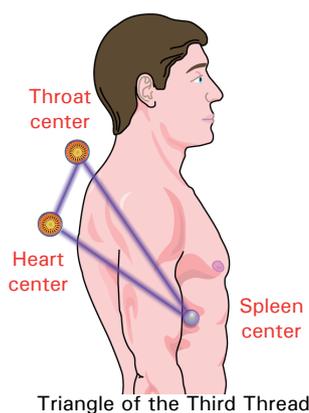


### 60c Triangle for Dissipating Maya

With the formation of the Triangle for Dissipating Maya we establish a tetrahedral form of dynamic transformational power.

It is composed of four points and four triangles:

1. The base: Crown center and the two Eye minors (the main triangle that governs the eyes and seeing on all levels).
2. Illusion: Head center, Ajna center and right Eye minor
3. Glamour: Ajna center, and two Eye minors
4. Maya: Crown center, Ajna center and left Eye minor



Release involves something more than just meditation (which stimulates the love petals of the causal lotus), it also involves the building of the rainbow bridge, called, in esoterism, the Antahkarana.

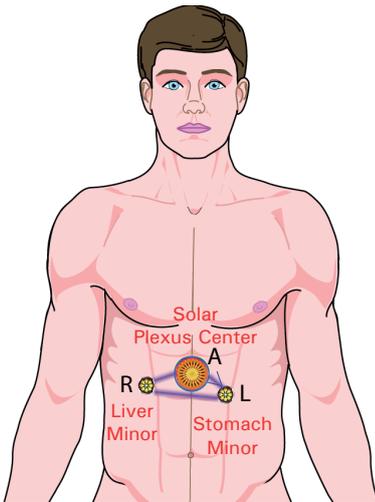
The Triangle of the Third Thread is a link with the Throat center (the creative center of building), the Heart center and the Spleen center.

Only in this way can maya be finally overcome; the result will be the fourth initiation, a crucifixion of the whole of one's personality achievements.

## 5 Liver Triangle of Force

The liver, as we know is an organ of digestion, storing glucose and neutralising toxins entering the blood stream.

This triangle, which consists of the Solar Plexus center (that we know to be related to the pancreas and the Islets of Langerhans), the Stomach minor (this is, in fact, a secondary externalisation of the Solar Plexus center), and the Liver Minor center. This triangle stretches over the right side of the body. All the three materialised organs (pancreas, stomach and liver) are fed and nurtured by the forces and energies of the Solar Plexus center. Djwhal Khul says about this: "I have here given a very important fact to those who are interested in the study of medicine from the esoteric angle; rightly appreciated, it will lead to an understanding of the healing art. **Control of the Solar Plexus center, and the right reception and release of the energies focussed in that center, would bring about a major purification, an intensive strengthening and a vital protection of the three vital organs to be found in the area of the human physical body**<sup>(Ref 87)</sup>. The Liver Triangle of Force can be adapted to include the gall bladder, when indications show that it needs work (gall stone or inflammation). In this case, hold the Solar Plexus center, Liver Minor center and Gall Bladder center (or the etheric organ - as the gall bladder is a minute center not a minor center, and not difficult to find when you apply the principle of energy follows thought).



## 6 Stomach Triangle

This Stomach Triangle is very much linked with the Spleen Triangle of Force, in that it helps the etheric body extract more efficiently the pure, vital fluids from consumed food more efficiently, allowing them to be utilised by the heart and in the circulation. **On a higher level, this triangle affords protection against the Solar Plexus picking up too much negativity from the environment.**

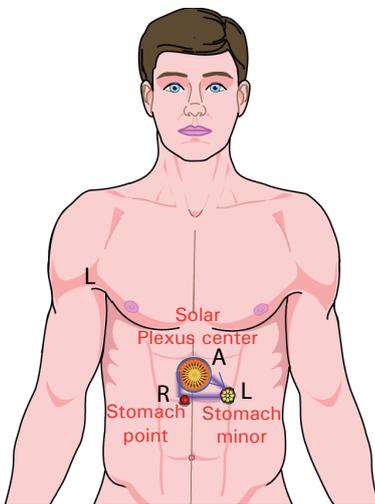
For this triangle we hold the Solar Plexus center (held with the Ajna center), the Stomach minor center (related to the hormone gastrin and found slightly to the left) and the etheric Stomach Organ point.

