

***The Power  
To Heal  
Is Yours!***

***How to Heal in Our New Age***

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## **PREFACE**

**T**his booklet about the art of healing is one which introduces you to the possibility of fine tuning your already developed healing skills. It is also intended for the beginning healer who is intent on bypassing traditional methods of healing, and on learning a very pure method.

Your healing skills, however fine tuned, are probably fraught with both success and failure. Most of us wonder why our healings are so slow or so complicated, even when they are usually successful. The reason is that we are often locked in a traditional method of healing at a time when our new age invites us to a higher consciousness, and therefore to a new healing methodology. This booklet presents just such an approach to healing; one which bypasses traditional methods, reflects the consciousness of our time and brings the full power you need for healing.

I invite you to read these pages with an open mind and heart. Many people are here in this age as healers. You may be one of them. How important it is for all of us to open ourselves to discover our true identity as healers and to determine our own way of healing! This booklet is intended to help you do just that. If you are wondering whether your present approach to healing yourself or others is right for you, this booklet will be an invaluable aid in helping you evaluate just such a question. Further, it will assist you in making yourself totally dedicated to your own unique approach to healing by pushing you to determine the specifics of that approach.

Thus, I invite you to an adventure in healing. I welcome you to a discovery of your own unique healing approach, and I challenge you to investigate a new and powerful approach to healing in this new age.

Should you find yourself needing something new in your healing, this booklet is just right for you. Should you want a new sense of power in the healing you are already doing, this booklet is just for you. Whatever your unique situation is, this booklet can offer you just what you need. In fact, this booklet just might be perfect for you in that its vision and perspective might offer you a whole new sense of reality and a fresh approach to healing your old reality.

Whatever it does for you, it is offered to you in love and respect for your dedication to this planet and to its need for transformation. I personally thank you for your acceptance of your personal calling as a healer and for your enthusiastic living out of that role. May you find your healing approach much enhanced as you read this booklet!

## Chapter One

**H**ealing is an art which has been practiced since the advent of man on the earth. Its roots go back to the beginnings of recorded history and before, and show the evidence of miraculous effects throughout history. In this booklet I would like to show you some of the ancient healing modalities and help you learn a practical, down-to-earth approach to healing your every need.

Every great healer throughout the ages has known the power of what has been called "the healing force" of the universe. All those who have healed have called upon this force in one way or another, often directly, yet most often indirectly. The healing force is that energy of God which directs our healing efforts and allows direct results. It is the movement of God throughout our being that makes the healing occur.

Every one of us has tried healing in one way or another. For most of us the healing has occurred simply by our being willing to "be healed" by the efforts of someone else, such as a medical doctor, friend, or belief system. In each of these healings we open ourselves to the positive benefits of the healing force as it works through the official healer. In other cases, however, healing is accomplished directly by our reaching out to that healing force and directly inviting its entry into our need, with the confident knowledge that it will indeed work. In these cases the healing works just as fully, but without the aid of the "middle man."

Why does healing work? Is it because of the "skill" of the trained professional (whether a doctor or a healer)? Or is it because the healer, no matter what his or her title, works with that healing force which does the actual healing? Whichever it is, perhaps it all happens to say the same thing; that we are healed by the full and energetic use of this healing force called *divine energy*.

What is your approach to healing what you want healed in your life? Are you a "direct" healer or do you rely mainly on others more trained than you to heal you? Whichever you are, the main factor in your healing seems to be that you were in fact healed. In truth, the very fact of healing demonstrates the power of our human nature, in that we are endowed with the capacity to be healed over and over again. This ongoing openness to healing shows us the naturalness of healing in our life.

Let's look now at how many of the great healers have done it. Keep in mind that many of these healers maintained a very high consciousness and were in many ways endowed with that healing force fully developed in their being. Many others, however, have

not had the privilege of such high consciousness and were no more "enlightened" than the average man or woman.

Also, it is important to remain aware that these healers all relied on the one healing force, no matter how they visualized it or named it. Because of their willingness to approach it they were blessed with a response which brought them healing in such abundance that even they were at times astonished. In fact, they often let us know that it was not they themselves who accomplished the healing but the healing force itself which was working through them.

Thus, the primary factor which makes the healing work is not the person who is asking for healing but the healing force itself.

## **Healing Through Prayer:**

**P**rayers have been one of the major means of asking for healing throughout the ages. Whether through pleading one's case by asking God to grant a healing or through a more personal invoking of the truth of modern medicine, many of us open ourselves to asking for healing. This asking is our way of saying, "I am open to receive the positive effects of a healing process."

What is it that prayer does? It allows us three opportunities. First, it offers the hope that there is indeed a force which can heal us. Then, it allows us an avenue of reaching out to that force. And, third, it gives us a means of opening ourselves to the power of that force as it acts through us.

Prayer is a highly useful and powerful technique for accomplishing the healing we are looking for. It can also help us feel our bond with that healing force in a way that we might not otherwise feel. Prayer is one of the most forceful means of inviting the power of healing to enter our lives.

How do we pray in order to best accomplish the healing we want? The first step which most healers take is to attune themselves with the healing force. They open themselves to know that a power much greater than themselves is at work, then they align themselves with that power. They let themselves know that they are one with that power and pray that this power will work through them just as if the power were them. So healing is accomplished not primarily by us invoking the essence of divine power but by uniting with that power and inviting it to perform its healing function through the person desiring healing.

Prayer has been used as a means of healing by many of the world's great healers. It remains one of the most widely used and successfully employed approaches to inviting healing on the earth today. Many believe it to be the only true means of healing though, of course, all other healing approaches utilize prayer in some form or another.

### **Healing Through Affirmation:**

**A**ffirmation is a statement of fact. Through affirming the reality of one's perfect condition, the divine healing force is allowed to work in cooperation with the process of inner movement. Affirmation is the approach of proclaiming perfect health, with the knowledge that fact follows thought. In other words, if you proclaim that you are perfectly healthy, your entire being must follow that decree by letting the healing force perform its perfect function within you. Thus, affirming health allows you to open your mind to accept the healing which is ready and waiting to respond to your need.

Disease is usually the end product of something which has been festering within the individual for a long time. It is expressive of the belief that a part of us is out of touch with our fuller health. Disease functions as a statement that something within us is out of tune with our total living of life. Disease is a part of a lesser life within us which commands our focus. It lives only because we allow it to have reality within our being. Your health is responsive to the commands of your "higher consciousness" in that, if you actively affirm that your body is a healthy, vivacious and vigorous entity, your cells take that command as a statement of fact and bring about the healthy, alert, and happy condition.

Many of the great healers of the ages used commands and affirmations to accomplish their healing work. Many of them proclaimed the fullness of healing even before it actually took place. Others simply said the word and accepted the fact of healing. Some actually commanded that the disease leave the body immediately, and the power of their spoken word seemed to do the trick in relieving the sick person's illness. Affirmations carry a significant power to heal, *if* the healer actually believes in the power of her or his word.

Positive affirmations affect the reality of the situation. They allow your entire self to vibrate to a new inner voice and to respond to a fuller invitation to healing. They also require your body to accept the power of your spoken word and to accept the fullness of healing. Positive affirmations allow you to respond to the vibrations of your power as you hear that power taking responsibility for your health. They also bring you to a full realization of your power as a human being.

## Healing Through Energy:

**M**uch of the healing throughout the ages has been accomplished through transmission of energy. The divine healing force has often been seen as an energy force, a movement of energy or an expression of divine flow. God has often been seen as an inner flow of movement or as a transmission of energy.

Energy is one of the best examples of divine healing, in that all of us have experienced energy and can relate to a movement of energy within us.

However you experience energy within yourself, it is important that you allow the energy to do its work. We human beings are capable of blocking energy from doing its work. We can do so simply by holding onto our conflicts, limited thinking or unresolved feelings. These aspects of our functioning can definitely hold us back from allowing the full flow of our personal energy. In truth, our whole being vibrates with the energy of God and is meant to experience the full benefits of this divine energy as health, vitality, positive attitude and personal fulfillment. But how often do we block its flow, forget its presence, and allow lesser experiences to take its place?

In reality, nothing in you is separated from God. You are fully flowing with divine energy all the time; it's just that we often forget to know it. And in not knowing it we begin to think that we're cut off from it, thus creating the illusion of ill health which we experience as real. Healing through energy simply means restoring the full flow of energy in our minds, so that we can become aware again of its full presence and movement in our whole being.

Why not allow yourself the experience of your whole energy? Why not let yourself know that you are filled with the energy of God, thereby allowing that energy to have its fullness in you? You are already perfect, and accepting that perfection will allow you the experience of it.

Now, what about the energy that is transmitted from the healer to the person being healed? In reality, the healer allows himself or herself to be used as a channel of divine energy to the person in need. This transmission of energy from universal to material form is none other than the perfect expression of divine life within the individual. It brings the fullness of energy into the conscious awareness of the person, thereby allowing the healing of whatever has blocked energy previously.

## *Chapter Two*

Let's look at you as a healer. Did you know that you have all the healing power of the universe within your very being? That's right. You are filled with all the truth, love and light that there is anywhere—and it's all right there within your conscious being. That healing force of the universe is fully present within you. And it is simply waiting for you to own it so that you can use it fully. Most of us use only a fraction of the power we have at our disposal. Most of us ignore most of our inner power to heal simply because we don't allow ourselves to believe that all that power is actually available to us.

So, within you is the power to heal yourself of anything. Within you lies all the energy of the universe, all the power of God, all the love there is, all the knowledge you can imagine. Within you is your key to fullness, health, happiness, and meaning in life.

Did you know that all the great healers knew this? They all believed that nothing separated humankind from God, that everyone can heal, that they were no greater than anyone else. They all knew that they were simply more aware of the great power which everyone has within their being to heal. But they never preached that they were anything other than the vehicle through which God was healing the person. They always allowed the person being healed the awareness that she or he was the true healer, not just the person doing the healing.

Can you imagine yourself as a great healer? You are! Can you see yourself as having all the power to heal anything? Well, you actually have it! Within you there is nothing less than the full power of God trying to come through into your total awareness. Healing is simply your response to that divine attempt. In healing yourself, all you are doing is allowing God to be present more fully. Your personal openness to the power of God at work within you is the key to allowing that power to do whatever it needs to do. Thus, what you do as a healer is first to open yourself to the full power of God as it already exists within you. Then you open yourself to its movement within you and allow it to perform whatever operations within you are important. Third, you allow yourself to know that this healing power is yours by right; that is, God intended for you to own this divine power and use it fully.

Why then do we so often hold back in healing ourselves? Why do we not use all the power there is within as a means of alleviating our pains? Is it not, perhaps, because we forget that it's there? Is it because we so often don't remember to own that power as ours?

Is it not true that we buy into the belief that power resides in others but not in ourselves? Well, we don't have to be limited by those beliefs any longer. They are no longer in our experience once we begin to experience the power of healing in our lives.

Are you not fully alive? Don't you already know that you have all the power within you to heal? Look at it this way; you are that very divine force which allows yourself to be healed. You are the permission-giver and enabler of the very healing which you are requesting, simply by allowing it to happen!

