

# **THE TEACHINGS OF MARI THE HEALER**

## **BOOK II: HEALING TRAUMA**

**Brock Travis Ojai, 2011**

Deep thanks to the Tibetan, as well as Tara & Michael;  
to our herbalist & friend & consultant Cathy McNease;  
& to our editors & friends Nancy Davison & Jeriel Smith.

## **Writer's Statement**

During the course of my wife Annelle's journey through cancer & beyond I became aware of the presence of a Being I have since come to know as Mari.

She is a Member of the Household of the Master Djwahl Khul also known as the Tibetan.

She is the Master of Healing who works with world trauma.

This book is the second in a series presenting the teachings of Mari on the Art of Soul-Based Healing.

BT

## **Master's Statement**

We are giving forth these works in support of those who seek to heal, & in order to develop the Art of Healing based upon the Light & Love of the Soul.

The Art of Healing as taught by Us restores the free flow of Soul Life through mind & heart & body - bringing Spirit more fully into Matter.

If you seek Our aid in the work of a healing, then you must only ask & I will send you along with My blessing energies a symbol, or a phrase, or an image to help guide & guard your service to the Client.

Mari

## **The Way of Healing**

*There is nothing more holy  
than the life of a being.  
Because beings join  
Spirit & Matter together.*

*Let wounded beings know fully  
that they are truly loved.  
This is the Way  
the world is healed.*

Annelle

## SEVEN BASIC AXIOMS FOR HEALING TRAUMA

1. *Spirit is our Divine Father.  
Nature is our Divine Mother.*
2. *Beings are the children of their loving union.*
3. *Trauma disrupts the flow of Life  
between the Soul & the Form.*
4. *Trauma shocks the mind  
& breaks the heart.*
5. *Trauma brings pain  
& fear blocks health.*
6. *Friendship bounds the safety  
for healing wounded beings.*
7. *Service channels the flow of Life  
relinking the Soul & the world.*

## **SPIRIT & NATURE - UNITY & WHOLENESS**

*Spirit is the realm of Awareness or Void or Being.  
Nature is the realm of Appearances or Form or Matter.*

*The interaction of these is the basis of a being.  
Consciousness arises from their intersection.*

*Yet Spirit & Nature are not two.  
Their unity is our wholeness.*

*The Soul is not an entity separate from the cosmos.  
Every life flows from one field of energies -  
many Souls creating the world together.  
Mind & heart & body are meant to serve the flow of life.*

The Non-Dual is the ground of health & growth.

Soul-Life flows through a living circuit between  
our Spiritual Being & our material bodies.

Mind & heart must be aligned  
for our energy to flow free.

Healing draws upon the perfection of the Divine.

## TRAUMA

*With the impact of terror or horror  
the being's faith in the Good is shocked;  
the gifts of trust & care  
are blocked by fear of pain;*

*the mind does not seat in the heart;*

*& thus the flow of Life is broken  
between the Soul & its Form.*

Threats to safety of self or others;  
witnessing losses of life & health;  
battery & violation;  
abuse & torture;  
domination & humiliation;  
betrayals & oppression;  
sustained dangers;  
repeated hazards;  
relentless adversity;  
perceived failures.

Purposelessness & meaninglessness;  
loss of faith & lack of hope;  
broken heart & scattered mind;  
turning from wise choices;  
numbed to feeling love;  
panic & despair;  
doubt & shame & rage & hate & grief & fear;  
anxiety, irritability, depression;  
sense of guilt for being alive;  
pursuits of destruction.

These are some of the varied causes & effects of trauma.

They may be repressed & appear as hardened apathy.

They may be sublimated & appear as driving passions.

Some wounded beings may fiercely commit to serving the Good.

Some wounded beings may fiercely commit to chasing the wrong.

But our species labors in the shadow of trauma.

