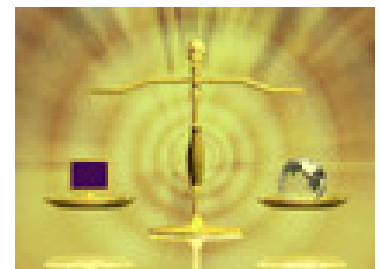
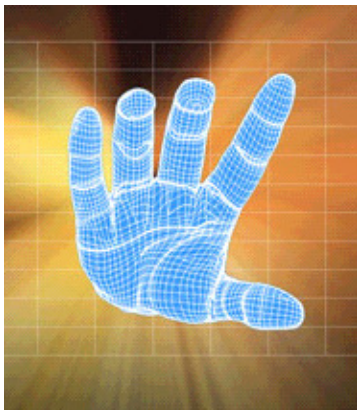


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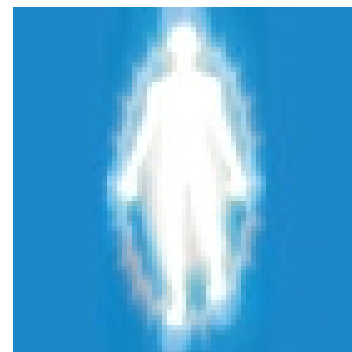
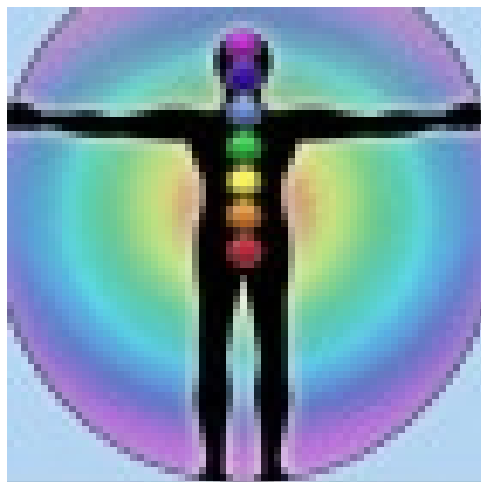
Spiritual Healing compliments conventional medicine by channelling life energy to the patient in order to help them recover from illness, injury or distress. Spiritual healing is now beginning to be recognised in the west but in the east has been acknowledged for thousands of years. 'Chi' and 'Prana' are two of the better known names for these energies. A simpler way to describe this is that it is the 'life force'.

Healing energy can be directed by the healer's or healers' consciousness and may flow through the hands of over any distance. This spiritual energy can help speed up the natural healing process of the body and improves recovery time. It can be used to combat serious illness and the effects of treatments such as chemotherapy and radiation therapy.



Spiritual healing is a natural energy that flows through the healer or healers to the subject being healed. You do not have to believe in it for it to work and - although it comes from God - no religious faith is required. It is a natural energy that most people have to some extent and which can be used alongside conventional medicine.

The following notes expand upon the real importance and capabilities of spiritual healing.



OUR INDIVIDUAL STRUCTURE:

Our base and focus is our physical body:

Ketheric Template Body – Causal Body – Divine Knowing – Spiritual Body (soul, senses and memory)



Celestial Body – Divine Loving



Etheric Template Body – Divine Will



Astral Body - Loving



Mental Body (very active mind, consciousness and domain of the ego)



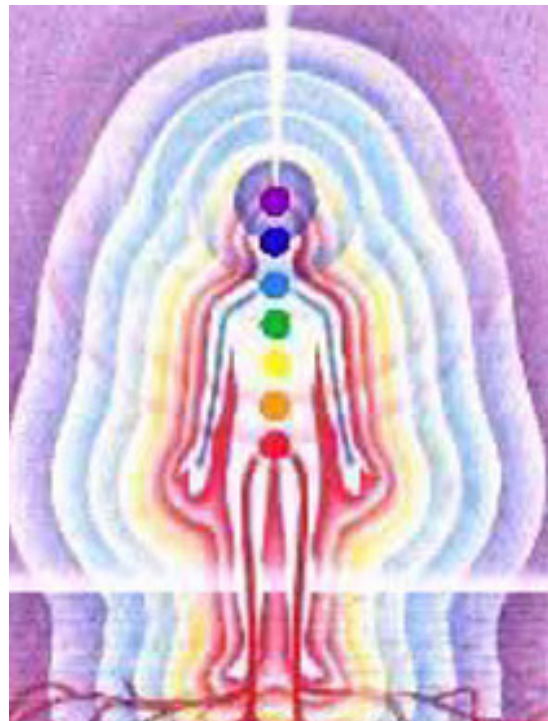
Emotional Body – Real Feeling



Etheric Body (incorporates Chakras) – I Exist



Physical Body (including the brain) - Beingness



All dis-ease and healing is done by the mind.