No healing can happen without the full permission of the person being healed. It is your personal permission and opening to the healing that gives it the full power to accomplish its effects. So let yourself open to the fullness of your own Power as a divine co-healer. Let yourself become the full healer you are by accepting the full power you have to transform every aspect of yourself.

In this regard, did you know that your whole life is an ongoing process of healing? Every moment of your life you are experiencing the effects of your inner power as it operates to keep you whole and healthy. This divine force of healing is ever present and active within you, never stopping from keeping you fully healthy. Whenever you become too far advanced in a problem or disease, however, you don't allow this natural healing force to operate fully or effectively. Thus, at those times, you need to open yourself to a more powerful healing force in order to break through the resistance of the disease or conflict.

Thus, in times of need, you allow the full divine force of healing to operate within you in a way other than you normally do. That is, you invite the full power of the universe into your awareness, so that you can feel its effects in your area of need. At those times you decide that the natural and normal processes of healing aren't enough for you.

This is what healing is then—a special, invited and fully experienced usage of divine power in ways other than our usual unconscious usage of that same power. In healing, we ask the divine force to heal us of what we ourselves don't see ourselves as capable of healing alone.

But is even that enough? If indeed we don't see ourselves as capable of healing our affliction or problem, then how can we believe that the divine force is any stronger? After all, aren't we ourselves the full experience of God? Aren't we fully aware of the power of God? So, if there is any doubt in our minds about our own power to heal, how can we trust that God can do any better?



So then, why do you not believe in yourself? Why don't you just know that you are the full power of God, and accept that God works through you, not just in you. God is not just acting upon you but in a very real sense is acting within you, healing your ills by allowing you to be the healer. And it's all perfect! Because God and you are teammates, partners in the beautiful experience of healing the seeming problems of the world.

Are you really that powerful? You can count on it! After all, why else would you be here on earth except for the sake of finding your perfection? Why else would God have placed every one of us here except to find our fullness? Isn't it wonderful that we are here to discover the perfection that we already are in the eyes of God? After all, you and I are none other than perfect, and nothing can change that except our belief that we are other than that. Only when our belief adheres to the notion that we're imperfect can we ignore the beauty and perfection that we are by nature. But even such beliefs cannot change the truth that God made us perfect. God made us in his "image and likeness," and thus we are divine in our created nature.

But why don't we recognize the truth of our perfection? Why can't we easily shed the illusion of imperfection and embrace our true nature as perfect children of God? The answer lies in the fact that you and I inherited a human tradition. When we were born, we took on the belief system of human history, a belief system which proposes that something is wrong with us. And once we totally believe that something truly is wrong with us, then we behave accordingly and face the many problems and pains which result from the living out of that belief system.

But why not just forget that we ever took on that belief system, and be free to find our true happiness without all the pains and problems? Why not just adjust our minds to the true reality and be totally happy? Well, in reality it truly is just that simple. But part of our belief system is that it has to be hard, that growth has to be slow, that healing ourselves must be a painful experience, that we don't fully deserve immediate release from our pain, and that only a miracle could save us from the burdens which we've taken on. Is that what you believe? Is this your attitude regarding healing? Or do you really know that you can heal yourself today of every ill you've ever taken on?

Why not allow yourself the privilege of perfect healing? Why not take your old attitudes and throw them to the wind while at the same time embracing a total commitment to healing your problems? Why not allow yourself to take on the task of total healing rather than partial healing? Why not bring an attitude of total oneness with your true nature rather than continue the illusion of your imperfection? This is your day! This is your opportunity to divorce yourself from the old definitions of yourself and embrace the true definition of yourself as perfect. Nothing can stand in your way if only you own your

true nature. Nothing can stop you from total growth if only you accept that you are already perfect. Nothing can interfere with your perfect right to be totally healed! Nothing!

So let's allow the total healing of whatever you want healed! Let's commit to the beauty of your nature and realize it fully through healing! Let's involve ourselves in a total and perfect project of complete healing, so that we can proclaim: *I'm healed fully, and I no longer want anything to do with the illusion of imperfection!*" Why not let go of our resistance to total healing and accept our right to be whole? Why not accept that it's our nature to be without limitation and pain? Why not bring ourselves all the way to our perfect selves and forget forever the illusions of imperfection? You know it's possible! It's more than possible! It's total!

You are here on earth to realize your true nature. You're here to find your deepest inner reality, that is, the reality of your divine and perfect self. You are here to allow yourself to escape forever the illusions which have beset humankind for centuries. Nothing has the right to interfere with your sacred project, especially not your own old beliefs.

How about challenging yourself today to let go of all those old beliefs which have held you into the pain which has characterized your life? How about letting yourself know how absolutely perfect you already are by nature, then committing to being that perfection in your life? How about hanging onto a new reality, the reality of your beauty and divine perfection rather than the old belief about being so imperfect? Can you let go of the old? Can you allow yourself to embrace forever the reality of your perfect nature as a child of God. Can you do it? Of course, you can! Of course, you can! Of course, you can!

So why not let go now? Let it happen! Let yourself release your grip on your old identity as I child of darkness and pain, and embrace fully your divine perfection! Let yourself know that you are already perfect, then vow to heal any remaining belief that there's anything wrong with you. So, why not do it? After all, it has to work because your perfect self is doing it. Your divine nature is finally in the driver's seat, allowing you to steer yourself through the old garbage of your life and into the light of your perfect nature. How can it not work, if only you commit to it through the duration of the drive?

Now, let's get to the question of the "how to!" Let's explore the extent and depth of the journey, the specifics of the drive and the magnitude of your commitment in this healing journey!

## Chapter Three

**H**ow do you heal? How do you allow your innate perfection to come through? Well, most of the great healers throughout the ages had to ask themselves the same questions, as they were learning their own unique methods for healing the ills of others. And what most of them discovered was that they themselves already knew the answers. They knew every answer because they already had within them the inner power operating on themselves and healing themselves. In reality, most of us heal others the same way we heal ourselves, that is, through allowing the natural power of God to flow through us toward others in the same way it flows naturally to us.

So the best way for you to heal is by attuning first to your natural way of healing yourself. If you heal yourself through energy, then you would do best to stay with that energy-based modality in healing others. If on the other hand you know that you become healed simply by affirming it to yourself, then you would be better off affirming the health or wholeness of others.

However, there is a strong, positive and perfect manner of healing which transcends all these typical methods. It is the combined energy of all healing methods throughout the centuries, and it is available for all of us to use. It is nothing short of your perfect tool for the most powerful healing you can ever achieve. This method surpasses all the traditional ones in that it embodies the best ingredients of them all. In using this method, you are sure that nothing is left out, nothing is ignored, nothing is left to chance.

This method of healing is totally simple, totally complete and totally powerful. In fact, it cannot fail.

What then is it? What has all that power to heal and is yet so simple? What is it that can so easily heal a hurt so deep that it seems unhealable? It's the method of healing that all the great healers used. It's the one healing style that surpasses the strength of all the others. It's the perfect method for you and for others. It's none other than the method of *knowing who you are, of calling upon the power of your divine nature, of remembering that God acts not only through you but as you.*

You are a healer. You already embody all the power of the universe in your being. Everything you need to be the world's greatest healer is already embodied within your consciousness. It is just waiting to be unleashed upon a world hungry for its healing balm. It

is sitting on the shelf of your inner consciousness, just awaiting your recognition and permission to be active. It is there right now, stirring within you, and awakening within you your desire to become one with it. Your healing power is in recognizing who you are, and allowing the power of that personal self to flow through you in its full energy and consciousness.

Thus, *the first step in healing powerfully is in recognizing and accepting who you are.* You are a divine and already perfect self. You are intimately connected to the divine reality and source simply by the fact that you are a life force. Your very existence qualifies you as a part of the universal force and allows you full rights to use its divine healing powers.

You are nothing short of divine in all your qualities, a part of all that is, and a full member of the divine healing force. You are now a total and fully empowered being, an emissary of God to the earth, a total healer. You cannot escape your basic nature, and that nature is a divine and healing one. You are a healer, plain and simple. You are a healer, no matter how you try to deny it.

Now, isn't it time to accept yourself as you are? Isn't it time to open your heart to recognize that your basic nature is one with the harmony and balance of the universe? Aren't you ready to accept that all that God is, you are! It's true, you know. Healing is no mystery at all; it's primarily a process of allowing your true nature to express its perfection toward others just as it usually does toward yourself. It is the outpouring of your own divine force into the heart of others, so that they can take that very same energy and apply it to themselves for the exact healing they need.

So, let yourself let go of any fear that you might not "have what it takes," and let go of any old belief in your supposed inadequacies. You're perfect just the way you are. You're just right because you're just one with God. You're right and perfect, alive and whole! You're none other than your own best friend, because God shines in and through you and expresses as you.

You're here on earth to discover your divine identity and to uncover the hidden mysteries of your divine power to heal yourself and others as you see fit. So why not accept it now! Why not believe in yourself as a divine agent! Why not belong to your own fan club and praise the divinity within you! You know, whoever wants to be a great healer can be a great healer. You can heal! You can allow the full power of God to unleash upon everyone who needs healing, simply because you're you. So how about owning your divine right to heal? It's yours! It's you!

Now isn't it time in your life to forget all those illusions of powerlessness? Isn't it time to allow your full universal power to come through? Isn't it time to own your full universal healing power and do something with it? You are already a healer—why not just

do it! Why not allow yourself the full expression of what you already are? Are you fully a divine healer? Indeed, you are! Indeed, you now possess the most valuable tool in the universe the power to heal!

Now that you've accepted your power to heal, let's look at your willingness to use that power. Are you ready to let yourself actually be the healer you are? Are you ready to let all that power come through you? Are you ready to own your right to heal whatever is presented to you? Are you fully ready to heal, or does something hold you back? Is there some block to the full expression of your healing powers? Are you holding back all that power because you're afraid to test it out, scared to see if you really are that powerful, fearful of living out what you truly are within?

Most of us don't allow ourselves to use more than five percent of our healing power. Most of us can accept that we have some right to heal, but balk at actually doing it. Most of us don't follow through with our own inner invitation to make this world a better place to live by letting ourselves heal it of its woes. Rather, we sit back and bemoan all the seeming evils of the world situation, without even thinking of the many ways we could actually help it to be healed of those ills. Are you one of those who don't even think about how they can help through healing? Or, are you actually looking for ways to exercise your God-given right to heal by committing your healing powers to our earth's betterment?

How about recognizing that if you don't give yourself permission to express your healing powers, you simply allow the most dynamic force in the universe to sit by the wayside while the earth remains hungry for its healing salve. You waste a precious commodity through neglect, and pass up an opportunity to help humankind through your powerful gift of healing. Suppose, though, that you looked for every opportunity to heal the ills around you! Wouldn't you be filling your days with a meaningful experience of love? And wouldn't you actually be the channel of healing which you have every right to be? And wouldn't you want to continue healing humankind of all its ills?

You and I need to heal. If we don't, we ignore one of the underlying reasons that we're here on earth. If we don't, we forget who we are and slowly take on the definitions of the illusory earth consciousness about ourselves. We're really divine and perfect beings. If we forget that, then we forget why we're here on earth as well and, finally, we forget to manifest our true nature in its most precious commodity—its healing force.