## FRIENDSHIP

*Friendship can be a bond between Souls.  
Soul friends stand by & watch over each other.  
Soul friends serve a greater cause together.*

*The Healer is committed to truthfulness & harmlessness  
in service to principles of responsibility & compassion.*

*The Healer helps & does no harm.  
The Healer does not use others.  
The Healer owns his or her own needs.  
The Healer knows his or her own biases.  
The Healer avoids conflicting interests.  
The Healer avoids entangling concerns.  
The Healer protects confidences.  
The Healer respects differences.  
The Healer honors agreements.*

*The Healer renounces  
the glittering bauble,  
the beckoning finger,  
the concealed dagger.*

*The Client is offered the safety & service of Loving Wisdom.  
This engenders an alliance which contains the healing journey.*

People can resolve trauma & renew their sense of self  
if they have one other person they can count on  
who believes in them & keeps faith with their Soul.

That person must be able to hold a space sacred  
& keep it safe for building mutual trust & care.

Let the Healer submit decisions & conduct to ethical appraisal:

Disclosure - *What if this was known to all?*  
Reciprocity - *What if this was done to me?*

In this way there is built a noble friendship  
that can bound the healing journey in safety.

## SERVICE

*Service is a grace, a bond with God -  
a vortex of Soul, mind, heart & body  
bringing the flow of Life through form -  
letting Spirit shine into the world.*

*Service is a gift of purpose & meaning -  
joining oneself with Light & Love  
through meeting the need of another  
& doing the work of the day.*

*The wounded must find their way into health.  
The bereft must find their way into joy.  
The betrayed must find their way into peace.*

*Service is the pathway for working a return  
of the broken person into Soul Life.*

*The Healer guides the Client toward  
renewing their own sense of direction.*

*The Healer guides the Client toward  
renewing their own sense of connection.*

*The Healer also guards the Client  
from the risks of re-wounding.*

People recover from trauma by growing -  
toward a greater, deeper sense of self & story  
that accounts for losses & renders worthy values.

They need one friend with the loving wisdom  
to aid them to seek & tread their own Path  
without imposing an unsought vision or mission  
& while giving warnings about arising threats.

The Healer models friendship & service  
for the Client seeking the Way of the Soul.

## CLEARING

*Bring the body, heart & mind to calm.  
Make your link with your own Soul.  
Let the core idea of the Work become clear.  
Note the sign of the peace of the Soul.  
Hold this focus gently through the day.*

Trauma disrupts our sense of priorities,  
& our mind & heart become confused.

Clarifying priorities regathers scattered energies.  
These three areas are a healthy balanced daily focus:

1. *Spiritual* - alignment & principles:

meditation, prayer, ceremony  
contact & connection  
responsibility & compassion

2. *Relational* - family, friendship:

trust & care  
renewal & nurture  
food & home & rest  
beauty  
play & joy

3. *Vocational* - service & support:

training & career  
honesty & respect  
business & finances  
creativity & action

Everyday remembrance  
of the Life & Work of the Soul  
keeps our psychic field clear.

The Healer can help the Client  
toward a Soul ordered focus.

## GROUNDING

*Stand in the quiet of the Soul.  
Bring the core idea to bear  
upon every issue you face.  
Let it serve as the word  
for each act of the day.  
Watch for the Way to be shown.*

Trauma arouses intense reactivity  
& daily alarms can leave us bewildered  
in a shifting world of countless details.

A word of the Soul can lead us  
through the work of the day.

These are just a few Soul ideas  
that can safely ground our focus -  
aligning the complications of materiality  
with the simplicity of spirituality:

*God's Will be done.  
Light & Love!  
Peace. Peace.*

*I AM WITH YOU.*

*Let it be. Let it go.  
Service & Friendship.  
Do the next right thing.*

*Watch & Pray.  
Meet the Need.  
Do no harm.*

The Healer can help the Client develop prayers or mantras  
from their own spiritual communities & traditions.

These can be daily reminders  
to ground our being in the Soul.

The Soul-Based Healer counsels the Client toward the Life of the Soul.  
The traumatized person needs to remember what they might have forgotten -

*You are a child of Nature & Spirit.  
The Soul will always be with you.  
The Soul will never forsake you.  
There is a Group. You are not alone.  
There is a Plan. You are not lost.*

The Soul grounds us, not just in ever-changing matter, but also in ever-lasting Spirit.  
The Light & Love of the Soul renders mind & heart clear to find the Way.

## THE GREAT HEALING

*Around & through the Work of Healing  
& especially at the threshold of life & death  
let us serve to aid the Greater Healing.*

It is well known that trauma can reach across generations.  
It is not so well known that trauma can also reach across incarnations.