PHYSICAL HEALTH and POWER:

Power vs Force by David R Hawkins ISBN 1 56170 933 6

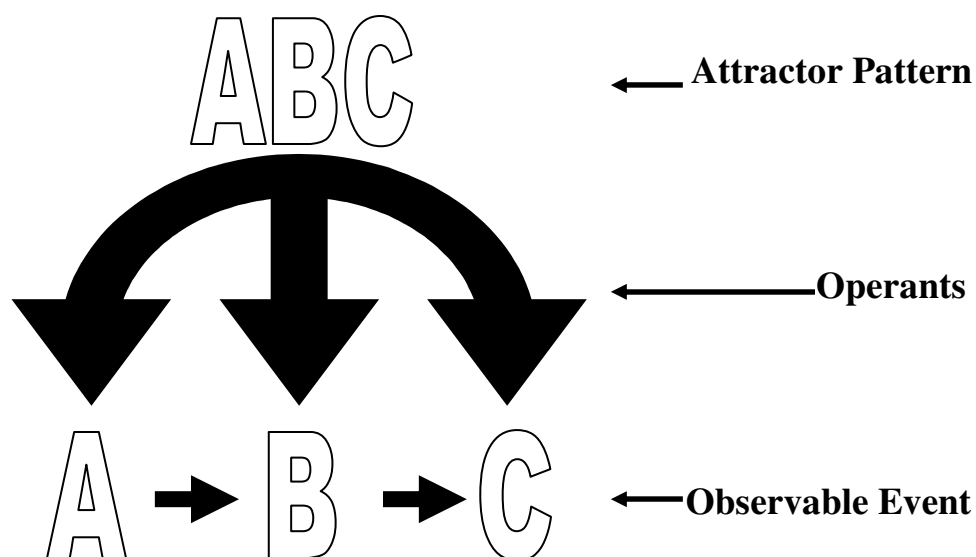
“The Human Mind **cannot** discern Truth from False.”

We become healthy as well as wealthy by being wise. But what is wisdom? According to our research, it is the result of alignment with high power attractor patterns. Although in the average life we find a mixture of energy fields, the pattern with the highest power dominates. We have now explored sufficient material to be able to introduce a basic dictum of nonlinear dynamics and attractor research: **attractors create context**. In essence, this means that one’s motive, which arises from the principles to which one is committed, determines one’s capacity to understand and, thereby, give significance to one’s actions.

The effect of alignment with principle is nowhere more striking than in its physiological consequence. Alignment with high energy attractor patterns results in health; with weak ones, in disease. This syndrome is specific and predictable. That high energy patterns can be proven to strengthen and low energy patterns to weaken through a demonstration meeting the scientific criterion of one-hundred-percent replicability is a fact.

The human central nervous system clearly has an exquisitely sensitive capacity to differentiate between life-supportive and life-destructive patterns. High power attractor energy patterns which make the body go strong release brain endorphins and have a tonic effect on all the organs, whereas adverse stimuli, which release adrenaline, suppress immune response and instantaneously cause both weakness and enervation of specific organs, depending on the nature of the stimulus.

It is this clinical phenomenon upon which treatment modalities such as chiropractic, acupuncture, reflexology, and many others are based. All of these treatments, however, are designed to correct the results of an energy imbalance; unless the basic attitude which is causing the energy imbalance is corrected, the illness tends to return. People by millions in self-help groups have demonstrated that health and recovery from a whole gamut of human behavioural problems and illnesses comes as a consequence of adopting attitudes corresponding with high energy attractor patterns.