Both the Stomach Triangle and the Liver triangle of Force can be used to address stomach trouble, since both triangles are governed by the Solar Plexus center.

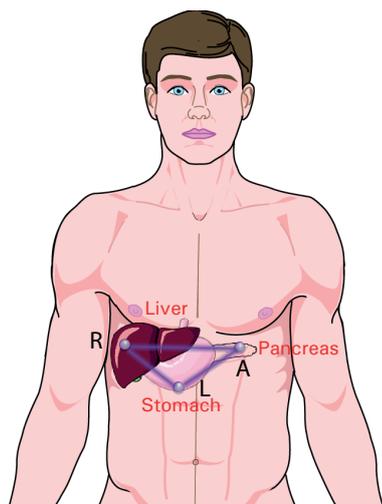
**Prolonged irritation will cause disturbances in both the stomach and liver areas**<sup>(Ref 88)</sup>. In this connection see the Triangle for Imperil (10).

The Soul cannot tolerate negative attitudes regarding other people and so "withdraws" (which simply means it is prevented from expressing itself in love and goodwill to all), resulting in digestive problems.

The stomach is the great symbol of desire in the body, but it must be balanced with the Heart energy of compassion and selfless love (see for more information the book).



## 11 The Pancreas Stomach Liver Triangle



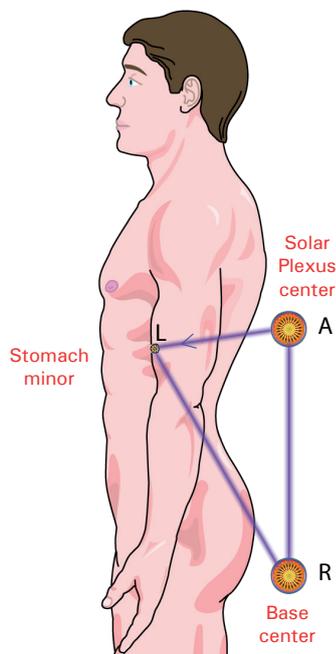
This triangle, governed by the Solar Plexus center involves the stomach as the main secondary externalisation of the Solar Plexus center and the liver on its right, and the pancreas on its left.

Although this triangle is governed by the Solar Plexus center, there is no need to hold that major center, as these organs are nourished and stimulated by it. However, this triangle is only done after three other activities have been performed: the Solar Plexus center has been balanced, the Liver Triangle of Force has been activated, and the Stomach Triangle has been magnetised.

This triangle can re-energise the whole of the etheric body so that incoming energy from the emotional life of the patient is immediately distributed correctly to the three organs, relieving the sort of pressure that would cause so many problems to the Solar Plexus center and pancreas. Splitting the astral energy three ways (through this triangle) has the remarkable effect of keeping the person's emotional life under control. It is a mental control even when the mind is undeveloped, making this triangle unique. For it is well known that most of the illnesses of mankind have their origin in the emotional body (also called the astral body).

This triangle is useful for lifting the energies and protecting the organs for the incoming Solar Plexus energies <sup>(Ref 89)</sup>.

## 12 Diabetes Triangle

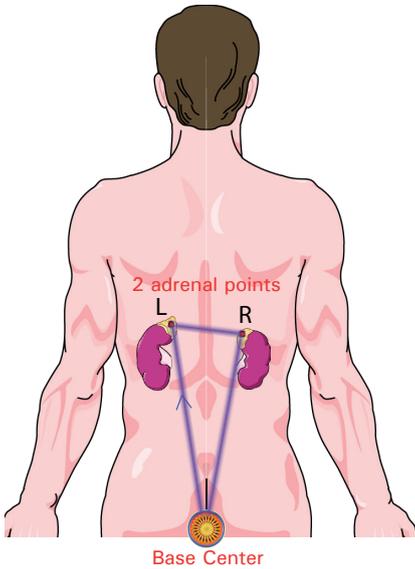


Diabetes is said to arise as a result of a violent suppression of desire through wrong inner desires.

