

Love, memories and gratitude become eternal – my connection with Bob

Isis da Silva Pristed

“Fear is standing in our way to reach love”

Meeting Bob and his work

I have been asked to write a text for the English version of “Ringe i vandet – om Bob Moores impuls”, and I hope it can add to the sharing of Bob’s loving quality, the depth and uniqueness of his work and the importance of the Psykisk Center as a caregiving atmosphere for many people who came from different countries for Bob’s Spiritual Healing teachings.

My last memory of Bob goes back to October 2007. After a visit, he usually came to the door together with Anni to say good bye. She took a picture of him and me and we hugged for what felt an eternal time. Tears came to my eyes as I turned the corner looking back at them standing at the door. Bob’s eyes were full of light and tenderness. The same tenderness and light that was present when Bob gave me a blessing in Resenbro, at my wedding ceremony, when he watched the birth process of my first daughter in Ringkøbing and we celebrated her arrival with champagne, at the first meeting with my parents in Denmark and at the blessings of my three children. These memories of Bob’s quality are endless and my gratitude for him and Anni is for ever.

Flying back to Brazil afterwards, I realized that 30 years had passed since my first meeting with Bob and Anni in the middle of September 1977, at that first healing course in London. At that time, I had finished a Masters degree and was beginning to establish an individual and group practice, also in London. My work with people involved touching the body in a gentle way, using breathing, simple body exercises and meditation.

Meeting Bob clearly became a turning point for me, both personally and professionally, because its contact echoed deep inside myself. It responded to a long search for a deeper connection with my energy and with other dimensions of consciousness. It responded also to a quest for my true identity and spirituality beyond religion and related to the everyday physical life. The inspiring way Bob taught about energy, quality, the different subtle bodies in the aura structure, higher levels of consciousness, the difference between emotions and feelings guided and shaped a lot of what my work would later become.

Following Bob's courses over the years brought me both understanding and precise ways of working with emotions and limitations and it opened up to a contact with the qualities and other creative areas. Working with exercises and meditations allowed me to go through suffering and sometimes to experience transformation and to build up a felt knowledge and a felt intuition about energy. Bob's human presence, generosity, friendship, sense of humour, patience, integrity, dedication and feeling contact with his own expression have profoundly nourished and inspired myself and many of his students.

Bob's connection to his knowledge was very clear and full of wisdom because his teachings and insights derived from his personal and direct experience with energy, relating to the physical body and the non-physical parts of the human make-up. His connection to deeper aspects of life, such as sound, light, love, spirituality, belief, sense of purpose and respect for differences between people, cultures and religions, created a feeling of acceptance and joy inside each person and often between people and in the whole atmosphere of a group.

Letting the energy of Bob's teaching sink into myself

Listening to Bob during our individual talks and in the groups was like listening to musical notes and giving my whole self, body mind and soul into this. Frequently his words resonated in my bone structure, in some of my chakras and even, in my entire aura. Bob's careful listening and compassion gave me a feeling of being seen and deeply appreciated. At times, my emotions also came out longing to be understood and released. My personal process was and still is both challenging and a gift.

Bob's knowledge about human nature, and the different dimensions of the aura and its anatomy and physiology was vast. I absorbed some of this knowledge without always perceiving how much it reflected inside me. From a young age, the subtle world attracted me and was a reason for questioning the meaning of my life, my connection to the Source and how to deal with my sensitivity in everyday life situations. Parallel to this, I enjoyed studying and was good at academic work. I was helped to find the means to integrate the physical and the logical world and the non-physical world with an intuitive logic.

Experiencing some themes and areas of Bob's work determined how I have come to organize and to express my work with Energy, Meditation and Healing. I can mention some of them that had a strong impact on my energy and later became part of my teachings. They are: individuality area and individual responsibility, the

work with the chakras in different ways, the etheric body, the energy streams, light, darkness, colours and symbols, belief, grounding and centering, shared dream work and the use of hands, the mind and the light bodies, inner authority, polarity structure and quality expression through the heart chakra.

The first time I made a contact to my individuality point was like crossing over into another dimension of consciousness that had such a refined atmosphere. It was quite different from what I was used to experience and how I felt myself and I remember feeling an intense joy and not wanting to come back to my physical body. This memory has been part of my every day life since then. During the groups, over many years, I had some important spiritual experiences. These memories circulate in my blood stream like a nourishment of love for my body and my soul.

One of the conditions of experiencing energy is to be open to the unknown and to surrender to what is happening with oneself. Most of the time I am surprised how the energy moves precisely towards what is needed. Allowing one's energy to move naturally can be helpful to overcome barriers and limitations in the energy fields of the aura and to balance the physical body through a change of awareness.

Perhaps my deepest learning from Bob was to be so fortunate as to follow him, quite closely and for so long, in his own progress of developing his work through his personal meditations and his growing experiences with different group situations. Witnessing his process taught me how to build up a real knowledge and how to be honest with expressing it and appreciating it. Bob's support and also the energy of the groups gave me trust and strength to express my qualities in my life.