Generally speaking, physical and mental health are attendant upon positive attitudes, whereas ill health, both physical and mental, is associated with such negative attitudes as resentment, jealousy, hostility, self-pity, fear, anxiety, etc. In the field of psychoanalysis, these positive attitudes are called welfare

emotions, and the negative ones are called emergency emotions. Chronic immersion in emergency emotions results in physical or mental ill health and a gross weakening of one's personal power.

How does one overcome negative attitudes so as to avoid this atrophy of power and health? Clinical observation indicates that the patient must reach a decision point. A sincere desire for change allows one to seek higher attractor energy patterns in their various expressions.

One does not get over pessimism by associating with cynics; the popular idea that you are defined by the company you keep has some clinical basis. Attractor patterns tend to dominate any field in which they are received; thus, all that is really necessary is to expose oneself to a high energy field and one's inner attitudes will spontaneously begin to change. This is a phenomenon well known among self-help groups – as reflected in the saying, “Just bring the body to the meeting.” If you merely expose yourself to the influence of higher patterns, they begin to “rub off”; as it is said, “You get it by osmosis.”

It is generally held by traditional medicine that stress (fear) is the cause of many human disorders and illnesses. The problem with this diagnosis is that it does not accurately address the source of the stress. It looks to blame external circumstances, without realising that ***all stress is internally generated by one's attitudes***. It is not life's events, but one's reaction to them that activates the symptoms of stress. A divorce can bring agony or relief. Challenges on the job can result in stimulation or anxiety, depending on whether one's supervisor is seen as a teacher or an ogre.

People cherish and cling to their hates and grievances; to heal humanity it may be necessary to pry whole populations away from lifestyles of spite, attack and revenge.

A prime difficulty with thoughts and behaviours associated with the energy fields that calibrate below 200 (see Map of Consciousness) is that they cause counter-reactions. All attacks result in counter-attack. Malice literally makes us sick; we are always victims of our own spite. Even secret hostile thoughts result in a physiological attack on one's own body.

On the other hand, like love, laughter heals because it arises through viewing a small context from a larger and more inclusive one, which removes the observer from the victim posture. Every joke reminds us that our reality is transcendent, beyond the specifics of events.

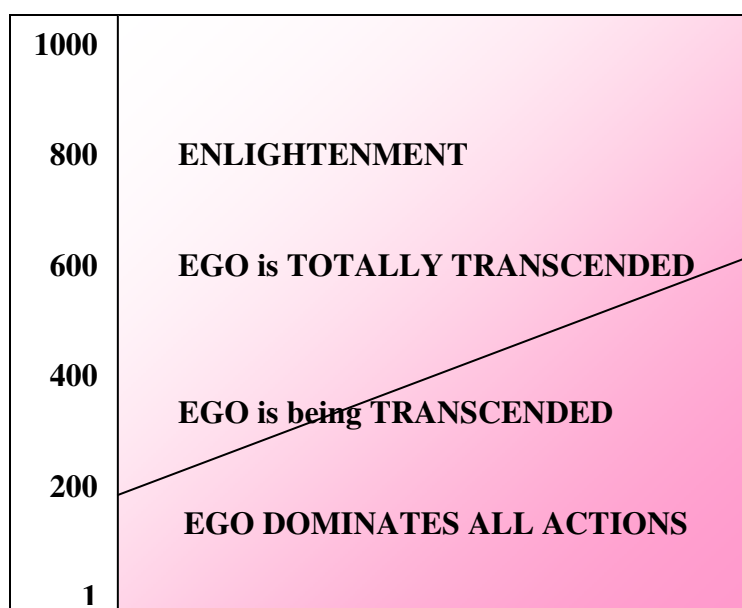
Beware of the humourless, whether in a person, institution or belief system.

The health-care field itself demonstrates how attempts to control only compound themselves into a burgeoning bureaucratic morass. Complexity is costly, and systems are as weak and inefficient as the attitudes that underlie their construct. Systems associated with very weak attractor fields are ineffective because of their inherent dishonesty and become wasteful and cumbersome. The health-care industry is so overburdened with fear and regulation that it can barely function. Healing from individual illness or the healing of the health-care industry itself can only occur by the progressive steps of elevation of motive and abandonment of self-deception, to attain new clarity of vision. There are not any villains; the fault is in the misalignment of the system itself.

