

Edoardo Conte



To heal with Archetypes

The new method applying the
postulates of quantum physics
to the truths of ancient Wisdom

Second edition

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ArchetHealing

Edoardo Conte

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Healing with Archetypes

Practical method to rebalance psycho-emotional discomforts, defects, vices, complexes, and become builders of a greater good that will repay in health, serenity and peace.

Second edition



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To Anna, inspiring companion and loving counsellor.

Special thanks to the group of consciousness development “Cuor di Fraternity”, for accepting to experience the transmutation process and contributing to the development of this method.

“When you bring to light what is inside of you, what you bring to light will save you. If you do not bring to light what is inside you, what you do not bring to light will destroy you” (Gospel of Thomas).

Second edition

Revised and expanded with a review of harmonious relations between Archetypes and suffering issues, plus an addition of cases treated.

By the same author, both in paper and eBook:

Conoscenza iniziatica (Initiatic knowledge), the basis of Ancient Wisdom.

Cuore (The Heart), a journey to the center of Consciousness.

Meditazione creativa (Creative meditation), ways, techniques and examples.

Valori (Values) to regain harmony with life.

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Introduction to the second edition

We decided to update the ArchetHealing method to a second edition, just one year after the first publication, not only for an increased interest in holistic disciplines, but also for the positive response the book has received.

During the past year of circulation of this method and after numerous applications, together with my collaborators we have realised that the quality of results was higher than expected. All the people we have helped along the various steps of this self-healing process have felt the strength of responsibility for their own inner and psychophysical health. This is a great result for us!

Ensuring that the individual takes back the power to feel well and no longer feels helpless or dominated by suffering is greatly important in restoring individual psychological faculties and ability to regenerate. Like the Phoenix, it is always possible to rise from the ashes, if one regains self-confidence and applies a method similar to and in tune with the creation. This method uses images as imprints of the original harmonic sounds: the symphony of Divine Archetypes.

Deepening our research, we have experienced first hand the relationship between the harmony of the whole and the disharmony of what is painfully separated. Like the Universe, the personal universe is also an intertwining of strings: a musical instrument that must intone the correct sonority and resonate the right chords. A string out of tune must be brought back to the tension of its tonal value so that it can vibrate at

the optimal frequency again. We then found the correspondences between the notes of the tonal scale and the qualities of the Archetypes, so that each of the seven Principles, in addition to the symbol, weaves a chord of sounds to bring the whole body back into balance. But, do not imagine the sound notes audible to the ear. The harmony of archetypal chords resonates in the upper octaves where sound is the vibration of the Soul. Nonetheless, that sound reverberates in the interior, retuning the personal strings.

We have also collected a series of cases to provide some examples of the process, and also a variety of situations the readers can benefit from by reflecting themselves in some of them, and thus draw some tools for personal analysis, processing and synthesis.

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The Method of liberation from suffering

There is no doubt that pain is a personal condition we all yearn to get rid of because we all want to feel well. Let us say right away that by pain we mean any manifestation of material imperfection, from a slightest annoyance to psychological disturbances and, above all, emotional disturbances caused by inner complexes and discomforts. As unbearable as it is, pain is the main tool of knowledge for Humanity as it draws attention on what needs improvement. We must therefore have great respect for pain to be able to cure it, since pain is imprisoned love that needs to be released.

The Buddha was the first human being to show the way out of suffering, followed by Christ who added the instrument of Love to the Buddha's teachings. Love is indeed the best way to free ourselves from all the conditions that cause us pain, since suffering is caused by a lack of Love. Ultimately, in gradually dissolving pain we advance on the path of spiritual perfection, thus raising our consciousness from the conflicts of interpretation, towards a fulfilment of the evolutionary Project, and better tune our personality bodies to the design of Love, and finally find Peace

Human suffering is expressed through "tuneless" thoughts, emotions and behaviours compared to the right intonation of Divine Principles. However, the manifestations of inner pain such as complexes, defects, fears and existential discomfort have the right, even in their degradation, to be held within our heart. If arrogant, haughty or even violent people can be disa-

greeable and difficult to accept, when we change perspective and consider those behaviours from the point of view of the pain expressed in arrogance, haughtiness and violence, we can look at them as human conditions and feel infinite compassion. This compassion should move us to accept suffering people in all their expressions, and help transform the energy of that pain into creative power.

It is clear, therefore, that in order to overcome pain, we must strive for perfection as indicated in the texts of the main religions and philosophies. To strive for perfection we need to adopt a perfect model, and the Evolutionary Plan helps us with the seven models of perfection, inspiring us in our behaviours. Those models are the Archetypes, namely the creative prototype forms we need to emulate in order to build almost perfect activities of thought, feeling and action in the fullness of Universal Love.

Will is the first Archetype, it indicates direction and transforms the sense of loss into Victory. Of the many imperfect directions caused by the little will of humanity, the Will of the Spirit shows the only possible direction to achieve Peace out of pain. It is our higher direction; the straight line which elevates us from the Earth to Heaven; and this means elevating the human condition in all its aspects.

Love is the second Archetype uniting everything and transforming the pain of loneliness into inclusiveness. Of the many exclusive types of love expressed by human beings, Archetypal Love opens our heart to the only Love that makes us

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recognise our fellows humans as brothers and sisters with no exclusion, and makes us fulfil the vital function which unites us to support one another.

Intelligence is the third Archetype, enhancing diversity and transforming the sense of splitting and separateness into connection. Of all the intelligence we use to individual advantage, Archetypal Intelligence leads us to discover the infinite connections creating synergy and cooperation.

Harmony is the fourth Archetype, it produces understanding and transforms the wrong notes of conflicts into choral melodies. There is no individual harmony except in narcissistic exaltation. True Harmony is created by an intertwining of many voices listening to one another so as to be in tune and resonate in unison.

Knowledge is the fifth Archetype, measuring things and transforming devaluation into esteem. Of all the knowledge humanity possesses that leads to self-conceit, Archetypal Knowledge aims to prudence in finding one's own limits but also in recognizing the talents that make us discover the truth in all its forms.

Ideal is the sixth Archetype, giving us the motivation to reach our goals and transform our sense of abandonment into participation. Of the many personal Ideal resulting in fanaticism, Archetypal Ideal encourage the human soul towards the realisation of the perfect model, synthesised in Christ. A model of Love which has no equal and whose message echoes in every heart: "*Love one another*".

Order is the seventh Archetype, marking the rhythm of life, transforming irresponsibility and inconstancy into stability. The order conceived by the personal self as a rigid scheme of things is a bad copy of the archetypal quality of the Order which tends to awaken our consciousness to the right rhythm, neither fast nor slow, and rediscover the flavour of life.

From these considerations we can deduce that by following the Creative Principles we can safely strive for perfection, since the Archetypes trace the path, offering a safe step. This is the motivation that encouraged us to create a self-healing process which takes into account individual psychological and behavioural issues and, above all, the origin of suffering. This arises from a misunderstanding of the archetypal qualities of the divine Plan: a misunderstanding due to the deafness of human personalities distorting the original creative vibrations, taking them as wrong notes. By returning the intonation to the frequency of the Archetypes, suffering disappears!

This approach lays the foundations for a treatment method of the future, as it encompasses the three essential aspects of healing: spiritual, psychological and chemical, through a re-balancing of the psychic, emotional and physical bodies. In other words, the method works on the totality of the human being, with techniques of creative imagination reinforced by vibrational and molecular procedures which draw directly on the postulates of quantum physics and, at the same time, on the truths of ancient Wisdom.

The observer influences the observed according to the expectation on the observation!

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This axiom of quantum physics fits perfectly with that of Initiatory Wisdom which reads: “Energy follows thought”, and opens a new window on the possibility for the psyche to modify the phenomenal aspects of matter, in particular, on new healing techniques. However, in this process, another, no less important, factor

contributes in restoring a healthy balance: Rituals. These have always had a mediating function between Heaven and Earth, the Divine and the human, as well as between cause and effect, perfection and imperfection. Rituals act as intermediaries, as symbolic liturgies placing matter in resonance with the Spirit and predisposing it to receive its spiritual imprint, rebalancing the body with the Soul. Through ArchetHealing we propose, therefore, to train not only holistic operators capable to facilitate rebalancing and healing people in their individual existential and psychosomatic problems, but also train whoever wishes to acquire a deeper knowledge on the causes of events and take care of themselves and their loved ones.

Based on the evocative power of the First Principles, or Archetypes, through which events can take shape and colour in chiaroscuro the aspects of life and moods of individuals, this method works on three levels. The first level concerns the importance of the mind in its imaginative function, that is, in its ability to translate malaise into an image representing it. The second concerns the transmutation of that image of suffering into its salvific counterpart, corresponding and resonating with one of the 7 Archetypes, thus evoking its healing quality. That is, the level of contact with the higher planes of existence, the

realms of the Soul where to evoke the healing forces and energies and fix them within the person. The third level consists in bringing the information of a Principle to the Physical body by administering drops containing its vibratory quality, a vibration nourishing body cells by re-attuning them to the original source of health.

Why we do not feel well

If someone asked us why we do not feel well, most often our reply would be that we suffer because of the people around us. We worry about our children; we get angry because people make us nervous; because of what they think, say and do. We fall into depression or feel guilty because we are convinced that the

others dislike or do not appreciate us for what we are worth... the list may never end. Under no circumstances are we ready to confess that we do not feel well because our own behaviours make us suffer. But if we are worried... it is us who do the worrying. Nobody asks us! If we get angry... we get angry without someone else wanting to. It is always us the ones who act in one way or another according to the sense or meaning we give to the stimuli we receive.

When we realise that the others are not responsible for our actions, feelings or thoughts, then we are ready to make the necessary change to overcome pain. The behaviours afflicting us, according to our individual characters, are nothing but activities. Getting nervous is a behavioural activity of our Emotional body. It does not matter what the motivation activating our

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anger is. It is an automatic activity like any other, acquired, in most cases, by an emotional trauma repeated often enough to be assumed as a model to imitate. A behaviour very similar to those acquired within our family environment. Simply knowing the cause, however, does not help us to modify the effects, we need therefore to act with a method that changes that model. Our automatic activities affect each one of our bodies, for example: gesticulating is an automatic activity of our physical body accompanying our uttering of thoughts and expression of emotions. Just as emotions, whether good or bad, are activities of our emotional or sentient bodies. It does not matter who we took them from, what is important is to know that we can change them if we want to.

All negative behaviours make us suffer, but we can put an end to the suffering connected to particular aspects of our personalities by changing painful behaviours or activities. To change an automatic reaction activity, we need a reference model different from the one that makes us suffer, just as a new model is needed to overcome drug addiction.

Drug addicts who want to detoxify and break out of the vicious circle need a change of scenery, and they can do so by joining a recovering community. In other words, they need to be removed from the negative framework and introduced into a positive environment. Community life changes the reference models to which they relate and propose new models. Being welcomed by other participants, the change in lifestyle, routine and duties ensure that patients receive alternative stimuli and examples to which their body will gradually adapt. The same can happen to people addicted to their automatic behaviours. By changing

reference models, their behaviours can also change, since the learning system of our bodies, especially Emotional bodies, is by imitation.

By embracing a new discipline that imitates and emulates virtuous behaviours, the consciousness will offer one's Emotional body a new model, a new activity and a new image to refer to, until the painful behaviour is finally overcome.

There is no more effective way to change for the better than by following better models than the ones we have adopted so far. That is the secret of change!

Archetypes

Archetypes are the Principles on which life is founded. All the Kingdoms of Nature respond automatically to their call except the Human kingdom who, having free will, can choose to do without, thereby getting annoyances, suffering and ailments of all kinds. When we treat our bodies with the active ingredients in drugs, homeopathic remedies or medicinal herbs, we are unknowingly treating ourselves with the energy of Archetypes. Why, then, not directly evoke the qualities of the Creative Principles to consciously heal our inner wounds?

The present healing method consists in using the creative power of imagination. It is based on the psychological law by which every image has in itself a motive power that tends to translate into action. In releasing our creativity we can imagine the best and become builders of a greater good that will repay us in health and serenity.

As previously mentioned, the Principles are: ***Will, Love, Intelligence, Harmony, Knowledge, Ideal*** and ***Order***.

They appear in manifestation in the form of pairs of opposites consisting of the light reflection of the Principle, which is a high frequency, and its shadow which, on the contrary, is a low frequency. It must be said that the seeds of these Principles are placed right within our conscience; however, due to factors inherent in human selfishness, we primarily manifest the shadow sides rather than the Light. Indeed, to make Good prevail over evil, our evolutionary effort is to gradually align with the Light of these Principles.

The same happens for the pairs of opposites - dual reflections of the 7 Principles - such as: falsehood and Truth, hate and Love, fear and Courage, conflict and Harmony, ugliness and Beauty, corruption and Purity, chaos and Order. This explains why it is so easy to fall under the dominion of the shadow and, on the other hand, our evolutionary effort of grasping the Light; hence, we start from conflicts to reach Harmony.

The 7 Principles govern basic human activities and individual psychological types. When we are not in tune with one of these Principles, that discrepancy generates an imbalance compromising the general state of our mental, emotional and physical health. It is then possible to highlight 7 psychological aspects or Issues outlining the specific suffering note or "Mask of pain" in each individual. The imbalance depends on the fact that a particular Archetype does not resonate within the individual at the maximum frequency of its Light, but rather at the low vibration of its shadow side. To re-establish the correct frequency, it is therefore necessary that individuals become aware of the Principles they are lacking and re-establish direct contact with them within their personality bodies, through the evocation of their symbols or images.

Each of the seven Archetypes may be associated with a graphic symbol, but also with an image that can depict it in one's imagination and can resonate within. This in order to tune in and gradually move through the quality force of the specific Archetype, so that the high vibration of its Light may be regenerating. We can also identify an object of daily use and go back to its highest evolutionary function to recognise, through its form, the archetypal content or meaning that un-

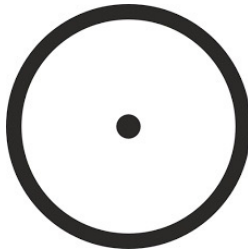
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derlies it to a higher volute which may be defined as spiritual or essential. In this way, we discover that forms evoke Archetypes and release the corresponding forces or qualities, manifesting powers that the ancient knew well and were able to use to build pyramids, for example, domes, amphitheatres or temples.



The “*Arrow*” is the first symbol and refers to the **Will** of the leader. It expresses the Spirit projecting the impulse of the Divine Purpose to manifest itself in Matter. The so-called “*Blade*” or pointed shape, with a vertex at the top, symbolizes it in the sense of masculine energy fecundating the matrix through its seed, producing the development of a new life. Knives, swords and daggers have similar forms and also refer to the use of the Will to conquer and subjugate or sacrifice propitiatory victims. This is the *Strong-Willed-Determined* human type, and its activity is *Politics*. From a psychological point of view, a lack of Will and, therefore, of direction is manifested in the theme of Loss. Lost in the labyrinth, bewildered and disoriented to the point of becoming a Victim of circumstances. On the other hand, an excessive volitional charge which, although concentrated, is always at low frequency, produces deviations leading to the *Perfectionism* of those who want to be too “straight”, or to an exercise of command leading to the

arrogance of the tyrant who can also be an executioner. The emotional quality of the *Faith* type who knows no yielding; the vice of *Pride* of those who believe they are hegemonic, and the *Straight* motion that projects direction into space correspond to this Principle. The shape of an arrow indicating the goal expresses its meaning to the point of sublimating it in the vertical arrow that evokes spiritual ascent. Thus the evolutionary function of Will can be synthesized as: “**Directing to elevate**”.



The “*Point at the centre of a circle*” is the symbol of **Love** that welcomes everything and keeps everything together. It represents the spreading of the Will to love, which expands from the central point and delimits space at the same time. The so-called “*Chalice*” symbolizes the feminine aspect and refers to the cup of the Holy Grail, the maternal womb, the alchemical crucible and, finally, the cavity of the Heart, dispenser of the vital liquid.

This human type is the *Constructive-Educator* and the resulting activity is *Education*. From a psychological point of view, a lack or low frequency of this Principle defines the theme of *Loneliness*; isolation and seclusion that may culminate in hatred. Whereas, as a degradation of the original vibration,

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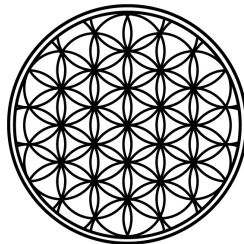
an excess of frequency or charge leads to the most unbridled *Egoism*, wanting to possess the centre of attention to the exclusion of anyone else, to the point of manifesting exclusive, jealous and possessive love. In this way, the type of love that unites and sets free at the same time does not exist and what remains is a sense of compulsion and addiction. The emotional quality of *Hope* that broadens the horizon to realise new visions; the vice of *Envy* of those who place at the centre of their attention what they do not have, and therefore yearn to conquer the place of those who are at the centre; the *Circular* motion of those who embrace and protect equally resonate with this Principle. All cup shapes, bowls, pots or other similar containers evoke the function of containing to the point of sublimating it in the higher meaning of: **“Uniting in support”**.



The symbol of a “*Triangular Star*” refers to **Intelligence** or the sequential activity of matter. It expresses the dynamism of material forms which, from their initial duality, proceed by splitting and recomposing into infinite multiplicity. The “*Gear*” shape, or mechanism made of various parts connected together to produce force, is a good expression of the ar-

chetypal function of connecting distinct individualities and create a new set or whole, expressing not so much the sum, but the product of the different elements.

Think of a clock, its gears moving the hands to mark time; or the radio whose electronic components, cleverly combined together, create a magical device capable of picking up sound waves at great distances. This human type is the *Mental-Active*, and *Economy* is the resulting activity. The suffering note deriving from a low frequency of this Principle is *Division*: feeling disconnected or separated. Whereas an excessive charge leads to *Pedantry* and the presumption of those who believe they know everything and therefore feel superior. The emotional quality of *Charity* that connects one to another; the vice of Anger of those unable to control their energy and vent it in reckless impulses, and the *Alternate Motion* that distinguishes cycles and phases are related to this Principle. The capacity to distinguish, typical of analytical investigation, is finally sublimated to the ability to discriminate true from false, separate what is useful from the superfluous, connect coherent sequences to achieve the goal, until reaching the higher meaning of: “**Distinguish in order to connect**”.



The symbol of the “*Flower of Life*” is a good expression of the

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multiplicity of the vital intertwining that generates **Harmony** through the resonance of the nodal points arising from the concentric expansion of waves.

This produces relationship, agreement and synergy. The shape of a “*Target*” well represents the harmonic function of all the parts involved which, arranged on the circular orbits of the resonance wave, converge and aim at the centre, or Heart, the sole pole of attraction. This human type is the *Creative-Mediator*, and *Art* is the consequent activity. From the psychological point of view, a lack of harmonic vibration results in *Discordance*, making us feel out of tune, or down in the dumps and disagreeable. Assonance with the Heart renders well the lack of relationship, which is why one is out of tune, that is, forgetful of the Heart and therefore forgotten. While a congestion of energy generates *Redundancy*: a tangle of reverberating waves producing distortion and conflict. The emotional quality of *Temperance* mediating between the parts; the vice of *Avarice* in the poor of feelings, incapable of self-giving; and the *Convergent* motion of those who, on the contrary, promote encounter resonate with this Principle. In domestic use, sieves, doilies and grids evoke the weaving and interweaving of networks generating cooperation. Harmony is, therefore, produced by a resonance of intentions and actions aiming to achieve the same result, even though from different points of view. The higher purpose is to place diversities in harmonious relationships so as to synthesise the meaning in: “**Relating in order to resonate**”.



The five-pointed star or “*Pentalpha*” is the symbol of the Divine Golden Proportion with which the universe is created. It expresses the original **Knowledge** of relations and intimate connection of all creatures. With the golden segment, nature measures and builds ice crystals and shells; arranges the branches of plants, the corollas and stamens of flowers, and even the structure of the bones in animals and humans. The “*Matryoshka*” of Russian tradition, and Chinese boxes, for example, are good representations of a search for proportions. Just as cognitive investigation reveals the inside of things, similarly the wooden mothers housed in scale one inside the other, reveal the complexity of life and the close relationship between inside and outside, above and below, large and small evoking the perfect proportion between Spirit, Consciousness and Matter.

This human type is the *Scientific-Analytical*, creating the activity of *Science*. A lack or low frequency of this Principle determines the psychological issue of *Devaluation*, or inadequacy to evaluate one’s own abilities, always comparing oneself with others. This leads to lack of self esteem and inferiority complexes. On the other hand, an excessive concentration of this charge, although degraded, leads to deviations resulting in *Exaggerations*, in the forms of excessive irresponsibility,

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crass ignorance and exacerbated criticism.

The emotional quality of *Prudence* which discriminates and measures; the vice of *Gluttony* of those who are unable to find the right quantity or proportion, and the *Point-like* motion of those who focus their attention on particulars are expressions of this same Principle. The higher meaning is thus summarised in: “**Knowing in order to discover**”.