Trauma is far more widespread than humanity imagines.  
Pain & doubt & shame & rage & hate & grief & fear  
(along with the parting of hearts & minds)  
account for the current dangerous reactivity of humanity.  
There are billions of traumatized persons in the world today.  
There are only millions of healthcare professionals.  
Many gifted people have no access to training.  
Many wounded people lack the funds for treatment.  
The ratio of skillful servers to needful clients seems impossible.  
But the Healer's Work can serve to aid the world's healing.

*It is in the setting of healing -  
the environ of life & death -  
that many find their best chance  
to catch a glimpse of the Soul:*

*nobility & grace;  
heroism & serenity;  
sacrifice & surrender;  
awakening & compassion;  
magnanimity & generosity;  
forgiveness & redemption;  
Divine Presence;  
angelic visitation;  
synchronicity;  
transformation;  
service, friendship  
&  
miracles.*

*Healing can bridge across the veil,  
& also bridge the gulf between beings.  
The Healer can serve this cause  
by pointing toward the Soul.*

Contentions between diverse viewpoints -  
professional philosophies & personal preferences -  
can obscure the energies of healing.

The Healer should develop the ability  
to transcend differences of belief & custom  
in order to shift person, family, friends, servers  
toward a shared sense of the Soul.

You will find if you search deeply that the fields of healing  
have been inspired by One Source of Light & Love.  
Disdain or contempt can & do poison the settings of healing.  
So bring goodwill to relations between varied servers.  
Honor the science & ethics of the field of your own training.  
Respect the science & ethics of the fields of other servers.

Handle gently the wishes of friends & family.  
Petty struggles can be attempts at controlling  
the edges of anguish too sharp to be born.  
Conflicts can arise to the surface for healing.  
So bring your peace to the easing of tensions.

Try not to impose esoteric theory or practices  
but use your sense of the depth of events  
to aid those present at a given moment  
to find their own sense of the Soul.

The Healer facilitates consciousness  
of the surrounding energies of Love & Light  
& thus serves the healing of the world.

#### NOTE -

Clients posing a risk of harm to self or others  
should be referred to a licensed psychotherapist.

The Healer should not interfere with  
& should cooperate with other servers -  
including physicians, therapists, ministers.

The physiological, psychological & spiritual  
approaches will eventually be integrated.

## THREE RULES FOR HEALING TRAUMA

1. *Assessment must be prior to advisement.*
2. *Evaluation must be based upon understanding.*
3. *Consultation must be supported by observation.*

The traumatized Client is trusting  
his or her life to our care.  
If we wish to help & not to harm  
then our counsel needs to be  
a response to the other's reality,  
not a reaction from our own.

The Healer should begin sessions by conducting  
an assessment of the Client's current situation  
with the focus upon events & feelings & thoughts.  
The Healer should refrain from interpretations -  
allowing the Client to speak for their own story.  
In this way advisement is reliably appropriate  
to the changing meanings of the Client's journey.

Evaluation prior to understanding tends to be prejudicial.  
Compassion calls for fully knowing the other's perspective.

The Healer has an obligation to consult:  
the literature of this discipline;  
the science related to the condition;  
the Client & his or her Soul;  
friends & family *if* the Client permits;  
& other servers of the Client's choosing;  
as well as the Healer's own deeper contacts.  
But we should assume nothing as verified  
until or unless it has been confirmed  
by our own observation.  
(Seeing or hearing.)

The Healer should offer counsel responsibly -  
only about issues in areas he or she knows.  
And since none are yet perfected in healing,  
even intuition must be tested & checked.

## **A Gift**

*This is a cure for fear & doubt -  
Bring the mind to the heart  
& the Soul-Friend is there.*

*A Master, an Angel, an Elder Brother or Sister.  
A vision, a voice, the sense of right or wrong.*

*Await clear & calm the sign of peace.*

*Stand in faith & act as if.*

*And all will be well.*

*Persevere.*

**Annelle**

*Remember -*

*The state of the species may seem dire indeed.  
There is no person untouched by wounding.  
But trauma is in an aspect of planetary awakening.  
We will become fully human only by healing  
into the wholeness & unity of the Soul.*