Every detail of the belief system that we hold has consequences for better or for worse. It is for this reason that there is no condition that is incurable or hopeless; somewhere, sometime, somebody has recovered from it.

Moreover, the universe does not forget. There are many sides to the question of karma, but every choice of who and how to be is a choice of great consequence. All our choices reverberate through the ages. Thousands of reports of near-death experiences, as reflected in such best-sellers as Brinkley's 'Saved by the Light' or B.J. Eadie's 'Embraced by the Light' – the latter of which calibrates at 595 – confirm that we shall eventually have to accept responsibility for every thought, word and deed we beget and re-experience exactly whatever suffering we have caused. It is in this sense that we each create our own heaven or hell.

Everything in the universe constantly gives off an energy pattern of a specific frequency which remains for all time and can be read by those who know how. Every word, deed and intention creates a permanent record. Every thought is known and recorded forever. There are no secrets; nothing is hidden, nor can it be. Our spirits stand naked in time for all to see. Everyone's life, finally, is accountable to the universe.



In an energy field of 600 or higher, almost anything will heal. It is the power of pure consciousness itself.



“To live with care and kindness is all that is necessary.”

David R Hawkins – Power vs Force – p 301.

MAP of CONSCIOUSNESS

God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 - 1,000	Ineffable	Pure Consciousness
		↑			
All-Being	Perfect	Peace	600	Bliss	Illumination
		↑			
One	Complete	Joy	540	Serenity	Transfiguration
		↑			
Loving	Benign	Love	500	Reverence	Revelation
		↑			
Wise	Meaningful	Reason	400	Understanding	Abstraction
		↑			
Merciful	Harmonious	Acceptance	350	Forgiveness	Transcendence
		↑			
Inspiring	Hopeful	Willingness	310	Optimism	Intention
		↑			
Enabling	Satisfactory	Neutrality	250	Trust	Release
		↑			
Permitting	Feasible	Courage	200	Affirmation	Empowerment
		↓			
Indifferent	Demanding	Pride	175	Scorn	Inflation
		↓			
Vengeful	Antagonistic	Anger	150	Hate	Aggression
		↑			
Denying	Disappointing	Desire	125	Craving	Enslavement
		↓			
Punitive	Frightening	Fear	100	Anxiety	Withdrawal
		↓			
Disdainful	Tragic	Grief	75	Regret	Despondency
		↓			
Condemning	Hopeless	Apathy	50	Despair	Abdication
		↓			
Vindictive	Evil	Guilt	30	Blame	Destruction
		↓			
Despising	Miserable	Shame	20	Humiliation	Elimination

Power vs Force by David R Hawkins, MD, PhD – the Hidden Determinants of Human Behaviour
 ISBN: 1-56170-933-6 published Hay House Australia Pty Ltd www.hayhouse.com.au
 Or www.veritaspub.com for the trilogy Power vs Force, The Eye of I, and I, Reality and Subjectivity.

HEALING the SICK:

Source: “The Disappearance of the Universe” by Gary R Renard ISBN 0 9656809 5 9

The acceptance of sickness as a decision of the mind, for a purpose for which it would use the body, is the basis of healing. And this is so for healing in all forms.

“A Course in Miracles” (references are in bold print) doesn’t use the term spiritual healing, because it says that all sickness and healing is done by the mind. The term itself is a valid one because it can refer to what the mind chooses to identify with.

All sickness is of the mind and has nothing to do with the body.

Sickness has nothing to do with God. “The same fountain cannot bring forth both sweet and bitter water.” In other words, only good can come from God, and everything else is of your own making – although contrary to popular myth, that making is not really done on this level.

Let’s add another wrinkle to the fact that your life is self-determined. Sickness isn’t personal. You may find that hard to believe, but sickness is not made by you at this level. That’s just another reason why no one should feel bad about it if they get sick. You don’t choose cancer on this level any more than a baby chose to be deformed on this level. Illness was made by your mind at a larger level, and is being acted out here in a pre-determined way. You can get in touch with your power to choose and thus have an enormous influence on whether or not you feel pain, and sometimes lessen or eliminate your physical symptoms.