The “*Spiral*” is the symbol of **Ideal**. It expresses the achievement of the central point from the periphery. A Goal that can be achieved only with an idealistic drive. Ideal is the fuel of Will. Without a model expressed by an ideal, Will cannot impress the adequate direction. The shape of the “*Spring*” well illustrates the concept of thrust or tension that an ideal produces between the starting point and the arrival, developing desire and, in its most sublime aspect, a sincere aspiration to reach the longed for goal. This human type is the *Idealist-Devotee* and the consequent activity is performed by *Religion*. The note of a degraded frequency of this Principle is *Abandonment*, surrender, and betrayal leading to mistrust, depression and dejection: individuals feel weak, apathetic, vulnerable and helpless. On the other hand, an excessive charge may develop *Fanaticism* and bias, releasing aggression and

violence. The emotional quality of *Fortitude* that defeats fatigue; the vice of *Lust* of those who suffer the domination of polar attraction, idolizing their own models of pleasure; and the *Accelerated* motion of those who are getting closer to the goal are in resonance with this Principle. So are all the spiral shapes that spread or concentrate energy, such as cyclones and vortexes for example, evocators of a higher meaning, summarised in: “**Pursuing to achieve**”.



This symbol, in the shape of a “*Temple Front*”, expresses **Order**. It is composed of a triangle supported by four rectangles by way of columns, meaning that order is given by the Divine Triad which regulates the four elements of matter. Making order is the action of putting things in the right places, that is, to find a place and time for everything. Thus method and “rhythm” are created marking all things; a space or pause between one thing and another, placing and arranging them like notes on a score. A “*Jigsaw Puzzle*” is a good example of exactly positioning all the pieces in the mosaic in order to recognise, find, and finally reveal the nature of the design which, in its sublimated meaning, responds to the Divine Design. This human type is the *Organisational-Ritual* from which the activity of *Justice* follows.

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From a psychological point of view, a lack or low frequency of this Principle determines the issue of *Recklessness* or inconstancy causing instability. But also, the sense of guilt of those who feel judged and punished. An excessive charge leads to *Pedantry* and fussiness, followed by monotony or manic repetitiveness. The emotional quality of *Justice* or righteousness balancing the weights; the vice of *Sloth* of those who reject all change, and the *Rhythmic* motion marking the time, are analogous to this Principle. Thus a higher synthesis is realised in: “**Putting order to rediscover**”.

In the diagram below, the Archetypes are divided into three levels of individual activities: Mental, Emotional and Physical. On the Mental plane, the reference is to the seven actions carried out through verbs impressing commands on the mental matter. On the Emotional plane the reference is to the seven actions carried out by Virtues impressing quality on the astral matter. On the Physical plane the reference is to the seven actions giving movement to physical matter.

ARCHETYPES	Mental	Emotional	Physical
Will	to Direct	Faith	motion Straight
Love	to Unite	Hope	Curved and circ.
Intelligence	to Distinguish	Charity	Alternate
Harmony	to Relate	Temperance	Convergent
Knowledge	to Know	Prudence	Point-like
Ideal	to Pursue	Fortitude	Accelerated
Order	to Order	Justice	Rhythmic

In this way, three septenaries are highlighted for a total of 21 functions whose interweaving give human beings the opportunity of expressing themselves in all creative dimensions.

The first septenary, regarding the Mental aspect, does not generate difficulties of interpretation, since the verbs refer to the seven main activities from which all the others follow. If you are not convinced, try to choose any verb and see if it is not directly or indirectly attributable to one of the above seven or to a combination of two or more of them. The third septenary, referring to the types of physical movement, is also easy to understand, considering that the curved and circular motion also contains the spiral one. The alternate motion, for example, is the cyclic one, while the convergent motion has in itself its opposite, as well as the acceleration that gives rise, with the slower motion, to an oscillatory one. Also, the point-like motion is comparable to standstill, thus taking the point or position; while the rhythmic motion is the repetitive one.

Concerning the second septenary, this is not of immediate understanding. We must say right away, that Virtues, in the Christian sense, qualify the human soul and the behaviour of individuals. In this light it is possible to use them to qualify the emotional aspect of human beings, even though interpreting them from another point of view. If we are what we think, it is equally true that we express it through our feelings and emotions. To understand this truth, it is helpful to define the seven Virtues and the corresponding Vices on the basis of an evolutionary vision.

Virtues

Theological (The word of God)

Faith: Absolute inner certainty, independent of reason, of the direction to take to implement the Purpose, and the abilities to serve it. Faith transmutes its polar opposite of Arrogance as it tends to make the person act righteously, as a disposition to proceed in a straight line, without deviations, within individual limits and abilities. In evolutionary terms: *The One giving direction to the Purpose to manifest itself.*

The Virtue of Faith is immediately connected with Will since both direct, even if in different ways. Will indicates while Faith attracts; however, both converge in a single direction, a vertical spiritual ascent.

Hope: motivating Fortitude, propulsive of the Purpose of Love permeating the Implementation Plan. Hope transmutes Envy because it makes the other persons' qualities be recognized as complementary to one's own. *The One magnetising Space to make it cohesive to the Purpose.*

Hope is the Virtue of those who expand their possibilities and see beyond contingent limitations; it is, therefore, immediate to approach it to Love, whose circle expands without limits since Love has no limits of acceptance.

Charity: Recognizing the fundamental connection of all human beings, encouraging solidarity and cooperation. Charity transmutes Anger because it welcomes others as brothers in a purposeful calm. *The One recognizing itself in the Many.* Charity, being the third Theological Virtue, namely, the Virtues

which express the word of God, (Theos, logos) corresponds to the third Principle of the divine triad: Intelligence. It could not be otherwise since to be charitable is feeling connected, connected to others, however differently from being united. It is a bond that does not depend on Love but on belonging to the same Kingdom, the human one, which is distinguished from other Kingdoms by intelligence, even if often it does not seem so. The Latin word *Intelligere* means to bond together. That said, the combination between Intelligence and Charity is evident. This does not mean that Charity is not close to Hope, in the same way as Intelligence is connected to Love, so as to realise an intelligence of the Heart or Intelligent Love.

Cardinals (Direction of the Word of God)

The four Cardinal Virtues provide orientation or direction in the application of the three Theological Virtues, that is, they indicate how an individual should behave in the best possible way.

Temperance: Balances and harmonises pairs of opposites. It creates the right tuning of consciousness by causing harmonic sounds. It serves to cure Avarice through generosity, that is, transform the centripetal force of the miser into a centrifugal energy, from I to We, with the consequent impulse to give.

The Many in Resonance.

Temperance is a behaviour similar to the Principle of Harmony since it induces agreement between opposites. In classical iconography, Temperance is depicted as a woman pouring water from a higher to a lower vessel, meaning that the heat of the water is tempered as it passes from one container

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to the other.

Prudence: Ability to discriminate between the qualities of the Soul and individual personal characteristics. It transmutes the vice of Gluttony by detaching individuals from excessive exaggeration through measure and proportion until they perceive the pleasure of the essential. *The Many in the Golden Proportion.*

Prudence is a Virtue comparable to Knowledge. Indeed, the classical representation depicts a woman holding a snake in one hand and a mirror in the other, meaning that the snake of knowledge can be insidious without the self-knowledge revealed by the reflected image. This iconography leads back to the motto written on the front of the Apollo temple in Delphi: "Know yourself". So we understand that being prudent is being able to measure things, calculate probabilities, know the proportions and percentages of personal risks.

Fortitude: It strengthens the ideal of the Soul by making it a stable ideal within the individual. Fortitude transmutes Lust because it exerts an idealistic force in order not to lead into temptation and recognise the sacredness of the body as the temple and abode of the Spirit. *The Many in One.*

Fortitude is a Virtue depicted as a woman holding a sword or killing a lion. In both cases it is an image that leads back to the meaning of fortitude; a strength that only the drive of an ideal can infuse.

Justice: Brings the Divine Law into the forms, thus creating order. It transmutes Sloth as it instils a new rhythm to a static

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consciousness, giving it back the responsibility of contributing to the well-being of Humanity. *The Many in Peace*.

Justice is depicted as a blindfolded woman holding in one hand a sword facing down, and the scales with even plates in the other. She tells us that Justice is blind and she can strike at random on the one hand, and dispense balance on the other. Where does justice tip? On the side of the sword or. The sense of Justice is, therefore, closely connected to rhythm.

Deeper understanding

To clarify the architecture of this system based on Archetypes, it must be said that what is important and makes the system reliable is the universality of the qualities and functions of each of the 7 Principles.

Will indicates direction, and this is a truth that has no exceptions; the same is with Love that unites and makes all things cohesive. This applies to the Archetype of Intelligence that distinguishes and connects; whereby discrimination and logical sequence belong here. That Harmony has the function of reaching agreement and, therefore, of relating and making the parts resonate, is beyond doubt. Just as the Principle of Knowledge has the function of measuring, proportioning, and making people discover the real value of things. The Principle of Ideal has in itself the force of leading to the goal and, therefore, the function of striving for a model and achieving it. In fact, it assists Will which directs, just as Harmony assists Love which unites. Finally, the Principle of Order has the function of rhythm and articulation, since it places everything in its proper place. Making Order is primarily about arranging, also in the sense of creating a hierarchy of priorities over time. In effect, time is precisely marked by rhythm.

To the above functions we can easily attach verbs recalling them, such as: Directing, Joining, Distinguishing, Relating, Knowing, Pursuing and Ordering; just as it is easy to combine them with positive emotional states which the Christian conception has named as Virtues: Faith, Hope, Charity, Temperance, Prudence, Strength and Justice. Equally immediate

is to assign corresponding movements to the 7 Principles, since Physical Bodies express themselves through gestures and postures, whereby we have the following movements: Straight, Curved, Alternating, Convergent, Point-like, Accelerated and Rhythmic. Thus, 7 verbs connected to the Mental body; 7 virtues related to the Emotional body and 7 movements associated with the Physical body are identified.

Archangels

Another way to identify the 7 Archetypes is to assign their respective qualities to each of the 7 Archangels of the Jewish tradition, which represent the devic manifestation of the 7 Archetypes and reflect their functions.

Michael 1st Archetype. The sword of God's direction.

Gabriel 2nd Archetype. The torch of God's love.

Raphael 3rd Archetype. God's healing medicine.

Anael 4th Archetype. God's harmonising music.

Camael 5th Archetype. The prudence of God who knows.

Uriel 6th Archetype. The ideal of God illuminating the way.

Samael 7th Archetype. The justice of God who legislates.

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Vices

Let us now examine the capital sins which give rise to the defects and all the annoyances that commonly trigger our automatic responses or unconscious reactions.

Pride: it serves to experience power in all its forms, from fame to wealth and domination over others. Transmutation: (Will/Faith). Righteousness understood as proceeding in a straight line, without deviations, within one's individual limits and capabilities.

Envy: it serves to experience competition and encourage us to be more than we are, that is, to bring out other people's qualities that we would also like to possess, but are still latent or not expressed in us with the same force. Transmutation: (Love/Hope). Acknowledging the qualities of other people as complementary to one's own.

Wrath: it serves to experience the breaking through of life force, repressed or held back for a long time. It is an outburst or forced rebellion against conditioning of any kind. Transmutation: (Intelligence/Charity). Accepting life and other people with purposeful calm.

Avarice: it serves to learn accumulate energy, strength and substance, that is, things and goods through the application of centripetal force. Transmutation: (Harmony/Temperance). Generosity through application of centrifugal force, from I towards We, with the consequent impulse to give.

Gluttony: it serves to take pleasure in food and all other desires in overwhelming ways. Transmutation: (Knowledge/Prudence). Detachment through measure and proportion until perceiving pleasure in the essential.

Lust: it serves to experience physical attraction and seduction and, in a broad sense, the polar attraction of pairs of opposites. Transmutation: (Ideal/Fortitude). Recognition of the sacredness of material forms and the body as a temple and abode of the Spirit.

Sloth: it serves to experience passivity, as an absolute lack of intent or impulse to move. A stasis or inactivity that can be a prelude to change. Transmutation: (Order/Justice). Intent to act at a new pace that can restore the responsibility of contributing to the well-being of humanity.

Transmutation is made possible through a sincere aspiration to the Soul's ideal. Without a real aspiration, undertaking the necessary discipline to integrate personal bodies and bring out the necessary virtues is very difficult.

Combining vices to their related Principles and Virtues should not be seen dogmatically. The very nature of vices, as described in the Catholic-Christian interpretation, gives rise to different combinations. For some vices this combination is quite certain as, for example, Pride which can easily be connected to the Principle of Will, when expressed as a degradation of the original frequency; or Sloth, which is caused by a lack of

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rhythm; or else the vice of Gluttony easily assimilated to a lack of measure, that is, to an exaggeration that places this vice under the sphere of the Principle of Knowledge. Conversely, other vices, such as Envy, Lust, Avarice and Wrath, lend themselves to more than one correlation.

Take Wrath, for example. It can be caused by a degradation of Love or by the sense of separateness of Intelligence, or else by a sense of rebellion due to a distorted Principle of Ideal.

Envy, on the other hand, is a vice that has in itself the sense of want. People are envious of something they do not have but others do. This is, therefore, a deficiency that can affect all Principles.

To identify the correct Archetype, it is then necessary to identify under what circumstances the defect occurs, and the consequent lower vibration of one or more Principles that do not resonate at the right pitch within the individual. Only a spontaneous revelation of a keyword can identify the exact match for that situation. The point is not in trying to rationally approach a vice with a Principle or Virtue, but in finding the direct relationship, not mediated by the mind, between the description of one's suffering and the corresponding Principle.

If suffering caused by envy connects to an image where we see ourselves small and insignificant, the reference Principle would be that of Knowledge, linked to proportion and measure. Therefore, the strength of the positive image of that Archetype will free the individual from the constraint of Envy/insignificance. Other individuals may have different images

arising spontaneously in their imaginations, when stimulated by the same sense of Envy. A type of envy that could depend on Justice; in this case they might see themselves unjustly punished for their faults; or forgotten and unrecognised. This would arouse a sense of abandonment involving the principle of Ideal. This applies not only to vices but to all other problems, complexes, defects or fears connected to particular states of suffering.

What matters is the certainty that for every type of suffering there is an Archetype that supports it and, connected to that Archetype, an image that can melt the suffering like snow in the sun.

Issues of Suffering

Some observations need to be made regarding the issues of suffering, which are: ***Loss, Loneliness, Splitting, Discordance, Devaluation, Abandonment*** and ***Recklessness***.

The issue of *Loss*, for example, lends itself to various interpretations. The first concerns the loss of orientation; feeling disoriented, distracted and confused, lost in a place with no reference point. This is the central issue of feeling lost, because when we are lost, we are unable to see the direction to find ourselves. In this case the deficient Principle is Will which, in fact, gives direction. This happens when we give up wanting.

A second interpretation concerns the loss of someone or something. Feeling lonely for having lost a loved one, or having lost a precious asset such as, for example, the consent or esteem of others. *Loneliness* belongs to the Archetype of Love since those who lose what they care about remain alone, isolated, excluded and rejected; no longer united.

The third theme concerns loss as *Abandonment*. Feeling abandoned by someone is different from losing them. In abandonment there is something like prostration that can lead to a sense of guilt. The fault of not having been able to remain together along the path. Just as when we abandon a competition because our strength gives up and, since we no longer have the drive to continue, we lose. It is clear that this type of loss concerns Ideal. The same happens when we

lose an important figure, or a role model, as when a teacher passes away; while the sense of guilt is to be connected to the Archetype of Order, because that Principle includes Law and Justice. Another type of loss is when one feels separated, split, divided or broken into several parts. In this case, it concerns the Intelligence Archetype.

In summary, loss as bewilderment concerns Will; as solitude, Love; as division or split, Intelligence and as abandonment it concerns Ideal.

With regard to the theme of *Devaluation*, among the most popular in the suffering universe, it must be said that it is essentially ingrained in disesteem or lack of measure that leads to an inferiority complex; it regards therefore the Principle of Knowledge. However, even this lends itself to interpretations showing multiple aspects or contributing causes involving other Archetypes. For example, in the sense of mistrust, it concerns the aspect of Faith which refers to the Principle of Will; therefore, those who have no confidence in life lose their will to live. In the sense of misunderstanding, it concerns the Archetype of Love, for which the misunderstood feel excluded and fall into Solitude. In the sense of frustration it concerns Ideal, and those who are frustrated frustrate themselves, that is, they can become violent but also fall into apathy and depression; while those who devalue themselves due to inability to relate or maintain agreements have to deal with the Principle of Harmony. Devaluation caused by Recklessness or inconstancy, as in the case of those who are unable to keep a commitment because they cannot find the time, are always late or, worse still, cannot stand the rhythm of life,

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has to do with Order. Those who feel devalued because they are unable to learn due to dullness or ignorance will resonate with the Principle of Intelligence.

The theme of *Discordance* mainly concerns the sphere of relationships and, therefore, the Principle of Harmony, so much so that it leads to conflict. The causes obviously involve the other Archetypes also, so there are 7 main reasons. Conflict due to superiority (Will), disunity (Love), splitting (Intelligence); because of lack of measure (Knowledge); fanaticism (Ideal) and recklessness (Order).

Finally, the issue of *Recklessness* concerns the Archetype of Order in the aspect of Law. Unruly individuals do not follow rules or rhythm. They become inconstant in their motives, unstable in feelings and unreliable in daily actions, to the point of leading disorderly lives. Recklessness can be associated with disharmony and thus form a highly explosive pair. Without rules and understanding individuals can sink into the most destabilising anarchy.

Negative events

Like the issues of suffering, the events upsetting human affairs are caused by a deterioration of the qualities of each of the 7 Archetypes in the following order:

Murders and massacres. 1st Archetype. Denial of the aspect of Life underlying the Principle of Will of the Spirit.

Kidnappings and segregations. 2nd Archetype. Exclusion

from one's environment or affections. Love denied.

Fraud and cheating. 3rd Archetype. Denial of the Intelligence Principle in relation to money.

Conflicts and clashes. 4th Archetype. Deterioration of relationships, underlying the Principle of Harmony.

Thefts and robberies. 5th Archetype. Misappropriation of quantities related to an imbalance of measure and proportion.

Vandalism and terrorism. 6th Archetype. Distortion of the Principle of Ideal and devotion due to fanaticism.

Riots, accidents and disasters. 7th Archetype. Sudden change of status quo to establish a new Order.

Negative charge issues

Let us now examine the issues deriving from a concentration or negative charge of the original frequency regarding: ***Perfectionism, Selfishness, Presumption, Redundancy, Exaggeration, Fanaticism and Fussiness.***

Perfectionism is typical of people who, due to a distortion of their wilful charge, feel as if they have reached the top. This makes them believe they are superior, hence their feeling of being perfect and wanting to force others to be the same. Indeed, a delusion of omnipotence leads them to become real tyrants who, in their rigid interpretation of the values of Order and Ideal, command with terror. On the other hand, those who need attention and are not capable of receiving it hide behind victimhood. Attention is concentrated energy and strength in one single direction; therefore those who suffer from victimhood, constantly complaining, are subject to the same Will Principle as the tyrant and executioner.

Selfishness is a distortion of the Love Principle and those who suffer from it are unable to include others in their lives, so they direct their capacity for good only towards themselves. The egoist types are, in fact, alone but do not suffer from loneliness since their narcissism repays them for their lack of attention from and towards others. Nevertheless, they become sooner or later victims of their own self exclusion.

Presumption is a degeneration of the Intelligence Archetype. The know-it-all presume they know everything, and are inap-

appropriately sententious; in this consists the separation between what they really know and what they ignore. Their inability to deeper knowledge leads them to be more interested in form than content and, therefore, are guilty of superficiality.

Redundancy is an aberration of Harmony. It is associated with a distortion of sound that has similar implications on human behaviour. Indeed, redundancy produces a reflection and confusion typical of gossip and chatter. Those who suffer from this tend to alter the truth to the point of slanderous distortions.

Exaggeration is a degeneration of Knowledge. The typical propensity of those who have no measure by excess or defect; indeed, people who exaggerate even in the narrowness of thought and feelings are usually lead to excessive criticism and inability to approve. Exaggerated individuals must surprise and astound otherwise they suspect they are not being considered.

Fanaticism is a deformation of the Principle of Ideal. It afflicts those who identify with their goals so much that those become their only reasons for life. Their identification is so total that it pushes them to carry out the most brutal actions in order to achieve their goals.

Fussiness is an aberration of Order. It strikes those who are so obsessed with method and precision that cannot accept making mistakes. It arises from an obsession with rhythm and a manic repetition of gestures and patterns, so much so

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as to lose the actual perception of the dynamic variety of life. Patterns imprison the pedant in a monotonous existence with no rhythm.

Defects

Let us now consider the defects of character mainly concerning our emotional spheres:

Intransigence: (1st Arch., Will) Of those who are adamant in their own ideas. The opposite: Understanding, conciliation.

Suspiciousness: (1st Arch.) Of those who do not trust others. Diffidence. The opposite: Confidence, optimism.

Spitefulness: (2nd Arch. Love) Of those whose purpose is to irritate. Provocativeness. The opposite: Courtesy, kindness.

Presumption: (3rd Arch. Intelligence) Of those who believe themselves more than they are. Vanity. The opposite: Modesty, humility.

Irascibility: (4th Arch. Harmony) Of those who cannot stand the ways of others. Impatience. The opposite: Calm, mildness.

Grumpiness: (4th Arch.) Of those who are unfriendly with no reason. The opposite: Affability, compliance.

