

**1-22-2012; HEALING PRINCIPLES – COMPARED**  
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**PRAYER:**

Mother-Father-God; Divine-Mind of the Universe: Thank You for hearing our affirmative thoughts and prayers. We desire and affirm your perfection fills our lives, so that we may live a new way, as renewed Beings. We know that nothing happens by accident; we accept responsibility for the events and situations in our lives and within our bodies. We now reject and refuse and deny anything less than your perfection. We affirm that we now choose a new thought pattern, filled with love, joy, harmony, and good feelings! We claim your promises; we claim our inheritance as your children; and we claim that all our old ideas are now passed away, and that we are new Beings in Christ-Jesus. ...and so it is... Amen.

**SCRIPTURE:**

*II Corinthians 5:17* = “If any man be in Christ, he is a new creation; old things are passed away; behold, all things are become new.”

**MESSAGE:**

**Healing Methods**

Unity’s topic for January is HEALING. I thought it would be interesting to look up and compare techniques, principles and advice from Jesus, Neale Donald Walsch, Edgar Cayce, Abraham-Hicks, Seth, Emmanuel, and Charles Fillmore and Unity.

**Jesus; God-directed healing:**

Jesus always taught that we’re to look beyond appearances. When He raised the dead girl to life again, He said *she only sleeps*. He always healed with love, and only when requested to help. “On leaving the synagogue, He went to Simon’s house. Simon’s mother-in-law was in the grip of a high fever; and they asked Him to help her. He came and stood over her and rebuked the fever. It left her, and she got up at once and waited on them.” [*Luke 4:38-39*]

Jesus often said that “the Kingdom of God is among you (or within).” [*Luke 17:21*] He always taught that the rest of us humans have the same powers He had, and that it takes faith to heal anything. When the disciples couldn’t heal a boy, they asked Jesus about it, and He said they didn’t have the required Faith.

“...People had come from every village of Galilee and from Judea and Jerusalem, and the power of the Lord was with Him to heal the sick.” [*Luke 5:17*] That’s where our faith must dwell: in the Power of the God-Essence.

“Be strengthened with might, through God’s Spirit in the inner human.” [*Ephesians 3:16*]

“For in Him we live, and move and have our being...” [*Acts 17:28*]

“Then he called His 12 disciples to Him and gave them authority to cast out unclean spirits and to cure every kind of ailment and disease.” [*Matt 10:1*]

Finally, the disciples were able to do as Jesus had done and they cured many people. “...the sick were carried out into the streets and laid there on beds and stretchers, so that even the shadow of Peter might fall on one or another as he passed by; and the people from the towns round Jerusalem flocked in, bringing those who were ill or harassed by unclean spirits, and all of them were cured.” [*Acts 5:16*]

**Neale Donald Walsch; general:**

[Paraphrased from: *Conversations With God, Book I*]

God taught Neale about healing; He *set the stage* by saying that nothing happens by chance or accident or coincidence; nothing exists as fate. So, all persons are here to create their world, life, and experiences with the tools they’ve chosen for their own “tool box,” even if it looks unfit to us. It’s a personal soul-choice. A person in a handicapped body, for example, may seem “less than perfect” to us,

but the soul in that body has chosen it for its own soul growth. Who are we to question that? We cannot know the purposes of that soul.

He mentions that when Jesus healed people, it wasn't because Jesus saw them as *less than perfect*, but rather that the soul of that person was asking for healing as part of his or her growth process and intentions. Jesus saw the perfection in that *process*! The Christ could have healed the whole world in one fell-swoop, but he didn't. Question: why would the Christ [or the Father-God] allow any suffering? He can see that each soul has its reasons and He respects those. Again, it's a personal choice; all life's experiences come from the choices we each make. God doesn't interfere with our ability or our desire to choose freely, and neither did Jesus. Jesus healed those who came to Him, asking for help. The God-Essence does, too.