So, let's give ourselves permission to risk healing. Risk implies a willingness to be who you really are. Risk means letting go of pride or fear so that your true colors can flow. Risk signifies your desire to let your real self express creatively and fully, without letting anything get in the way of that expression. So let's risk it! Why not? After all, you are divine,

aren't you? You own the most powerful force there is, don't you? And you are fully filled with divine power to heal, aren't you? You and you alone have to make the decision regarding whether you will let yourself be the healer you came here to be, or whether you will choose to pass it up again. Nothing in your experience will coerce you to heal; God does not force. But something in your consciousness knows how right it is for you to accept your innate healing mission and will continue to push you until you accept it fully.

Now, what about your right to heal? Isn't it your right to heal only those who want healing? Aren't you bound by the free will of others, able to heal only when there is an invitation by them to heal them? Not at all! While another person does play an important part in the acceptance of your healing, the healing itself is in no way dependent upon that person's free will.

If it is right for that person to be healed, then you have the right to heal them. If it is not time for the person to be healed, then your healing efforts will not have their full effect. Your healing must be in perfect accord with divine will, otherwise we would not be connected perfectly with the universal mind. The universal mind is filled with infinite wisdom regarding the progression of our human consciousness. The universal mind knows exactly when it is time to heal and when it is time to hold off. Why should we divorce ourselves from that divine consciousness by aligning ourselves with the human will, especially if that human will is opposed to what is right and perfect for it?

You are a perfect being and a blessed healer. Why not fully accept that status right now by proclaiming, *"I am a fully divine healer! I am I perfect child of God and need healing no more because I now accept my nature and deny my illusions!"* I am fully aware that you want nothing other than the perfect healing for yourself and for those whom you love. But what about your right to heal without the other person's permission? What about your right to heal without resorting to seeking that permission? What about your right to align yourself with the divine within that person's consciousness rather than his or her misguided human perceptions regarding what is right?

In reality, you are a divine healer. In reality, you have the full right to heal anyone if and when it is right according to that person's divine plan. Nothing has the right to interfere with what that person wants for himself at the level of his divine consciousness. You can make the total difference for that person if you allow yourself to identify with his or her divine self rather than be limited through alignment with a less clear, more foggy view of what is right for the person. After all, would God send anyone upon the earth with a plan to struggle forever on this plane? Would your own divine consciousness allow you or anyone to continue one moment longer in the illusion that it is better to suffer rather than to be

healed? Isn't it a little ridiculous to believe that suffering has any merit other than as a signal to listen more clearly to the inner divine voice that is inviting us to heal the problem?

So what about your right to heal, no matter what the consciousness of the person? Are you ready to accept that you are a divine healer and give yourself permission to heal yourself and anyone else in accord with what is perfect and right? Are you prepared to allow your divine healing power to come through and make the big difference for yourself and for everyone around you? It's time, you know! It's time! After all, haven't you already wasted enough time waiting for some magical force to rescue you from the illusion that you don't have enough power to cure yourself and others? Isn't it time now for you to own the force that you are, and to express it freely? Isn't it time that you let yourself know the tremendous healing power that you are? Aren't you ready to let that power come through you and do what it is fully intended to do? How about letting yourself know how powerful you are, and decide to stop wasting time in your life? You are here to take charge of your life and to help others do the same. You are not here to sit by passively while illness and problems take over your life or the lives of others.

So, how about it? Are you ready? Isn't it time? You know it is. You know that you are here to let your divine power to heal come through, and to become a powerful channel of that healing force. Why deny it any longer? Why not own it fully? Why not become your full and true self? You know happiness comes only when we allow ourselves to accept ourselves as we are, not from denying the uniqueness which we have to offer. You are here to heal, so why not get on with it? It's time!

Now, how about your right to own your power to heal anyone of whatever is wrong with him or her? You know, many people simply go through life believing that they are a victim of illness and problems, thinking that the purpose of life is to endure its "trials and tribulations" and come through in one piece. But it just isn't so! The purpose of life is to live fully, happily, without pain and without problems. The purpose of life is to allow the fullness of our divine selves to shine through, so that you can enjoy every moment here. The purpose of life is to create circumstances in your life that are perfect for the enactment of the very personality orientations you have.

Why not accept that we are here to be free, not fettered? Why not believe that you have the right to heal without qualm, rather than feel locked into some consciousness of lack? Why not know that you are here to live fully, not partially.

Is your life purpose one of taking charge? Of course, it is! So why not accept it now? Why not live fully, through the process of healing your own illusions and owning your right to total happiness? Why not have the full and total secret to living right under your own nose, and be willing to share it with anyone who wants it?

You are here to heal, so let's get on with the process. We've already outlined that the first step is one of owning your divine nature; the second is that of accepting your right to heal because of that divine nature; the third comprises your willingness to risk to let go and become the healer you already are; and the fourth is your own determination to heal despite the appearances of "free will."

Now, let's look at the fifth ingredient in healing, your ability to develop your own healing style. After all, none of us was born a carbon copy of everyone else. We have our own unique personality, physical characteristics, and emotional nature. So why shouldn't we have our own personalized healing style? After all, we're not here to fit into a mold in any area of life, let alone healing. So, look at yourself as a unique healer. Look at your healing talents as personal to you, with just your special touch, your personalized mark. Isn't this a wonderful picture? Of course it is! It's wonderful because it's you! It's no one else, nor is it anyone else's style of healing.

But how can you discover your own unique style? How can you know what your own technique for healing is? How can you take your own uniqueness and transfer that into the healing realm?

First, it's important that you precisely know who you are as a person. Are you a person who is strongly mental, or are you one who experiences a lot of emotion? If you are more typically a rational, logical thinking person, then your healing style is probably going to be more mental in nature. If you're more emotional by nature, then you'll probably want to envision healing as an extension of your caring, loving self. Specifically, whatever your personality style, it will direct your healing efforts and approaches.

Let's look at the more **mental approaches to healing**. If your personal style is a thinking one, a reasoning one, a logical one, then you'll want to look more deeply into a mental approach to healing. Such an approach is stronger, more definitive, and more mental than emotional. If you're a strongly mental personality type, then consider the following approach to healing:

Step 1: Command that the person needing healing (or yourself, if you need the healing) to be present to you in spirit.

Step 2: Ask that person to release his/her need to hang on to his/her problem.

Step 3 : Don't accept "no" as an answer. Command him /her (or yourself) to release the problem into your own divine mind.

Step 4: Take the problem, now located in your own divine mind, and release it out into the universe, with these words: "I now command this problem to remove itself from my mind, and to enter the healing energies of the universe."



Step 5: Express gratitude and thanks to the God-force which completed the healing.

If, on the other hand, you are more emotional by nature, allow yourself to consider the following **feeling approach to healing**:

Step 1: Feel the presence of the person needing healing in your own heart.

Step 2: Allow yourself to love that person just as he/she is, not as you might want him/her to be.

Step 3: Feel the problem of the other person melting away as you just continue to love him /her.

Step 4: Know that your love will heal the person completely. You don't need any other approach.

Step 5: Continue loving the person until it feels like the healing is done.

Step 6: Express gratitude and thanks to the person now healed, and to your own divine, loving self.

Now, if you are **a combination of both the mental and emotional** types, you might want to consider the following approach to healing:

Step 1: Know that the healing force of the universe is present to you and within you.

Step 2: Call the other person before you in spirit, and demand that he/she release his/her problem into your hands.

Step 3: Take the problem, now in your hands, and place it visually into your mind.

Step 4: Think about the unreality of the problem, how it is but the end result of illusory thinking on the part of the person.

Step 5: Then place the problem in your heart, and love the person whom you are visualizing before you.

Step 6: As you love the person, feel the pain of the problem melting away.

Step 7: Now command the remaining pain to dissipate, and allow the underlying problem to surface within the loving arms of your heart.

Step 8: Feel the person's underlying problem in your heart, not by taking it on as your own, but by being one with it in spirit.

Step 9: Will the underlying problem away both through commanding it to be gone, and in loving it away.

Step 10: Once it is gone, express gratitude—to yourself as the healing force, and to the person healed for allowing the healing to be fully accomplished.

The above approaches are only models of what might be your personal style of healing. But remember, you and you alone can decide what your personal approach is. You and you alone are the author and creator of your healing style. These models are models only, not the right or correct ways. While we can talk in general terms about the best approaches to healing, it is the healer himself/herself who determines what approach is perfect and right for her or him.

Now, can you decide which approach feels best to you? If so, then take some time now and define it to our satisfaction how the "full you" can best be embodied in a healing approach. In these few moments decide how the uniqueness of you can take the perfect healing form. If it fits one of the above models, wonderful. If not, then by all means decide on your own model, not any of the above examples.

But what if you can't decide whether you're more mental or emotional? What if none of the above models is particularly appealing? In that case, it's even more important that you go back to the drawing board of your own nature and define its distinct quality or style. For example, you may be neither mental nor emotional as a primary personality type. You may be kinesthetic, a "feeler." Kinesthetic types are those intuitive, feeling, knowing persons who just have a feeling for what is going on around them. They don't have to figure it out cognitively, nor do they get into their own feelings about it, rather, they "just know" intuitively. If this is your personality style, then you've found a home in the healing arena. Specifically, try on this **kinesthetic, intuitive approach to healing**:

Step 1: Feel the presence of the person needing healing.

Step 2: Let yourself "just know" what needs healing. Believe your first intuition, for it's almost certainly right.

Step 3: Place the problem before your intuitive mind, and let yourself know what way to heal it.

Step 4: Follow through with the way it feels best to heal even though it may feel like you are on your own with no "authority" behind you.

Step 5: Know that the healing you have just done is fully completed and fully effective.

Step 6: Express thanks and gratitude to the healing force behind this healing.

But what if you're still not fitting into any of these categories? What if you are neither mental, emotional nor kinesthetic? Well, there's still hope for you! For there are as many different types of personal orientations as there are people. If you are somewhere in between these types, or even somewhere outside of them, all you need do is take the unique self you are, define it to yourself, then allow its special qualities to take the specific healing form which is appropriate.

For example, you may be the type of person who knows instantaneously what the problem is and what to do about it. For you, perhaps healing just happens as a function of that knowing and needs no other "ritual." Perhaps it's in the knowing that the healing occurs rather than in the willing. If you are in this category, you would do best to continue accomplishing your healing in exactly the way you are already doing it rather than by trying to learn a new method. There is typically no substitute for a natural approach to anything, including healing. If it's happening automatically, without effort, then you're already there; you don't need to learn anything new about it.

## **YOUR PERSONAL STYLE**

Why stay back in an old style of anything when it's time to move forward into its new expression. The reason you are reading this booklet at this very moment relates to the fact that something within you is pushing you to expand your consciousness. An inner force is asking you to change your consciousness—to allow a new awareness of life, a new technique for expressing that life. For example, if you are in the process of opening your consciousness to a new vision of God, or of healing or power, then it's most appropriate that your style of healing change to accommodate your new vision.

Specifically, when you are much more powerful in your relationship to life, then you need a more powerful way of expressing that power. Healing is the most powerful approach to life that we have. Some weaker means or styles of healing are appropriate for a weaker consciousness of life, but newer and stronger techniques are more appropriate for a stronger concept of healing.