Working in Brazil – Bob's teachings spreading like "ripples in the water"

In May 1987, I was invited to speak at a conference and to offer a few workshops in a congress about "The Body Universe", in Rio de Janeiro/Brazil, connected to my work with Energy and Healing. Coming back to Ringkobing where I was living since 1984, and talking to Bob about what had happened and how the work had been received there, he then told me that he would come along with me next time I would go to Brazil. To my surprise I was invited to give some courses in Salvador, my home town, in September of this same year and Bob and Anni found the time to join me in the beginning of October.

During those two weeks I felt I was receiving a treasure from Anni and Bob. Two courses were organized, the first one where Bob and I shared the work together and in the second one where I was translating his work to Portuguese. At the end of this period I had a strong dream which led me to make a difficult decision –

moving back to Brazil in the following year. On a personal level, this decision brought very good experiences, but also unexpected hard consequences in my life. Professionally, this movement produced a tremendous amount of work in my country and also in other Latin American countries. Some adjustments to tune into the Brazilian reality were needed which pointed to a lonely yet valuable path.

After some years of intense work and much positive response, I felt the need to organize two Brazilian groups (1996 and 1998) of 40 students each to meet Bob and Anni at the Psykisk Center. All of us had a very uplifting experience and I realised the necessity of creating a supportive space for the work of healing in Salvador. In 1999, Logos Center was founded which offered more possibilities of sharing and being together with people who came for the courses, open meditations and other activities.

Beyond the work at Logos Center, I have been involved with some interesting projects taking Healing and Meditation to different settings: a 7 year on-going work with more than a hundred adolescents adding a spiritual dimension to their public art education (Theatre, Music and Dance); a 3-year project in a governmental institution that needed a change in their work atmosphere; and some support groups with private corporations. There is also a group of my students that organizes what I have called "Circles of Healing", an open activity to all who may feel to learn some basic notions and practices of Meditation and Healing. This activity is happening at the Medical and Education universities and in poor communities.

Brazilian people can be quite open to their spirituality and are very responsive to my work. In these last 30 years, hundreds of people, coming from areas such as Medicine, Psychology, Physiotherapy, Psychotherapy, Education, Art and various Alternative therapies among others, have been attracted to learn about Energy, Healing and Meditation. Many of them have been as dedicated as to practice and to follow the courses for this whole period of time, and they are exploring the connections between their physical bodies, their energy fields and their spirituality, and incorporating the background and the methodology of this work in their own professions.

Bob has left a profound legacy to be used in order to help people to learn to love themselves and then, through the expression of the heart chakra to allow one's quality to be expressed, and to be guided through the light of the Source in order to become an intuitive channel to serve the higher consciousness reality.

Thank you Bob and Anni, and I hope I am honouring and helping to carry and to improve this precious legacy.

Isis da Silva Pristed was born in Brazil in 1952. Graduated from Universidade Federal da Bahia, Brazil and took a masters degree from Leeds University, England. She is a

master and a member of the Faculty of Psychiatics in London and has received a diploma in Spiritual Healing from Psykisk Center, Denmark. Isis was trained in several therapeutic approaches and studied with Bob Moore for many years. In the last 40 years has been running courses, seminars and retreats in Healing and Meditation, in different parts of Brazil, Venezuela and in Europe (Portugal, England, Holland, Spain and Germany). She has published some articles both in England and in Brazil. Currently living in Salvador, Bahia, Brazil.

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Some Publications:

In English:

- **Colors, healing and chakras – Interview with Isis da Silva Pristed.** In: ELOS Collection – Studies of consciousness, healing, energy and belief, vol.3, published by LOGOS – Center for Studies and Practices of Energy, Development and Human Integration, Salvador / BA, Brazil, 2005, p. 09 to 19.
- **Therapy and Healing: a personal attempt to demystify healing and to define some principles of the therapeutic and healing work.** In: Revista Energy and Character – The Journal of Biosynthesis, vol. 14, nr. 2, editor David Boadella, Abbotsbury Publications, Rodden, Dorset, England, 1983, p. 1 to 20.

In Portuguese:

- **Terapia e cura: uma tentativa pessoal de desmistificar a cura e definir alguns princípios do trabalho terapêutico e de cura.** In: Energia e Caráter 1, organizado por Rubens Kignel, Summus Editorial, São Paulo/SP, Brasil, 1997, p. 88 a 111.
- **O trabalho com o healing: energia e autocura como um processo de crescimento e autodesenvolvimento.** In: Guia de Abordagens Corporais, Summus Editorial, São Paulo/SP, Brasil, 1997, p. 158 a 164.

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Autora e organizadora da **Coletânea ELOS – Estudos da consciência, healing, energia e crença (vols. 1, 2 e 3)**, publicada pelo LOGOS, com o apoio da Caixa Econômica Federal e da Petrobras, Salvador/Bahia, Brasil, 2002, 2003 e 2005.

Autora do **Prefácio** do livro **Conversas com Bob Moore**, traduzido e organizado por Elza Tamas, Ed. Scortecci, São Paulo/SP, Brasil, 2013, p.7 a 10.

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