He explains to Neale that we're not to judge or condemn anyone else's choices. They are making the *right choice* for them in that *Now* moment. If they come to a point where they desire to make a higher choice, we are to be ready to assist, to help them, to lift them spiritually, but if they choose to not rise to a higher spiritual level, so be it. "Look beyond appearances." Each of us has the right and the responsibility to walk our own path & others are not to interfere. The problem comes when we judge *what's right to do or what's wrong to do*. If it seems the right thing to do to assist someone, then we're to do it, but we're to tread lightly as to the judgment on that. We're to remember that *right* and *wrong* are just personal judgments. We live in a world of duality, opposites, choices, specifically so we can see the difference and make that choice. We create our own life by our choices.

God told Neale several times that the messages, hints, and advice from God-Mind will *always be* the highest, most loving words, thoughts, ideas, directions, etc. If it's anything less than the *best for all concerned*, it's not from God-Mind, but perhaps one's own ego giving direction. [P. 46-47]

For us to choose "the best," we must have something that is "not the best" to compare it with, so we can see the difference and have a desire, a choice. The purpose of the soul is to cause us to choose the best, without judging or condemning the "not the best" all around us that we don't happen to choose in this *Now* moment. As for healing, the highest feeling we could ever choose is the best feeling of Love and that is a good definition of the God-Mind, so we're each striving for that feeling, that experience, that level of God-Mind within us. Healing is simply noticing all the possibilities, the likely choices we could make, and choosing the best for this *Now* moment, the strongest feeling of Love. [P. 84-85]

God indicates that Mind = Thoughts = Energy; the brain and all cells are transformers of energy. God tells Neale that all illnesses are self-created, period! Our thoughts are things, like magnets, and when we add words and actions to them, they become multiplied in strength. The belief might not be "I think I'll acquire AIDS today," but much more subtle, such as, "I don't deserve to live; My life is such a mess; God will punish me!" That opens the door! All illness is first created in the mind. And the most damaging thoughts are worry, hate and fear. God tells us that *health will improve* as soon as worry, hate and fear end. When we correct our thinking, we'll each heal our Self. Then God tells us to take better care of our human body, to exercise it regularly, nourish it with better food, to get physicals and check ups, and follow the advice of the doctor. And we need to strengthen our will to live. [P. 187-190]

### **Edgar Cayce; a psychic's viewpoint:**

Mr. Cayce viewed the human as a 3-dimensional manifestation of a spiritual reality. Even back then, he talked about atoms and the energy and consciousness attributed to those minute particles. He claims that humans are balanced energy that can form this physical structure that we can touch, hear, and see. The body is a composite or a community of billions of cells, each with a level of consciousness, and each cell is composed of billions of atoms, each with a level of consciousness. All of these, together, make up what we call the "I." Everything in the body, the organs and systems, must maintain their balance, and work in balance with all other cells, organs and systems, so we can stay healthy. If anything disturbs these bits of energy, the stage is set for a different environment, an off-

balance situation and a lack of coordination, which results in what we call dis-ease. Health is restored when we take action to reinstate the proper balance in cells, organs and systems.

So, when the connection and relationship between Body, Mind and Soul get out of balance, disease or illness has a way in. Cayce stresses that no matter what method is used for healing (laying on of hands; medicines; surgery; vibrations; the spoken word), the key to healing is the individual's ideas of spiritual forces and balance in all the cells, organs and systems within the person. It's determined by the individual's God-Forces within. We must be persistent and patient in re-establishing the balance for health. [Paraphrased from: *Edgar Cayce on Healing*; Warner books; P. 32-34]

### **Abraham-Hicks; personalized:**

The Divine-Mind always responds to us, whether we are thinking thoughts that feel good or don't feel good, so it makes sense to only think thoughts that feel great! That way, every *thing* that comes afterward, also gets better and better. Then, it gets easier and easier to keep generating thoughts that feel better and better! It's an upward spiral of goodness! Every life experience we have is pulled to us by the Law of Attraction [Law of Mind-Action], because that law responds to our thoughts and our verbal expressions about our life experiences. Our health, wealth, work, career, how we're treated, the shape and condition of our body, our level of satisfaction, our level of happiness...all are created by the story we tell about our life. The mood, mindset, attitude and thoughts we repeatedly think, all create the level of Well-Being we experience or don't experience, *period; no exceptions!* It's been shown that some folks can get a treatment for an ailment, start feeling better, and then go right back to the same old pattern of negative thinking and get worse again. It's like they can't get out of the mental rut they've adopted. Wellness is all about treating the mind and allowing the body to respond to that. All illness or lack of Well-Being is purely psychosomatic, *period; no exceptions!*