Ask yourself, am I the strongest healer on the face of the earth? The answer, ironically, is "yes, you are!" It's ironic because your first impulse was probably to answer "no." In reality, since there is only one healing force anywhere, and since you're a part of that one force, you ARE indeed the most powerful healer alive. However, others share that

honor with you to the extent that they open themselves to the fullness of their healing power. Why else would some healers be so powerful while others seem weak as healers? Because the amount of power which pours through us into the other person depends on the degree to which we have opened ourselves to allow such power to express in and through us.

So you and you alone are the most powerful healer alive today! Not because you're any better or stronger than anyone else, but only because you know as well as anyone else that the healing power called God is totally available to and through you; that that infinite power cannot be harnessed or limited anywhere, and that you are being led to own your own power as a healing force. So from now on you can't hold on to an old form of healing because it wouldn't accomplish the tremendous task of healing to which you are dedicating yourself.

In fact, your new consciousness of healing is directing you to establish not only a better form of healing but THE ultimate form of healing. You are experiencing within you the burning question, why shouldn't everyone on earth be freed from the bonds of illusion, pain and problems? Why shouldn't you and I be allowed to be the healers of that illusion and pain for the whole human race? Why not let our dreams become full reality through the art and practice of healing? The only answer to this question is, of course, you're right!

There's no need to hold on any longer to the old consciousness of pain or deservingness of pain. There's no need to believe any more that we deserve to suffer, or that there's any value or merit in enduring a pained existence. The whole human race deserves to be freed from that illusion, and opened up to the truth of its existence that each person here on earth is God-rooted, God-sourced, and God-directed. Once the whole human race is imbued with the awareness of its divine nature, all pain will be over, all suffering abolished, and all misery ended. And it's your role to take part in the final abolishment of that pain and consciousness of pain, by healing it. It's your role to love the human race through its pain into perfect health, through healing. It's your function to open the consciousness of the whole human race to its divine nature, by healing its illusions about itself. It's your mission to begin now by practicing the art of healing on yourself and those near you.

So what are you waiting for? Define for yourself your own personal style of healing, and get on with the real reason you're here on earth, to heal!

## ***Chapter Four***

**L**et's look at you and your unique self for a moment. You know you were sent here to earth to take charge of a life, your life. Second, you are here to help others take charge of their lives. Third, your purpose and mission here is to look after the welfare of the human race as a whole. Until these missions are accomplished, something within your being will nag you until you continue on the path to their accomplishment. So let's ask you the question, in what way are you here to take charge of these areas? In what way are you called to be a healer of the pain of your own being, of the lives of others and of the human race?

Already you're wondering, did I miss something? Who said I was here for all those purposes? That all sounds pretty overwhelming to me, I think I'll pretend that I didn't read that part. Well, in a way you're right. In a way no one ever said to you that you have an obligation to the whole human race, no one that is, except yourself. Search in the depths of your consciousness and you'll find there a commitment which you made way back when. It's a commitment to heal this earth, to love this human race, to transform its ailing consciousness. Does it sound too awesome, too big, too grandiose? Well, it's not!

You and I are here to make a difference, to transform a world, and to instigate an age of peace and harmony. In a sense that's very awesome, but in another sense it's only a reintroduction of the pure and natural state which we deserve in the first place. We're only here to reestablish our natural way of being, to reinitiate our perfect place in the universal scheme of things, and to carry out the original plan for a happy human way of life.

Someone has to do it. Someone has to take the responsibility to initiate this new age. Could it be you? Could it be you? Perhaps! If you find yourself a bit uncomfortable with the suggestion that you're that important to the scheme of earthly evolution, then you might suspect that it could be you indeed. For your very discomfort may be a hint of your very awareness of your unique role in this planetary healing.

Now, how unique are you? How special are you? How much do you matter, not just as another of the world's great healers, but as the greatest healer of all time? Well, you matter enough that this booklet was written just for you. You matter so much that the earth would not be the same without you. You are so important that the human race would not have nearly the amount of light and love it presently does, unless you were here in the

unique form in which you came. But much, much more than that, you are YOU! And the you that you are is like no one else, either in your make-up or in your life purpose. Who else can boast of such a total life mission? Who else can allow all the power of the universe to flow through them? Who else is open to becoming the fullest healer of all time? Who else but you!

In reality, you're here to heal. In reality, your whole being won't be satisfied until you get on with the fullness of that healing mission. So, how about it? How about owning not only that you have the divine power to heal, but also that you have the divine *mission* to heal? How about owning your right to heal totally, to heal the whole earth, to heal anyone or anything, to heal yourself totally? How about letting yourself know your divine mission to heal it all, to transform the face of the earth, to bring all of humanity to the full realization of its beauty? It's all there for you—all you need to do is search the depths of your consciousness, and you'll find it spelled out perfectly and clearly: "you are here to heal!"

Does the earth want to be healed? After all, there's nothing more discouraging than to undertake a project of helping someone only to discover that the person never wanted to be helped in the first place. So we need to decide whether the very human consciousness in which you the healer lives, is even seeking your healing. In a sense, an argument could be made toward a negative conclusion. After all, doesn't it seem that the earth is headed for a dangerous clash with adversity? Doesn't it appear that human consciousness needs to be stopped in its tracks before disaster hits us all? Doesn't it appear that no one has been able to make a positive dent in its collision course to date? And finally, doesn't it seem apparent that no one could stop it even if they tried?

Well, I strongly disagree with the above assumptions. How else do we deal with the contributions of such notable leaders as Mahatma Gandhi, John F. Kennedy, Anwar Sadat, and Martin Luther King, just to name a few? How else do we explain the positive gains in world peace, in the abolishing of hunger, in control of disease, or in the increase in human harmony on this planet, but for the healing contributions of you and me? This planet is far and above better off today because healers like you have dared to make a difference. And just think what could have happened if all the healers of the earth would have doubled, or even tripled their willingness to demand the total healing of the earth?

What we are talking about here is your specific ability and talent to heal. Also, we're talking about your right to take charge of healing in whatever way it is right. Third, we're talking about your giving yourself permission to "go for it," to leap into actually being a strong and powerful healer.

Why don't most of us accept the inner invitation of our spiritual selves? Why don't we respond with total dedication to the invitation to heal? It's usually because we're afraid

to be that important, that totally dedicated to anything which is so powerful. Fear is the unnatural enemy of the progress and growth of most of us. In your case it may be that you've gotten somewhat secure with the way people look at you already, and you're not willing to change identity, and become known by your new identity of healer.

Or it may be that you're afraid of the sense of responsibility that might accompany such a daring dedication. Also, you might be afraid to let go of an old security, whether that security is one of needing anonymity, needing protection, fear of letting go of what feels safe, or fear of the theoretical insecurity of what lies ahead. No matter what, fear may be holding you back right now from actually being the strong healer you were meant to be in your life and in the lives of others.

To whatever degree this is the case, take a few moments out to heal the fear. Spend these moments with me as together we heal the very barrier to your total life purpose. After this healing, there will be nothing else to hold you back from being the healer you are here to be. So how about letting go of the fear of being the complete healer, by joining me now in the following healing ritual:

(1) Place before you in spirit, your fear.

(2) Identify exactly what the fear is. For example, is it a fear of becoming more important than you are ready to accept? Is it a fear of losing the security of an old personal identity? Is it a fear of the unknown? Now, even if you can't specifically identify the nature of your fear, it's not important, because you didn't really need to know the specifics of what you're healing. So long as you're intending that perfection take place in and through your healing efforts, you're covered.

(3) Tell the fear that it is about to be transformed into its purest form. After all, there is no such thing as fear in reality; all fear is simply a lesser experience of love, just as all anger is simply a lesser experience of power. Thus, healing of your fear in this case will involve transforming it, that is, changing it from its lower or lesser form back into its pure or essential form of love. And after all, isn't that what all healing is, a transmutation of the energies of the "problem" into their purest form? So, you're now free to tell your fear that it is about to be changed back into its essence, which is pure love.

(4) Command the fear to follow the guidance of your spiritual energies, which are about to take charge of changing it into love.

(5) Now command your spiritual energies to accomplish the transformation. Command the divine force to heal the fear by changing it back into its original and pure state of love.

(6) Know that it's done! If there's any doubt in your mind, simply take a moment now and attune to the level of your former fear, and feel whether there's any fear left. Sure enough, it's gone!

(7) Express your gratitude to the healing force of the universe as it operated through you in this healing.

Now, the question arises, why did it work so easily? How could it be healed so thoroughly without a long and involved ritual? The answer is this: because you owned your power to heal, because you allowed the divine healing power to be a part of your total consciousness, and because you had committed yourself to being a powerful healer.

Healing is actually the easiest process in the world, simply because it involves restoring any apparent problem to its original perfect state; fear into love, anger into power, anxiety into a sense of personal strength, worry into a sense of security, physical illness into healthy cells. It's really easy to restore anything to its natural state because there is a force within each of us that is committed to our perfection, that has not forgotten our naturally perfect state and condition, and that will stop at nothing to get us back into our rightful inherited condition of perfection. And healers simply align themselves with that inner force that lives within the consciousness of each person and command what is natural to take place. And in that this inner healing force within each person is inherently strong, in fact, stronger than any illness or problem, the work of healers is made easy.

Why do we think that healing is so hard? Why were people so amazed at the miracles of Jesus? Why shouldn't we expect that perfection is a rightful and expected part of everyone's reality? The fully empowered healer does expect exactly that:

- that everyone has a God-given right to be whole and healthy in every way
- that nothing has the right to interfere with that God-given right
- that each person deserves full and unbridled health and vitality
- that you and I are here simply to make it happen

And we can make it happen simply. That's right, simply! It's really no big miracle when a person who was sick is instantly restored to health. It's simply the way it's SUPPOSED to be, the way it's meant to be, the way it ought to be, the way it must be if we're to live fully and joyfully on earth.

Let yourself open your mind to believe that in healing anyone you are simply making happen what is that person's nature and right to happen. You are merely actualizing his or



her perfect state, his or her inherent human claim to a perfect body, a healthy psychological being, a strong mental process, and a perfect spiritual attunement. Is that wrong? Is it unhealthy? Is it imperfect? Not at all! The only reason we become awed by miracles when they happen is that we've bought into a human way of thinking, which believes that our imperfect and unnatural way of living is the norm, and that a perfect person is an oddity. Isn't it absurd that we've actually allowed ourselves to believe that being imperfect is natural?

Now, how about examining your own attitudes in this regard! The last time you were sick, did you allow yourself the luxury of knowing that perfection was right around the corner? Did you think that you were on your way to health? Did you allow yourself to know that you were in the process of manifesting your natural state of perfection?

Or, on the other hand, did you feel victimized by that sickness, overwhelmed by it, or undone by it? If you experienced any of these latter three reactions, it might suggest to you that you have bought into the human consciousness of imperfection and accepted that it is a reality that can have a true grip on us, rather than knowing the truth—that all illness is but a symptom of an inner force seeking its natural perfection within our consciousness.

So how about letting go of all those old assumptions about problems and illness? After all, the true healer never feels afraid of, or dominated by, the very sickness or problem which he or she is healing. The full healer knows that nothing is real except the perfect state and condition of each person being healed, except the full divine consciousness of every person.