It is sometime, because unless you’re a master then you won’t always be successful, and if you are successful it doesn’t necessarily make you a master. Besides, it’s the changing of your mind and its result on the way you feel that’s the most important thing.

Every location of time and space that you behold is projected by the mind that is outside of time and space. It’s possible to get in touch with that mind. The best way to do it is to eliminate the barriers that block your awareness. All aspects of healing contribute to removing those barriers.

We are talking about levels here. We are not saying you are not responsible for your experience or that you didn’t choose the script on another level. We’re saying you’ve got to get in touch with your power to choose from where you presently think you are. That’s also true when you’re healing “others”. You never join with bodies, and you never ask the Holy Spirit to heal the body. The body, sick or well, is just a dream. As the Course teaches you in regards to aspects of joining with the dreamer of that dream.

Choose once again what you would have him be, remembering that every choice you make establishes your own identity as you will see it and believe it is.

Now, here is the number one rule of all time when it comes to spiritual healing:

It’s not about the patient.

All healing is a result of some kind of forgiveness, and all forgiveness leads to self- healing.

Even when it comes to healing the sick it's really about forgiving ones own dream, and forgiving oneself for dreaming it.

As the Psychotherapy pamphlet puts it while talking about how the Course looks at healing in psychotherapy:

The process that takes place in this relationship is actually one in which the therapist in his heart tells the patient that all his sins have been forgiven him, along with his own. What could be the difference between healing and forgiveness?

When J told that paralyzed man in the Book of Mark, "Your sins are forgiven you," and the guy got up and walked, J was demonstrating that healing and forgiveness are the same. Of course people freaked out and took it to be J doing something that only God was supposed to be able to do, namely forgiving someone his sins. They missed the point.

One should see another person's illness as their own call for help.

Accepting that, you have a chance to be healed in your mind by forgiving that person.

This may seem a little selfish to use another person's difficulties as a way to get home.

It may seem selfish, but it's actually selfless.

Ultimately, forgiveness is saying that neither you nor the person who appears to be sick really exists separately from God. Thus you are both free. Furthermore, it's the only way for you to be free! It's all right to want freedom, and the way out is to see both of you as guiltless.

As an example, a great spiritual healer, like Joel Goldsmith, must have gotten in touch with the idea that people think they're guilty or unworthy in some way, and that the way to healing is through forgiveness.

All spiritual healers may not articulate it the same way, but the holiness that comes from unconditional love and forgiveness is essential. In some cases it triggers something in the unconscious mind of the patient – a recognition that they're really innocent and forgiven by God. Of course the mind of the healer is being healed simultaneously because there is really only one mind. There is no patient. Not really. The dream is not being dreamed by someone else.

J really did heal that man as described in Mark. After he said, "Your sins are forgiven," he also said, "that you may know the Son of man has authority on earth to forgive sins." He didn't just mean that he had that authority, he meant that you also have that authority. Do you not appear to be a Son of man on this level? Yet you are really Christ.

Of course there really isn't any such thing as sin, and J did not pardon sins to make them real. His attitude was that everyone in the dream is equally innocent because it's just a dream.

Spiritual Healing, sooner or later, it always comes down to some kind of forgiveness and how willing you are to do it. How willing you are to accept that it's all your dream. How willing you are to release your dream and choose God. This takes willingness.

There are certain things you've got to understand when it comes to doing spiritual healing, whether it's with a patient or with yourself. It's not about the patient. Now here's the second biggest rule of all time when it comes to spiritual healing:

**Pain is not a physical process.
It is a mental process.**

Dr Georg Groddeck used to ask some of his patients what they thought the purpose of their illness was! Why would he ask someone who was in pain such an irritating question? It's simple. He was immediately shifting their mind from effect to cause. He knew that the "It", as he called it, which was roughly equivalent to the Course term "ego", has made the body and was using it for its own purposes. His questioning of his patients was designed to get them to give up their ideas about being a victim and look at their own decision – made on a higher level, although he didn't tell them that – to be sick.

Sometimes when they thought of their pain as being a decision of their own mind rather than a bodily function they got well. Of course, nothing works on the level of form all the time. If it did then the universe would be predictable. The ego is very complex and highly individualised. The universe would have it no other way. Still, the principles of healing as known to a limited extent by Groddeck, and articulated much more completely in the Course, are sound ones. Healing requires a shift in perception, and as the Course asks and answers for you:

What is the single requisite for this shift in perception? It is simply this; the recognition that sickness is of the mind, and has nothing to do with the body. What does this recognition "cost"? It costs the whole world you see, for the world will never again appear to rule the mind.