Rudeness: (4th Arch.) Of those who do not care for others.

The opposite: Education, hospitality.

Criticism: (5th Arch. Knowledge) Of those who undervalue every idea, thing or behaviour. The opposite: Concordance, praise.

Touchiness: (6th Arch. Ideal) Of those who are easily offended. The opposite: Friendliness, sociability.

Dissatisfaction: (6th Arch.) Of those who are unhappy because they are never satisfied. The opposite: Contentment, serenity.

Impatience: (7th Arch. Order.) Of those who cannot wait for the right moment to catch the rhythm. The opposite: Attention, patience.

Finally, we need to pay special attention to the defect of jealousy, since it concerns the vice of envy.

Jealousy has the same energy charge as envy, even if of reverse polarity, as the jealous are afflicted by fear of losing possession of things or people they believe belong to them; while people who suffer from envy are afraid of being unable to have what others have. Jealousy still derives from a degradation of the Love Archetype, due to the fact that it does not allow the object on which it is projected to leave the affective circle of the jealous subject. A circle that, instead of being freely shared, as it happens with people in love, is scrupulously controlled.

Jealousy is an octopus that slowly devours its victims. Who-

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ever falls into the grip of its tentacles has no escape except through a process of purification. Jealousy arises from the fear of losing and getting lost. Its allies are the desire to possess, on the one hand, and disesteem on the other. The two components joined together give jealousy a highly destructive explosive effect for oneself and the others.

How to break free?

The path of liberation passes, as always, through a recognition of the Soul and its intercession. Whoever suffers from jealousy must, first of all, know that they are conditioned by a deva entity, that is, by an aggregate of astral substance that acts autonomously according to a distorted emotional memory, imprisoning one's personal conscience in a compulsive automatic reaction.

To get rid of jealousy, the first step is to observe one's own need to possess things and people in order to feel safe. Then proceed to detach from them, recovering an inspiring model to restore self-confidence. As the Light of the soul model penetrates into the vehicles of our personality, it gradually transmutes the jealousy sub-personality - as defined by Assagioli in Psychosynthesis - that is, the rebellious Deva, into a gentle collaborator. Trust comes from knowing that we are embodied Souls with the right qualities to progress; so that the Deva, flooded with the Light of the soul, is willing to collaborate with the others rather than feeling threatened by them. In this way, the others are no longer seen as attackers to one's personal emotional heritage, but as Souls on a journey cooperating for the common good. Ultimately, jealousy is defeated only when conscience regains possession of one's

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own Emotional body and leads it to considering the others as Souls, free to love and be loved.

Active principles

Just as evoking Archetypes can cure the inner problems of the emotional and mental bodies, such as fears, obsessions, complexes, vices and defects, in the same way it can infuse a healing force in the Physical body, healing disorders related to organs and systems. When we cure our bodies with an active ingredient of a drug or a medicinal herb we are curing ourselves, unknowingly, with the energy of an Archetype, since that active ingredient necessarily corresponds to one of the Divine Principles. It could not be otherwise, given that the 7 Principles govern all existence. So, why not directly evoke their energies once we are aware of their connection with physical ailments?

The active ingredient of a drug, therefore, has the property of curing people suffering from a particular disorder. All this is well known, yet when speaking of active ingredients we are at the mercy of the mysterious. What are indeed these active ingredients and why do they act on our body and cure it?

In the current state of Western and Eastern medicine, from allopathic to Ayurvedic through homeopathic and so on, there exist millions of drugs, each of which acts on the basis of one active ingredient. It must immediately be said that the healing principle is not the chemical compound of a drug but what actually makes a particular chemical molecule a vehicle of well-being and, at times, healing. In other words, the principle is a purpose conveyed by means of a molecular structure. Think of carbon; what makes it the brick of the universe?

The fact that it has more possibilities for connection than any

other molecule. This characteristic is expressed in the quality of “connecting”, specific to the Principle of Intelligence. *Intelligere* means, in fact, tie together. Carbon, therefore, is the molecular structure that conveys the Principle of Intelligence better than any other. It carries ... but it is not.

Matter, therefore, is not the principle; and the principle is not matter, it is that “something” which, transported by a molecule of substance, produces in the body such an activity as to rebalance the body itself and restore it, in the best of cases, to the original state of health.

Unlike what is claimed by official science, the preparation of homeopathic remedies does not involve an absence of active principles because of excessive dilution of mother tinctures. Dilutions that would delete all traces of the original molecule. It is often ignored that, precisely because of the considerable dilution in water, the principle is fixed to the latter and, since water has the best molecular memory, the active principle carries much more power than if it were contained in the original product. Water memory is now recognized by science; just think of the Japanese researcher Masaru Emoto and his experiments with ice crystals and their different geometries, which prove the ability of the H₂O molecule to adapt to the most varied motivations: from love and gratitude, to hope and healing.

Holy water is another example of the transfer of a Principle within water molecules. What makes holy-water holy? The blessing of a minister of the Church, no doubt.

And what does blessing represent if not the evocation of the

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Principle of Divine Love within matter, in the form of the Holy Spirit? The holy-water molecule, if analyzed, would not show any mutation; it would be only fresh water, yet, faithful Christians would be convinced, as they indeed are, of the purifying power of that water and would reject the mere scientific explanation. Holy-water is the vehicle of the Power of God; it contains Him only because the priest has evoked it through his own intention.

It is not surprising, therefore, that homeopathic medicine or other remedies based on the system of plant essences dilutions use water to transport the active principles by separating it from the original vector; and do not cry out for the “placebo” effect. Little is known about this effect. Under that name lies the most powerful cause of transformation of matter; so powerful that at times it assumes the semblance of a miracle. Whether as a result of profound faith, emotional suggestion or focused thought, the governing Life Principles find ways to manifest and mould forms according to their design. We have the arduous task of experimenting with them, understanding their functions, qualities and effects.

We understand that a Principle can be effectively conveyed by water molecules; but still don't know what it is?

The Principle is an abstraction, primarily addressed in a thought from the immaterial planes of existence. The planes which Plato called *Hyperuranium* or the world of ideas. That thought, in turn, is involved in a condensation process that concretizes it in a form due to the concentration of a multitude of minds that keep it vital by a spontaneous adherence

to that Principle. All the active principles of drugs are directly or indirectly caused by the 7 vital Principles that govern life, and which we name Archetypes. In this way, each healing principle reflects a Principle or several combinations of the 7 Beginning Principles. The active ingredient of aspirin, for example, conveyed by acetylsalicylic acid, derives from the Harmony Principle since it has the quality of balancing temperature; and Temperance is a virtue that can be linked, precisely, to a balance and harmony of opposites.

Having clarified what a principle is, let us move on to the concept of activation. The activation of a healing principle occurs when the intention of a therapist is manifested with an act of will! This means that a principle remains latent until the will of a thinker, be it a scientist, a doctor or a patient, directs a healing thought or even a desire, awakening and activating it on the plane of material manifestation. It is obvious that the first activation takes place already at the moment of the initial purpose; however, subsequent motivations strengthen the activity at each step.

When a principle is activated, it transports or infuses its own potential energy into the dense planes of matter, transforming it into a healing force. This is proved by the postulate of quantum physics which states: "*the observer influences the observed through the expectation on the observation*".

Scientifically, this confirms what Ancient Wisdom has always sustained with the axiom: "*Energy follows thought*"; that is, energy is concentrated where a mind focuses its attention.

The recent discovery of the boson theorized by Higgs in 1994

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is proof of this assumption. The minds of scientists have thought about it so much that they have finally been able to materialize it in the universe of subatomic physics. Who knows if the boson has ever really existed, until that moment, if not only in the realms of imagination!

To carry out its function therefore, a Principle needs a vehicle, and a motivation to be activated. It also needs concentration of thought and emotion, through a ceremonial ritual strengthening belief and suggestion, so that it can release all its power.

From this we understand how - through a symbolic ritual evoking it - each of the 7 Archetypes can be used as active principles, and therefore, act as qualifying impulses for matter. With this approach, it is possible to inseminate water molecules, qualitatively energizing them and make water become a vector of treatment. Thus the Principle is absorbed by the body at a cellular level, strengthening and integrating the capacity for transmutation and healing.

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The importance of rituals

In this world of forms, rituals are of fundamental importance. Since the dawn of time, human beings have sought a connection with mystery through rituals to evoke its energies, forces and features. Think of shamanic rituals, perhaps the most ancient, and their evocative power towards the forces of nature.

The Bible also lists the ritual of sacrifice as one of the most effective ways to contact the “*Divine*” and make Him an ally in achieving one’s goals. Rituals have always had a mediating function between Heaven and earth, the Divine and the human; but also between an idea and its implementation, between cause and effect. Every new idea or vision needs a form to become real. A ritual acts precisely as an intermediary, as a symbolic liturgy that places the material in resonance and prepares it to receive the *imprinting*.

From sacrificial rites to today’s marketing techniques, the distance is not that long. In both cases it is a question of creating a system of procedures through which an idea or image takes shape. The same applies to all techniques that allow us to shape matter as we wish and obtain satisfactory results, even in our bodies. Think of the sports world. Without coded rituals and protracted training procedures, there would be no champions testifying the progress of humanity towards ever greater goals. This is equally true for Science, Economy, Medicine and all human activities which require specific procedures to activate creativity.

What we need to understand is that every ritual performed in a precise form produces, in time and space, an

adaptation of the form to the intention and purpose of the thinker/creator. An adaptation that will be all the more stable and lasting the more it is shared.

This means that in order to obtain stability and duration of beliefs, traditions, cultures and civilizations, it is necessary to create behavioral rituals to induce in the masses phenomena of attachment by emotional impression and, therefore, mental conviction.

The planetary socio-economic system is based, for example, on the ritual of consumed and continually protracted exchange through identical procedures of supply-and-demand! If you want to change that system, you need not so much to modify its structure as to transform the ritual, namely, the procedures that keep the system alive. However, to change a ritual, it is necessary to change the intention. If the motivation is to achieve personal advantage in the form of money, pleasure or power, it is obvious that the exchange ritual will have that effect. If, on the contrary, the purpose is to develop human creativity for the Common Good, there will be an exchange carried out through gift. Changing the intention will change the form of the ritual which, in turn, will change the system itself.

The above example is useful for understanding how to operate in order to become more creative and take responsibility for epochal change and human progress. First of all, it is necessary to listen to new ideas. They come from the immaterial or abstract planes; the planes of existence which we define as spiritual. Secondly, we need to imagine a supporting

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system or structure that allows those ideas to be translated into concrete projects. A structure that will be more stable the more it resonates with the universal one, respecting proportions, relations and qualities.

The best structure is that which reflects the Purpose of Love put into effect through the Creative Principles. Each Principle performs a creative function through a specific quality. The thinker/creator aligns with that Principle by entering into vibrational resonance so as to evoke it in the material planes of existence. When the thinker/creator is syntonic, that is, in connection with the Principle, the thinker/creator becomes a channel of transmission of the specific quality that is precipitated into reality, in the same way as an alchemist producing a distillate through the projection of thought. In this case, the distillate is the condensation of the quality of the Principle in symbolic form. In other words, the symbol is the bearer or messenger of the energy quality brought about by thought. At this point, it simply remains to secure the quality within the dense matter. To do this the thinker/creator performs a ritual; indeed, the ritual has already begun with the intention.

All creative magic is a ritual conducted on the various planes of existence: from the impalpable Spiritual planes to the dense ones of matter. However, it is at that moment that a ritual enters the phase of appearance. Indeed, the quality of the Principle is made clear when it is secured in a molecular structure. Think of the properties of the 118 elements of the current periodic table. The molecular structure makes it possible to express a metaphor by extending its concept to the various planes of living, so as to make them wear the robes

of social, economic, religious, educational, artistic structures and so on. Each molecule expresses a quality that identifies the main human activities. Each one brings a Principle into manifestation.

When the thinker/creator has completed the creative ritual, the Principle is fixed within a form, that is, the content is inside the container, enclosed in an envelope or vehicle which carries and imprisons it at the same time. So is Creation. Each creature is the product of a love sacrifice of the Spirit who offers itself to matter. So it is for each creative moment. If the Principle were not involved in a material form it would not manifest its power. The Power to make all things alive, good and beautiful through the ritual of life.

Invocation - evocation

Ritual procedures are the same in every tradition. They can change in forms, but the movements remain the same. They involve activating the flow of descending energy with an ascending impulse.

Hermes Trismegistus is the mythical figure who illustrated, better than others, this procedure which makes us resonate with the Divine. The great Egyptian priest, in fact, stated: “*As above so below*” meaning that there is a correspondence, an analogy and symmetry between Heaven and earth, the Divine and the human; so that humans, raising their eyes to Heaven, can invoke Its energies and qualities upon themselves. The Above, namely, the Divine, is perfect in its design essence; so if we want to bring a project down on earth, where things are not so perfect, it must be called and made it descend

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to the lower level. The movement from Above to below is caused by a request from someone below. This movement is called *Invocation* and is the only one capable of evoking the Divine. Invocations are at the basis of all ceremonies and all proceedings for salvation or restoration of harmony on earth. They are subject to the Divine Law of Economy; the law of "*Supply and demand*", so that the demand is answered. It can be done in many forms; but the substance remains the same: sending a request for help, or a question in order to get an answer. The answer comes in the form of a "*model*"; the model of divine perfection that humans must emulate, imitate, develop, replacing the imperfect model that causes them so much pain. In this way, communication and communion between the Divine and the human take place. Human misery is aspirated and dissolved by Divine Love which takes its place.

Over the centuries, proceedings and practices have multiplied and reached an ever-increasing level of effectiveness. Prayer and meditation have evolved in the current techniques of heart-mind polarisation or in using quantum physics, as is the case with our method. The meaning however remains the same: rebalancing life on earth, turning to Heaven.

Our image transmutation ceremony reproduces, in fact, the ascent movement of the Invocation in the form of representation of pain, and the consequent descent of the liberation image from the Soul planes, by Evocation. In this sense, pain takes on the meaning of a sacrificial offering which is a prelude to catharsis.

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Physical imbalances

We have seen how active principles work and how, through a ritual, they are fixed to the water molecules. The ritual uses the evocative power of imagination, so that the quality of one of the 7 Principles, conveyed by water, “nourishes”, so to speak, the human body and rebalances its imbalances. To do this we need to know the function of chakras. Chakras are vortices, located in the etheric dimension of the human being, and convey energy to the body glands and from them to the corresponding organs. Every illness, therefore, is caused by energy imbalance of a specific chakra. Stomach ailments, for example, originate from a dysfunction of the Solar plexus chakra, as do those affecting the liver and pancreas. Knowing the correlations between chakras and Archetypes and chakras and organs, it is consequently possible to know the combinations between organs and Principles.

The *Will* Principle governs the Crown chakra at the top of the head. Pineal gland dysfunctions, as well as head and brain illnesses are related to it.

The Principle of *Love* governs the Heart chakra. Related disorders include: thymus gland, heart, lungs, upper limbs, circulation and the lymphatic system, as well as asthma, arterial hypertension, constriction, dyspnoea, arrhythmias, tachycardia, palpitations.

The Principle of *Intelligence* governs the Throat chakra. Related disorders concern: the thyroid gland, neck, throat, jaw,

ears, parathyroid glands, trachea, bronchi, esophagus and arms; as well as psychic pathologies related to the ability to communicate, not only with the outside, but also with one's inner self.

The *Harmony* Principle governs the Root chakra, at the end of the spine. Related disorders concern: adrenal glands, lower limbs, spine, large intestine, genitals and central nervous system; as well as haemorrhoids, obesity, constipation, sciatica, deforming arthritis, nerve anorexia, gonarthrosis.

The Principle of *Knowledge* governs the third eye chakra. This energy centre is particularly important, more for its high psychological significance than for its correlation with physical disorders. The pituitary gland is related to it, from which the diffusion, through neuropeptides, of information necessary for the brain to activate emotions and related needs follows. Psycho-spiritual balance and the correct perception of oneself on the intuitive and sensitive levels depend on the same centre.

II The Principle of *Ideal* governs the Solar plexus chakra. Related disorders include: the pancreas gland, stomach, liver and small intestine; as well as metabolic diseases such as diabetes, liver failure, cirrhosis, gastric and duodenal ulcers, and also all pathologies related to the nutrition, digestion and assimilation processes.

The *Order* Principle governs the Sacrum chakra. Related disorders are connected to: kidneys, intestines, bladder, ute-

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rus, ovaries and prostate; as well as the diseases of impotence, frigidity and all those related to the genital system.

From these reflections, we can understand that in learning to use the Archetypes and resonate with their energies we can, not only help ourselves improve our health, but also, have a clearer understanding of our behaviours, and the circumstances causing them, thus we can change our perception of everyday life and have a higher vision of events. In this way we can be able to tune our motivations and choices with the evolutionary plan of Truth, Love and Beauty, and participate in His great plan. Truth will illuminate our conscience and make Humanity free from all conditioning, and Love will save Humanity from separateness by infusing Divine Beauty in all forms.

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Archetypes and harmonics

All the Archetypes in manifestation vibrate at the maximum creative frequency, for they are the incarnation of the seven divine qualities; thus each Archetype “plays” its own note of perfection. It is therefore possible to assign one of the seven notes of the tonal scale, B A G F E D C, to each Archetype, starting with the note B and ending at the C, because the Divine is evoked from above to below.

Having established a correlation between Archetypes and the musical notes, we can conduct the archetypal qualities through the laws and rules of musical harmony, which is a codified transposition of the Harmony of creation. **Life itself is an intertwining of harmonics which resonate with each other making all creation vibrate in unison.**

Thus the Archetype of Will vibrates to note B, followed by Love vibrating to note A. Thus, Intelligence vibrates to G; Harmony to F; Knowledge to E; Ideals to D and Order to C. From the aforementioned combinations derive the corresponding chords according to the tonal scale in use today, composed of seven tones and five semitones. Each chord is made up of three notes, the first of which is called tonic and gives the name to the chord; the second is the note of the third interval, and the third note corresponds to the fifth interval. Thus we have the seven chords corresponding to the seven Archetypes, in the major and minor keys. The minor key chord differs from the major by the half-tone drop in the third interval, which gives an inner implication to the evoked qua-

lities, so as to assign emissive and receptive aspects to the archetypal resonances. However, we will examine the chords in major key, leaving out the flats and minor thirds, for simplicity. The table below lists the tonal chords of the Archetypes, to form a schematic picture of what has been written so far.

B Will	D Ideal	F Harmony
A Love	C Order	E Knowledge
G Intelligence	B Will	E Ideal
F Harmony	A Love	C Order
E Knowledge	G Intelligence	B Will
D Ideal	F Harmony	A Love
C Order	E Knowledge	G Intelligence

When we relate these Archetypes to psychological notes or themes of suffering or to negative events; but also when we consider the correlations between Archetypes and vices, defects or complexes, we must consider that those notes or defects never resonate with a single vibration, but with a chord composed of three notes. This depends on the fact that each entity is triple, that is, it is made up of Spirit, consciousness and matter; hence, it vibrates with a harmonic chord.

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The human personality too is, in turn, made up of a chord composed of the tonal vibration of the strings of the three bodies: mental, emotional and the vibrating note of the physical/Etheric body chord which, together, give shape to the personal trichord. Human beings are therefore composed of a Superior chord which resonates with the three divine aspects of the Father (Wilful Purpose), the Son (Soul Love) and the Mother (Active Intelligence), and a lower or personal chord which vibrates at the degraded frequencies of matter.

The descending tonal scale, from B to C, makes higher nature chords resonate; those which vibrate the archetypal qualities at the original frequencies; while the chords formed by the tonal scale ascending from C to B, make the qualities resonate in the personal instrument, in an inverse, or specular and out of phase way. An example of this is in the chord of Will which, when resonating in the higher sphere, that is, in harmony with the divine Will and Purpose, is the B chord, composed of the notes B D F, whereas when it concerns a personal speculative will, it resonates, on the contrary, in the C chord, formed by C E G. This explains the abysmal difference between the seven archetypal qualities and their reflections in the lower octaves in the world of forms and human behaviour, whereby impersonal love is degraded in its reflection, that is possessive love; connecting intelligence becomes intelligence that separates; Harmony of hearts degrades into harmony of minds, producing chords of interest. Thus holistic Knowledge flows into analytical knowledge and loses sight of the whole; devotion to the Ideal degrades into ideological devotion, and Order, which produces rhythm and beauty, becomes an order

imposed by command.

The first note of the chord producing suffering indicates a behavioural aspect; whereas the other two assign echoes or dissonances to the inner dimensions of the heart and mind, due to the mirror inversions.

C Will	E Intelligence	G Knowledge
D Love	F Harmony	A Ideal
E Intelligence	G Knowledge	B Order
F Harmony	A Ideal	C Will
G Knowledge	B Order	D Love
A Ideal	C Will	E Intelligence
B Order	D Love	F Harmony

The general state of health but also the development of individual abilities, or the manifestations

of physical, emotional and mental suffering, depend on the harmony or dissonance of the lower chord of personality with respect to the Divine Higher chord. Each note of personal suffering, each vice or complex vibrate, in the three bodies of an individual, with a chord tonality inverse to the original one. Furthermore, due to the slowing down of the speed of

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frequencies in the densest planes of matter, that is, in the vibration octaves of personal bodies, a degradation, a jarring or dissonance of the three notes that make up that chord is added. Indeed, the false note is due to an incorrect tension of the strings; as it happens to an out-of-tune guitar, when the six strings, respectively tuned in: E A D G B E , do not have the right tension.