It's each person's divine consciousness, not their human illusions, that is always present and is their central truth. It's each person's perfect self that invites and directs the healing of all illusions in the first place. It's every person's total and whole consciousness that wants nothing short of perfection at all times. And best of all, you and I are in an age where more and more people are so one with that perfect and divine self that our collective human family is inviting more and more healing all the time.

Do you need proof that you are really perfect? Do you need someone to demonstrate to you the absolute perfection of your being, despite the many illusions of imperfection which are so seemingly obvious to you? Many of us need just such a demonstration before we'll believe that we have a right to make perfection *the* reality in our healing approaches. Many of us aren't willing to leave behind the human consciousness of pain and misery without giving it a final blessing of personal loyalty.

But isn't it true that you are here to make just such a transition from old to new consciousness—from a belief in pain to a belief in happiness, from a reliance on imperfection to an adherence to your perfect and natural state of divine joy? For many of us

that change does not come easily. That transition is often a painful one because we attempt to leave the old behind by embracing the same old process of pain that characterized it in the first place. But such a pain-filled process is simply not necessary. In fact, isn't it true that we can let go of the old, no matter what it is, easily and simply, just to own our perfect state without pain? Nothing should ever be allowed to cause pain to a person so beautiful and precious as yourself. So why allow the transition from old to new to be a painful one? It just doesn't make sense.

Join me now, if you will, in an exercise that is geared to making your personal transition into your perfection an easy one, a joy filled one, and a beautiful one!

Picture yourself as happy—really happy! Whatever picture comes to your mind, or whatever feeling comes to your emotion, just accept it as perfect. Know that you are perfect and happy, right now. Know that this picture or feeling or knowing is perfectly characteristic of you as you really are, not as you have thought yourself to be. Know that you are perfect just as you are, and in the state you are picturing or feeling.

Now allow yourself the luxury of saying the following sentence to yourself, over and over: "I AM A FULLY PERFECT AND BEAUTIFUL BEING, RIGHT HERE AND RIGHT NOW!" That's right, you're perfect just as you are!

Now, can you allow yourself to really believe that? Can you bring yourself into harmony and balance with your inner perfection, in exactly the way your inner being is bringing it into your consciousness? It's wonderful, truly wonderful! Now, let that sense of your own beauty bring you into harmony with that same beauty in another person you might want to heal. Then allow yourself to heal in that person exactly what you've just healed within yourself.

But wait. What did you heal within yourself? All it seems that you did was to focus on your perfection. That's right! All you did was to become aware of how wonderful and perfect you are, and to own that as a reality in your life. So where's the healing in that? Where's the transformation of the old consciousness and the adoption of the new? Actually, it all took place without even focusing on it.

Why? Because you accepted your beauty and perfection, because you owned your right to that perfection. And in just such an ownership of perfection lies the healing of the old consciousness. In other words, since the old is only an illusion in the first place, it's often best to ignore the illusion and to focus exclusively on the reality and truth of our being. And in that focus on truth, the illusion simply disappears. Thus, you accomplished the strongest transformation possible—simply by owning truth and without having to bother with the old, with illusion.

Now, are you thoroughly satisfied that you are no longer holding on to an old consciousness of pain or suffering, of problems or illness, of slowness in growth rather than instant growth? If not, again search the depths of your consciousness and discover therein what kind of pain is present. That's right, again, there is none. You're healed! It's just that simple.

But what about all those old beliefs about the importance of pain? What about our assumptions that suffering is necessity if we are to grow? Are some of them still inside us, maybe deep down inside? Perhaps so, but they are just as easy to heal as the ones we just healed through our little exercise of focusing on our perfect state. Nothing is hard to heal. All we need do is accept our perfection as a natural state, acknowledge that any problem or illness is an attempt on the part of our spiritual consciousness to release a former cog in the wheel of progress, and demand that we simply experience in our consciousness what we are in reality.

You really are perfect—already! You really already know how wonderful and exceptional you are! All healing is, is the bringing of that awareness from its deeper spiritual plane into your conscious awareness, then allowing that conscious awareness to bring about its natural effects in the daily experience of yourself and of the person you're healing. Are you ready to do that?

When the art of healing is demythologized, that is, when the historical story is taken out of it, it's easy to see how perfectly right it is to heal. Your role in life as a healer is just right for you, and for everyone you will ever heal. All you need do is remember that it's not magic, it's natural. In fact, it's more than natural, it's wonderfully natural. I say this because it's one thing to have a natural state of perfect joy, but it's a much more wonderful thing to enjoy a restored natural state once the illusion of imperfection is removed. Now that's cause for true rejoicing.

How can we allow ourselves the illusion of not being a healer when we see that the whole world is crying out for healing and transformation? Isn't it true that everyone in the world wants a perfect life? The only confusing part for many of us is that we get distracted by the seeming contradictory behaviors of so many people who seem so bent on hurting themselves or others. We have come to think that the reality of the person is in their deceptive illusions and irresponsible behavior, when in reality those illusions and that behavior are but indicators of a misguided consciousness, or a person lost in the illusion. It is obvious that the real person wants out of the trap. Would anyone want truly to be left in the very mud-pit in which they are drowning? Never! Your role as a healer is one of leading

people out of their misconceptions and problems despite what their illusion-bound personalities seem to think is good for themselves or others.

So it's time for you to own your God-given right to heal. It's also time to own your role as a world healer as well as a personal healer. Finally, it's time for you to own the fact that healing is easy, simple, natural, and instant. That's right—instant! After all, why should we put up with any misconception or illusion of slowness in healing? Note that Jesus, the great healer of the Piscean Age, healed instantly, not over time. He knew what the greatest healers of all ages knew—that a slow healing comes out of a consciousness that believes that healing has to take time.

In the spirit of the “self-fulfilling prophecy,” what we believe actually does happen, but in accord with the nature and specifics of our belief. Thus, if we believe at any level of consciousness that healing any problem might take some time to be accomplished, then it will indeed take that amount of time. If, on the other hand, we know that all healing can happen immediately, and further if we own our right to demand its instantaneous happening, then instant healing will indeed occur. Finally your right to heal instantly is in fact insured by the very fact that you are a healer. For healers are propelled to the fullest limit of their skill levels, and that full extent includes instant results in their healing.

Finally, whatever healing you are called to accomplish here on earth, know that it is perfect for you. Others may be called to be the obvious healers, the famous healers, while you seem to melt into the background of human awareness. Many are here to be what I call the non-obvious healers. These, and you may be one of them, are those who are the silent pray-ers, the ones who heal themselves, their friends and loved ones, perhaps even the whole earth without anyone knowing. If you feel called to this more silent mission, then such an approach is probably your unique calling. Please know that it is no less important or essential than the role of the so called great healers.

Now, how about your desire to be a healer? If you have noticed a deep nudge, an inner push, a strong desire or a nagging demand from within you that says, “You’re here to be a healer,” then you can count on the fact that you are indeed here on earth to make a difference through healing of some kind. But what kind of healer should you be? There are so many different ways to heal others, so many unique methods of healing, so many types or approaches to healing. Just a cursory glance at the many healers of the earth will give you a strong impression of the multi-faceted approaches there are in this area of creation.

So how do you know what your unique mission as a healer of the earth is? How can you be sure that what you feel in your inner regions is going to express in the way which is right for you? How do you know how to heal? Well, the best way of knowing this answer is

to seek again within the depths of your own being, wherein all the answers for your life lie. Down at your depths is all you need know about yourself and the world as a whole. What does it feel like down there? What does that level of wisdom therein seem to be trying to tell you? What is your unique approach as a healer?

In reality, your special gift as a healer is exactly suited to your personal desires. In other words, before you came to earth you decided exactly what kind of healer you would be. You programmed yourself, so to speak, so that at exactly the right time, that unique approach to healing would become obvious to you. So all you need do right now is ask yourself at the depths of your being, what is my special type of healing?

The following categories may be helpful in guiding this inner search. Keep in mind, however, that the chances are that your special type of healing approach will fit none of these in exact design. Rather, your style may fit one or two, or more in some ways, but not in all ways. Read through this list of healing approaches, then spend some time within the inner wisdom of your own being and see what happens.

(1) Some healers heal others through the process of thought. They simply know the perfection of the other person, visualize that person as perfect, and believe with all their heart in the fact that that person's innate perfection will heal the person.

(2) Other healers heal through energy. They view all healing as a process of divine energy transforming the illness or problem. They simply draw out any negative or lesser energy, then call upon the universal healing force to fill the person with positive energy and light, thus accomplishing the healing of the problem.

(3) Still other healers see the absurdity of all illness. These healers call upon the illusion of all illness or problem, seeing these effects as simply the outcome of an illusory belief system which we as a human race have bought into. In other words, belief in the reality of illness is simply that, a belief. If we believe otherwise, then that more perfect belief will have its own effect, the effect of health and happiness. Thus, these healers simply deny in their own minds the reality of illness, see it as nothing more than an experience caused by illusory belief and demand that pure truth hold sway in the life and experience of the person. Nothing, they claim, can hold any power over the knowledge of the truth.

Which one of these approaches to healing characterizes your own thinking? Perhaps none of them, perhaps all of them, perhaps only one of them. Whatever your personal style, it's all within your grasp as you now ask yourself what is your personal and special gift in healing.

Now, let yourself feel within your own being. Is it saying to you, "You must heal this way, or that way!"? If so, you would be wise not to trust that such guidance is accurate. For the divine essence of our being does not usually command us to do anything, but rather gives us the information, tells us what's right for us, then showers us with the help we need to accomplish just such a task. It never forces, never coerces, never shames, never commands. If your personal guidance has any of these more forcing characteristics, then you would be wise to question the accuracy of its messages.

Chances are that the more real and accurate information is being channeled through your own more guilt-oriented or obligation-oriented feelings. If such is the case, then you probably would want to cleanse or heal your own guilt/obligation first, then check the guidance once more. Guilt is one of the most forceful interferers to correct attunement that there is. If you feel guilty in general, then you can feel fairly certain that that guilt is stopping some degree of inner spiritual flow, only because at that level of depth you believe that you don't deserve the full loving quality of your inner divine flow.

Now, suppose that you've felt/heard/contacted the answer to the question of your unique style of healing? Suppose that you now have a general feel for your special way of healing? Suppose that you're fairly satisfied with the accuracy of it, at least for now? What then? Well, it's now time for you to own your right to be that kind of healer. It's time for you to let yourself flow with the movement and energy of your unique way. It's time for you to "let go and let God" in your healing life.

How? How do you "let go and let God" flow through with all that healing power? First of all, it's easy! Remember? It's easy if and when we simply allow it to happen. The only problem with any flow is that we are generally afraid to let it happen. We're afraid that something unknown might happen, or that something hurtful might occur to us, or that we might experience discomfort of some kind. And yet, aren't these silly little fears? Aren't we letting a learned experience, fear, dominate a much more potent force which is just waiting for our full permission to unleash it? Aren't we permitting a lesser experience to keep us from being what we're here to be?

In reality, you and I are on earth to heal. In reality, we need know only that, we're here to heal! Whatever else needs to happen in order to make that reality occur, it will happen, either with our knowledge and cooperation or without that cooperation. In other words, we don't control the means of our destiny in areas in which we've already decided at a spiritual level what is going to happen. Thus, you've already decided spiritually exactly how you're going to heal and exactly how you're going to bring about the circumstances whereby that healing mission can take place. You don't have to worry about the details of it,

you simply need to let it happen. Release any concern about it, just let it happen. How does it feel to "let go and let God" do the work, to just sit back and watch the unfoldment of your life plan without controlling or working at every detail of it? Is it comfortable, or uncomfortable?