The guiltless mind can't suffer, but even people who still have some guilt in their minds can control their pain and sometimes get well.

A completely guiltless mind would never suffer pain, although it could choose any number of lessons to teach. It's possible for people who are not masters to alleviate their pain and do countless remarkable things with their minds on the road to becoming masters. As J says in that same section of the Manual about a spiritual healer's patient, or for that matter any kind of a patient:

Who is the physician? Only the mind of the patient himself. The outcome is what he decides that it is. Special agents seem to be ministering to him, yet they but give form to his own choice. He chooses them in order to bring tangible form to his desires.

Once the patient or the healer accepts the Holy Spirit's forgiveness, then this is his attitude:

The world does nothing to him. He only thought it did. Nor does he do anything to the world, because he was mistaken about what it is. Herein is the release from guilt and sickness both, for they are one.

This being an advanced variation on forgiveness, but still the same.

Within that forgiving shift in perception lies your own freedom, as well as that of your brothers and sisters. For the Course elaborates:

What you behold as sickness and as pain, as weakness and as suffering and loss, is but temptation to perceive yourself defenceless and in hell.

As J goes on to say, there's an immeasurable reward for those who refuse to buy into these images they see – and instead choose the Holy Spirit's forgiveness and healing.

A miracle has come to heal God's Son, and close the door upon his dreams of weakness, opening the way to his salvation and release.

Who is being healed – the patient or the healer? The forgiver or the forgiven? The answer is both, for they are one. You can get into the habit of always having a forgiving attitude.

And thus are miracles as natural as fear and agony appeared to be before the choice for holiness was made. For in that choice are false distinctions gone, illusory alternatives laid by, and nothing left to interfere with truth.

If you are a master like J then you don't have to be healed, but you can still act as a reminder to the mind of the person you're healing that they're really Christ and that they're innocent – and any teacher of God can fulfil that function and also be healed by the Holy Spirit at the same time. The day can't help but come when you end up like J, and you'll be like a light of truth. Either way, you represent the truth to the unconscious mind of others.

The Course says of the patients who are seen by right-minded healers:

To them God's teachers come, to represent another choice which they had forgotten. The simple presence of a teacher of God is a reminder.

The words aren't important; it's the attitude. One person used to think as he looked at a patient, "You are Christ, pure and innocent. We are forgiven now." You'll think whatever feels right for you after you ask the Holy Spirit for guidance. Remembering that any form of sickness is just a dress rehearsal for death, the Course says this of God's healers"

Very gently they call to their brothers to turn away from death: "Behold, you Son of God, what Life can offer you. Would you choose sickness in place of this?"

That quote about how outside agents seem to be ministering to him reminds one of what the Course calls magic, or using illusions as solutions to problems, including sickness, instead of using the right mind. There's not really anything wrong with that. In fact, it might help people accept a healing without fear.

Being right-minded doesn't necessarily mean throwing away your medicine or refusing to see a doctor or therapist. That's been an error of many Christian Scientists. They've made a system of behaviour out of what's supposed to be an exercise in the power of the mind. If taking a certain medication makes you feel better it's because your unconscious mind finds it acceptable. In other words, you can accept that particular remedy without fear.

That's true of anything that seems to work, even though anything except salvation only works temporarily. In most cases it's better to allow the patient, and yourself for that matter, to use a combination of right-minded healing and some form of magic (medicine) – whether it's from the traditional health industry or from other forms of health care. That way the mind can handle getting well

without the fear that might accompany a sudden and spontaneous healing. When there's that kind of healing, the entire unconscious belief system of the patient can be called into question. Some people can handle that and some people can't. Occasionally it can trigger great fear on the part of the ego.

Don't begrudge people their various healing methods and don't put anybody down for using them. In many cases they are still a necessary part of the healing in terms of the mind being able to cope. Just use right-minded healing at the same time, because practice makes perfect. While you're practicing, remember that the world's magic is not evil. That would make it real. As the Course tells you:

When all magic is recognised as merely nothing, the teacher of God has reached the most advanced state.