This is why, it is necessary to invoke the resonance of the Archetypes triad of the Higher chord, which is a mirror image of a specific tone of suffering, and thus re-establish the right intonation. The higher evocation, following the invocation from below, will stretch the strings of the three personal instruments to the correct tension. This is the magic of harmonics, fine-tuning what is out of tune, restoring integrity to the person.

Chords of suffering issues

In the issue of Loss, which concerns the tonic note of Will, the lower chord is formed by: C E G. Will (C) is amplified and strengthened by intelligence (E) and knowledge (G). In this lower chord, will, intelligence and knowledge vibrate at the low speed of the personal aspect octaves and, therefore, cause pain.

Indeed, it is a loss exacerbated by a separative behavior - a degraded aspect of the Intelligence Archetype — and aggravated by the difficulty in measuring oneself with others — a degradation of the Archetype of Knowledge.

The Superior chord of Will is quite different. Will (B) is strengthened by the notes of Ideals (D) and the Harmony Archetype (F). The difference is striking. In the lower chord, intelligence

and knowledge give a personal will a more aggressive air than the Higher chord, whereas Divine Ideals and Harmony enrich the spiritual Will with qualities of soft and harmonious tones. The ideal of perfection (D), in synergy with a search for harmony in relationships (F), will make our personal will (B) regain the right direction and rebalance the painful sense of loss into its polar opposite of *Victory*.

In the issue of Solitude, concerning the tonic note of Love, the lower chord is formed by: D F A. Personal love (D) is in synergy with formal harmony (F) and an ideal (A) bordering on idolatry. People who suffer from loneliness and feel excluded because of this, actually produce that very exclusion in themselves, experiencing love in possessive and exclusive ways. This behavior will lead them to seek apparently harmonious, but in reality conflicting, relationships since they are strengthened, in their opposition, by a misleading idealistic charge. The resonance with the Superior chord created by the cohesive force of impersonal Love (A), the resonating of the ordered Rhythm of life (C) and the Knowledge of measure and relationships (E) can lead them to resolve loneliness in *Sharing*, its polar opposite.

In the issue of Division, which concerns the tonic note of Intelligence, the lower chord is composed of: E G B. The separateness of intelligence (E) is sharpened by the isolation of knowledge as an end in itself (G) and by a breaking in the vital rhythm or order of things (B), keeping the individual detached from reality.

A return to wholeness will take place thanks to evocating the

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Intelligence Archetype (G) which will re-establish the correct mental ties, assisted by the Archetype of Will (B) which will tend to provide the right direction, and the Archetype of Ideal (D) which will provide the impetus to connect to a suitable model, for a reconstruction and integration of one's personality in relation to the Soul. In this way the split will be resolved in *Integrity*.

In the issue of Discordance and conflict concerning the tonic note of Harmony, the lower chord is formed by: F A C. The decay of harmony (F) into a hypocritical respectability is exacerbated by an idealistic distortion (A) due to negative reference models, giving the individual a strong-willed direction (C) towards confrontation.

A rebalancing is evoked by the resonance of the Harmony note (F), strengthened by the note of the inclusive Love Archetype (A), which tends to unify relation ties, and the note of the Order Archetype (C) which infuses the right rhythm between emission and reception. This will create a two-way communication leading to a transmutation of discord into *Cordiality*.

In the issue of Devaluation and disesteem, which concerns the tonic note of Knowledge, the lower chord is composed of: G B D. A fragmentary knowledge of oneself (G), combined with a sense of order experienced as imposition (B), leads the suffering person to express wounded love (D); a kind of love that finds no outlet except in resentment towards others, perceived as unable to understand. Evoking the Knowledge Archetype (E), which restores the measure and value of

one's abilities, assisted by the note of a type of Intelligence (G) which recalls a correlation of synergies on the various levels of activity, together with the note of Will (B), capable of regaining confidence and direction, the person can recreate a comforting sense of value; so that devaluation will be transmuted into *Esteem*.

In the issue of Abandonment which concerns the tonic note of Ideals, the lower chord consists of: A C E. The betrayed ideal (A), combined with the loss of direction (C), no longer provides the necessary drive to continue; consequently, the contribution of intelligence (E) becomes separative. Everything then contributes to a loss of strength, meaning and goal.

A recovery of the driving force is given by evocating the Archetype of Ideal (D) which provides a new reference model, strengthened by the sympathetic note of Harmony (F). Thus, the individual is led to forge new relationships, and the note of Love (A) will finally strengthen the affective circle, reuniting intentions and transforming abandonment into *Trust*.

As for the issue of Recklessness which is also disorder, and concerns the tonic note of Order, the lower chord is formed by: B D F. A degraded sense of rhythm (B), combined with a perverse and superficial perception of love (D) and a chaotic intertwining of relationships (F) only aimed at pleasure, lead individuals not to find their places in life, society or relationships.

Evoking the Archetype of Order (C) can re-establish the right rhythm, in synergy with the note of Knowledge (E), which can redefine the measure and value of things, and Intelligence

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(G), which can lead individuals to find not only their proper places, but also reliability and connection with others. All this can transform them from chaotic and unruly to *Stable*.

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Creative imagination

In Genesis we can read: “*Fiat lux*” and the Word became flesh; namely, the universe took shape; yet the very secret of creation is hidden in that highly symbolic phrase.

The term “Word” indicates the word of God; or the creating Sound. Hence, the meaning of the biblical expression translated in clearer terms is: “*Sound creates Light*”. Thus, Sound is the first creating factor since it produces a wave propagating in space, creating shapes. All creation is a mix of sounds at different pitches, creating chords and harmonies. It is not surprising that the great Pythagoras was the first to demonstrate and experience the harmony of the celestial spheres using the monochord.

From the Pythagorean monochord to the science of Cymatics it is but a short step. This science actually uses sounds at different frequencies and grains of various compositions to draw geometric forms which are magically transformed with dancing on a vibrating plate. Different forms correspond to different frequencies and the sound waves become light; that is, a tangible image depicting the vibration.

Sound, then, creates images which we call forms; and since we are souls incarnated in bodies, that is, inside forms, it is easier for us to interact through tangible images rather than impalpable vibrations.

For this reason, images/forms have an impact on us greater than sound or, in other words, when we listen to a piece of impressing music, on the the screen of our minds correspon-

ding images immediately appear, giving life to the music and making us move.

It is true that sound is just as therapeutic as images. This is well demonstrated by music therapy and vibrational therapy, ie therapies with specific sound frequencies. Soothing music calms our Emotional body just as a sustained rhythm brings joy. Expressing a kind of mood with sound is certainly possible, but however descriptive a musical phrase may be, it can never be impressed in a synthesising moment as it is possible to do with an image. Images can contain, in a single instant, what music embroiders in a sequence of notes. It is impossible to fix an emotion with a single note; while it is relatively easy with an image. Indeed, a picture is worth a thousand words.

Thus music is a harbinger of emotions but does not allow for concentrated observation as much as a single icon can. Sound frequencies act on the structure of forms by imparting rotational or undulatory movements to the substances the forms are composed with. They are, therefore, suitable for modifying and improving the molecular exchange or cellular resonance of organic structures, such as those of the human body. On the contrary, images have the power to act on the psyche and within the emotional sphere by impressing a new model through emulation. This is why, working with images is the most effective method for making changes to our character, or in solving existential problems which are nothing more than vibrations translated into images/forms.

However, this transmutation process works with sound and

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light. The sound is in the vocal narration of suffering whose key words resonate like notes invoking the light, although imprisoned in an image of pain and, further on, as an evocative response of an image of salvation. But there is another and more powerful sound intervening.

It is the Sound of the Soul! An inner sound so vibrant that it is silent. That Voice of silence modulates the salvific Light and makes it descend from the spiritual planes to the plane of the mind within the brain, where it takes the form of an image of liberation.

The powerful law of Creation works in this sense. It reads: *“The power of Sound combined with the power of the image of Light, evoked with Love, creates the manifestation of a new form, consistent with the evolutionary plan”*.

Collective imagination

Human beings are what they imagine and, therefore, think. This axiom is as old as humanity itself; indeed, it is necessary to go back to the dawn of time to discover its true meaning. First of all we need to realise that the mind, or the mental environment is a large space, as infinite as the ocean where we fish for the images we need to give life to our thoughts. Psychologists have defined it “Collective Imagination”; namely, a container of all that has been imagined by humankind from the beginning. Our brain translates those images into thoughts, projecting them in the surrounding environment, so that they can act as a means of relationship assisted by the personal emotional sphere which supports and covers them with emotions. Finally, the senses capture them making the

Physical Body vibrate.

That thoughts originate from the collective imagination is also proven by the fact that ancient writings were ideographic, that is, they represented ideas through stylised images. The advent of the alphabet is, all in all, recent and, even today, one and a half billion Chinese express themselves with ideograms just like ancient Egyptians. A second proof is from sleep. When conscience detaches from the body and wanders in the astral dimensions which we call dreams, it brings back encounters of those “places” in images. Even the Buddhist tradition recognises the transmutation power of images mediated by Mandalas, and the Bible reminds that Humanity was made in the image of God, demonstrating that the Mind of the Creator imagines when it creates. Finally, our current Culture is defined as “*the Civilization of images*” as proof of how they affect human development. Just think of the evocative power of films, some of which are incredibly prophetic; and the advertising images conditioning the masses. This is why it is really important to be able to enter and draw from the Collective Imagination all those images that support the evolutionary Design in Beauty, Goodness and Truth, giving meaning to life.

Influence of collective memory

We live in a globalised society where different cultures are intertwined and influence local traditions and individuals in a far-reaching cultural and ethnic exchange. The legacy of enclosed tribal societies is now dormant, and with it, the influence or conditioning of connected ancestral memories. In

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other words, global conditioning largely exceeds the conditioning derived from the beliefs, customs and traditions of our ancestors. It is true that we are conditioned by the people who have the most influence on us, those with whom we have close karmic relationships, such as parents, spouses and children; but their behaviours affects only them. Each individual is responsible for his or her own actions, thoughts and feelings, and not those of others. Having said that, inside us there are many conditionings drawn from our Etheric-Physical, g or Mental bodies, through the memorising system which is composed by the so-called *permanent Atoms*. Hence, it is an individual system, unique to each individual. If this were not the case, we should have to take care and pacify, within ourselves, all mental, emotional and physical behaviours not only of our relatives, ancestors and blood relatives, but of all the human kind with which we have come into contact in previous incarnations, as well as in the present one. This would mean a never ending story!

The Divine Plan spares us all this, and comes to our aid by entrusting us with only the part of negative behaviours we can transform through the memory enclosed in our permanent atoms, and thus, remedy the great suffering harbouring within us. The work is personal, even if it has collective implications, since, by solving our suffering, we can introduce new solutions into the collective imagination that will redeem, namely, raise the frequency of the old ones. In this way, century alter century, we can renew the collective memory that our ancients called Akashic memory. The permanent atoms are magnetic units similar, in operation, to the ram memo-

ries of computers, which store experiences made incarnation after incarnation. Each Soul has three permanent atoms, one for each subtle body (Mental, Emotional and Etheric), and when it decides to start a new experience of embodied life, that is, it decides to be reborn, it reactivates the three atoms, thus attracting new magnetically responding matter to the new experiences that it will have to assimilate in order to dissolve, in whole or in part, accumulated karma. We understand, therefore, that our personal suffering, despite being a concentrate of karmic actions and mass conditioning, can be transformed and resolved within us, by accessing our permanent memory.

It should be pointed out that individual Karma is not necessarily connected to some people in our circle of kinship or acquaintances as it is mistakenly believed. That is, we do not have a karma with this or that person. Each human being has not issues but karmic “thematic” to solve. They are suffering themes each individual comes into contact with, through the people who share the same unresolved aspect, as it happens between victim and executioner. Karma works through affinity of themes, since it is easier to grasp a defect when others, who are perhaps closest to us, show it to us. Ultimately, the others are only our mirrors, that is, they are the vehicles of karmic themes that we must resolve within ourselves for ourselves and Humanity of which we are a cell. Therefore, there is no need to bother ancestors, nor even all those who, according to our view, have harmed us.

Once forgiven, they no longer concern us as sincere forgi-

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veness frees us from personal bonds, and we can focus on resolving the karmic theme that pain brings with it. We need to process the part of the world-suffering inside us and, in contacting it, particularly through the eyes of others, can be revealed for what it really is: an opportunity for growth. When we are pacified within, having transmuted the old models that made us suffer, into the new models generated by Love liberated from the Soul, we can be at peace with everyone and the Whole!

Imagine the perfect model

Imagination is the faculty that distinguishes human beings from animals. It is not only application of intelligence, it is also a projection of a higher possibility drawn directly from the reservoir of the Soul, also called *Superconscious*. Indeed:

“To imagine is remembering what already exists in infinity”.

Hence, imagination produces a gap between the known and the unknown, thus revealing the evolutionary Design by means of human intellect. Imagination is even synonymous with invention, as it perfectly overlaps the abstract idea, giving it paternity in space-time. It can also be said that imagination is a reflection of intuition which, from the plane of the Soul, falls into the most vibrant frequencies of the emotional dimension and takes shape. In order to imagine, in the sense of building forms increasingly suited to the evolution of consciousness, it is necessary to look to a model of perfection.

Without a model there can be no change.

Exercise with the ideal model

Think of an inner quality you wish you had, as for example: understanding, harmlessness, friendliness, courage, peace, wisdom. Think of an emotional quality you would like to acquire, such as: harmony, tranquility, serenity, cheerfulness, irony. Think about a quality of mental energy you would like to develop: insight, intuition, clarity, vision, analysis, synthesis. Think of the type of physical energy you would like to possess: tonic body energy, right rhythm between activity and rest, health, relaxation. Now imagine a picture of yourself, as if you were seeing your hologram a few meters away, possessing all the inner, emotional, mental and physical qualities; observe the image emanating those qualities from its aura. Come closer and look into its eyes to capture all of its energy. Place your arms on the shoulders of this image and embrace it. Let this more evolved image merge with and permeate your body, your emotions, your mind patterns and your entire being. Feel that you are creating a more perfect structure of yourself, a beautiful synthesis of energy and light.

You are carrying this virtuous identity in you, opening yourself to a better future, a more joyful life; a happier spirit; light, expansion and clarity.

Every quality is available and you just have to remember to use it. You need to remember that when you integrate these qualities, you create a higher being in you, getting closer and closer to the ideal model. Release this energy now by relaxing and describe, in a notebook, the type of being that you have created and carried within you. Remember that

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changing the world means changing your inner world view. Once you understand and accept this concept, you can begin the process of transmuting all imperfect images-forms within your consciousness.

Heart-mind alignment

To access the beginner models, an alignment to join two caves, one dependent on the other, needs to be activated in the individual.

The first cave is the *Heart*: the cavity par excellence. The Heart is the alchemists *Atanor*, the centre of the human being, which pulsates to the rhythm of the One Life and tunes the personal instrument to resonate with Creation. Through the opening of the Heart the individual enters into harmony with the Divine and becomes a mediator of Truth, Good and Beauty. From the Light of the Soul, the individual draws the energy and strength of the Principles or Archetypes, which are translated into images through the second cavity. This is located at the centre of the brain in the etheric or vital dimension of the human being.

It is indeed in the centre called the “Cave”, reflection of the Heart inside the head, that the individual conscience concretises a higher Vision drawn from the Superconscious, shaping new images and transmuting obsolete ones into forms which are increasingly more responsive to the archetypal model. Images that will be projected into the mind to positively affect the individual and the environment and thus forge the future.

Refine your thinking

We are what we think. Energy follows thought and, therefore,

magnetises the astral substance giving quality to emotions which, finally, condition our actions. Even **diseases, in addition to defects and vices, are generated by our opposition thoughts**, undervaluing ourselves and others, triggering a degenerative process of our original state of health. It is therefore necessary to refine our thoughts with right thinking, since **thought is the cause of all manifestation**.

Each thought we think will take shape in our life, according to its degree of clarity and strength. To understand ourselves and our lives well, we must, indeed, observe our thoughts and realise why we think them. We will discover that many thoughts, which we are usually not aware of, are stirring in our mind. They have become habits which reappear automatically without the intervention of our will. Then, we must pay attention to our emotions, remembering exactly what was our state of mind when they arose, since they actually cause synapses in our brain which, in turn, constitute our thinking.

In the majority of Humanity, emotions represent the apparatus that guides the mind on areas of thought with different frequency.

A given situation will produce a certain condition according to the quality of emotions and thoughts of the individuals experiencing it. **Average people tend to replicate the thoughts of people close to them**; they usually have no autonomous thinking but, since they respond to the emotions of others, they also capture their thoughts and make them their own. The moment they give space to those thoughts, these

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manifest in the situations of their lives and, in this way, they become victims of circumstances. As humans evolve, they acquire a greater autonomy with respect to the thoughts and emotions of their environment, and often manage to favour their own development. It should also be considered that there exist, in the Superconscious, idea-images which have not yet been grasped, and therefore have never assumed concrete forms. When humans develop their potential through imagination, they are also able to receive ideas that they manifest as composers, artists, scientists, inventors, etc.; giving each activity a creative surplus value.

As individuals learn to practice right thinking, they realise harmlessness and understand that, after all, being harmless means knowing how to think. **They do so when they turn the attention of their minds towards what unites.**

This does not mean we will not be able to express a criticism or a judgment, if the criticism is constructive and the judgment is for a good purpose, that is, made to highlight an evolutionary solution. We must not, in fact, criticise or condemn others for their actions. Our criteria of right and wrong must only apply to ourselves. We need to realise that everything an individual is doing, it is right for him/her, as that is the state of their understanding. They will learn the lessons necessary to broaden their vision of life and will be able, over time, to grasp the opportunities for growth which, in our eyes, might appear as a negative attitude.

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Becoming positive

We influence everyone with whom we come into contact frequently. Let us ask ourselves therefore whether the influence we exert on others is constructive or destructive. Of course this will depend on how we react to others; on the degree of determination or willpower we exert our influence with; and finally, on our own positivity or negativity. A negative thought is literally a thought of denial. If we deny a person the right to our Love, we violate the basic relationship that exists between two human beings; a relationship marked by brotherhood.

Everyone has a Divine Right to our Love, since all people are our brothers and sisters.

Denying this Love means breaking the universal law of Relationship and causing imbalance in our lives. When we deny, we sink into isolation which often degenerates into seclusion!

If saying “NO” is our right to affirm our free will and, at times, a need for protection, if not indeed, an educational practice; denial, however, immediately creates a gap to be bridged. A “NO” must be accompanied by “if” or “but” to soften and mend the detachment; or at least, a “because” indicating to the other person a willingness to mediate and find a meeting point.

In this sense, the need for positive thinking is better understood, which must not be a happy island in the sea of pessimism, but a constant aiming at the common Good.

When we perceive a situation as unwelcome, we are rejecting our own growth; because every situation is a precious lesson for us. Remember that, in one way or another, we ourselves have procured what happens to us, whether we like it or not.

Experience is the “Great Master”. We experience what we procured.

So let us learn to love every situation for what it is, namely, a lesson, and try to grasp the Truth it contains. Once we understand the lesson of a particular experience, that situation will cease to exist.

To become energy of good in our environment, we must become positive towards it and love every person and thing around us. If we know someone full of resentment, let us realise that **in the Hearts of all people there is Good**, and the very fact of recognizing the element of goodness and focusing on it will help them emerge in the light of the right relationship. Through Love we appeal to the good that is in every person and thing. Also, we need to understand that there is intelligence in the mind of everyone. The mind itself is intelligent; and when it does not seem so, it's only because it was not educated to think inclusively.

Once we are aware of all that, we can carry every human being in our Heart, loving them as our brothers and sisters. In this way, we can refine our thinking and produce a unifying effect which will lead us to offer our help where required. We must also favour the conditions of growth of our brothers and sisters and learn to respond to the indications they give us,

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silently pouring out thoughts of Love and understanding. We can thus purify our thinking by using energy to build logical sequences transforming darkness into light; problems into opportunities; division into union and corruption into perfection.

The energy potential

Energy is power in a latent state. The energy potential has no qualities or characteristics. You can create anything with it, such as: thoughts, feelings, actions. The one who can qualify its potential by giving it direction is the thinker, that is, anyone who has a true thinking ability: from the great spiritual beings to humanity.

The energy potential, therefore, is neutral but is coloured with the motivation of the conscience which consciously or not takes and uses it for its individual purpose.

What a sensitive person grasps is not the energy quality but the magnetic quality of the astral substance, which uses that potential and translates it into strength. All human beings, when they listen and pay attention, are able to perceive the quality force of the astral substance in the form of feelings or emotional states. In this way they “*feel*” the others and the surrounding environment. Therefore, a primary energy exists and is captured through its astral manifestation.

All people modify the astral quality of their environment according to the intentions that move them.