Within your heart you already know everything major about your life. You know, for example, exactly how you're going to heal, whom you'll heal, and all the circumstances of your healing mission. Isn't that amazing and yet so simply obvious? Isn't it both mind-boggling and yet clearly the way it ought to be? Isn't it perfectly natural and divine that you should know everything about yourself? Of course, it is.

Then, isn't it time that you "let go and let God"? That is, isn't it time that you allowed the divine force which you are at your depths to come through and do all the work? For, you see, you can't be a dynamic healer of others without letting the full force of the universe do the healing. You can't heal others of anything if you're still holding on to areas of control in your own life. You won't be able to be effective as a healer until you're totally willing to give up the illusion that some part of your conscious self is determining your life circumstances. Only when you can let go and release your hold on all the circumstances of your own life will you become a channel of pure and effective healing power in the lives of others. Only when you are willing to allow the divine force of your own being to take over in your life and bring you into the fullness of happiness, will you allow that same life force to heal the illusions and problems of others.

So, how about it? Are you ready to let go? Are you willing to release all the control and hold you've had, even in small areas of your life, and allow the divine healing force of your being to heal you totally? Are you now ready to have it all the divine way, rather than the illusory way? The big question is this, are you ready to allow God, in whatever way you conceive that reality to be, to become you? To take you over? To flow so thoroughly through you that it actually is you? Those are big questions. In fact, those are such big questions that it boggles the mind to conceive of God and you as the same being, sharing the same space and being the same healing force. Yet, that's exactly what the reality is. That's precisely what you are as a healer. That's your exact nature as a divine healer of humankind.

So, how about it? Are you ready to let go, and let the God-self you are come through? Are you prepared to allow yourself to be taken over by the very God you believe in so much that you've already agreed to be its healer? Well, what do you think? Are you? It's time to make a decision, right here and now. Are you ready? How about doing it? How about taking the plunge into the unknown and discovering there, the fullness of the God-life which you hunger for so much? How about allowing yourself to become more aware of the God-energy which you are, simply by "letting go and letting God"?

## ***Chapter Five***

**N**ow that you're fully aware of your healing mission here on earth, perhaps it would be profitable for you to examine exactly how to heal. You know, healing is an art! It's a skill. Healing is something that everyone does, but some do it so much better than others. Why? Why are some of us great healers of ourselves and others, while others can't get to first base in healing ourselves?

In reality, it's because some of us are more fully flowing with the divine healing energy than others. Some of us are more open to allowing the power of God to flow through us than others are. Those of us who know that we are divine are more willing to be the full expression of that divinity in whatever way it wants to manifest, for example, in healing. So the real key for you as a healer is to allow yourself to be purely and fully open to the movement of divine life in and through you.

If you are fully awake to the fullness of divine life, then there's no healing that you cannot accomplish. Jesus was exactly that—filled with the fullness of divine life. And power HAD to flow through him in a manner so powerful that healing had to occur. The same is true with you. You are a healer, and it's your mission to accomplish healing in exactly your unique way. But, first, you need to be open to the full life and power of God through you.

If you are ready now, let's proceed to the most unique and powerful healing method there is. Let's investigate how you can take your own unique style of healing and combine it with the most powerful means of healing there is.

What do I mean, the most powerful? Didn't I just say that there are many methods of healing, none more effective than another? Well, that's true, yet the world today has invited so many healers to its aid that we have many methods from which to choose. As we look at the relative strengths of each and every method of healing, we note that many of them combine aspects of others. Further, we notice that each method of healing is self sufficient, that is, it carries within its own style the full impact and effectiveness it's meant to convey.

But let us investigate a new method of healing! Let us become aware of what is both the best of all the available approaches and the newest of them all. Let us learn how to heal instantly simply by knowing who we are, without having to wade through all the steps of healing which are so characteristic of the many approaches to healing. Today we are



fortunate enough to have a new consciousness upon the earth; let's call it the Aquarian consciousness. In this consciousness we are becoming impatient with the typical limitations placed upon us by time and space; we are no longer willing to accept the notions and beliefs that we are a lesser form of life; that we are imperfect; that our thoughts have to be imperfect; that we don't deserve full and instant healing of every block to full awareness. In this day and age we are becoming more and more convinced that we deserve happiness; that God wants us to be joyful; that life is here to be lived fully; that healing is an important ingredient to letting go of pain and opening up to joy.

In other words, today's Aquarian consciousness demands perfection and won't be satisfied until we are totally joyful, fulfilled and perfect beings.

With that consciousness, can we tolerate any longer the slower approaches to healing? With a consciousness of perfection, are we willing to wait the many months or years it takes for traditional healing to be completely accomplished? Can we allow ourselves to be satisfied any longer with a way of thinking that invites partial healing and ignores our inner demands to be whole? No, we can't; no we won't; no, we will not even tolerate the thought of anything less than the perfection of our beings. Thus, healing must conform in its style to the mentality and consciousness of our time.

Specifically, let's look at a new way to heal. Let's demand what we want without regard for traditional limitations of thought or belief. Let's ignore all those assumptions about healing which consider that it needs to take time; that healing is a slow process; that healing can take place only with the conscious permission of the person being healed. Let's allow ourselves to venture into a new consciousness; into a new way of thinking; into a new approach to healing.

It's time in the evolution of our world for us to help ourselves grow dynamically, not slowly. It's time for us to require perfection and totality in every phase or aspect of our lives, and no longer to live with the limited experience of life to which we've become so accustomed.

Are you ready to question the assumptions of the past and end the ones which no longer fit your new consciousness? Are you ready to let go of your blind spots as a healer, and forge ahead into a new age in which you know that you are already perfect, and that healing is simply a process of awakening to that reality? I think you are ready. I think that we are all tired of limited thinking, fatigued with slow approaches to healing, impatient with healing techniques which leave us partially in pain.

You know that it is time in your life for a change, because you can feel yourself looking for something more effective, for something more complete, for something more

total and immediate. But you've probably given up because you've had no models of the very approaches for which you've looked.

Well, here is a model for you to consider as an answer to your quest. Here is an approach to healing which will allow you to approach healing, whether of yourself or another person, with the confidence that healing will occur directly, instantly and perfectly. What follows is a model for you as a healer, a technique for you to adopt to whatever degree it answers your personal need for answers that make sense today.

In reality, healing is simple. Remember? Healing is really the easiest and simplest practice there is—if we know how easy it is! Healing in and of itself needs no ritual or process because it's simply a matter of recognizing who we are as divine and perfect beings. It's a system of knowing that our real nature is a perfected one. It's a ritual in which we own our perfection and simply forget the illusion that caused our problem in the first place.

So let's look at healing yourself perfectly, fully and directly. Let's look at how to allow yourself the luxury of being perfectly healed without needing a partial holding on to your problem. In reality, nothing in you is unaware of the fact that healing is only a means to accomplishing your true nature. That is, healing simply restores you and me to our natural state of perfection rather than leaving us under the illusion that there is something within us that deserves suffering or discomfort. Something within you is always urging you to health, because that very something is expressing the inner voice of your divine consciousness, which knows that in reality you don't deserve anything less than a perfect experience of life.

So why don't we know in every moment that life is perfect for us? Why don't we allow only a perfect experience of life in our daily experience? Why can't we simply accept the truth about ourselves—that we're already perfect, and that any experience other than that of our perfection is only illusory? Is it that hard to know the truth every moment of our lives?

Yes, in fact it is! But only because knowing that ultimate truth of life is exactly our intended project of this age, the lesson that our human consciousness is now ready to learn. And learning a new lesson, when it means letting go of an old consciousness in order to learn, is not usually an easy process. In fact, it's usually a process in which one suffers the full impact of the old consciousness before he or she is free to let go of it and accept the new. But does even that process have to be true? Is it important, or does it serve any learning value to endure pain as a part of growth? Not at all, it's only human habit, and we know that not all habits are healthy or desirable.

So how about allowing yourself to forget the old habit which says that pain in any form has to accompany change? How about allowing yourself the privilege, the divine

privilege, of growing into perfect health by simply knowing your right to do so, without pain of any kind? You see, it's really not that hard; it's simply a matter of knowing that you deserve that kind of divine experience all the time, in every situation, at every turn, in every way. It's simply a matter of believing totally that you are worthy of being divine in every aspect of your life. Better than deserving it, you actually are already there; you are already perfect. It's just that most of us have forgotten that very simple and wonderful fact: We're already perfect, healthy, healed, and alive.

What? Are we really? Are we really deserving of simply waking up to the fact of our already present divine nature? You bet we are! In fact, we're not only deserving of waking up to that fact, we're already there! Already there, in the sense that we don't even need a process of waking up. All we need is the recognition that we're perfect, and we're there, right where we've been in truth the whole time. And isn't that the absurdity of it all, that we've been perfect the whole time we thought we weren't? That our innate healthiness has been right under our noses and an integral part of us the whole time? In actuality, nothing was ever wrong with us; that belief was all a big make-believe process, a dream, so to speak.

It was all a way of allowing ourselves the illusion that something was wrong; and thereby allow the experience of illness, problem, or pain, so that we could wake up to the truth that we are divine after all, and that it was all a big dream. After all, doesn't every dream you have feel extremely real—until you wake up and realize that it was all in your mind?

Human life is exactly the same way. It feels so real to be sick, to have problems, to be bogged down with stress or worry. It feels so real to think that we're limited, that some things are simply beyond us, that life is difficult, or that we just can't achieve some things we want because of external circumstances. Yet, it's not real, it's not real! It's all part of a dream that the human family agreed to have, part of an experience in illusion—just so we could understand what making believe that we're cut off from our divine source feels like.

You know, we always wake up from a dream. Isn't it time for you to awaken from this one? Isn't it time to allow yourself the luxury of reality again? Isn't it about time that you took the lead at this time of human awakening, so that you can heal others of their illusion; so that you can awaken others to the reality of their perfection; so that you can permit a grand awakening into reality—the reality that we are all already perfect; the awareness that nothing was ever wrong with us in the first place; the knowing that the whole human experience to date has been only an experience and nothing more?

Specifically, it's been an experience in illusion, the illusion that we're separated from God, separated from our divine nature, separated from the source of all health and wholeness. And thus, if we believe that we're that separated from our whole and divine self,

then the experience of sickness and problem has to occur. But note that it has to occur only as an experience, not as a reality.

In reality, we've been just as whole throughout this experience of sickness as we are whole throughout the experience of our dream at night. We are just as divine in the midst of our illusion of pain as is the little girl fine, even though she is upset at her make-believe playmate while they are playing house. We are just as complete and healthy in our perfect nature, even though we have entered an earth reality in which everyone makes believe that we're sick and unhealthy. Does the make-believe game make it true? Not at all! Not at all!

In fact, the only thing that makes sense at all is to awaken from the dream.

After all, aren't you sick of the illusion? Aren't you tired of pretending that life is difficult, that problems abound everywhere you turn? Isn't it getting boring to continue the make-believe game? You know that it's time to stop living in the make-believe and begin living totally in the light. For the light implies knowledge, wisdom, foresight, all-knowingness. Don't you want to stop the illusion, once and for all?