The Diabetes Triangle, which should be used for all types of diabetes symptoms, consists of the Solar Plexus center, the Stomach Minor center, and the Base center.

This circuit will help the patient to orient his or her desires toward aspiration and to a higher form of satisfaction that is more true to the Soul.

## 17 The Basic Triangle



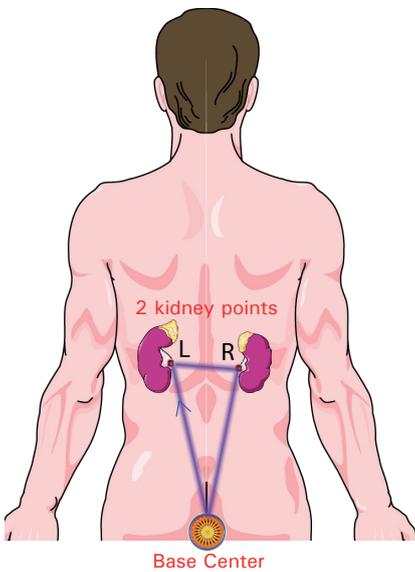
Before going into the spine proper, however, we will be activating the Basic Triangle, which will circulate the energies on a causative level for use when clearing begins on the spine itself. This triangle is also related to the Fear Triangle that deals with fears and phobias, shocks and “shilly-shallying” concerning lack of purpose, direction in life and the will-to-live.

The Basic triangle is the key to getting the base note of the body vibrating, a motion and sound which is slow and intense.

The three points comprise the Base Center and the two etheric points on the adrenal glands, just above the two kidneys on either side of the body.

We are always working to obtain a balance between the three points in the triangle, to bring the balancing points in harmony with the rest of the body, according to the will of the patient’s Soul.

## 20 Fear Triangle



The source of nearly all fear is based on the fear of death.

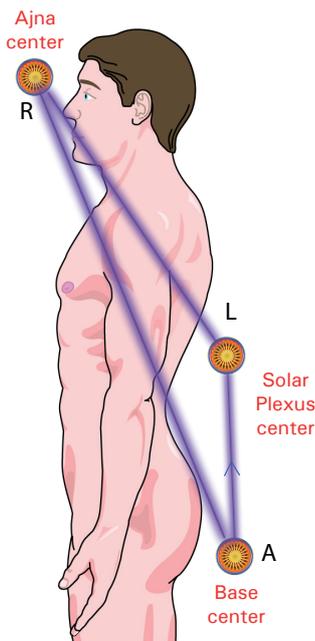
Fear = death = transformation.

Fear is, in reality, the Dweller on the Threshold <sup>(Ref 90)</sup>, which is the sum-total of the personality fears.

The Fear Triangle is very useful in all circumstances where the patient is in a state of unknowing and can be used, whenever there is fear or shock involved.

The triangle may also be applicable to those with deep unknown fears that hinder them from making decisions or from taking steps to change their conditions or circumstances. The circuit involves the Base Center and two minute points closely

associated with the interior of the kidneys (the place where the input and output of the vessels and tubes is to be found).



## 21 Fear Transformation Triangle

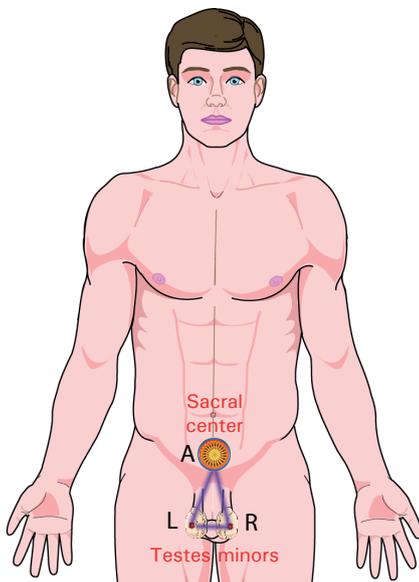
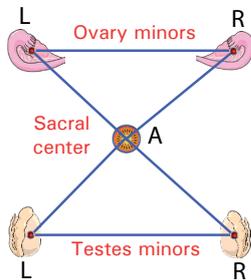
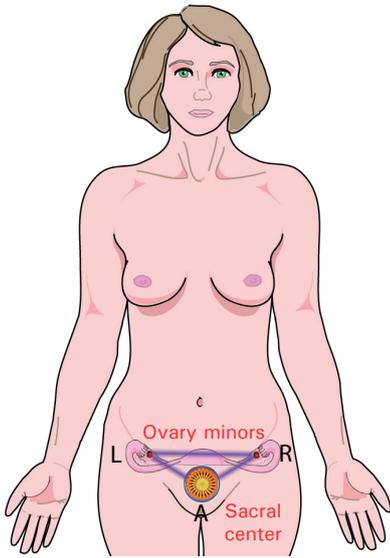
Having done the Fear Triangle, use the Fear Transformation Triangle to transmute the energies for the purposes of greater personality control and direction.