So, if we've been telling others how much pain we feel or how we're out of balance or so sick or so broke or so worried, etc., it's time to start telling a nicer story for our life. Whatever is important to us should be thought of and spoken of in glowing, positive terms. Let's not be so factual about what has been; we need to let go of analyzing the pros and cons of what has been. Let's create the future we desire by telling a magical story of the wonder-filled life we are experiencing, right now. What would happen then? We'd more likely see magic happen! The Laws of the Universe work wonders when we make a conscious effort to align positive thoughts, intentions, words and expectations with them.

*Feeling good* is the measure we should be using. If we don't feel good, we need to stop that and turn it into something that does feel good. Remember when we had "new thought rocks?" They were just mood-shifters. Any positive thought can make things feel better: think of a baby's laughter; sing your favorite tune; etc. Find some reason to feel really good, and with that will come more positive thoughts. Any negative emotion is a sign that we're resisting something; we're putting up barriers. All that negativity will drain us and take a toll on the body and stop new, great, wonderful things from coming into our life's experiences.

We must trust the Divine-Mind with our Well-Being. We all know we'd rather be around an optimistic person than a pessimistic person, right? There's magic in that optimistic mood; it lends joy and harmony. Pessimistic folks have nothing to give to us; they're a drain on our happy moods. We must notice and be aware of when we step out of the stream of Well-Being. That doesn't mean we should fool ourselves into thinking  $XYZ = ABC$  or that something we don't like is really what we desire after all. No, just switch your mood, change your thoughts, adjust your focus. Find someone who is positive and have lunch with her. Go someplace new; take a cruise! Get so used to taking yourself to joy, harmony and love that it all feels like *home* to you, so you can find it again and again and be comfy there. When we *know that all is well*, and we *feel wonderful*, and we *expect great things*, then Divine-Mind, the Universal Source, will bend over backward to give you proof of all that good stuff. [Paraphrased from daily notes; Internet]

### **Seth; straight forward:**

Seth tells us that we must be *very aware* of what our Self-talk is in regards to our ideas of Truth, every second of every day, because that thought-energy goes before us to create our reality. He says that there is *nothing* in our exterior experience that didn't originate within us. We create it all! We hallucinate the room and the chair and the people here. So, that means all illness and all healing originates within. [Paraphrased from: Unpublished Session, 475; Internet]

### **Emmanuel; a very poetic style:**

The Soul sends a message (called illness) via the body to the mind. When the message is received and the lesson is learned, the illness can depart. When we get spiritually confused, the body finds a way to get our attention. Each part of our illness is part of us. We need to chat with that bodily part and ask what's going on, then find a different way to deal with the underlying issue. We must embrace the underlying mental, physical, emotional issues and take the energy out of them. Whether pain is physical, emotional or mental, each materializes in a particular location for its own reasons. There are no accidents. All is truly in Divine Order; the body just reacts to vibrational stressors. If we deny energy to one part of the body, then we're set for manifestation of malfunction there. The body just indicates a lack of inner unity!

