

## Final Narration for 'Crossing Bridges'

### DD visuals 1

If health turns to sickness,  
Or life begins with disease,  
When a healer appears,  
Countless blessings ripen  
And life holds fresh hope...  
Hands, a magical channel  
For healing energy to flow along.

Disturbed by this vision of disease before me,  
I question what I see  
And am told that it is not a magical,  
nor mystical process,  
But a scientific practise  
That comes in many methods.

Touch from one human  
Who has open energy channels  
to another human who has blocked energy channels  
can cause a significant change  
to the recipient's energy structure in moments  
and in some cases,  
perfect response and total healing.

Thus impressed,  
I embark on a journey,  
To search for the real meaning of healing.

### **Haridwar/Rishikesh visuals**

Beginning at the start of her upward, mountainous stretch  
The supreme energy body of water  
Of majestic Ganges  
Pans out before me.

Flowing through the gateway of Haridwar,  
Freed from the narrow lanes  
Of her mountainous path,  
She channels easily to flood  
The plains of North India  
With alluvial soil,  
And people bathe to cleanse.

Smoother and more gentle at Rishikesh,  
Enclosed by foothills on 3 sides  
She holds little ashrams along her banks,  
The majestic Ram Jhula bridge  
Spanning her wide belly.

Yoga capital of the world,  
She invites all to participate

In the perfect sport of health  
Joining body and mind,  
Breath, the bridge connecting the two.  
For the healthy, it is a recreational sport of prevention,  
For the diseased, it is a way to cure.

Everyone has an individual way of looking at life...

And we know that **that** is precisely what shapes  
each of our realities.

By recognizing the patterns of character,  
the mental habits

That create our daily lives,

We may see the path  
of sickness or health ahead.

But are we prepared to take full responsibility

For our vision?...

If so, we are ready to heal.

Should we wait to become physically sick

Before searching a way to heal?

This seems to me a key query of this quest.

### **Dr Dass middle visuals**

Waiting, expecting, needy for health

Those with ailments

Line up in hope.

Some people doubt that healing may take place  
Simply through the touch of one human upon another.  
But let us consider it rationally,  
Of how it may work.

Many spiritual and scientific bodies  
Throughout the ages have recorded  
main centres of energy  
located in our human system,  
and billions of subtle channels  
that transport such energy around it.

Let us imagine that essential energy  
Comes into appearance  
In various ways,  
from an unending source  
that is located anywhere  
and everywhere.

Sometimes it appears more subtle  
at a micro, or rather - quantum level,  
Sometimes it appears  
more gross, as physical form.  
Let's look at these different aspects  
as levels of manifestation,  
As layers of our being.

Physical sickness is caused  
By a derangement of such energy  
At an early stage of its manifestation.  
Instead of being powered  
by its natural inherently coded particulars  
Into a perfect physical human body,  
It malfunctions,  
And each corresponding layer is thus affected,  
Producing an imperfect physical human form.

The healing doctor is a bridge,  
An unobstructed channel  
through which perfectly active essential energy  
may pass from its pure source  
to the recipient freely.

Upon receiving the flow of essential energy  
Through connecting with another by touch,  
once deranged energy that lingers in that area,  
zapped by the force of perfect energy upon its misalignment  
may normalize its function layer by layer,  
and filter through to the physical body,  
returning it to its usual mode of being.

Just like the invisible power of a laser beam,  
may cause an effect

To whatever it contacts,  
So can a human being  
With open access to his or her inherently perfect energy,  
Create an effect also.

## **Devprayag**

Sources connect at Devprayag  
Where adolescent streams  
join in union,  
Colours of various ecosystems merging  
Into one flowing state...

Here Ganga becomes a mature woman  
Containing the jewels  
of the High Himalayas,  
ready to carry her energetic wealth  
across North India,  
her youth, middle and elderly age  
joined simultaneously  
as one huge wide river basin,  
a nutritional supply  
for half a billion needy human souls.

Yogis pray along her banks,  
Wishing her safe passage  
To the ocean,

Wishing all beings  
Safe passage  
To the ocean of their true being  
where the energy of the source  
may continuously pour forth  
its perfection  
into the manifest state of life.

### **Dr Dass visuals – middle 2**

Seemingly a miracle,  
Yet scientifically rational,  
Anyone who clears the path  
for his or her essential energy to flow along  
becomes a perfectly activated,  
unobstructed channel,  
a master of his or her system,  
A healer with many skills.

So does the path of healing begin  
When we, as humans  
realize there is energy derangement  
And blockage within our own channels of energy  
And that the gift of life  
Has presented us with the opportunity to heal.

Like a river,

running its course  
From source to the ocean,  
Always naturally chooses  
the path of least resistance,  
no matter what stands in its way,  
so we too as humans  
may find the source that supplies us with the power  
to hold life masterfully in our hands.

By seeking to clear such obstructions,  
Achieving the result  
Through the well-known methods of the masters,  
We become healed  
And subsequently, a perfect channel  
through which source energy  
May flow.

Faith in the doctor unquestioned,  
it is through the bridge of compassion,  
That the channel of healer  
May transfer the power of the source,  
Where nothing is stained  
And all is pure.  
The inflow and outflow of energy transfer  
taking place smoothly  
As one's mental defenses are lowered.

So does the healer bear agony  
Of body and mind  
With a loving heart.

### **Gangotri, Gaumukh**

Upwards, in her higher reaches  
She flows fast and furious  
In a youthful, energetic form.

At Gangotri, her young purity abundant,  
Her fresh stream of cool tasty water,  
Nice to drink and feel upon the body,  
Is yet untouched by hoarding crowds  
Wishing to gain from her energetic flow.

For it is her nature to give  
Whatever is requested of her  
And to accept the fate  
That man offers her.

Pure, clean and unscarred  
Her source of ice drips relentlessly  
Becoming her liquid flow  
Of perfect nutritional value.  
Icy fresh, delicious and perfect,  
Unpolluted and rich in health,

She begins her life path.

### **Dr Dass visuals, ending**

So I discover that the human system  
Is an amazing machine,  
Where health is the natural state of life,  
Disease, its imbalance.

When we examine ourselves honestly,  
We enter the path of healing  
to discover the secrets of life  
And why we are here.  
Once discovered,  
We will not stop until we reach the source  
And realize our origin,  
Truth at every turn,  
Our infallible guide along the way.

Fingers,  
Touching the pain,  
Passageway for the energy of healing  
To pour forth  
That which is ever present,  
That which is spread  
throughout the entire spectrum of existence,  
Everywhere,

within everyone  
and every aspect  
Of physical manifestation...  
A golden bridge,  
That unites all beings  
As one.