This direction is achieved by transforming these subconscious energies through the Solar Plexus center of glamour and desire right up to the Ajna center

which takes its personality direction from the Soul. Where the personality is being misinformed and misdirected (perhaps the patient is in the wrong social group), it is taking instruction from the Solar Plexus center (the animal brain).

This important triangle circuit goes from Base center to Solar Plexus center to Ajna center <sup>(Ref 91)</sup>. The Glamour Triangle could then follow.

## 24 The Sacral Triangle



In this center, creative life force is circulated, awaiting use. Its greatest usefulness, of course is associated with the reproductive system, for that is its area of expression. The triangle consists of the Sacral center (which the healer holds with his Ajna) and the two minor centers on the gonadic glands (the two ovaries or the two testes), which the healer holds with the two hands.

In men, the triangle has its apex pointing up, and in women, where the apex points down. Please note, this is one of the very few triangles which is different according to whether the patient is male or female.

Where these glands have been removed, which is more usual in women than in men, the etheric organ remains. Generally speaking, the Sacral Triangle is very active because it governs the preservation of life and health in the physical body. Changes to the strength and mobility of the circuit occur as a result of over-use of the sexual function, when sex is put to a use not intended, or when there is sexual suppression or neglect.

There is a subtle and important difference between the two triangles, sacral to the testes minors and sacral to the ovaries minors. These two triangles are possibly the most important in the whole of esoteric healing. The healer will have to come back to them time after time to assist them towards complete expression. These two triangles are, in fact, the personality of the person (either male or female) governed by the Solar Plexus center.

When the three centers, with their related circuits of energy, are in harmony within and between themselves, then the higher circuits begin to function and become active in the life of the person.

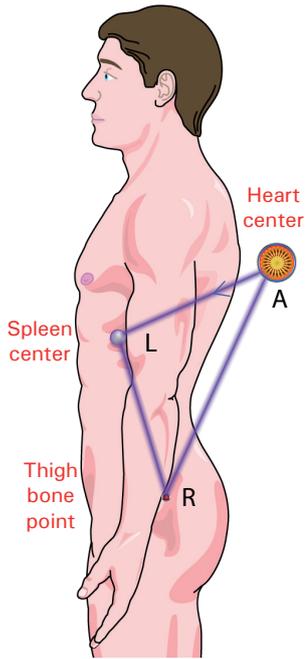
The Sacral Triangle works on the problem of personal relationships, sexual fears, family relations, and personal tastes.

Another action is to turn into the Throat center to draw the higher creative energy into the Sacral Triangle. (see the book for more information).