It happens then, that the energy focused in a specific di-

rection by a qualified thinker who intends to manifest the evolutionary Purpose, is caught in the emotional substance in a different or even opposite way by the receiver, according to their own hidden motivation. Energy expressed in Love can, actually, be perceived, by those who are not tuned to that note, as a force to clash against in order to assert their own selves. Thus the same energy strengthens the different qualities and moods transforming the pure Purpose, emanating from the vibration of an Archetype, into manifestations which are increasingly degraded and distant from the original intent. It is up to us to grasp this difference or wave bending, and bring it back to the original frequency and speed to restore its purpose, quality and order.

Qualifying the space

Giving meaning to life means consciously choosing a quality to be expressed in daily actions. In order to give meaning to our lives we need, first of all, to have a purpose or intention to give direction to our thinking. We now know that: “*energy follows thought*”; this means that the energy conveyed in a thought gains strength and direction. Purpose, then, gives a precise direction to our thoughts. We could also say that it is the cause of our actions, since thoughts, which are images addressed by our minds, formulate operative statements through verbs, and verbs express actions to be performed, or in other words, images of command.

Directing thought, however, is not enough to give meaning to life. Thought needs to be enriched with a quality which, in turn, makes a distinct note resonate and a specific color

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shine. That note and that colour are found in each of the 7 Archetypes and are captured by the Heart which is the mirror of the Soul. Thus the Heart enriches thought directed by purpose with an archetypal quality, giving a particular meaning to our actions; meaning and quality that will pervade the surrounding environment and produce the desired harmonic effect. That quality expresses the note and the colour that the Soul captures in harmony with the divine Principles.

All qualities give strength to meanings as they make our intentions perceptible to others. Without the heart power of meanings, motivations would be arid stances dictated by personal advantage.

This fact is extremely important, as it represents the key to modifying the effects we consider unwanted or not in accordance with our intentions and expectations. We are embodied consciences, and as such, we are mediators between Spirit and matter, energy and substance or cause and effect. We are the middle factor giving meaning to causes and transforming potential energy into force to produce forms and, consequently, effects. If we want to change a negative effect, we must not persist in handling the form which manifests that specific effect; rather, we must modify in ourselves the meaning we are giving to that circumstance or event. Changing the meaning will change the effect and, at the same time, the inner motivation. Let's take an example:

How many meanings do we give to the term love? We love as parents, children, lovers, relatives, or friends. And yet, to each meaning corresponds a very different effect in the ways, time and space. By changing the meaning, the effect

of our love changes and the intent that drives us to love will also change.

Whenever we want to relate to others through a motivation for work or pleasure, let us remember, to choose in our Heart the quality to express it, giving it the most appropriate meaning to spread the note of harmony. We can do this for all activities, even the most humble and trivial, such as washing the dishes. Let us pause for a moment to feel that the quality of our washing - comparable to the Archetype of Ideal, as it concerns striving towards a model of perfection - can produce a cleansing in us and in the environment, if not a true purification, making the atmosphere brighter and more beautiful. Let us remain in contemplation of the resulting image and savour it in every detail. This is giving meaning to life so that life gives us its beneficial effect.

Appearances are deceiving

We are inundated with news of bad events. Every day the media feed us with them in abundance, while good news are rare and hardly make the news. Does this mean that the world is falling apart? This is what it looks like. But as an old adage says: “*Appearances can be deceiving*”. And indeed it is true!

To better understand that what appears is not the true reality, we must discover the strategy of involutory forces acting in the shadows. They want Humanity to be terrified and frightened by the horrifying images they subject it to through the misdeeds of the world. Images of violence, but also of infirmity and disease which produce conflicting feelings in us, from embarrassment and disgust to horror. In this way they know they are lowering our vibrations and making us sink into hatred which demands revenge. Thus they imprison us in an endless spiral of pain.

They fear, in turn, that Humanity may discover the evolutionary Plan and bring it into manifestation, thus depriving them of the conditioning power acquired precisely by denying that Plan, and hiding it from our eyes behind a blanket of ugliness, wickedness and atrocities, certain that we would never look for Love in those images but, on the contrary, shy away from them.

If we believe in the existence of the Plan, those events must then reveal it, no matter how dramatic, cruel or nefarious they may seem. And it is actually what happens when, instead of expressing indignation we feel compassion for the images of

pain they arouse, so that we might be able to transmute those images by freeing the imprisoned principle of Love.

Indeed, it takes the courage of Love to sustain the gaze on the monstrosity of suffering, accepting and welcoming it to the point of feeling a loving compassion for its countless expressions that seek understanding in conscience. Thus, we can begin a purification process transforming pain into salvation through the compassion of the Heart, and allowing our conscience to access the realms of the Soul and the inexhaustible reservoir of perfection consisting of the Prime Principles or Archetypes.

Riding the wave

When we hold the Light of an Archetype-Principle which is expressed as a high frequency, a resonance effect is produced in us that makes our consciousness surf on the crest of the wave, firm in that Light. This instills stability, loving kindness, trust, vision and understanding. On the contrary, when we ride the shadow Principle, expressed as a slowing down of the original frequency, the vibration is lowered and our conscience is at the mercy of the events in a state of fear, despair, disappointment and restlessness.

This oscillation between Light and shadow allows us to understand that if we want to see the Plan in its perfection, we must look with the Higher Eye of the Soul at the many corrupted and slowed down forms in their original frequency; such as, for example, the form of war whose original vibration is Peace. This means that we can detach ourselves from the corruption of an apparent form and recognise the evolutio-

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nary meaning that that form conceals within itself, despite being distorted. As if to say that: through the pain of war, Humanity will finally yearn for the value of Peace. Indeed, behind the illusory motion of appearance the Plan advances slowly but relentlessly, pacing the stages of Humanity so that the human race can evolve by fulfilling its role as a mediator between Heaven and Earth.

An even more extreme example, compared to that of war, concerns the behavior of pedophiles. No matter how atrocious their actions, the Archetype that animates them, despite being manifested in the most degraded form possible, is always that of Love sought in virginal purity. If the conscience of the people who observe pedophiles, instead of detesting them for their actions — thus lending their sides to the separative forces — focus on the reference Archetype, they would raise within themselves the low frequency of pedophilia to that of Pure love. In this way they will change their look and elevate the substance of which their thoughts, emotions and actions are made. With this, pedophiles will certainly not be redeemed, but their images will be redeemed in the conscience of the observers who will improve their own imagination.

The Divine continually speaks to us of Love but our listening is so slowed down that our ears only perceive sounds at low frequencies which make us sink into pain. By increasing our listening speed, we would take our eyes off the catastrophic appearance of events and focus on the note of the Anima Mundi.

Example

In the audio file, “*Peace and Love*” (original) we can listen, at normal speed, a sentence inspired by Love and Peace, constantly spreads throughout the planet by the Evolutionary Plan. In the file titled: “*Peace and Love*” (distorted) we listen to the same sentence recorded at much slower speed. It is the frequency of the Plan as it is received when we are paralysed by fear and suffering from the thousand adversities of life. Its evolutionary significance is unrecognisable so much is it distorted, and the sound hits us like a grim roar. So is the roar of war and the many misdeeds that envelop humanity in a dark storm. If we raise our gaze and increase our listening frequency, we can, however, access the Superconscious and recognise the message of the original vibration so as to spread it like a whisper of the Soul making the Light the of serene shine.

In this way we reconstruct our collective imagination according to the primeval beauty of Archetypes and we understand that the Plan is good and just and in constant manifestation.

Link to the message “*Peace and Love*” (distorted):

[https://www.fraternityunion.eu/Audioteca/Audio_contenuti/Pace% 20Amore% 20distorto.mp3](https://www.fraternityunion.eu/Audioteca/Audio_contenuti/Pace%20Amore%20distorto.mp3)

Link to the message “*Peace and Love*” (original):

https://www.fraternityunion.eu/Audioteca/Audio_contenuti/Pace%20Amore.mp3

Direct experience

In the process of treating and healing one's own inner wounds it is important to experience the liberating and salvific method and processes. We must, however, clarify who is experiencing and how.

There are two ways of experiencing: the first is passive; while the second is active. The passive experience is not true experience, as the one who experiences the process is the person in one or more of his/her own bodies. What happens during the experimentation is a momentary memorisation of the experimented form, very similar to "*short-term memory*" or surface memory. This memory concerns the personal bodies and particularly the Emotional body which is composed of a magnetic substance, and therefore, in charge of memorising. Nevertheless, when the experimentation is done by the personality bodies without the guidance of consciousness, this experimentation does not lead to the experience understood as such; rather, to a kind of minor or passive experience that does not involve a stable change from a lower state to a superior one.

The active experience is made by Consciousness and only by it, when it activates and directs the experimentation within its own bodies, urging them to make the necessary changes to proceed on the evolutionary path. The process of experimentation which, in reality, is the education path of the personality, is consolidated only if it is directed by the conscience. This translates into having: "***Direct experience***".

Experience is direct, or rather, permanently impressed, since it is directed by consciousness. Any other type of experimentation made by consciousness in an indirect, i.e., passive way, does not produce experience.

Translating this assumption into practice, it means that any experimentation conducted through a procedure or technique where consciousness is externally guided, that is, undergoes that procedure, will not be assimilated by the consciousness as an experience even if protracted over time. This also applies to healing and healing methods. Relying on a healer, even the best, will not produce true healing, since healing belongs to the individual's conscience and not to external factors! A healer will be able to cure, that is, alleviate the pain, reduce or make it disappear for a period of time; but the cause of suffering will reappear in another form.

Let's take an example.

Suppose we are following a Hata Yoga course. Our physical body memorises the new postures or *Asanas*; our Emotional body feels the emotions arising during the exercise and our Mental body forms connected thoughts. The memory of the postures remains in the bodies of our personalities as long as the Yoga sessions continue and the body benefit from them for the same period of time; but if the practice is interrupted, our personal bodies will gradually forget the postures and the consequent benefit. This happens because our consciousness did not direct the procedure; or rather, did not participate in the creative process as an advocate, but as a mere executor. The distinction is subtle, since it concerns the difference between being a **cause** or being an **effect**.

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If we really reflect on the meaning of being a cause, we will discover that it involves taking responsibility for directing matter, namely, forms, making them take on a particular activity. From this concept we can deduce that we experience only through what we teach, in a certain way. And what is teaching if not the art of transmitting something to others in order to learn and memorise it, definitively in ourselves? Wanting to teach something means, after all, wanting to learn it. When we teach, we gradually clarify the teaching, since we have the opportunity to see it reflected in others. We receive that reflection and compare it, gradually, with the original source, and thus we adapt our form to get closer and closer to the perfect model.

Returning to the example of the Hata Yoga course; we will experience it, even if we stop attending, only when we place ourselves in the position of instructors of ourselves. Having become aware of every meaning related to each posture, that meaning will be memorised in our perennial memory and will become a stable point on which to build the future.

Our experiences are such because they engrave unique and unrepeatable meanings within our consciousness. Once acquired, we will no longer have the karmic-evolutionary need to experience them again. They will be part of our evolutionary baggage and will allow us to reach new and higher achievements.

It seems clear that having a direct experience is, in the end, acquiring a new meaning which broadens our horizons and allow us to look at reality from a new point of view.

Ultimately, the secret of a creative process lies in the correct location of the consciousness, which is the *thinker*. First of all we need to know that we are Souls incarnated in bodies, therefore, we are consciousnesses able only to act within matter and its forms, shaping and reshaping them to obtain specific effects. As consciousnesses mediating between Spirit/Cause and matter/effect, we can transform the world by giving different meanings to our actions.

Learning to change meanings will literally change our lives for the better!

The transmutation method, using the archetypal patterns of perfection is designed for just this purpose!

To give individual consciences the responsibility of directing and implementing one's own healing, acquiring the transformation process in active ways. No intermediary is acting in place of individual consciences. The facilitator-instructor only has the function of making students aware of the new procedure. The conscience will find, in its own imagination, new images to replace the ones that have become obsolete as they concern old innate tendencies. Negative trends that will change meaning, and thus renewed into opportunities for growth.

Innate tendencies

Innate tendencies are personality traits that move us independently of our will, predisposing us to certain repetitive automatic behaviours or patterns, and the resulting experiences.

According to the *Subtle Science*, innate tendencies are the result of the provisions of Karma for a specific incarnation and serve to guide us towards the unsolved aspects of our personalities. Our Mental and Emotional bodies are formed in a way that they have parts within them resonating with the karmic issues to be resolved. These are the Devas; so called by ancient Wisdom; they are forms of etheric, astral and mental substance giving life to our behaviours, emotions and thoughts respectively.

In practice, this means that our bodies or personal Devas are made to resonate with all frequencies and, especially, to the low vibrations of matter, i.e., the notes qualified by the shadow aspects of the seven Archetypes. Through their degradation or out of tune, they allow us to experience devic forms such as habits, vices, defects and complexes that will inevitably push us to change for the better. This is due to the law of Polarity for which, sooner or later, we will proceed from one opposite to the other. All together, those notes define our personal suffering issues which accompany us throughout our lives, if we do not remedy them.

Indeed, there is no better way to change than to go through the suffering caused by our negative habits and tendencies — derived from our instinctive and animal aspects that push us to defend ourselves from others, considered hostile — un-

less, we become aware of all this and we awaken our consciousness from evolutionary lethargy. We will then be able to use other, less painful tools of transformation, and learn to attune ourselves with the qualities or original notes of the Archetypes.

Indeed, we are also endowed with positive traits or Devas, such as dispositions and talents, which we need to balance the weight of negative automatisms once we choose to let our good qualities prevail. It is interesting to understand, in the most scientific way possible, what happens, and how, on the energy level; namely, in the field of the frequencies of matter qualified by the multiple forces conditioning our Devas as a result of automatic memories, acquired in the past. The world we live in is made up of matter that vibrates at different speeds. Here we are not referring only to the different states: gaseous, liquid and solid in which the molecular structures of the different elements occur; but to the different frequency ranges which define the “substance” of inspirations, ideas and intuitions; and of thoughts, emotions and actions, namely, the stuff of which our Mental, Emotional and Etheric/physical bodies are made. Each frequency range expressed in one of the 7 tones is in turn divided into vibratory shades degrading from the fastest to the slowest. It is a degradation inherent in the formation of matter itself, since it depends on the emanation of the divine Purpose which, from the point of origin, expands the creative thought originating increasingly dense matter due to the gradual exhaustion of the propagation thrust. Thus, for each frequency range, from the one we call Divine to that of our personality, vibrations are gradually differentiated and notes gradually decreasing from B to C.

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We can say that in the mental range, the high frequencies are those of which the thoughts closest to the archetypal qualities and notes are formed: the philosophical and scientific thoughts which help us to design a better world and find solutions for human progress. Whereas, low frequencies generate separative and selfish thoughts tending to the destruction and domination of peoples. This applies to the frequencies of the emotional and physical range: from the noblest feelings of love and acceptance, to the deepest hatred perpetuated with violent and inhuman actions.

The gradual slowing down of the frequencies of matter, the result of the emanation of God's creative thought, is a natural phenomenon with neither good nor evil in itself; yet it produces them as opposing forces of duality. Duality arises at the same instant as the emanation of the creative thought. It consists of the emanating thinker and the emanated thought. The focal point that radiates its strength from the centre creating a spherical space: creation.

The created matter is pregnant with the qualities of the creator; divine qualities and therefore, notes in tune, which nevertheless undergo a natural corruption consequent to the slowing down of matter; creating a duality consisting of the high frequencies of light and the low, or out of tune, frequencies of the shadow. Thus the seven creative qualities of the Archetypes, perfect in their divine tones, color the creation in "*light and shade*" (chiaroscuro).

Will, which guides the Divine Purpose, degrades to the point of becoming the petty will of those who think only of themselves. Love which originally unites all creatures ends up becoming possessive and cruel; Intelligence that connects

diversities becomes a source of dullness and separation; Harmony which makes everything resonate in agreement, fades into discord and conflict. Knowledge which measures the greatness of creation gets lost in the most detailed analysis, blurring the vision of the whole; and the Ideal that pushes towards perfection, clashes with personal desires to give life to false idols. Finally, the Order Archetype which marks the rhythm of life ends up fueling recklessness.

If we relate the innate tendencies of individuals and the degradation of archetypal qualities to the frequencies of matter, we get a full picture of the situation. Through our innate tendencies, we human beings place ourselves, day by day, in tune, resonance and relationship with different frequencies of thoughts, emotions and actions. Each day and several times throughout the day, we unconsciously resonate with the qualities of the seven Archetypes at a specific vibratory level. That level determines our state of mind and our inclination to seek either harmony or conflict in a completely automatic way. Remember, automatism is given by the tendential characteristics of our three bodies! Hence the need to change our negative habits which are the cause of our suffering. This can be done if, first of all, we choose to recognise ourselves in our consciousness and not identify, as usual, in our bodies. Secondly, if we become aware of the degree of harmony we have with the Archetypes at a given moment, so that we can choose and raise our vibratory state, that is, regulate our tuning to their original pitch; thirdly, if we decide to follow an appropriate discipline which, repetitively and constantly, will cha reference model, namely, the image which the automatism of the body is linked to. The Archetype images we use,

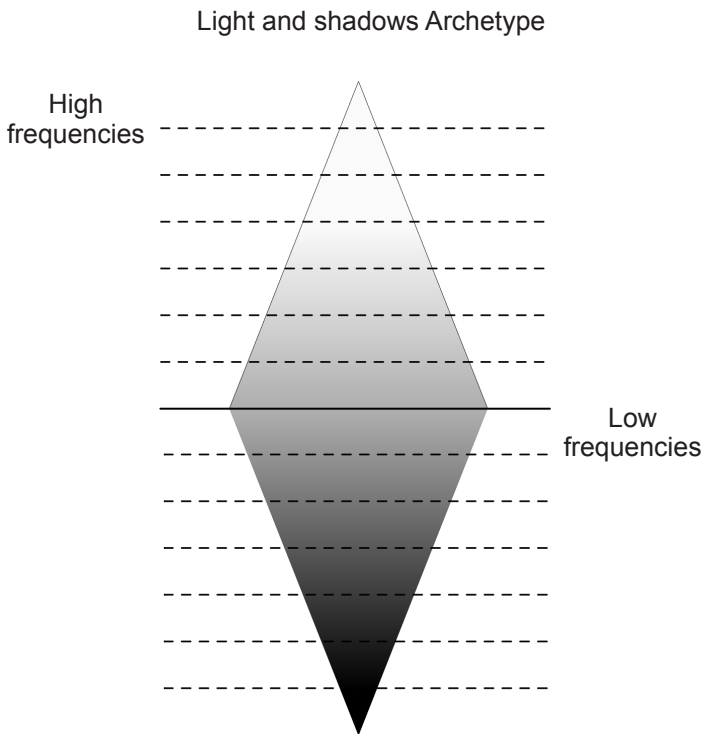
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will stimulate the *mirror neurons* in our brain and generate, by empathy, the synapses suitable to emulate and concretely become the chosen model. If carried out with firm intentions, our transformation will be unstoppable!

To explain how the search for harmony occurs, that is, the intonation by consciousness of the original note of an Archetype, here is an example easy to understand. A few years ago, to select a radio program in radio devices, a knob was used which was, precisely, called tuning. One of the key components of the radio was and still is quartz. Quartz has the quality of having a high oscillation; therefore, inserted in an electric circuit, it can vary the vibration in a wide range of frequencies. The tuning knob — nowadays, preset buttons are used — did nothing but modulate the vibration of the quartz so that it could match the frequency of a given radio station that was broadcasting the signal or sound wave one wanted to hear. Moving the knob gradually changed the listening frequency until it coincided with the chosen station. There was a “magic eye” which, with its blinking, signalled the approach of the frequency, until perfect harmony was achieved.

When you entered the tuning range, that is, when you began to hear the sound of the selected program, you would hear a voice or music that was first “crackling” and, as the tuning improved, the sound became clearer and louder. This is how consciousness goes! Until it reaches perfect harmony with the divine Archetype’s signal, it hears croaking sounds. Such are the low vibrations of the shadow side. And yet, even if they come out of tune and unharmonious, they are a prelude to harmony.

In the drawing below, the duality of the Archetype in manifestation is clear. Its cone of influence propagates in the frequencies of matter gradually fading from the high to the low, so as to create the part in the light, which emanates the original quality, and the part in the shadow which projects its opposite. Thus Harmony fades into conflict; and human beings, immersed in the events of the world, are conditioned according to the vibratory frequency with which they resonate. If they are tuned to high vibrations they are in harmony; otherwise, they sink into conflict. This applies to all Archetypes.



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A similarity with fruit is immediately grasped by our rational mind. A ripe apple is the equivalent of an Archetype to its original vibratory state, when it manifests the highest quality of its light. A good example of this is the sweetness of the ripe apple picked directly from the plant. But if we wait to eat the apple when, fallen to the ground, has started to rot, we will perceive a bitter and disgusting taste, even if we are eating the same apple. This is the quality of an Archetype. Cultivated at the vibration of maximum splendour, it will joyously nourish us with its sweetness; whereas, if we pick it at the low frequency of its shadow it will taste as rotten as despair.

By applying the technique illustrated in the next chapter we can give new reference models to our personal bodies, with the result of transforming our innate tendencies into programmed tendencies, in order to pick the apple when it is ripe and, thus, harmonise our lives and resolve our Karmas.

