



Fig 1: The Core Star

Light Years

Pioneering healer and scientist **Barbara Brennan** believes a new understanding of the human energy consciousness system is set to radically transform our lives. **Jane Turney** reports.

Imagine a national health care system where doctors routinely use high sense perception to diagnose physical and psychological problems; where dis-ease is detected and cleared in your energy field many years before it 'downloads' into your physical body; and where the maintenance of good health, rather than the need to treat disease, becomes the norm. This is the future of medicine according to scientist, educator and visionary healer, Barbara Brennan.

The former NASA scientist, renowned worldwide for her healing classics, *Hands of Light* and *Light Emerging*, has been researching the 'human consciousness energy system' for more than 30 years and says we are approaching a radical shift in understanding the causes of health and illness – and a consequent change in clinical practice

Graduates of the Barbara Brennan School of Healing are beginning to make a difference in conventional health care settings (as well as in private practice), applying their skills in a variety of ways

from using high sense perception of the aura to reveal the psychological issues behind health concerns, to energetically rebuilding organs used in transplant operations. 'It actually reduces the amount of medication required,' Barbara says when we meet at her European healing school in Mondsee, Austria (relocating to Cologne in September 2006).

While Barbara Brennan's understanding of the human bio-field is very different from the mainstream, her impressive scientific and academic background (she has an advanced degree in atmospheric physics and doctorates in philosophy and theology), coupled with highly advanced psychic and channelling abilities, puts her in a strong position to present her pioneering perspective.

Her research into the human energy field has revealed a totally different picture of 'reality', showing four dimensions to human experience: the physical body, aura, hara and core star levels.

Barbara Brennan's model is that everything that appears in the physical must first exist or be created in the seven layers of the aura: (the etheric, emotional, mental, astral, etheric template (divine will), celestial (divine love) and ketheric (divine mind) levels. These layers interpenetrate and surround the body, carrying higher spiritual impulses and the energies of our personality into our physical experience for expression.



Fig 2: The Emotional Body

Star light

Beyond the hara is the core star, the level of divine essence, our most basic, timeless nature from which all our creative energies arise. When these energies flow directly from the core through the hara level of life purpose, through the auric level of our personality and through our physical bodies we create health and joy in our lives. When we block the creative energies arising from the core star we create pain and illness.

'How the whole thing works is actually quite simple,' says Barbara. 'If we just take this lifetime, essentially as we are growing up we make conclusions about reality from the perspective of a young child; they are not necessarily mental conclusions, but they are from experiences that are joyful or painful.'

'When we have a painful experience, it comes from the unexpected,' (for example, a mother's angry reaction to her child knocking over a precious ornament). As soon as that happens, the child gets afraid and stops the energy flow, and that is when the conscious awareness – the mind – and the feelings are separated. Once they have separated it is a dualistic reality, we are at cross-purposes with ourselves and that throws the intention off.' (ie we disconnect from the hara).

Light hearted

'The child's idea of what this means about reality is called an "image". That is the conclusion, which goes underground and becomes unconscious – but you are living life as if it is real. Until you get down to those feelings you may not know what this image is, this conclusion about reality from a three-year-old's consciousness.'

And so that block is still there and that original creative force that comes up from the core is still blocked; that is what we call arrested consciousness; the child's consciousness is arrested at that age.'

Once an image has been formed, it becomes generalised, eg 'people are not to be trusted', which sets up further negative life experiences and more associated blockages in the energy field.

The remedy is to remove the blocks through charging the energy field: 'The key here in healing these psychological issues is we put enough energy into the block so that these (the mind and feelings) can come together, which means a time of re-experiencing the pain,' says Barbara. Once they come together, the original creative energy inside the block is released and the arrested awareness frozen in childhood can be integrated in the present with our adult consciousness.

ahead

The hara, which holds our life task or deeper spiritual purpose, underlies the aura. It consists of three connected points along the centre line of the body; the first, three and a half feet above our head, carries our reason for incarnation; the second in the upper chest carries our passion and desire to accomplish our task; and the third, two and a half inches below the navel, is a will centre holding us in physical incarnation.

'The hara is serving intention – it is actually the foundation of the field,' she says. 'If one's intention is split, then the field itself changes; if you are at cross-purposes with yourself, it will mean you are not in alignment with pure intention and what we mean by that is your intention in this incarnation in any one moment... most people are not aware of that.' Disconnection from our life purpose is a source of great spiritual pain and illness in the modern world, she says.

Fig 3: The Mental Body

Barbara Brennan emphasises that child consciousness is not the same as the inner child. 'It (the inner child) is a concept that other psychologists have built – but the erroneous idea that people get is they hold their inner child and rock it and take care of it. What that is doing is nurturing an imaginary child, but it is not a child. It is child consciousness. 'The reason I am saying this is you don't want to hold a little inner child inside of you, you really want your energy, your creative force, to come together, catch up to the now and have that aspect of yourself free, so it becomes integrated in the adult. That is different from taking care of a little child, because once this energy comes together, it now has enough energy to be re-established on the creative pulse... and then it flows freely through your life and you can have all of those wonderful aspects that we assign to children.'