# 34 The Immune Triangle

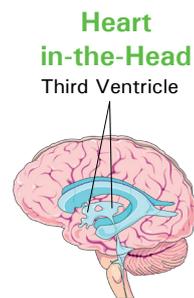
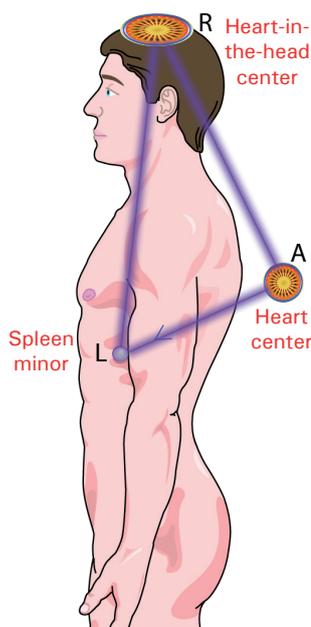
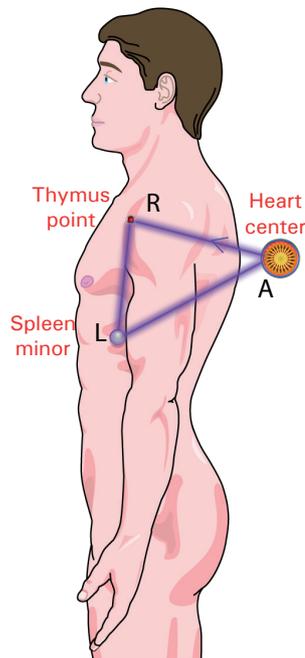
There are three triangles covering the whole immune system, these involve the skin and mucous membrane bacteria, all the body fluids, as well as the phagocytes throughout the body, particularly in the blood (called white blood cells).

The first triangle of the Heart center, the Spleen minor center and the Bone Marrow point (in the thigh bone) stimulates the production of white blood cells, building up specific chemical antidotes to infection called antibodies.

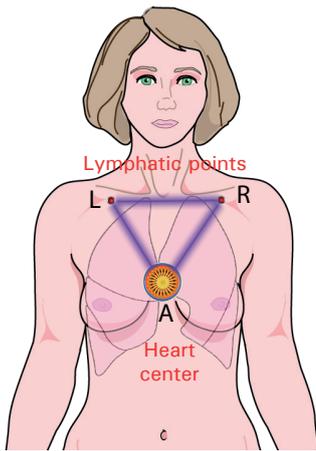


A second triangle, from the Heart center, to the Thymus point and the Spleen minor, activates the immune system. From the esoteric standpoint, there is no greater protection against any kind of infection in any part of the body (physical, emotional and mental) than the power of Love. This is not the emotional side of Love, but rather the unconditional, selfless aspect, not of the personal kind, but of a kind that gives with no thought of return and where we are totally given up to the present moment.

For the more advanced disciple, you can use a different version of the Immune Triangle, one formed by linking the Heart center (connected with the thymus gland and with the T-cells, governing the lymphatics and the lymphocytes), to the Spleen minor center (which plays a significant role in the immune system) to that center representative of the whole system of protection on all levels, called the Heart-in-the-Head center. This is the central lotus within the head (crown) center, the point where true Being and Love are made conscious. Around this circuit the healer sends spiritual love as understood by the Soul, the true Self of the patient. Visualise the whole system of immunity, that is, of mental health and balance, emotional control, and physical vitality, flowing through this third triangle to the Heart-in-the-Head center.



## 35 The Lymphatic Triangle



The lymphatics are important to the circulatory system, inasmuch as they drain all the wastes from the cells and destroy any cells that are threatening the integrity of the body. This triangle is energised by holding the Heart center simultaneously with the minute etheric points on the two lymphatic drainage ducts just under the clavicle (collar bone). Visualise the whole system as being cleared and vitalised.

It is of interest to note how DK links as one the endocrine and the lymphatic systems in the way they are conditioned by the etheric body, indicating that the lymphatic system is extremely important. This suggests the twofoldness of the etheric body, the endocrine system being the active, positive, masculine expression, while the lymphatic system is the passive, receptive feminine aspect.

He says: "The human body is an aggregate of energy units [and that] in the vital body (thus conditioning the endocrine and lymphatic systems) are certain focal points through which energy pours into the physical body, producing an impression and a stimulation upon the atoms of the body and thus having a powerful effect upon the entire nervous system which it underlies in all parts" (Ref 92).

## 43 Respiratory Triangle

The Throat center governs the only two processes which involve taking the external world into ourselves.