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Imagination technique

The purpose of this technique is to learn how to use the dynamic power of archetypal images. Indeed, creative imagination produces a superior image which does not yet exist in our imagination, but which, once imagined, tends to manifest itself concretely in all its strength. More precisely, this method aims to create an “Ideal Human Model” to replace the existing ones that do not have the same qualities. We need to realise that we all have within various images of ourselves, or more exactly, of our own personalities. Such images are not only different in nature and origin, but they are often in conflict with each other. Acquiring a clear awareness of them is a necessary preparation to self-improvement.

We need to move from what we want to make believe we are, to what we can truly become. This is the ideal model and the purpose of our growth.

Phases

The present method consists in using the creative power of imagination. It is based on the psychological law whereby **every image has in itself a motor element which tends to translate into action.**

Let us examine the steps in this creative process whose purpose is to implement a renewed personality, corresponding to the ideal model, through the transmutation of the old forms into the new imagined ones: **“We become what we imagine”**.

The first step is the *idea-image*. Ideas and images are different in themselves, but in practice, ideas immediately evoke images, or even emerge to the consciousness as images. This stage can be compared to drawings, projects, as well as objects and machines prototypes providing the models for their manufacture.

The second step is in the action of the motor elements within the images. The latter tend to come true and produce external actions together with the corresponding physiological modifications. The clearest demonstration of this occurs in hypnosis, where the hypnotised person responds automatically to the suggested images. Another is the unconscious imitation, like children imitating their parents. The discovery of mirror neurons confirm their emulative power, as this demonstrates the empathy between model/image and the observer. Mandalas are the oldest application of this transmutative quality, to which the energy of desire or its highest form, Aspiration, is added. The symbolic image thus becomes an ideal icon which sets all the necessary means in motion for its gradual implementation within the person.

Transmuting negativities

“There is no awareness without suffering. All over the world, people reach the limits of the absurd to avoid confronting their Soul. Enlightenment is not achieved by invoking figures of light, but by bringing the inner darkness to the light of the consciousness. Who looks outside dreams, who looks inside awakens” (Carl Gustav Jung).

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In the light of this statement, the path of transforming pain - which is imprisoned love - into a form that frees it and restores the pleasure of loving is clear. When we love we illuminate our path and the environment surrounding us; in this way we create a protected space and, at the same time, a limit, a border that cannot be crossed by the shadow. In this sense, Love is the best defence through an unconditional surrender to life in all its forms.

When we prepare to face suffering through the paths and techniques that best suit our personalities, we need to be aware that, when pain emerges from the depths of our unconscious, a pain that has been dormant for a long time, as it is removed by the consciousness of the present, jets out, like oil when the extraction probe pierces the crust that keeps it underground and the pressure pushes it to the surface. It is an unsustainable jet that shoots out at high speed and moves the emotions by the thousand. Re-living that painful emotion triggers new suffering mixed up with the old one. Therefore, that pain must not remain there in front of the person's eyes and Heart unchanged, but needs to be transformed and sublimated with a cathartic action. The pain that emerges from the unconscious cannot and must not re-open old wounds; it cannot and must not be observed by the helpless gaze of the sufferer alone. That pain must reveal the love imprisoned in it and, with a wise action, be transmuted into liberated Love. To do this, the assistance of expert facilitators, leading the sufferers towards the light, holding them by the hand, is necessary; a support for the time necessary for them to rise again to the fullness of Love, to the stability of healing.

Just as there is an incubation time for sickness and pain, there is also a gestation time for healing. Each new creature needs its own time to complete itself in the darkness of the “mother’s womb” and, finally, come to life. If that time is not respected, healing aborts. Too often, in fact, it happens that the suffering are abandoned just when they are re-emerging from their suffering, with no tools to elaborate; left alone in front of their pain as if the visions were enough to soothe and transform them. Becoming aware of one’s suffering is undoubtedly a necessary step, but it is not the decisive one. It is a first step on a path towards a solution and one that involves other steps, until when pain is transformed into salvation.

The metamorphosis of the caterpillar into a butterfly or the breaking of the evil spell by which the beast returns to being the *good prince*, as in the famous fairy tale, “Beauty and the Beast”, are metaphors of the transmutation of evil into good, effectively representing this cathartic passage. More than any other method, the vision of one form that transforms into another touches not only our senses but also our interiority, activating a real process of change.

Images have in themselves motivating properties encouraging people to emulate them, as children do with their parents, imitating their gestures and, finally, assuming their behaviours. Thus an image of salvation transmutes and replaces the suffering image in the individual imagination, leaving no room for pain. Love is liberated and with Love the approach to Beauty which renews all things every day.

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Being the Observer

The crucial point in any transmutation is always when the consciousness detaches itself from the corrupted form having recognized it as such and, therefore, placing itself under observation. But how to achieve the status of a *detached Observer*?

Paying attention to “Pain” in all its forms: from physical and emotional annoyance to inner suffering, at the precise moment it occurs. Pain is the alarm bell that puts consciousness in a state of alert, causing it to observe the effect and find its meaning and cause. It is at this point that the Act of Will must be accomplished: the Will of higher Love, invoked by the Aspiration of the Heart. That Will sets in motion the Choice of the consciousness which invokes the descent of the saving Light of the Soul in order to penetrate the suffering form and, through Its Love, release the imprisoned love, transmuting and elevating the form to the original Archetype vibration.

Changing the script

In this process of transformation, pain is personified, in the sense that it is transposed into a character, in order for the consciousness to disidentify from it. It is not the consciousness that suffers but those parts of its Emotional and/or Mental bodies which act in painful ways, according to an automatic repeated script. In other words, the first step to take to dissolve suffering is to separate the suffering part from the consciousness of the Ego. It is not I who suffers but a part of me which responds to a degraded frequency of a specific Archetype playing a corrupted character or model. That

character is a prisoner inside a cell of the subconscious. It is made of Love, like all creatures; but that love is imprisoned. It suffers because the Love it is made of cannot express itself. This is the essence of suffering. We all suffer because one part of the Love we are created with has remained imprisoned inside us for karmic needs. That imprisoned love causes pain and must be released so that we can be free. Here the parts are reversed as in the most intriguing of dramas. The villain is actually the good guy and we are the jailers who keep the pain chained in the prison of the unconscious. This condition continues until we become aware of its perverse mechanism. Until then, suffering fulfils the task of making up for our ignorance. Just like that.

Suffering exists as long as we persist in not wanting to know ourselves fully; that is, until we ignore our shadow sides. Pain has, in effect, the function of drawing attention to unresolved issues of our personalities, forcing us to face them. To dissolve the pain personified in the corrupted character, to whom we have given a tangible image of pain, we need to find a new image in our higher imagination, drawn directly from the Archetypes. That image will be the new model in which to mirror ourselves. It will have the power to push the character to emulate it by having it recite a new script.

It is important, however, to understand that the transmutation of the image of pain into that of liberation will take place gradually, as it happens in all healing processes. This depends on the fact that the character embodying suffering changes its reference model, namely the script it is playing, only through a stratified repetition over time of the new script consisting of

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the image of liberation. Basically it will have to learn the new part to play. The image of liberation will replace that of pain every time the latter wants to re-emerge, until the character has definitively memorised the new part and assimilated the new model.

Leaving the theatre metaphor aside, we can replace the image of pain with that of liberation by repeating the transmutation for the time necessary to stabilise the new image in our imagination. In this way we gradually get rid of all the shadows or images of pain buried in our subconscious.

Reversing the direction

In the process of perfecting our personalities and healing inner wounds, it is extremely important to know how to reverse the polarity at the right time.

We can take the oscillation of the pendulum as a metaphor. The weight of the pendulum is our personality which can swing towards the positive pole of pleasure, joy and serenity or towards the negative pole of pain, despair and torment. When we feel bad it is because the pendulum swings towards the negative pole with all its thrust. Analysing the oscillatory movement we see that it increases in speed when it descends from one pole to the other, until it slows down and stops for an instant upon reaching the opposite pole. Wanting to reverse the direction of the pendulum in mid-stroke is dangerous, as the force of the thrust is too strong: you would risk a violent impact similar to a car accident. Better wait for the force to decrease when the pendulum is in the rising phase. Out of metaphor, we understand that we cannot force the direction of negative behavior when it is at the height of its de-

structive force, but we need to indulge until the moment when it has disposed of the initial thrust. Supporting a behavior or a painful state does not mean making it persist or nourish it in an absolute sense. Rather, it means to represent it on a symbolic and ritual level.

Take, for example, an outburst of anger. It is useless to try and stop it in the middle of the shock wave, even with the best of intentions. The person taken by the outburst would be irreconcilable until the destructive thrust has run out. Only then can we apply strategies to polarise that thrust in the opposite direction. To make it run out of its strength in a short time, however, we could give it a “ritual” tool such as, for example, a pillow or a mattress against which to direct all the aggressive charge. The idea is to act through “similia” before adopting a cure with “contraria”. As if to say that: every cure should be, at first, homeopathic, then allopathic and thus produce the greatest beneficial effect!

Let’s take another example. In the case of self-destructive individuals, we should push them to exhaust that force by first having them go through a ritualised destruction followed by a creative reconstruction. That is, redirecting the destructiveness on a third object having the function of a scapegoat. In this way the destructive charge would be reconverted into a constructive force through the sacrificial act, releasing the creative seed imprisoned in the “pain” of destruction. After all, the pendulum metaphor shows that to produce good we must ritualise evil by recognizing its compensatory function. In other words, to make light triumph we must expe-

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rience darkness, transposing it into a symbolic form. Only in this way will opposites yield the strength sustaining them in favour of a resolute synthesis.

The tangible image

Every defect, annoyance, disturbance or existential problem can be identified through an image of pain which makes it clear. Sometimes it is difficult to have a synthetic picture of what torments us and, even more difficult to identify its cause. However, we can imagine in our mind an image of our suffering that represents it well. A pain, for example, can be described as stabbing, stinging, throbbing, or radiating. Or like a knife stuck in our side, a lump in the throat, and so on. These descriptions contain “*key words*” that reveal the correspondence with the degradation of an Archetype and refer to images which appear spontaneous and help us to outline and delimit the problem. A mental image is a good starting point, it can be translated into a Tangible Image with which to work along the caring and healing process. That involves all our aspects, including the physical, which is encouraged to cooperate through the use of our senses. This makes the difference between an image projected by the mind alone into the inner screen, and a concrete image absorbed through our own eyes. Observing that image will not involve entering into the suffering of the experience which is emerging from our subconscious, but rather knowing its history.

From this, everything ready to be resolved in the Light of the Soul will emerge.

Our observation and consequent attention will allow us to empathise with our suffering itself and begin a process of redemption, which will act directly on the unresolved issues. This practice will purify the substance of our body, our emotional nature and our mind. As a result, a purer and more suitable vehicle for the manifestation of the evolutionary Plan will be restored to our consciousness.

Transmutation

When we have well focused the image of our state of suffering, also by means of a freehand drawing, or even with an image found on the internet that best matches it, we can transmute it into the opposite, namely, into an image of the **Principle of Love which is at the origin of everything and, therefore, also of our pain.**

It is a matter of replacing the corrupt image with the correct one so that the perfection of the latter may act within us, bringing our state of consciousness and personality back to the original frequency of well-being.

Silence is the transmutation agent which creates the necessary empty Space for the human suffering, in the form of a corrupted image, to be aspirated in an upward vortex that redeems it, thanks to the descent of an archetypal image corrected by the plans /planes of the Soul in the human psyche. The Heart is the tool that silently aspires to the inclusive Love of the Soul, thus triggering the vortex that empties the mind and frees the corrupted image by redeeming it. The Cave in the head is illuminated by a new intelligent Light of Love and the reflection of the archetypal image takes shape in a

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thought-form settling in the mind, while the corrupted image, having fulfilled its function, is dissolved.

Exercise of transmutation of images

Collect yourself in your Heart and sincerely aspire, with all your heart, to the Will of Love of the Spark of light that you originally are. Now choose an image that well depicts the discomfort or state of suffering tormenting you, place it in your heart and welcome it with your whole being. Look at it until it starts talking to you. Then ask these questions: “*Who are you*”, “*What is your task*”, “*What is your pain*”, “*How can I free you*”.

It will gradually tell you its story. It will tell you how you can help it fulfil its mission, ultimately freeing it and setting yourself free. From its narrative, some key words will emerge to direct you towards still hidden aspects, so as to reveal how it has been able to embody, for all that time, the corrupted quality of an Archetype. Look and talk to it until a true sense of compassion gushes from your Heart and makes you understand how useful it has been, fulfilling its function of awaking you and giving you a jolt with respect to that personal issue to be resolved in you and, through you, in all of Humanity.

Only then turn to the higher Self, which is your soul essence, placing your **Heart** in invocative silence. See the perfect image descend from the planes of the Soul, aspiring the suffering image in the **Cave**. See it overlap and quickly replace the corrupted image which goes back to the Soul in a saving embrace. The metamorphosis process acts on all levels of your

being giving you clear vision in your mind and, at the same time, an emotional state of serenity. Thank the higher Self for having flooded you with Love, and **anchor the new image of perfection in your Heart so that nothing can cancel it.** It will send you comforting messages that will support you in difficult times. You can later hang a corresponding image on the wall, save it on your tablet or smartphone to return to it whenever you need, so that it becomes well fixed in your imagination.

Using images

The method involves the use of various images, found and personalised according to the interest aroused in the individual and interfacing with one's imagination.

The search for the image corresponding to the state of pain is in itself a therapeutic process of knowledge, leading the observers to dig into their own interiority and make the most eloquent images emerge clearly from the depths of their own experiences. Those images are so evocative that looking at them will be barely sustainable; nevertheless, they are the right images to bring about their transmutation into images of salvation.

At the end of the search, 7 personal images will have been identified and collected in a document, one for each Archetype, as well as 7 personal images referring to each of the 7 Virtues. Each image will be accompanied by a caption expressing a proactive resolution to be used along the therapeutic path as a command mantra to activate the corresponding energy quality.

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In this way, a series of 14 images will be available with related affirmations that, together with the 7 symbols, establish a sort of “*First aid kit*” useful for treating various ailments and problems according to need.

The Symbols of the Archetypes will be used to dynamise the water and evoke the higher qualities of the divine Principles over the negative events of the world.

The Image of each Archetype will serve to elevate the degradation of a particular behavior or thought such as: lack of willpower or perplexity of choice; need for inclusiveness; finding solutions or designing things; relating in harmony; deeper knowledge; pursuing a goal; acquiring stability, method and order.

The Images of Salvation will transmute suffering caused by Personal Issues, or the discomfort caused by negative Charges, complexes, fears and obsessions.

The Images of Virtues will help transmute vices and defects inherent in the emotional sphere.

As for the images of pain corresponding to each state of suffering under treatment, they will act as a means to relate to that specific suffering form; namely, to the imprisoned character. Once their function is completed, they will be eliminated, each time with a ceremony where they will be burned, so that they are destroyed and purified by fire. It is necessary to make sure that no fragments remain, but only ashes which will be scattered in the wind.

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The creative cycle of 28 days

The 28-day lunar cycle represents the natural cycle of the phases of creation. The biblical seven days refer not so much to phases as to the seven creative energies having their manifestation in the seven Archetypes. It is the Moon, therefore, to determine, with its period of rotation around the planet, the life cycle that recurs in the phases of the Earth's fertility — from sowing to harvest — as well as in the humans'. Indeed, the menstrual cycle evokes the cyclical nature of the life aspect that is perpetuated every 28 days.

Therefore, it should not seem strange that a period of treatment is more effective if synchronised with the lunar cycle. The cycle begins at New Moon and continues for 14 days: the phase of *Receiving* the creative energy qualities. At Full Moon, the day of maximum reception of sunlight by the Moon, the evocation of the Principle is completed. The next day, the 14-days phase of *Precipitation* or concretisation of the Principle within the form begins.

Taking root

Following the creative cycle according to the movement of the Moon has a profound value for every human being. The Moon has an enormous influence on all forms; and also on the form that our pain gradually takes. The process of healing from suffering is the same process involved in the creation of a new form; in this specific case, a form of liberation is created.

We often complain of not being able to realise our health aspirations; yet, the main reason lies in ourselves, as often we do

not care about taking root. Each new creation springing from a purpose is like a seed of intelligence which, if planted in fertile soil and well watered, will germinate. This is the whole secret for the success of a new creation, be it an activity, a product, a new relationship, or a healing process!

The seed is a project enclosed in a protective, hard to penetrate skin; which means that it must consist of a concentrated and protected design essence, inside the impenetrable envelope of our will. Once the seed-project is enclosed in its “cradle”, we need to plant it and make it take root. Here begins a delicate phase that unites Love with Will.

Planting a seed means offering it, with an act of love, to the Earth: the Mother who welcomes it into her womb and carries it during pregnancy. Once the seed is entrusted to the earth, which in this case is our Etheric body, we must concentrate Love and Will so that our loving attention starts the engraftment process. If the seed emits roots, we will see it come to light in the form of a sprout on the auspicious day.

The gestation period is the most risky, so we have to maintain the projective effort of our intent until we are sure it has taken root. This means that we need to maintain a constant commitment for as long as necessary to ensure that the roots have taken in the soil; whether it is about starting a new activity or a process of healing from suffering. If we want to heal from our ills we need to proceed as for any other creation and vitalize our care with Love, Will, Discipline and Discernment. The moon cycle is the period when the new shoots can take root so that the young plants, which embody our will to feel good, bear fruit.

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With this we understand how the attention we pay to things concentrates the energy required for their formation and growth. Making ourselves responsible for that attention makes us *Creators of Good* for ourselves and the others.

The energy of an Archetype focused by our fixation process and carried out following the moon cycle, can thus materialise in a molecule of health containing the essence of the Principle itself. In this way, during the 14-day period of the Receiving cycle, we can convey the healing quality of an Archetype to the water molecule; so that in the next 14 days of the Precipitation cycle it is fixed in the body.

To do this, we must energise distilled or demineralised water poured into a 20 ml bottle, with a dropper cap, available at a pharmacy. On the bottle, we place the symbol of the Archetype whose energetic quality we would like to evoke; after that, we keep the bottle in a quiet place at home. At the end of the 14 days, the water will be dynamised by the daily attention we have dedicated to the symbol, and ready to be taken.

Integrated procedure

The whole procedure for the emergence and transmutation of the forms of suffering is summarised in the following 4 stages, presented in the second person to make them more incisive.

Step 1

First describe your problem with a clear comparison so as to highlight key words which, through similarities, will help find

your image of pain. For example: a lump in the throat; a burden on the stomach; a wound in the chest, a choking hand, etc ...

Step 2

Once you have found your image, which is the character incarnating your representation of pain, you ask it the 4 questions that highlight the reference Archetype and the other two Archetypes according to the corresponding chord. They will bring out useful information and outline your image of liberation which you can find on the internet, and print in a A3 format. It is important to print both the images, of pain and of liberation, in a A3 format. The first image will subsequently be burnt during a redemption ceremony that permanently dissolves it; while you need the second image for a transmutation procedure; it will remain posted in a protected place in your house and within sight, to emanate its liberating quality.

Step 3

The day after New Moon, you start a Receiving practice for the following 14 days. In the morning, you will place yourself in a state of sacred reception of the symbols for the three Archetypes, coming from the realms of the Soul, and fix them, first in your heart, then in your mind. At the same time, you will expose to daylight — for the entire period of 14 days — 3 small bottles corresponding to the three cord Archetypes. Fill the bottles, as said above, with distilled or demineralised water (it can be purchased at a pharmacy) which acts as a molecular carrier. To each of the 3 bottles, you apply one of the symbols referring to the 3 Archetypes, in order to evoke

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their energy qualities. Now you have the 3 bottles, each with its symbol. During the 14 Receiving days, beside energising the liquid in the bottles, you will also intimately interact with your image of pain. Contact it every morning and evening and silently observe it until a sincere feeling of acceptance arises in your heart leading you to forgive it for the pain it has caused you by carrying out its function. You will have to absolve it, as a priest in confession. An absolution is necessary to dissolve any residual karmic bond.

On Full Moon day, in the morning, you will look at your image of liberation and ask for a Message of help in the form of a mantra. Guard that message secretly in your heart where it will resonate to keep the notes of the liberation chord alive. At that moment, the water in the bottle will also be fully energized.

Step 4

As a final act of this healing cycle, the day after Full Moon, you begin the Precipitation procedure, from morning to evening, for the following 14 days. This is the transmutation ceremony which needs a particular ritual. You will prepare the environment by lighting a candle to purify the space and make the place sacred wherever you are. As a first ceremonial act, place your image of suffering to the Heart chakra; then invoke your image of liberation which, from the realms of the Soul will descend into your head, right in the middle of the brain, into the energy centre called the *Cave*. You then call your image of pain which will also rise from your Heart into the *Cave*. The *Cave* is the alchemical laboratory where all the

alchemy that the Soul bestows on the person takes place. At this point, transmutation is achieved!