Healing can happen instantaneously, if and when we recognize the Truth of the cause. The body just shows us what the mind is unwilling to discuss, to deal with, to fix. The soul has pre-programmed the body to react this way, at this time, to get our attention. Heads up! Pay attention! What are we thinking? [Paraphrased from: *Emmanuel's Book*; P. 158-159; by Pat Rodegast/Judith Stanton; Bantam]

### **Charles Fillmore; metaphysical and spiritual:**

[Paraphrased from *Christian Healing*]

He notes that the dictionary definitions of MIND and SPIRIT are almost identical, so if we can understand that, we can more easily get in touch with the God-Mind, and understand that there's no big mystery to spiritual things, because they're not *way out there*; they're part of us and our experiences already. "Ye are a temple of God and the Spirit of God dwells in you," means that Divine-Mind is in us just like our mind lives in the body. It's easy to see, then, that Source creates and moves creation forward through Mind-Action. The way mind works is via thoughts, and it's through Mind-Action that we find the God-Mind, the One Presence. [P. 12]

Every idea produces or creates a form. A physical body is the form created by our mind. He says that the body is the "fruit of the tree of life" growing in the "garden of mind." So, if the "body-idea" is well rooted in Divine-Mind, it will constantly be supplied the Life-Force that will repair and heal any damages or dis-ease. He says that we must realize there is only one body-idea, and the conditions in our bodies express the attributes of our thoughts. Then, we have understood the main idea behind *perfect healing*. [P. 34]

Our thoughts not only move our bodies around on Earth, but move the fluids inside us and thoughts create and organize the forces in the body. Some organs in the body are self-renewing. They shouldn't wear out. Mr. Fillmore claims that when we are in harmony with Divine law and in balance with Divine-Mind, the body won't wear out. [P. 40]

Here are some quotes on definitions from *The Revealing Word*. [P. 92-93]

**"To heal** = to bring forth the perfect Christ-man that exists within each of us."

**"Healing** = the first step in all spiritual healing is to believe, and the next step is openness and receptivity to the stream of healing life. Through the exercise of faith and our words, our spiritual quality is fused into unity with the power of Christ, and the work is marvelously accomplished. . . . All healing is based on mental cleansing. When the mind is free from error-thought, harmony in the body ensues. Permanent healing is never accomplished until the mental cause of the disease, the error thought, is removed. . . . Thus, the true way to heal is to find the mental cause and destroy it forever."

“**Healing Name** = Any declaration man may make, in which the name *Jesus Christ* is used reverently, will contact the spiritual ether where the *Christ I AM* lives and will open the mind and body to the inflow of spiritual healing power. Affirm: *Through Jesus Christ, vitalizing energy floods my whole being, and I am healed.*”

So, we have much information from many sources, and they all say, basically, the very same thing. We have *all the power* needed to heal our Self; as we think, so we create and become. When we change our thinking patterns, we’ll change our body, our health, and our life. Let’s focus on all that in our meditation.

### **MEDITATION:**

This is the time when we settle into a quite, inner space and refresh our connection with Divine-Mind. Close your eyes for a private encounter, and relax; let the chair hold you; let your shoulders down and focus on your breathing, in/out. ~ Quiet the chatter in your mind and rest in silence. ~ Let your intention for the next few minutes be to gain insight on how you can achieve better physical or mental or emotional health, by healing your beliefs, thoughts, intentions and expectations.

~ ~ ~

For a moment, as you rest in the inner silence, get in touch with the Life-Force within you; feel the flow of blood through your whole body; feel the flow of life and energy in every part of your physical body; FEEL the inside of yourself. ~ ~ ~

Now, focus your attention on the one part of your body that you want healed; use your eyes like a microscope and see what color is in that area; what temperature is there now; what emotion has been stored there? ~ ~ ~

Mentally, ask that part of your body what’s going on; why is it experiencing an imbalance or a lack of harmony; listen to what your body tells you. ~ ~ ~

As you rest in silence, negotiate with the dis-ease stored there; what does it need from you now; what will it take for it to depart in peace?

~ ~ ~

Make an agreement that you’ll adjust and change your thoughts, so the dis-ease can leave; you got the message; now it can go. ~ ~ ~

Now, you must take action on your promise. Find a new, more positive expression, a happier emotion, a more positive intention, so you can be free of the old, and be transformed from the inside out, by the renewing of your mind. ~ ~ ~

Give thanks to the God-Mind for the new information and guidance you’ve received today. Gently, slowly, bring your awareness back to your body, the chair, the room, and when you’re ready, open your eyes.

“If any man be in Christ, he is a new creation...” ...and so it is... Amen.