General charging of the energy field to weaken psychological blocks – known as chelation – is one of the more straightforward techniques learned by students of Barbara Brennan's two healing schools in Florida and Europe. The curriculum also includes learning how to heal tears and disfigurements in the seven levels of the aura; spine cleaning to bring more light into the vertical power current of the body; time capsule (past life) healing; brain balancing; clearing relationship cords; distance healing; hara and core star healing; and restructuring organs and chakras.

'We work directly on the structure of the (human energy) field on each level and rebuild very specifically the parts of the field that are not healthy. It becomes very intricate work,' says Barbara: 'The energy field at every other level is highly structured lines of light that wrap around every cell of the body, every organ, and through all the organs, so the restructuring includes rebuilding all those lines of light, as well as recharging the field in general. So that is pretty specific, rebuilding each small vortex in a chakra, then teaching students how to perceive the field on all of those levels and to watch what is going on in the field whilst they are working on the person.'

Chakra flow

'Distortion in the field can be due to many causes: limited or dualistic thinking, lifestyle factors, emotional wounding in the present life or other lives, and can often be seen many years before it emerges in the body.' Barbara gives the example of congestive heart disease: 'Before you get angina, pains in your chest, the heart chakra begins clogging up – there are actually two specific smaller vortexes in the chakra that are associated with the electrical nodes of the heart that clog up. In the heart those vortexes put a charge on the outside of the red blood cells that helps to carry oxygen better, so the outer wall of the red blood cell is not charged as much, it does not carry oxygen as efficiently – the whole system starts getting weaker as the heart starts to clog.'

Whereas allopathic doctors will treat this purely as a physical problem, the underlying need is to look at the psychological dynamic: 'Heart disease is actually about fear of loving. That is why the person is not letting the heart chakra flow in the first place and that comes from some really confused conclusions about love. People tend to give their hearts away rather than their love away,' says Barbara.

'What happens when you give your heart away? You distort your heart chakra. Giving your heart away is actually spinning the heart chakra backwards and sending energy out of it (when it should be working to pull energy in), so it now is not doing its job to nurture your heart and lungs with life energy. Essentially if you are giving your love away it is a kind of "take care of me" exchange and that involves other chakras like the first and your will to live, the second, your sexuality. It gets really messed up.'

Barbara Brennan believes we need to learn to experience love in a different way: 'Essentially love is the creative force of the universe. To have it healthy it radiates out spherically, not to any one particular person.'

“ when we allow our love to well up from the core through clear intention to our hearts, we are radiating that love through every portion of our being ”

Mondsee





Barbara Brennan

'When we allow our love to well up from the core through clear intention to our hearts, we are radiating that love through every portion of our being, first accepting and loving the self and then expressing who we are though that creative love current into the world... if you don't love yourself, how can you love others?'

This is why an important aspect of Barbara Brennan's four-year training programme is personal process – enabling students to heal their own issues. In fact some students attend just for the personal healing. 'The reason the school lasts so long is we do have a lot to teach but also the work in this school is to build this healing vessel for each student, so the more one studies and the longer one does this work, the stronger and more powerful and more regulated you become.'

“ if you don't love yourself, how can you love others? ”

'The human energy field is a living bio-system that transmutes energy, so the more coherent we are, the better it works and we are able to handle more difficult things in a positive way rather than reacting. So this whole thing goes all the way from healing illness to living one's life better, to learning to deal with people of different cultures, to stopping war and changing the way we run this planet right now.'

Into the light

Spurred on by the potential impact of mass awakening to the reality of the human energy field, Barbara now hopes to return to her original love, science, to prove the existence of the field: 'I am very interested in trying to measure the field again to show that it is there. I have been teaching people HSP – high sense perception – it takes quite a few years to do that; but what I am interested in now is going into the science of the field, learning how to measure it, looking at the new devices that are out there.'

'I have been emailing different scientists, especially physicists that work with the zero point field and other scientists that have ideas how one might resolve the differences between quantum mechanics and relativity, because it is in that area of science, where the two meet, that it is most likely this field phenomena is taking place.'

'Not only can we delve into how mind affects matter, and look at it from the perspective of a physicist as well as a psychologist, but from that we can also possibly create some very interesting devices, perhaps even energy producing devices. It is one of the most important things I think we can do – because that is going to change a lot of things in the world.'

more information

• For more information on Barbara Brennan's work and her healing schools, see www.barbarabrennan.com

• *Hands of Light and Light Emerging* by Barbara Brennan are classic text books published by Bantam.

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