You will see the image of liberation replacing your image of pain, the latter will go upwards and join your Soul, finally finding peace. Thus, the image of liberation will be able to act undisturbed and fix its quality and its salvific power in your mind. After you have impressed it in your mind, you make it descend into your Heart where it will take permanent abode. Then, you whisper the mantra mentioned above, so as to seal the sacred act of transmutation. At the end of this ceremony, you take the drops from each of the 3 bottles containing the notes, ie, the active principle, of the qualities emanating from the 3 Archetypes forming the cord in question; take the drops the same way as Bach flower essences, for example.

Your daily intake will be as follows: 3 drops (directly in your mouth) from each bottle of the three main Archetypes, Will, Love and Intelligence; repeat 4 times a day for these three Archetypes. Take these drops in the morning, after the transmutation ceremony; at noon; in the afternoon and in the evening before going to bed.

Of the remaining four Principles, take 4 drops from each Harmony, Knowledge, Ideal and Order, 3 times a day. These latter drops, for a total of (12x3) 36 per day, are to be taken between meals, skipping the afternoon intake.

At New Moon you will perform your last ceremony when your image of liberation is permanently fixed in your Heart chakra and your image of pain is burned. This will take place as an act of final purification, so that the image of pain, having fini-

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shed its karmic function can, thanks to the fire, eliminate any negative charge and be reabsorbed in the Soul, as it is redeemed. You will put your image of pain in a metal container and set it on fire, telling it that it has finished its function and is free to return to its origin.

Make sure that no fragment remains unburned, and when the image is completely burnt up, put off the fire, take a pinch of the ashes and sprinkle it on your head; then pour a little water to clean the ash from your hair and scatter the rest in the wind, thus completing the sacred ritual. You will continue to take the drops relating to the three Archetypes of the liberation chord, since cellular memory needs more time to change its structure.

Conclusion

We are what we imagine and, therefore, think. We can influence ourselves and the environment around us with our thoughts and the emotions that animate them.

If we listen to separateness, everything will seem divided and in conflict; if we are tuned to the wave of Love, all forms will reflect it in our eyes.

By learning to use the qualities of the Archetypes, like notes resonating the harmony of creation, we will forge our personality by tuning the Mental, Emotional and Physical instruments to the correct intonation of the model of perfection and thus give the right sound to our life.

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Identifying with the new model

Following the fourth step just described, there is a further step in the construction of the new ideal model. It concerns precisely the implementation of the new model. Without this, the work of transformation remains incomplete; the law of creation states: *“What we really want, that is, what we confirm with our actions, remains impressed in the astral light where our reflections are kept, and continuously influence our thinking through the “diaphanous”, making each of us truly the children of their works”*.

This quote is taken from an ancient text on ceremonial magic, the magic of mind projection through imagination. Higher magic; the same *“imago”* the Creator uses. It is therefore consistent with the evolutionary plan to practice the magic of projection so that we may become what we are really destined to become.

To accomplish our identification with the ideal model, we need to follow a procedure consisting in bringing into concrete actions what we first imagine. The success rate depends entirely on our will, on how much we really want to change in order to be better people once we come out of our suffering. The first step is to have a concrete image of the new model. This will be our image of liberation; but an image is not enough. We must attach the corresponding qualities to it and put them into practice, a little at a time and constantly; i.e. we must take one small step towards that model every day. First of all, we compile a list of the qualities our ideal model is provided with. With our time, we list all the qualities in order of

importance. Do we want to be more present to others? Have equal relationships? Do we want others to respect us for who we are? Remember, they must be positive qualities, not interfering with, or conditioning others. If, for example, we want to be the centre of attention to redeem the devaluation suffered up to that moment, we must be aware that we are not going to get it as life does not allow us to condition others, in a process of improving our behavior, lest we go back to suffering again. Each improvement is the result of a new harmony with the One Life and it does not allow coercion of any kind.

Once we have found the qualities our image of liberation contains in synthesis, we make a plan of gradual implementation, which means putting those qualities into action in everyday situations. It is useful to resort to the technique of “**acting as if**” we were already the ideal model. That is an imitation technique and initially it will necessarily be “fake” since we have not yet assimilated it, but the power of form, by dint of repeating that virtuous behavior, will ensure that we will gradually learn it; and from superficial, that behavior will become part of us.

During this period of building a new personality, it is useful to have a trainer, a coach.

Transforming our personality into a vehicle responding to the evolutionary needs of the Soul, Who holds the destiny of our specific incarnation, is the same as training in a sport in order to excel.

Willpower is not enough, a power which few people have; we need a third person, competent in personal transformation, to

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guide us for a limited but intense period of time. To observe us, albeit from a distance, and correct our inevitable behavior errors.

The next step is to imagine everyday situations where we want to implement our ideal model. Continuing the example regarding the suffering note of devaluation, we could imagine ourselves in situations where we have respect for ourselves without having to overrule others. We imagine ourselves in relation to the people who in the past provoked our reaction of self devaluation. We can see ourselves behaving in the way the model suggests, feeling welcomed and respected. Imaginative simulation is very useful for projecting what we want to be and the way we want it. Remember that the negative feelings of envy or jealousy arising from the note of devaluation can trigger violent reactions. It is useful, during the period of construction of the new model of behavior, to adopt a new approach, in the event that those reactions reappear, albeit in a less virulent way. For example, if some people have a provocative, defiant or superior attitude, view those attitudes as handicaps. Yes, those are attitudes deriving from people's suffering, and to our eyes they can appear as if they were handicapped. We could view them as limp or with facial palsy, so as to provoke in us a feeling of compassion, drawing our attention to their suffering rather than ours. This change of approach will divert attention from ourselves and not make us feel the others' judgment.

It is good practice to keep a diary of daily accomplishments, taking note of each transmutative act, in order to keep trace of our improvements, and the adhesion curve to the ideal

model. With these precautions, we could assume the desired behavior within a few months, and truly feel like another person in all similar to the coveted model. Becoming a better person than we are is the hardest thing we can face; but also the most exciting, because it will amount to a new birth. Along the path of transformation, we can dissolve the karmic knots that have bound us life after life, and give a great boost to the entire reincarnation process.

Cases treated

In this second edition of ArchetHealing, we have decided to include some of the cases treated during the period since the first publication of this method. The results have been very encouraging given the positive response from the people who agreed to experience it. In the course of a lunar cycle, from a New Moon to the following one, passing through Full Moon, the people involved have, in most cases, definitively resolved their suffering issues, rediscovering their joy of living.

For privacy reasons, names and provinces of residence have been modified. In each case, besides truthful descriptions of their suffering issues, we also report their images of pain and liberation.

Irma

Irma, from the province of Bergamo, contacted us after having purchased the book. She did not know us absolutely, therefore, she had no prejudice or expectation. We followed Irma through a “social media” app on the mobile phone. We mention this, to point out that the process can be guided remotely, as this is a self-healing path and, the facilitator can support individuals in discovering the causes of their suffering. It is the people themselves who contact their own pain after giving it a shape and a face through images that reveal its real identity and function. The facilitator listens and assists, ready to grasp a particular detector: a key word that may illuminate the path and bring clarity.

Irma was in a state of suffering she had been dragging on for a lifetime. A health worker, forty-six years of age, she had

suffered violence from an angry, cruel and possessive husband. A typical relationship between victim and executioner — a clearly karmic relationship. He made her suffer every physical and psychological oppression to the point of causing her to explode every now and then in outbursts of rebellion which, however, she turned against herself in a self-destructive way. Irma's was a suffering voice, but something in her pressed to find light.

That "quid" is essential for any treatment or cure to be successful. As long as individuals are prostrate and passive, they have no possibility of redemption. They are like prisoners in chains who have passively accepted their conditions. In every healing process, however afflicted, people must feel the call of their Soul and turn their gaze to heaven, sincerely asking for help. It is just then that "Heaven" responds!

In this process, the facilitator is an intermediary, a medium facilitating communication between the higher self (Heaven) and the suffering lower self.

Irma was undoubtedly ready to redeem her victim status, and so it happened. She immediately took upon herself the responsibility for her treatment and healing and confidently followed the instructions she received. Like any codified procedure, this one in particular, which is a sacred healing ceremony, consists of stages and requirements that must be scrupulously respected.

At the beginning of the process Irma recounted an episode regarding her suffering. It immediately became clear that she was dealing with a pain related to the Archetype of Will. In-

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deed, the Principle of Will concerns both the victim and the executioner, since victim and executioner are both influenced by the quality of direction, even if experienced and carried out with opposed, yet complementary, activities.

The first Archetype of Will received in its degraded vibration sounds like a discordant note, which makes the personality act in a delirium of omnipotence. Thus the individual who experiences that divine quality in a degraded way becomes a tyrant who needs to find his victim. On the other hand, Irma experienced the quality of direction in passive acceptance. Unable to direct her own life, she entrusted herself to her husband, believing that she would find protection and refuge in his possessive nature. When she realised her mistake, it was too late and she had to spend long years of submission to acquire, painfully, the right to her own autonomy.

As a second step of the process, Irma was invited to describe the physical sensation that her suffering caused her. It was at this point that a first representation of her pain appeared.

She described it as a leech sucking her blood. She was then invited to look for an image that most resembled it.

When, she found it on the internet, she sent it via her cell



phone, saying she could not look at it without feeling sick. We replied that it was the right picture since it caused her such a sense of disgust! Irma printed the image, as indicated, and hung it in her room for as long as necessary to accept it, and

transform her sense of disgust into loving compassion. Then the image spoke. Through appropriate questions, it told her why it had become a part of her; what its function and pain were; (the leech's pain; not Irma's) as it was it, the leech, that suffered from that blood-sucking condition. It also told her how she could free it and, with that, it showed its true nature: A pastel-coloured butterfly ready to take flight. The mantra it whispered in her ear, which Irma welcomed into her heart was precisely: *"My heart starts beating again, awakening to myself. I launch safely into the void to take flight"*.

The next day Irma found a corresponding image which, as instructed, she printed in A3 format and hung on the wall of her bedroom in plain sight. She assimilated that image in the days of treatment, during the lunar cycle.



In the first days of receiving the cycle, she also took the drops she had energised with the quality of Will. Every day, in the morning, she would bring the *"Winged Heart"* to take flight, hovering fearlessly, and took the drops at the suggested intervals. Irma's heart responded by absorbing within the quality of Will restored to its original vibration. Now Irma is free to look forward and take flight without hindrance; to direct her own life following that heart which shows her the way at every step.

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Patrizia

Patrizia is a middle-aged nurse, living in the province of Imperia. She is therefore used to deal with suffering. Intelligent and thoughtful, Patrizia has an intense life which, at times, overwhelms her; in the sense that it drags her in an anxious haste that almost takes her breath away. Her eagerness for activity makes up for a continuously elaborating mind, therefore, being busy is for Patrizia a relief valve which, however, pushes her into sudden oscillations between inactivity and action. Her issue is indeed related to disorderliness that underlies the Archetype of Order and marks the rhythm of life. Like Irma, Patrizia was assisted remotely through telephone sessions; however, the treatment and self-healing process worked well.

When we addressed the issue, Patrizia provided some information about what her annoyance was like. It depended on the fact that she felt compelled to satisfy the various requests coming from other people, whether they were part of her work environment, family or affections. Finally, her desire to help and being always available made her act chaotically, overlapping needs and requests in a jumble of disordered stratifications.

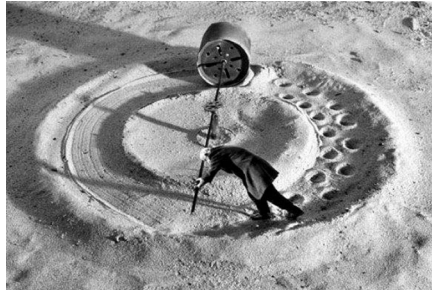
Haste does not depend on how quickly a task is performed, but on a lack of attention to what we are doing! Thus, Patrizia, burdened by the need to do and to be appreciated for her doing, neglected herself, forcing herself to a tour de force as a professional marathon runner.

The first questions addressed to the Deva of haste, namely, to the form of astral/emotional matter that was causing her that discomfort, were revealing. When asked, "*Who are you,*"

the Deva replied that it was fatigue itself. Patrizia confided that suddenly various images came to her of the many times when, with a sigh, she would say to herself: *“How exhausting”*... and then would go off to do what she had to do! She was literally shocked by that unexpected response and the pain it caused her. She said, she had never realised, until then, the incredible effort there was behind all her doing and being always available to everyone who asked her for something.

To the next question she asked the character who played her script of haste, and which Patrizia had named Fatigue, she received the following answer:

“Can’t you see how hard it is for me to push... I leave marks on the ground which are immediately canceled. I push, push but I’m not going anywhere”.



After this answer, Patrizia asked Fatigue this next and final question: *“How can I set you free”*? And Fatigue replied without delay: *“Enough going round and round! Enough pushing!... I want lightness!”* And lightness she had! When Patrizia looked for her liberation image following those indications, she saw a pyramid-shaped staircase that marked the right rhythm at each step: neither fast nor slow; perfect in giving her the time to do things with attention and satisfaction.

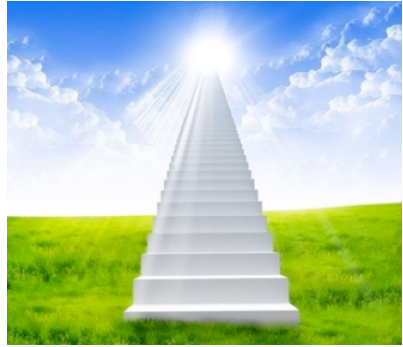
“This staircase leads to infinity, step by step, in the presence

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of oneself". This was the message that came with the image; the mantric sound that gave her strength.

Each image is the illustration of a sound; the icon of the vibration that generates and directs it into space. The step pyramid with was and still is, for Patrizia,

the symbol of the rhythmic vibration which puts her in tune with her doing. Each step corresponds to a purpose and an action connected to it. Each level has a note that plays along with the others composing the melody of her life.



It is important to emphasise here the immediacy of the responses given by the *character of pain*. This is what happens in the confessional, where believers, moved by remorse, confess their sins to a confessor, knowing they are understood and, finally, acquitted. The dynamics of the question and answer process are always effective. Ask a question and... the Deva answers. It can't help it. It is an automatism induced by the question itself. What happens within the individual, between one's consciousness requiring a response and the embodied pain that cannot wait to respond, is a communion of the ego with the Higher Self. The two parts, constituting the human being, meet and recognise each other in the immediacy of the relationship. There is no possibility of error; there is no room for lies. The sudden question, sincerely asked to one's inner self, arouses and reveals the hidden truth.

That truth is contacted when we act on the right hemisphere of the brain; the area in charge of intuition. To ensure that the right hemisphere responds, rather than the logical and rational left one, it is necessary that our consciousness does not wait for time. It must not give the Deva time to respond. It must not give our mind time to think. This way only, will it have the right answer; the one that will reveal the secret, give precious indications and definitively set us free from all suffering. Patrizia followed the process diligently and received the correct answers. She then waited for the New Moon day to begin her healing process. It is important to wait for the right moment; namely, the beginning of a new lunar cycle, since everything happens in due time according to the influences of the stars, the disposition of the human soul and, last but not least, the cycle of synchrony between Soul and personality. It is precisely the latter that is superimposed on the lunar cycle. The Soul, in fact, chooses to influence the individual through the cycle that human beings know and recognise better than others. After all, the lunar cycle corresponds to the period of human fertility. Nothing better, therefore, for the Soul, to fertilise an individual during that cycle.

In the 14 days of receiving, Patrizia observed her image of suffering, morning and evening, until she felt infinite compassion for it. At the same time, she energised the bottle of water labelled with the symbol of the Archetype of Order. At Full Moon she performed the first transmutation ceremony invoking her image of liberation and replacing it for that of pain. At the end of the 28 days cycle, the image of liberation took the place of the other and Patrizia, following the new model, learned to take her time.

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Mario

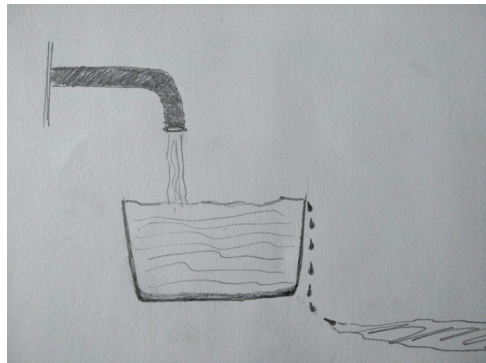
Mario is 50-years-old, a graphic designer from the province of Turin. He had never gone through a path of self-healing before, but agreed to undergo the transmutation procedure for his spirit of research. Ultimately, Mario was curious to investigate his interiority through this new method, which intrigued him from a cognitive point of view. He is indeed a person with a very dynamic mind, a great spirit of observation and remarkable deductive skills; a Sherlock Holmes type, so to speak. During his first stage of the path, when he approached his suffering, his natural disposition for analytical investigation made him go through a whole labyrinth of mental positions and deductive assumptions. He was afflicted by mental suffering, with obvious repercussions on his emotional system. Mario's issue of suffering was Justice, in its broad social meaning, but also regarding his way of relating to others. Everything had to fit in a behavioural dialectic that made him take sides with both himself and the other people, in a careful search for a possible balance.

It took a fair amount of time and trained patience to make Mario's mind go through all the steps necessary to unearth that sense of Justice that kept his heart entangled. Finally, placed before the mirror of his false justice, it revealed itself for what it really was: a painful search for "Justness". Justness, not justice; that is, a need for a just measure, a congruous proportion, a solidarity relationship between himself and the others but not an ideal equality.

The Archetype standing above the sense of rightness is that

of Order, in accordance with the Principle of Knowledge which pertains to measure, proportion and Intelligence facilitating synergistic connections.

This discovery made Mario take a leap of astonishment. For the first time, his complaining about people's injustice had a tangible image that he could look at with detachment, since it was not him. He was Mario and the image was something different from himself; it was the character who played a part learned long ago, when little Mario had the first impact with the judgment of a demanding father. A traumatic impact which started the activity of a character that became stronger and stronger within him and finally took the upper hand. So much so that Mario, now a man, had become its slave and, at the same time, rebellious to any criticism. Thus he saw the right measure that connected him to other people; namely, a sincere and frank relationship, devoid of any judgment. His ideal relationship, which was beyond hypocrisy, smiles of convenience and false friendships only seeking a profit.



Mario's image of pain represented, in its symbolology, his need to fill the measure without dispersing his own creativity in unproductive streams.

Mario's drawing outlined, in fact, a pipe with a flow of water filling a container which, in turn, dripped into a rivulet. The measure was kept by the rhythm of entry and exit.

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Mario began to ask questions to his image of pain and asked the four questions which allowed him to receive the right answers to activate, within himself, the notes of the Archetypes at stake and arrive at his image of liberation. What the right lobe of Mario's brain picked up, in the intimate conversation between his pain image and his Soul, was the intuition that only a truly open heart can permit a clear vision and lead the mind to a conscious choice. Mario's discriminating ability was enriched by a new vision of the heart, and this allowed him to make peace between his ability to understand others through detailed analysis, and the possibility of understanding them through a single choral embrace. Rightness was achieved during the subsequent processing period, when the two images exchanged roles, one giving way to the other. And so it was that his liberation image took over and established itself as a new model in Mario's imagination.

It was the image of a man expanded in space; his heart resonated describing a logarithmic spiral drawing a fractal vortex, where each spiral reflected a new spiral, meaning that each heart radiates from the centre and each centre is, in turn, a radiant heart that multiplies energy to infinity.

That image suggested to Mario a Mantric phrase that would resonate in him and



remind him of the new purpose engraved in his heart. It was

a sentence about Unity:

“Uniting differences will create a unity, not fixed, nor static, but variable, changing, increasingly tending to growth and strengthening. The more different elements contribute to this purpose, the more unity will become functional”.

Rosa

The case of Rosa, a woman in her fifties, from the province of Salerno, is emblematic for its sequentiality. Married very young to a man who exploited her and demanded all her care, Rosa had lived in a victim condition for many years, until she found the strength to rebel and flee.

Her escape from that situation allowed her to rebuild her life but left a scar that she considered indelible, until the moment she started her healing journey.

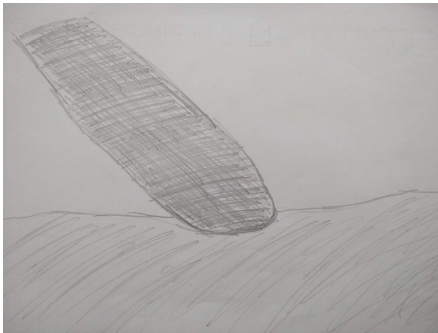
Extremely sensitive and also strong-willed, Rosa had been plagiarized by her executioner to the point that she no longer knew which direction to take in her life. She felt lost in a limbo of pain and deprivation of her own creativity. The result was distrust in herself and inability to plan for the future. After separation from her husband, she found a partner capable of supporting her and giving her the affection she had lacked. However, Rosa was very disheartened and without expectations; or if she had some of her own, she immediately repressed it for fear of having to face a change she felt unsustainable. Rosa's wound was caused by the degradation or false note of the Will Archetype which, in the lower or personal chord, namely, in the distorted tuning, involves the Archetypes of Intelligence and Knowledge.