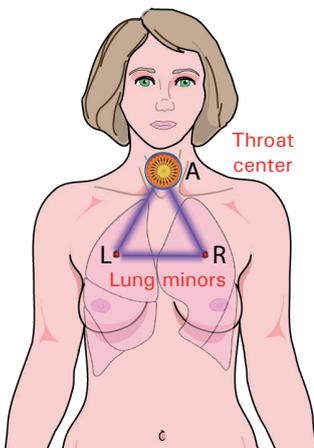
The Respiratory Triangle has fundamental importance. It is a circuit which is activated from birth, with the first cry indicating its rotation around the points. The energy is circulated from the Throat center to the two Lung minor centers. Respiration problems can afflict people on the first Ray of Will and Power (Ref 93). This should come as no surprise since the will aspect manifests through the organ of respiration. The Master DK recommends that people who have lung or respiratory problems should "ponder the relation and distinction between the breath and sound". One is related to time and astrology and the other to space and the rays.

We use this triangle when patients complain of lung congestion, a condition due to inhibited desire.

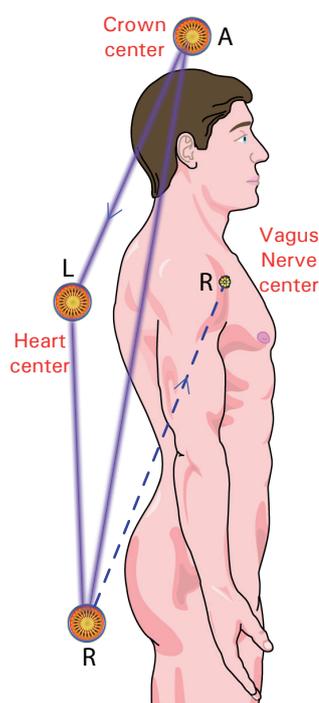
From the esoteric angle this triangle works as a pure transformer. The lungs are organs that draw in the vital etheric "fluid" embodying air. It may be of interest that there are five lobes to the lungs (two on the left and three on the right), which may hint at the ancient wisdom's reference to the five pranas (Ref 94).

For the person who treads the spiritual path, the respiratory activity as a whole, including the process of inhalation and exhalation, is governed by the Heart center, rather than the Throat center (as is the case with those who have not entered that path) (Ref 95).

The only factor that makes the breath effective, is the thought, the intent, and the purpose lying behind it. The healer, when using the breath, knows how energy follows thought. Only when there is an alliance between breathing and thinking are results possible. But the healer also remembers that the healing should be according to the will of the patient's Soul. For only the directed will, using the organised rhythmic breath of the patient as its agent, can control the centers and produce an ordered purpose in life (Ref 96).



## 38 Kundalini Triangle



“Only when the fire has circled unimpeded up another channel is the complete merging with the fire of manas effected, and only when it progresses geometrically up all the three - with simultaneous action and at uniform vibration - is the true kundalini fire fully aroused, and therefore able to perform its work of cleansing through the burning of the confining web and of the separating particles. When this is accomplished the threefold channel becomes one channel. Hence the danger. “Kundalini Triangle” is an unfortunate name because of the connotations of “raising kundalini” and so on, but it is an accurate one just the same, for it is just at this time in a person’s life that the primary energy which underlies existence begins to stir. **The triangle intends to balance and hold the rising energy on course and so preserve the person from any mishaps in these early and tender days of spiritual growth** <sup>(Ref 97)</sup>”.

This triangle revolves around the Crown center, enabling the healer to focus the patient on what the patient is now and will become in the future. This triangle originates from the Vagus Nerve center, even though that is not one of its three points. The Vagus Nerve center begins to vibrate and radiate as soon as the person starts to show an active and practical interest in working for the spiritual plan. **Another name for this triangle could well be the Triangle of Aspiration, because all aspirants set this circuit in motion.** Here the directing force of the person’s soul streams through the Crown center and brain to the Vagus nerve center, affecting the rest of the body and personality. The bodies of the personality - physical, emotional and mental - begin the process of getting more closely focused, or fused, by the Soul.