Now, let's look at how to do it. Let's investigate this new way of healing, for it is your key to instant healing and wholeness. Let's look at how you can let go of your old concepts of limitation and open totally and instantly to a new life, a new light and a new reality. Let's investigate a process that is simply a way of knowing rather than thinking, a system of light rather than sickness, and a process of living rather than dying. Let's peer deeply into the simplest yet most profound truth that this world can know.

How do you heal? How can you simply open yourself to let go of a lifetime of conditioning and simply accept that you're perfect? Is it really possible? Can we actually give up the old illusion that easily? Even more, can we adopt the truth of our perfection that easily? You bet we can! In fact, we can do much better than that; we can live that perfection and bask in the sunshine of that full life completely, overnight!

Do these words sound presumptuous? They're not! Examine your innermost feelings and ask yourself if something in you isn't jumping for joy at the very reading of these words. Ask your deeper consciousness whether it knows that these words are true. It's only your trained mind that doubts, not your deeper consciousness.

Now, how to do it! First, let yourself know who you are: You are divine, perfect, precious, wonderful! You are light, love, power and wisdom personified in human form! You are the most illumined gift this world has ever known. You are God made flesh; you are so perfect that all the angelic hosts bow before your beauty. What's more, you are here on earth for the purpose of bringing the rest of us to the full understanding of our own divine

nature. Yes, you are all of this, and much, much more. You are magnificent; you are divine; you are beyond description!

Second, open your heart to be filled with the fullness of this awareness. You already know it in your mind. Simply take a moment, in silence, and allow yourself to experience what you already know about who you are. In other words, let its full meaning fill your emotional center, fill your heart and fill every aspect of your experiential being, for it is in your experience of yourself that true change takes place, not in your mind.

In order to accomplish this deeper awareness of your divine nature, it is important that you allow your divine self to deepen your awareness, not try to make it happen yourself. It's important that you become receptive to letting something happen within you rather than attempt to manipulate it in any way. When it comes to allowing God to work within you, it is impossible to take charge of the process. One needs simply to "let go and let God." It is only in letting go of any need to control at this point that the full power of divine intervention can take place.

Yes, allow yourself the luxury of discontinuing to work at it. Allow yourself to take the back seat and let your divine consciousness take over. With this approach you will fully experience your divine beauty. Only by taking the approach of not trying can you allow a deeper force to do its mighty work. It's important to give total power to your own deeper, divine self at this point, so that your total consciousness can be filled with the awareness of your divine nature. For only when all levels of your inner self know who you are will you be able to be fully awakened from the dream of human illusion. Only when all of you, so to speak, is fully convinced of your divine right to a divine life experience will you be there.

But don't start thinking: Oh, this is more complicated than I thought. It's not. In fact, it's really simple to let go and allow your divine self to take over at these deeper regions of consciousness. Here's how to do it! Simply say to yourself: "I choose at this moment to let go of all control over my deeper levels of consciousness. I choose at this moment to allow my divine self full control over those deeper regions of my self, so that pure divine consciousness can fill me with the awareness of my divine nature."

Such a statement gives you permission to enjoy the process of letting your more powerful self do the work while you simply enjoy the benefits.

This second step—that of "letting go and letting God" deepening your awareness of your divine identity—is the key to having your dreams come true. For in reality, the only reason we continue to suffer in any way is because some deeper levels of consciousness, usually subconscious, keeps on believing that we deserve such suffering, even though consciously we thoroughly know that we're truly divine and deserve only a divine experience of life. Educating those lower realms of consciousness by letting God transform

their thinking is the easy way to changing our total consciousness and allowing ourselves to awaken totally from the illusion of human suffering.

Now, for step three. *We simply look at what we want to heal from the eyes of our new divine consciousness.* After all, once we know who we are, we can no longer resort to perceiving reality from the eyes of our old consciousness. Rather, we must be who we are, for we are divine. Once we re-own our divine identity, once we become again in consciousness what we have always been in reality, we just can't go back to an old way of perceiving. Nor can we afford the lesser experience of fulfillment which such a venture into make-believe would afford us. Thus, it's time to perceive through divine eyes, through a consciousness of perfection. In other words, it's time to see through the eyes of God. And we know that God perceives only what is real, not what is illusory.

Can we expect to continue to perceive things as wrong or bad once we become fully divine in our consciousness? Can we allow ourselves the seeming experience of problem once we've tasted the fullness of life? Not at all! In fact, once we know fully and deeply who we are, we have no choice but to enjoy fully the effects of that awareness. One of those effects is the perception of life as it really is, the awareness of our right to a divine experience and the full willingness to stay in the divine experience of life.

So, how about allowing yourself to perceive life through divine vision! You know, God's perception of things is truly a beautiful experience. For example, God does not see an accident as a tragedy but rather as an event which comes out of a misperception. God does not see interpersonal struggle as a reality but only as an illusory experience which two people allow themselves because they know not how to have a more perfect experience. God does not perceive you as a being separate from itself, but rather as an extension of itself.

Likewise, you are now free to have the same perception. You are free, for example, to perceive all sickness as an experience that comes out of poor choices rather than as a reality of its own. You can now see all pain as the outgrowth of misperceived reality rather than as its own reality. You can know that the divine depth of every individual is totally in charge and will win out in the end, despite the illusions which we allow ourselves to be caught up in.

So, if your vision is truly divine, you see only the perfect, the right, the one. You don't even notice the illusion but rather notice the perfect and the divine within each person, regardless of the apparent pain or seeming problem. You see, if we buy into pain as a reality, that is, as a truth, then we must do homage to it in some way. What we believe in has life—the life we give it. But that life is still only alive in our illusory experience, not in reality. There is only one reality, and that is the reality of God.

You and I are God, and that's reality. You and I have the totality of divine consciousness within ourselves. You and I are free to use the totality of that divine nature to heal, to bless, to take charge, to do anything which is right for us.

Others' misperceptions can hold no sway over us, can have no meaning to us and are totally powerless over us only because we know reality. When we are fully aware of who we are, all other perceptions have no power to lure us away from that awareness. What's more, the thoughts and persuasions of others only reinforce the truth of our own awareness, regardless of their content. Thus, you and I are fully powerful just because we are sure of our divine identity and of our perfect place in the universal scheme of things. We know the above because we see it every day, through the eyes of our divine selves.

So why not perceive only truth rather than fiction? Why not know God rather than misperceive the wonders of God by thinking that something could possibly be wrong? Why not allow yourself to become fully aware of the deeper vision of reality rather than allow yourself to continue the illusion that has only held you these many years in bondage?

Fourth, let go! Let go of the many ways in which you have preserved the old traditions and open up to letting your new consciousness direct your behaviors. Let go of those old habits which are now no longer valid. Let go of the ways in which you have held on to old ways of perceiving reality, and allow yourself the luxury of not needing to see pain, of not wanting to allow such a perception even into your reality. Allow yourself the reality that knows what is true and right rather than the illusion that has been active in the minds of the human consciousness for ages.

This fourth step—that of letting go of the old—needs to be done once you have accepted the new vision, because our deeper consciousness is often afraid to let go of anything unless it is sure of what lies ahead. In other words, you can't say goodbye to the old unless you know what you're about to say hello to. While it is noble and theoretically sound to let go first, then be open to what comes next, it is sometimes easier and faster to open first, then close off the old.

So, let's begin to heal by first owning who we are; then, second, deepening the experience of that identity; third, looking at "the problem" through the eyes of the divine person we now know we are; and fourth, letting go of any old perception of reality as it may crop up in our consciousness. Only by this method of healing can we perform the miracle of healing instantly, fully, easily and dynamically.

And the reason this fourfold approach is so powerful and easy is that God does not operate only in the typical illusionary world in which we have gotten so comfortable. God operates, rather, in the world of perfection. And the sooner we begin to operate in *that* world—in the world of reality and divine perfection—the sooner we see things only through

divine vision and the sooner we acknowledge that there is only God anywhere, even in the illusion of sickness. Then and only then will we command healing of the illusion and therefore of the effect of the illusion.

Command? Did I say "command?" Ironically, the command is in the knowing, not in the wording. With such a simple yet reality-based approach to healing there is no need to command anything, for the power of this approach is in the consciousness, not in the words. Your words can accompany the consciousness but are not necessarily the conveyor of the healing power.

The healing power of the universe is present in the knowing that there is only God; that you and I are reflections of that divine being; that all the power and light of God is present in us; that we are indeed divine beings and that nothing exists outside of that divine reality. Thus, all sickness and/or problem is but an illusion, and does not have its own reality separate from the perfect world of God. Sickness or problem in any form is but the acting out of the illusionary world of thought that we had created. It is not in any way its own reality any more than the dream we dream is its own reality, despite its seeming real-ness during sleep.

This approach to healing simply acknowledges the true and one reality—the reality that you and I are God and that we therefore deserve only a divine experience. Out of that reality and consciousness must come only a perfect physical, mental or emotional experience.

Now are you ready to heal? Are you prepared to try out this new approach? In the next chapter we shall cite examples of this approach as it has been applied to particular situations. We shall also practice certain other approaches in this manner of healing, so that you might find a way of using the manner of healing most suited to your particular personality.



## ***Chapter Six***

**L**et's recap for a moment. Let's recall the steps in this simple approach to healing anything:

- First, own who you are: the most perfect divine being ever imagined throughout the universe
- Second, let yourself feel and experience that divinity fully, deeply and totally throughout your entire consciousness
- Third, perceive reality through the eyes of your divine self, from the vision of the God which you are
- Fourth, let go of any old consciousness, thinking, or ways of feeling that no longer conform to your new vision of reality

Through such an approach to sickness or problems of any kind you can, and will, heal those illusionary difficulties instantly. But how? How can such a simple approach make such a profound difference? How can such an easy and uncomplicated procedure heal anything? Doesn't it just seem like a nice practice—one that could certainly make you feel better, perhaps relieve stress somewhat and perhaps eventually lead to a more functional interpretation of life—but certainly not result in immediate and dramatic healing of illness?

Well, let's take a look at some instances where just this approach was used and see the results. Just such an instance is the example of a 45 year old woman who had developed problems in breathing. Her breathing had become more and more belabored since the breakup of her family a few years previously, and was now at the point where she was awakening in the middle of the night with difficulty breathing. Psychologically, of course, this woman was experiencing grief and was mourning the loss of her family; she was feeling the insecurity of being without her loved ones. However, her breathing was the only problem that this woman was aware of, for she didn't know that it was symptomatic of her feelings of loss. She approached a friend who had just learned our new approach to healing and asked her friend to "pray for her breathing problem."

The friend, when alone, simply did the following: She perceived her own divinity, she reminded herself that she was indeed God and that as God, everything in life was hers. For example, she asserted: "The trees are God, the air we breathe is God, our lungs are God,

even our thoughts are divine. Certainly”, she proceeded to say, "my friend's breathing is a perfect reflection of the power of God. Her grieving is a beautiful experience of caring and love, her panic over perhaps losing her breathing power is an expression of the power of God, even though that power is being experienced in its less pure form. All there is, is God," she proclaimed.