At the same time, while an advanced teacher of God wouldn't condemn illusory remedies, he'd also know what the Course says is true:

Only salvation can be said to cure.

That's an important Workbook lesson. The Course also says in the same lesson:

Atonement does not heal the sick, for that is not a cure. It takes away the guilt that makes the sickness possible. And that is cure indeed.

Those last two statements plus the next two are like cornerstones of J's entire attitude about healing:

Being sane, the mind heals the body because it has been healed. The sane mind cannot conceive of illness because it cannot conceive of attacking anyone or anything.

He goes on to say:

The ego believes that by punishing itself it will mitigate the punishment of God. Yet even in this it is arrogant. It attributes to God a punishing intent, and then takes this intent as its own prerogative.

One shouldn't join with their body because one is not one with the body. Instead, one should join with them through the Holy Spirit and be of one mind.

Your minds are not separate, and God has only one channel for healing because He has but one Son. God's remaining communication link with all His children joins them together, and them to Him.

And that communication link is the Holy Spirit.

Those are the basics – straight from the Course's mouth. The truth is the truth, but your healing style will be your own. Never forget, all healing is spiritual, not physical. A Course in Miracles is always done at the level of the mind, with some form of forgiveness always being the Holy Spirit's tool. What you do is think right-minded thoughts with the patient or even yourself, if you're the one who's hurting, and sometimes the symptoms will disappear. You can get better and better at making pain disappear. Now here's the third biggest all-time, perhaps hard to believe yet absolutely true rule, when it comes to spiritual healing:

**Ultimately, the universe itself
is a symptom that will disappear.**

This discussion highlights the idea that everything is caused by the mind – not just sickness, but also miraculous healings.

All things, seemingly good and bad, from miraculous healings to AIDS to anorexia to spontaneous human combustion to stigmata, are done by the mind. Every single disease you know of, and each one to come, is made by the mind. What is bacteria but a projection? What is bi-polar disorder but a form of duality, proclaiming the separation to be real?

The AIDS epidemic is just a newer form of the same old thing.

If it wasn't AIDS it would be something else. In the 14th century the Black Death killed over forty million people. The death toll from AIDS is nothing in comparison when you take it as a percentage of the population, although AIDS deaths will eventually pass the forty million mark. Since the mind makes all illness, what happens is that when one disease is eradicated the mind simply makes another one. This gives the illusion of progress and hope while masking the fact that people die just as horrible deaths from disease as ever.

Studies show that when people pray for someone who's sick or being operated on, the person seems to do better as a result.

Since minds are joined, prayers can temporarily help – but they are not a cure in themselves. Only true forgiveness can remove unconscious guilt from the mind. If you will think of the things the Course says about healing, you'll see that they are really true forgiveness being applied to sickness.

Endeavours to heal people are not always apparent in their outcome.

The truth is you can't go by results because you can't see the mind. All you have to go on is the body, which isn't real. The Course's healing is all done at the level of the mind. Sometimes the physical will be affected and sometimes the healing will have some other result you can't see. If someone is doing the Course and they only have one leg, are you going to judge them as a failure if they don't grow back the missing leg? Remember, it's the mind that's being worked on. Once again, don't go by results you may or may not see on the level of form.

You are a healer, so is everyone who practices true forgiveness. As the Course teaches you:

It is not the function of God's teachers to evaluate the outcome of their gifts. It is merely their function to give them.

Again, who's really being healed? The answer is both as one, for there is only one.

Extracts from The Disappearance of the Universe – pages 408 and 409:

“I love you my brothers and sisters, who are really Me but do not fully know it. Be grateful for the opportunities to forgive each other and thus yourselves. Replace your grievances with love. Let your minds be led to the peace of God, and the truth that is within you shall come to your awareness.”

“For Christ is anywhere, because God is everywhere. Unlimited forever, there is no distinction made between Them. All that remains is One, and God Is.”

Beacons of Light painting by Di Skelly-Heron	Map of Consciousness calibration	960
The first paragraph on this page in inverted comas:	Map of Consciousness calibration	970
The second paragraph on this page in inverted comas:	Map of Consciousness calibration	996
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