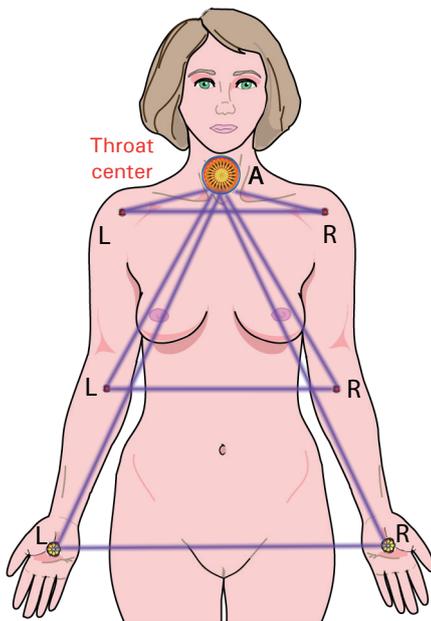
The Vagus Nerve center affects the heart. A second major center with which the vagus has powerful links is the Base center, for when the Soul begins its upward journey, a journey of purification and focused vision, the will is always involved. **The will of the Soul and the will of the personality are brought into increasing contact. Sometimes there is a clash, sometimes a cause for joy.** The will of the Soul works through the Crown center, and the will of the personality manifests through the Base center. Thus, when the Crown center, the Heart center and the Base center have come into a preliminary alignment, the Vagus nerve center begins to radiate and become dynamic. The Vagus Nerve center, thus stimulated, causes the astral body and the nervous system to respond to the incoming energies - the so-called “call of the Soul” to initiate the preliminary activities of spiritual growth.

This triangle of centers - Head, Heart and Base - with their effect on the Vagus Nerve center must be balanced during this green period. You might recall (the Kundalini Uprisings triangle) that the Spleen center is involved in the rising of kundalini fire in so far as the pranic fire (from the Spleen) and the fire of matter (from the Base center) rise together from the Base center to meet the fire of the Mind in the Crown center <sup>(Ref 98)</sup> .

Nurture and correct growth depend on balanced attitudes and wide vision along with a goal-oriented aim. The Kundalini triangle is an important one to balance when it is clear that such an occurrence has started, or if it is evident that such an experience is on the verge of occurring. **The purpose of this triangle is not to “raise” the Kundalini, but to balance the circulating energies so that damage (to the webs) or unstable development can be avoided.** Obviously, we use this triangle to reintroduce rhythm and stability where these qualities are evidently lacking in the life of the patient seeking our help <sup>(Ref 99)</sup> .

A third triangle can be used (forming the Kundalini Tetrahedron)  
See for more information the book.

## 41 Service Triangle



This is a combination of three triangles which “open out” the Throat center. They facilitate service and creativity in life <sup>(Ref 100)</sup>.

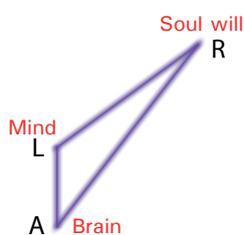
The Throat center is governed by the planet Saturn, deliverer of lessons and challenges. Those who know of the adverse use of this energy can more easily understand the problems associated with the Throat center and the importance of this series of triangles. They use the Throat center as the major center and then open out to the minor points connected with the shoulder joints then out again to the centers at the elbows, and then out yet again to the minor centers of the hands. The healer will feel the energy of this set of triangles being gradually let outward to the hands of activity and creativity. For this it is best to move to the front of the sitting patient so that you can draw the energy outward in a flow.

When the energy outward appears to be particularly resistant and blocked, often the case with those who are already chronic arthritics (those who have had arthritis for a long time and who have swollen painful joints), it would be useful to bring into more specific activity the Protecting triangle that you established when opening the healing treatment.

You can see how this series of triangles is related to the Sacral center and the Feet Triangle. The creative, generative force of the Sacral center must be related to the creative, service-oriented center of the throat. Of course, this has nothing to do with abandoning one’s sex life. Expression through sexual activity continues, which is healthy and right. But if the sexual urge has gone or cannot be expressed for some reason, then what is needed is a transmutation of some part of the sacral energy to the Throat center for use in a creative way on a different scale.