“All there is, is God! I see my friend as God, just as I am God. I see my friend as beautiful and perfect. I see her as divine and sacred, I see her as whole and complete. In fact, I see her whole world as part of a divine web in which we are all happy and wonderfully joyous.”

Now, get ready for the results. Instantly this woman’s friend was healed of her breathing problem. Yet, along with that healing came a week's bout of crying and sobbing on the part of the woman who had experienced the breathing problem. Her breathing was cured, and her weeping was the means of allowing her to let go of her grieving and sadness over the loss of her family.

Now, how did that happen? How could just acknowledging the perfection of her friend result so quickly and instantly in the friend's healing? After all, isn't it true that words can create changes in the mind of the speaker, but not outside that mind? Well, you see, the power of thought is simply the power of our God-self to create. Whenever we think appropriately, that is, according to the perfect thoughts of God, those very thoughts have the power to create the exact effects which they imply. For example, if I see you only in your perfection, then the effect of that thought is a powerful change in *your* consciousness in the direction of perfection.

In this situation, the woman with the breathing problem unconsciously received the power of the awareness of her friend and allowed that power to work a miracle in her breathing and to initiate a process of emotional healing. In fact, the woman herself took on a consciousness of her own perfection because of the thoughts of her friend, even though she didn't know it consciously.

Another example is that of a 52 year old executive, a man who had placed tremendous stress on himself for years, for the sake of success in business. While he was proud of his successes, he was at the point in his life where he was questioning the wisdom of his single-focused and imbalanced manner in achieving his success. Thus, he was sad, felt empty and confused; he could not allow himself to move past his confusion but rather remained locked in it for a number of months. He took tranquilizers, couldn't sleep, and began feeling more and more lost. His business began losing profits because he was not

allowing himself full participation in it anymore, and his personal relationships took a dip in their meaning.

This man finally got up the nerve to approach a minister about whom he had heard, a man who had perfected the art of healing. Our executive, by this time, was willing to resort to anything, even spiritual healing, if it would work. The minister told him that it was obvious that his sense of emptiness was the result of his unwillingness to open fully to his changing life plan, and that his new life plan was even more exciting and success-filled than the old one. He further stated that the executive needed to let go of his attachment to his old obsession with success and open to a new way of obtaining success without working so narrow mindedly for it.

This advice made sense to the executive, who had by this time decided to try anything. What the executive was not ready for, however, was the way the minister advised him to bring about his "letting go" of the old and his opening to the new. Specifically, the minister told him to focus on the perfection of himself as he is, even if the way he was, was conflict-ridden, depressed, or empty. Then he was told to forget any concept of himself as troubled, but simply to focus on how wonderful and perfect this very moment in his life was. Finally, he was invited to deal with any counter-thoughts—for example, perceptions of himself as having problems or fears that he might be losing his grip on himself—simply by putting them out of his mind and focusing strictly on his perfection and the perfection of the moment.

It worked! Within days after the executive began such an approach, his sense of loneliness and emptiness lifted. He was amazed. He went back to the minister and asked the secret of this simple approach. The minister simply replied that this approach works every time. But the executive persisted in questioning why it was so successful. The minister, sensing the man's genuineness, simply said that God works only when we allow him to. The man wouldn't take this statement as the whole story and persisted further. The minister replied that, when we accept that perfection is all there is, then perfection is all there is.

Sensing that the executive wanted the whole story, he went on to state that healing of anything implies being at a level beyond the pain. How can we heal something, for example, if we're locked up in the midst of it? We can't, we can't! Thus, in order to heal anything, we must first recognize that what we are experiencing has no reality in the eyes of God. Then it's important to recognize that we re-create the only reality by looking at the situation through the vision of God. From that perspective, only truth can emerge and hold sway. The executive seemed to understand. He left, satisfied that this approach to life worked, and determined to continue experiencing it regularly in his life.

Consider now the sixteen year old girl who was becoming hostile toward her parents, failing in school and hanging around with peers who were less than a positive influence on her. This girl had been a relatively positive child who tried hard, but had entered a period of her life wherein she had become confused and lost her identity. Her father, having just completed a class in healing and having just learned this approach to healing, began immediately seeing not her problem, but her perfection.

Every time her father thought of her, he simply forced himself to forget about her “problem.” Rather, he thought about her perfect attitude, her divine qualities and her flowing with life. He knew that she would come around, but he wasn’t prepared for the immediacy with which she did so. Almost that very same day on which he began his process of seeing her as perfect, she began becoming more cooperative, began listening to both her parents more and started applying herself more fully in school.

What happened? Her father’s belief in the fact of her divine being, his full awareness of reality and his refusal to believe that there was a problem allowed his daughter the power to take charge of her life. In fact, his determination to “make it work” in and of itself created a power for change that began working immediately in his daughter’s unconscious mind.

Now, let's look at how this healing approach works in reality. If in fact, all you are is God; if in reality you are God and nothing less or other than God; if you know that God is all you are; then you are in a perfect position to act as God. You can exert the power of God, you can love exactly as purely as God, and you can bless anyone with the full light of God's blessing. In other words, you are a very powerful healer. You are a completely powerful healer. You are as powerful and impactful a healer as can be found on the earth, because you have found the true secret of healing—the power of God.

If in fact you are one with God, then there is nothing that can stand between you and a perfect body or mind. If in reality you are aware to the depths of your consciousness that God is you, and you are God, then the full power of God is yours—with which to create, to heal and to bless. In fact, there is nothing you cannot do, *if* you recognize and know that the full and complete power of God rests within your nature and essence.

There is no sickness too great to heal, no problem too overpowering to your divine power, simply because God doesn't even know of the existence of problems. And you, God, have no use for such illusion except as a toy with which to play, as you heal it.

Dreams are fun *if* you know how to interpret them and how to have fun with them while you’re in them. However, a dream is no fun if you are feeling powerless to influence it, or if you feel lost within it. Believe you are powerful, not powerless. It is only within the

illusionary belief system that proclaims that there are problems that you stand the chance of getting lost. It is only if you believe that such and such an issue is a problem, or that such and such an illness really exists in and of itself that you feel powerless to heal it.

Remember, everything can be healed, no matter what, once you know who you are, that is, once you know that you are God. After all, it's only if you know that you, the dreamer, are in charge of the dream that you are free to influence and change the dream in any way you choose. You might now want to consider any healing as a process of your changing the contents of the dream. In other words, you, God, are influencing the dream which you and the person you are healing are experiencing. You are the director of the dream, the creator of the new circumstances in the dream, and the change agent for every player in the dream. If you look at healing that way—for indeed you are the very God who can do such things—then healing becomes a natural and powerful effect of your awareness.

Now, let's proceed to a final, often thorny issue in healing, the issue of *ego*. Our last issue to consider in the art of healing is this: in order to know that you are God, it is very important that you know what you are *not*. Let's look at it this way: you are not the center of the universe in the sense that your human self is what's important.

It's only in knowing your true nature, your divine nature, that you discover your beauty. For the human self you are "wearing" is but a suit of clothes you have put on for the purpose of living out a certain life on earth, just as you may appear as a different character in each dream you have. In other words, the specifics of your human personality, though perfect for learning the specific lessons and serving humanity in a certain way, are relatively unimportant compared to the essence of self which you have brought with you into your life.

You and you alone are the specific experience of God that you are in this life. No one else can experience his or her God-ness in exactly the way you can, simply because you have put on a unique set of clothes, the clothes of your particular personality, in a way that no one else has. Thus, your personality is perfect for you, and a perfect means of your giving the gift of yourself to our earth. However, it's not your essence. Only your God-self and your awareness of its central role in your life will lead you to the supreme power of God that is available to all of us for healing our human illusions and problems.

What happens when you get lost in the personality aspects of yourself? Well, there's nothing wrong with loving your personality self, after all, you chose it for your use here, and it's most appropriate to own it, love it and use it strongly. However, when you define any aspect of that personality as the real you, or when you believe that some aspect or quality of your personality is centrally important in your life, then you run the risk of getting lost in your clothes and forgetting who you really are. The result is this, you forget that your God-

self is the real you. And thereby you lose some of the infinite power and pure love that flow from being fully connected to, or one with, that God-self.

When you fully know that you're God, then your own divine vision follows. That vision the realization that your God-self needs to be in charge, needs to be perceiving and needs to be aware of everything. Your personality is but the reflection of your God-essence, nothing more. While your personality is perfect and while it's important to be it in every way, it is also important to view it always in the light of your divine essence. So, when you begin to overdo or over-emphasize any aspect of your personality, simply understand that you're God first and foremost, and guide your thoughts and mind back to that central fact.

In conclusion, allow yourself to be the healer you came here to be. Allow yourself the luxury of doing it the easy way, the divine way. Leave behind forever the complicated or time consuming way of healing, and invoke the power of your divine self. Know who you are: the most powerful, loving, divine being that you could ever experience. Know that this is your time to own being God in such a strong way, and to own the resultant power to heal fully and wondrously.

Own who you are, and the world will begin to bow before you. Own who you are, and you'll find that you are fully empowered to be the great healer you came to earth to be. Own who you are, and all the pain of the world will drift away at the sight of your divine countenance.

Finally, be who you are. Be God! Be divine in every way. I have found that, to the degree that my entire life reflects that very divinity which I own as a healer, my every moment becomes a truly and fully healing moment.

No matter what I do, I find people drifting into my experience unconsciously seeking relief from pain. I find those same people going away filled, healed if you will, simply because of the natural effect of my divine presence. In other words, there's frequently no need for any conscious healing, for every instance of living becomes fully empowered with healing force. And the lesson for this is that you are owning the power and impact of who you are. From identity must proceed the effects of that identity, whether we are conscious of it or not.

If in any way you are doubting who you are, then dwell upon the following questions. Would you have decided to come to earth to be anything less than fully divine? Would you have given yourself an experience of pain or illness as a necessary part of your divine plan here on earth? Would you even allow yourself the illusion of limited mind and experience as most people experience life, without the option of waking up and discovering who you are

in reality? Would you let yourself languish in the midst of illusion without providing yourself with the opportunity to awaken therefrom? Not at all!

You would never have come into a dream space such as this earthly experience without building in that dream experience the possibility of waking up, and then of helping others awaken from the dream. The dream, or illusion, is none other than the myth of illness, sickness and problem. Whatever there is in this dream space is none other than a seeming reality which is inviting you and me to heal it, to release it from the dream, to let it become part of what we are here to heal.

If and when we become aware fully of our divine nature and essence, then we are able to awaken others from the dream by releasing from them the pain, the symptoms and the effects of the belief system which says that we're locked hopelessly and powerlessly within it. Plainly, we're here to heal ourselves and others by becoming aware of reality: the reality of who we are, of who everyone else is and of who God is.

Who else but you and I are capable of transforming the face of this globe by owning our divine power to heal it completely? So, how about starting today, by healing whatever is in your world that is in need of transformation or healing? How about letting go of your old beliefs in the illusions connected with those experiences, and opening yourself up to the reality of how powerful you are as divine?

How about letting yourself become, within the earthly experience or dream, what you are outside of it—God? And, finally, how about letting God work within you, through you, as you, and from you! For, you are God; God is you: and all the power there is anywhere and everywhere is present to you here and now.

It's your right! It's your right!