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She expressed her will in a sort of repressed rebellion that caused her enormous anger towards the world. The combination with the Archetype of Intelligence, this also experienced in the degradation of suffering, added to that anger a sense of splitting, a sense of disconnection from others, aggravated by a lack of measure, namely, by her inability to give the right value to herself and to things. That failure was due to the wrong note of the Archetype of Knowledge. The only fact that could lighten the heaviness of Rosa's life was the love of her children, now grown up and capable of showing her all the affection and gratitude she needed.

When Rosa began her healing process, she was by then exhausted, with no more strength left to react to the adversities of life. At the first attempt to describe her pain, she gave vent to emotion, bursting into an apparently liberating cry. As it often happens when you contact old pain, crying inevitably gushes from the depth of the Emotional body; yet, crying is not always followed by a type of awareness capable of transforming it into salvation. Most of the time, tears are just the purging effect of a safety valve, and once the crying is over, we return to the pre-existing state of existential prostration. This is why it is important to offer an introspection tool to the suffering person; an instrument capable of making individuals progress in understanding their state and, above all, of urging them to transform themselves; that is, a change in polarity. A transformation through images is a real re-polarisation, in the sense that the same energy giving strength to the pain is used to redirect it in the opposite direction, thus changing its course.

The opposite of pain is pleasure. When the image of suffering is replaced with that of liberation, the polarity is reversed and the pain gives way to pleasure. The disappearance of pain is already a pleasure in itself that envelops the whole person: from the physical body, to the emotional body and the mind. The image of liberation is, therefore, an instrument which restores the “pleasure of living” to the totality of being.



Asked to describe her suffering, Rosa said she felt it like someone’s elbow pressing on her stomach, taking her breath away.

It was a precise image that gushed from her imagination without hesitation, so much was it looming. She took

pencil and paper and began to draw that tyrant elbow that wedged into her stomach like the point of a sword. At that moment, Rosa felt all the pressure of that weight; it was so overwhelming that she could hardly finish sketching. Questions at the oppressive elbow followed. The elbow replied: *“I am the fear of failing. My pain is feeling lost at sea without landing. You can free me by letting me go towards the light”*.

At the end of the answers, Rosa’s look had changed. She seemed to follow a fixed point of light in front of her. She looked in amazement, and then she relaxed into a smile. The character who embodied her fear of failure was finally unveiled and, in revealing itself, had suddenly lost most of its negative

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charge.

It was not difficult for Rosa to find, on the internet, the image of liberation resulting from the indications of her character of pain. The next day she sent, through a “social” application, the image of a blazing light at the end of a



tunnel. That light was the beginning of her healing.

Rosa continued to transmute the image of pain into the image of liberation for all 14 days of the Precipitation cycle, from Full Moon to New Moon. Meanwhile she took the drops from the three bottles, labelled with the symbols of the Archetypes of Will, Ideal and Harmony. She understood that the lower chord of the three Archetypes inherent in the degradation of personality was different from the chord of the three notes resonating with the qualities of the divine Archetypes. She was learning that the higher Will is accorded not with intelligence and knowledge, but with the qualities of Ideal and Harmony. At the end of her treatment, Rosa got rid of the image of pain by burning it during a ceremony with purifying fire and stared at the beautiful image of the light at the end of the tunnel, on the wall of her bedroom. That image was now inside her, imprinted in her heart. Every day, it whispered to her: “*Go towards the light, life is shining again*”. Rosa is now free to follow her destiny and choose her way.

Maria

Maria is a 52-year-old woman with sound principles, in the sense that no mental superstructures distort her values. She has an open heart and a soul predisposed to solidarity. She lives in the province of Salerno with her husband and her two children. Despite a life of sacrifice, Maria is happy with her social status and grateful to life for the affection she gives and receives. Her theme of suffering was twofold: she felt devalued because of being excluded. A sense of exclusion that she carried within her since childhood when, as a child, she used to be left aside by the other girls. The Archetype of Love was, therefore, lived in the degraded aspect together with the Principle of Knowledge, which caused her low self-esteem. A distrust in herself heightened by the fact that her family had forced her to give up her studies to find a job and contribute to family needs. Nonetheless, she was and is a person thirsty for knowledge, who filled her knowledge gaps with an inexhaustible spirit of research. When Maria decided to put an end to the pain caused by her sense of loneliness and exclusion, she drew all the strength within her, and projected herself into the future leaving behind everything she didn't need.

Wanting to leave the past behind is a necessary condition for an effective transmutation process, since if one is attached to the old forms of constraint, it is difficult to impress a new pattern of activity on the Deva who embodies that suffering. It is by no means given for granted. Very often, we are so attached to our pain that we are, somehow, fond of it. Exactly so! When the pain has been inside us for a long time it ends up becoming not only a habit, but also a necessity.

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Pain becomes a “friend” and, at times, an ally that permits us to be taken into consideration; to be, perhaps, pitied and in that compassion, gain a pinch of power over others. To feel somehow important or worthy of attention and respected for being a vehicle of suffering. Indeed, pain may give the illusion of existing! Yet our life is not made for suffering. We do not incarnate to affirm pain; rather, to defeat it through our heart’s knowledge. A healthy heart, an open and alert heart, knows that pain is due to ignorance; ignorance of the mind that believes itself separate and in competition with other minds to obtain supremacy. Our heart knows that there is only one Heart, a single Centre that radiates Love and intertwines understanding and knowledge by tuning the consciences which resonate at Its call.

Maria knew... and her heart vibrated with a tuned sound.

She described her pain with an image of children in a circle and herself outside the circle. She found that image looking



carefully among the many that crowd the net. When she saw it, she was sure it was precisely the image that unequivocally made her suffering emerge.

She gave it a name: “*Inferior*”, and discovered that, all those years, Inferior had had a task to perform; to urge her to redemption; encourage her to assert herself; her Soul, above all.

When asked how she could free it, Inferior replied: *“I am a drop of the sea; without me the sea would not be”*. That answer echoed in Maria’s gaze; her eyes lit up with immense intensity. The drop guided Mary towards her image of liberation.

She found the drop; a drop of the sea rising upwards in the centre of a wave propelled by itself.



The meaning was clear to her. That drop was herself, Maria, finally inside the circle. From the centre she could reach out and welcome every other drop.

No longer alone; but herself as a focal point, capable of bringing together love, order and knowledge around herself. These, in fact, are the qualities of the three Archetypes composing the chord of Love resonating with the notes A, C, E. A is the heart note that tunes all instruments; C is the note of the Order, it gives rhythm to life and dynamically marks the time; E is the note of Knowledge which gives value to all things by recognizing their numbers and proportions. Maria began the process with the certainty that the Love chord would restore her self-esteem and make her feel at home again. And so it was! As she transmuted her exclusion from the ring-a-ring-o’-roses into the drop in the centre of the circle, Maria became more and more confident in her qualities. She felt she could pour into her family the strength she was accumulating. She took the initiative and made several changes, taking responsibility for her decisions. At the end of

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the self-healing process Maria felt reborn.

Self-confident, she no longer needed an old model of reference, consisting in the figure of her employer, as an example of value and determination. Her new model to emulate was the image of herself looking towards the future. That image sent her a message that would become her mantra and support because it reminded her what she was transforming into: "*I illuminate my way and become a great woman*".

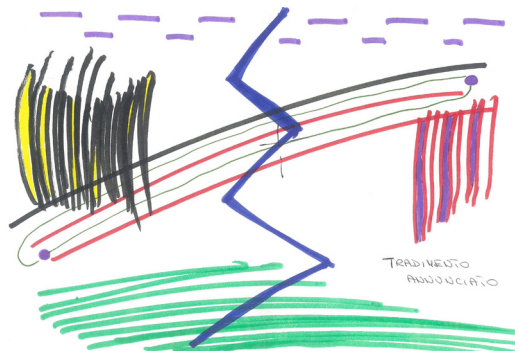
Vanna

Vanna is a 48-year-old woman from the province of Turin. She works as a graphic designer for a publishing house. She has a great sense of beauty and tries to express it not only in her work but in her approach to life too. Vanna is intelligent and witty, with an excellent capacity for introspection and good intuition; nonetheless, she is not detached from suffering. Her note of pain concerned the Archetype of Ideal, as it was conditioned by her father's model, therefore, by what her father expected from her.

Accustomed to working with images, Vanna immediately felt congenial to this method and immediately set to work. We met Vanna in Paestum, where we also live and run a *Meditation centre*: a centre, where we hold guided meditations with free admission, and growth courses to improve one's own life according to the inner demands of truth, good and beauty. Vanna began this process by recounting an episode in her life when her father's expectations were not met. She had not felt equal to the task ... however, her inner suffering was not due to low self-esteem, rather, to the pressure of having to adhere to a model pre-packaged by her father, so to speak.

Vanna knew well what she was worth, both as a graphic designer and as a woman. Her theme of pain was not, therefore, related to the Archetype of Knowledge, the degradation of which leads to self-devaluation; nor to that of Will that, when it is out of tune, leads to a loss of trust and direction. Vanna's suffering was due, as already mentioned, to the type of commitment that her reference model imposed her.

This was made clear by the drawing that accompanied the description of her state of pain. Vanna Made an abstract and, at same time, very symbolic drawing. She painted, in strong and contrasting colours, two rectangles, one opposed to the other, signifying the specularity of the model she had to adhere to, according to her father's expectations. Two rectangles that mirrored each other trying to resemble, but also, denying each other, when, meeting their gazes, they recognized each other as similar.



This divergent symmetry is typical of strong people who, despite having great affinities of character, are not willing to admit it nor, therefore, to recognise each other precisely by virtue of their strength of character. In other words, Vanna's suffering was hidden in the specularity of character between herself and her father. Both strong-willed, both determined to prevail over the other. Yet, her condition as a daughter, would

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have liked her father to protect her in her uniqueness, instead of challenging her in a competition for power.

Between the two rectangles Vanna had drawn a broken line, meaning that there would be no communication or truce until the two recognized and accepted one another. When she had to give a title to the drawing Vanna wrote: "*Heralded betrayal*". Who betrayed whom?

It was evident that, according to the daughter's interpretation, the traitor was her father. But, on closer inspection, the betrayal was reciprocal. This is why Vanna suffered intimately. Betrayal is another clue involving the Archetype of Ideal, since those who betray or feel betrayed suffer from abandonment; a type of abandonment with a flavour of renunciation and, therefore, also involving the Archetype of Will and Intelligence, in the lower chord of the personality. The synergy expressed by the superior chord of Ideal is quite different, whose constitutive notes are, in addition to that of Ideal, the third of Harmony and the fifth of Love. Such is the upper chord of Ideal which includes the notes: D, F, A.

Vanna would have liked to please her father by recognizing that they resembled; yet, her need for autonomy prevented her from doing so. It was then that she drew between the two skewed rectangles a sort of umbilical cord punctuated by two symmetrical purple circles. It was the unconscious attempt to unite the two. To take a further step towards reconciling a similarity, deemed too similar to be accepted, she painted a hope green background, like a meadow on which to rest with her father. Thus it was that the image spoke to her and told her that she and her father were on the same path. It was he who had taught her tenacity and encouraged her to follow

her own path. Based on this, Vanna found her image of liberation, searching in her copious imagination.



She found, in fact, the illustration of a woman-sailing ship looking forward and pushed by a propitious wind. A proud woman, whose face was circled by the moon. What a better image could Vanna ever find, eager to reconcile father and daughter in a creative symbiosis within herself.

And so it was. Vanna began her transmutation process urged by the propulsive force of the Archetype of Ideal embodied by the woman-sailing ship. That ideal could well supplement her father's expectations. Those were days of great enrichment and led her to a safe harbour.

Vanna reconciled with her father after making peace with herself. She understood how that struggle to oppose and shout the assertion of her own self was now useless: it had concluded its function. Such is pain when we recognise it as an unrivalled teacher. Pain makes up for ignorance, as we are told by the wise men of all times. Ignorance of what we really are: Souls on a journey to show miracles. Vanna understood the lesson her suffering had given her all those years. She was finally free to sail under full sail. That was the message that reached her at the end of the healing process: *"I trace the course of my life with lightness and incisiveness"*. The sender of that message was her Soul. Vanna's Soul whispering light and powerful.

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Isa

Isa is a 46-year-old woman from the province of Salerno. Mother of three teenagers, she runs a farm together with her husband. She is a sensitive woman, capable of grasping the hidden meanings of events.

Isa suffered from an open wound related to her mother; a wound that prompted her to give her children all the love and attention she had not had. However, the denied love was pressing within her to be liberated. Even so, Isa's life was full of love and activity. Yet, in her interiority, every time that her denied love found its way into her heart, Isa longed to find a space all to herself where she would be recognised and welcomed as in a mother's womb. She contacted us through mutual friends and immediately resonated with this process. When we began listening to her pain, she was calm and confident that she could finally process and dissolve it. From the story of a topical episode of her childhood, her mother's inability to give her attention and recognition became clear, she was so taken by her need to charm and attract attention to herself. Probably in her childhood, her mother had suffered the same lack of love, and she had carried it inside her trying to transform it into seduction. This behaviour belongs to many women whose femininity was denied by their mothers. Nonetheless, and contrary to her mother, Isa was and is a caring mother who, pouring all her love into her family, tries to exorcise the sense of exclusion within her.

It is important to realise that behind every cruel or coercive behaviour, always there is imprisoned love.

Unexpressed love is the one and only cause of all the suffering in the world. There is no other cause but repressed and

denied love. On the other hand, it can only be so, since Love is the originating cause of Life. And imprisoned love can take on different facets and show up in the low frequency of one of the seven Archetypes in the form of: loss, loneliness, splitting, discord, devaluation, abandonment and recklessness; these seven themes are all distorted expressions of Love.

From Isa's description of her suffering, therefore, it seemed clear that the overlying Archetype was precisely Love, captured in the specificity of solitude. That was the issue holding Isa in a vice-like grip, taking her breath away. Invited to draw her pain, Isa began to draw black lines on a piece of paper. Gradually, those features took shape in a curved back and a sharp point which, as the drawing was completed, became a dagger stuck in the neck right at the height of the throat chakra: the centre of mind creativity.



On the handle of the blade she drew a pink knob; as if the origin of the blade were, in fact, love. While drawing, Isa was absorbed, absent; as if her hand was guided by an inner Isa who, finally, could express herself. The drawing finished, she stared at it for a long time, then she said that it was precisely her pain. When asked to give it a name, it instantly revealed

itself as: "*Torment*".

Now *Torment* was there in front of her for the first time in her life. She could see it, discover its features and, above all, talk to it. And so she did.

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When asked what its pain was, that is, Torment's pain, it replied: *"I need to destroy, blow everything up"*. Then, Isa asked Torment how she could free it; Torment replied: *"I want to be cuddled; I want mum ... my mum is everyone's mother"*. And continued: *"My mum is joyful and sweet ... she knows how to take me in her arms and hug me ... she has long black hair and fair skin"*.

It is necessary to understand that when the image of pain is asked questions without leaving the patient's mind time to think, what gushes out comes directly from the right hemisphere of the brain. In other words, the answer comes spontaneously from the depths of being; a depth both *deep* and *higher*. In reality, the right brain hemisphere is connected to collective imagination and, when urged to a higher alignment, it connects to the Super-conscious: where the truth is crystalline, since it is the truth of the Soul. Therefore, what comes from the depth or height of the human essence is true!

Isa was invited to look for an image corresponding to the "Mother of all", and the session was concluded. The next day an icon arrived via email of this Madonna with the child Jesus in her arms. She was really the Mother of all.

Isa began the cycle of the New Moon process. Each day, during the 14 days before the Full Moon, she was tasked with watching Torment, morning and



evening, empathising with it. It was not easy at first, but, day after day, Isa managed to establish a dialogue with Torment. She learned to welcome Torment, and understand its motivation for staying so long within her. By the time of Full Moon, Torment had been absolved and forgiven. Isa had understood and accepted her assignment. It was then, for the first time, that she transmuted Torment into the Mother of all. When the Mother of all entered Isa's heart, she received a message that had the value of a keystone: "*Wait for a revelation*". We do not know what the revelation was. But Isa knows, in her heart, that every day a miracle happens when love is set free.

Anna

Anna is a lovely lady of about fifty. She is separated, and lives in the province of Naples, with her grown-up daughter. She has had a painful life since childhood. A rigid and cold mother clipped her femininity, like the wings of a dove are clipped to keep it from flying. Married by her mother at a young age to a man she did not love, Anna took refuge in the love for her daughter. They grew up together as two sisters; nevertheless, an irrepressible anger for all that she had not been able to have and experience harboured in Anna's heart. She would have liked a romantic love as her sweet nature made her dream... but that love was denied her.

She wanted to study in high school, as she was curious about everything and thirsty for knowledge; but her family status and above all her severe mother did not allow it. At the age of fifty, Anna had developed a deep sense of devaluation in her bosom. She did not know how to have confidence and

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self-esteem.

Devaluation is a discordant note of the Archetype of Knowledge, since those who suffer from low self-esteem are unable to value themselves. Knowledge consists in knowing how to give the right value to things. Think of science which proceeds by knowledge, that is, measuring every material phenomenon in order to be able to reproduce it through the measurements performed. But the Archetype of Knowledge is in harmonious chord with two other Archetypes: Intelligence and Will. These three Principles need to work together to instil their qualitative reflection in a person. When assimilated by the personality, those three Principles are transformed into a lower chord and its sonority changes, since the personal strings are stretched to the right intonation. The quality emanating from Intelligence becomes a note producing rhythm, namely, Order, and the quality bestowed by Will is transformed into Love. This is the magic of the upper and lower chords in energetic symbiosis.

Anna's self-devaluation caused her, as a side effect, a badly concealed envy for all the people she came into contact with, whom she considered superior to her for their experience. She was in desperate need of recognition and gratification for what she was worth. But Anna had and has a lot of value: she is sensitive and intuitive. She knows how to immediately grasp the meaning of things and understands people with her heart.

Nothing escapes her of the human soul; and for that reason, we decided it was time to change the script of her life. Anna was asked to look for an image that would represent her sen-

se of devaluation. She found it without difficulty.

It was a woman crouched in a corner, almost frightened; a prisoner between two walls that did not allow her space. At first it was not easy for her to contact that image. She was told that it was not her, but the image of her pain, and she was invited to give that image a name. Anna promptly said its name was: “Contopoco (I-count-very-little)”. It was a fitting name, which fully responded to her inferiority complex. We then asked Anna what



her name was and she replied a little surprised: “Don’t you know? My name is Anna”. Pointing to her image we asked to repeat its name, “Contopoco (I-count-very-little)”, Anna replied. “Well”, we said: “you are Anna and she is Contopoco. As you can see, you are not the same person”.

This is important for the process. The first detachment from one’s suffering occurs the moment when disidentification occurs. This is equivalent to becoming aware that one is not one’s own pain, but the pain is housed within oneself; and not forever! Every personified pain is other than us. It has a task to perform and as soon as it is recognized, it ends.

In her heart, Anna understood that she was starting a new sequence in her life, like it happens in a film. She questioned Contopoco (I-count-very-little) with a relieved spirit and received precise answers. It told her that its job was to give her a push and not forcing her into the corner as she, Anna,

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believed. By dint of staying in that corner she would have ended up finding the strength to get up and go. When Anna asked Contopoco to tell her how she could set her free, there was a moment of silence. She then wrote on a sheet: *“I need to dance free”*.



So, Anna was asked to look for an image of a dancing woman in an open space. The next day she sent this image which she printed in A3 format and hung on the wall of her room. It showed a young wo-

man dancing by the sea. The large white cloth she held in her hands danced in the wind with her. An omen of liberation exuded from that image. The dancing woman offered Anna a precious message: *“Dance your life lightly. You are the heart of creation.”* Anna welcomed the message and kept it forever within her. In the following days she completed the process transmuting Contopoco into Danzolibera (I-dance-free). And this has become Anna’s middle name since that day.

Now Anna is free to dance her life enjoying every step. She knows that she is the centre around which her choices revolve.

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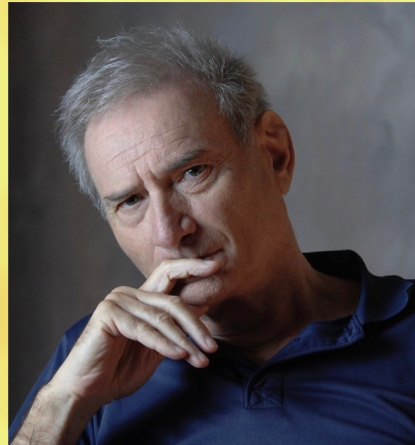
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Edoardo Conte

He has been involved in the research of spirituality and the evolution of consciousness for thirty years. Interested in Initiatory Wisdom, in 2001 he founded Fraternity, a brotherhood movement (fraternity.it), with the aim of bringing together individuals of good will to harmonize society through right human relationships. Former director and expert in theatre therapy, trainer in psychodrama and creative meditation, he is a conductor of various growth groups both online and on the national territory. He lives in Paestum (Salerno, Italy), where he periodically carries out experiential courses and workshops on personality discipline, inner wounds healing and refining perception of the subtle world.

His numerous years of experience in dealing with Soul and body imbalance have led him to publish articles and books on how to put into daily practice the truths and teachings of ancient Wisdom, and finally devise and develop the ArchetHealing method based on the transmuting force of the Archetypes and the evocative power of imagination.