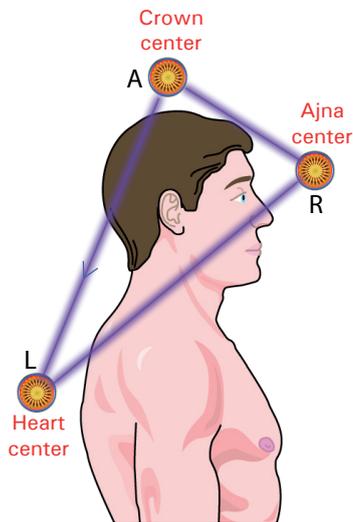
In fact, all the lower centers involved in transmutation to their higher correspondences are never abandoned. Their usefulness continues. The only thing that changes is that one’s conscious emphasis of the quality and expression becomes more sensitive. For instance, instead of being driven by desires and personal loves and hates (solar plexus energy), one gradually becomes aware of the Heart center and expresses more selfless, unconditional attitudes.

## 44 Triangle of Purpose



For this advanced circuit, the healer can use the breath by first linking in with the Triangle of Purpose, connecting the brain (as the receptor of thought), mind (the agent of the will), and the will aspect of the Soul itself (Sacrifice Petals of the Causal Body). This abstract triangle gathers the patient’s Soul purpose, which the healer can conceive of as a clear thoughtform even though it may be totally unconscious. Remember, it is the healer’s Soul that is doing the work. With this circuit activated, the patient’s life can be conditioned upon the vital levels, which in turn will eventually condition the physical plane life. We can now see how two important triangles can be linked and activated, The Respiratory Triangle (43) and the Triangle of Purpose.

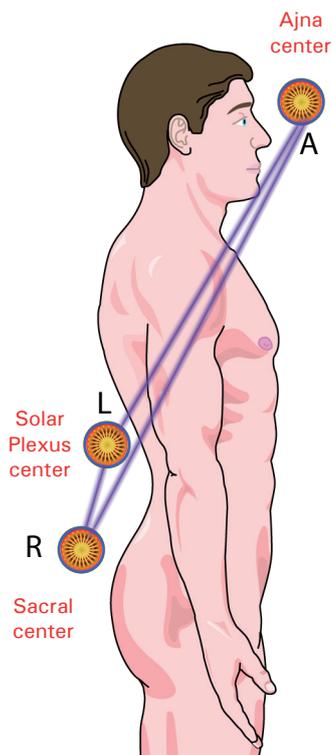
## 58 Third Seed Group Triangle



If you wish to strengthen your connection that overlords all the healing arts and sciences, another triangle is that related to the Third Seed Group of Magnetic Healers. This group of individuals works intelligently, as Souls, with the vital forces of the etheric body. The triangle involves the Crown center, the Heart center and the Ajna center <sup>(Ref 101)</sup>.

Consider the implications of these three centers as they are connected within the framework of the greater group of world health; the Crown center as the recipient of Soul information regarding the work of healing and medicine; the Heart center as the pivotal point from and to which Love radiates between practitioner and patient; and the Ajna center which is the precise focalising attribute of every trained medical professional of whatever discipline. The purpose of this triangle is to facilitate the work of transmutation of substance according to the understanding of the Cosmic Plan. The medical department (the third “Seed Group”) is at the forefront of this activity.

## 63 Triangle for the Majority



The Ajna center, Solar Plexus center, and Sacral center form a triangle which governs the majority of mankind <sup>(Ref 102)</sup>. It is to be used to balance those of the human family who have been selected to regenerate the race, i.e., any couple whose karma permits them to have offspring.

Therefore, this triangle is essential for use when a couple has come to you for the healing of their infertility problem. It should be included whenever the Fertility Triangles are used.

See for more information the book.

### E. Closing and sealing the Healing Triangle

Since most healings take about twenty to thirty minutes to do, it is obvious that you will not be required to do all the triangles circuits listed here.

Now withdraw your hands, palms together, to your heart and by an act of spiritual will via your Ajna center, seal the magnetic Healing Triangle. The healing force is literally “turned off” and redirected. At the completion of the healing, you turn off the energy flow by a definite visualization of the triangle circuit as flowing from the Ajna center and the brain back to the Soul (Ajna center-Brain-Heart-Soul). Then when you feel you are ready, gently bring the patient back to every day consciousness by lightly touching their shoulders with your hands.

This also has the effect also of grounding their energies back onto the earth.



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