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Diversity of Healing

There are many forms of healing and it is not, in any sense of the word, a new form of therapy. It's probably the oldest form of treatment for physical disabilities known to man and has been in use many thousands of years. Natural or spiritual healing went into decline around the 6th century as Christianity began to exert its power and influence across the world and saw the old natural beliefs as a threat to their own power and influence.

Until the advent of the Christian religion, Celts and other primitive people had used a variety of methods to overcome pain and disease, but the rise of Christianity forced natural healing to be practiced in secret until the 20th century. Unfortunately, many of the major religions still believe healing is their natural prerogative and oppose healing when practised outside of their own philosophy. But recently, the bigger opposition to natural healing has come from the medical profession whose philosophy is based on logic, and what medical scientists can't measure or understand they reject and ridicule.

Despite this opposition, spiritual healing is gaining world wide support and becoming a major force as an alternative in the treatment of both physical and emotional illness. There are many reasons for this, one of which is a dissatisfaction with conventional medicine which often uses methods which are more likely to poison or destroy the body's natural defence and repair mechanisms than enhance them. This is not to say that conventional medicine should be avoided, as obviously great progress has been made and the overall health condition of society has greatly improved because of modern technology. But in many cases that technology has gone too far in trying to be responsible for all the various problems suffered by mankind.

The time has come for modern science and natural or spiritual practice to combine, both have something to offer the other and they are more likely to benefit humanity when working together rather than in isolation.

The problem with modern medicine is that it ignores the spiritual needs of people, and to a lesser extent their emotional needs. Good health is more than just about physical needs. It is very closely associated with emotional needs which are based more on fear than on happiness. As the pace of life quickens and the complexities of life increase, emotional fears increase, and unless some way can be found to erase the fears created by modern day stress, physical and emotional problems will affect an increasing proportion of society. Fortunately, there is a way to overcome the pressure of the 21st century's materialistic demands. It is to involve the spiritual strengths of the individual.

People are becoming more spiritually aware, more sensitive, to the higher vibrations of the soul. This awareness has taken on several forms, from increased intuition to deeper involvement or awareness of the natural environment. It is as if the different people of the world have, as a single consciousness, begun to realize the necessity to re-introduce spirituality into their lives. But what sort of spirituality?

It is one which is not aligned to any particular religion. To some it is to be closer to nature, becoming sensitive to the natural environment and its needs and recognizing and utilizing the natural healing properties of the plant kingdom. To others it is a natural sensitivity towards physical energies and the electromagnetic vibrations of both the animals and plants. Sensitivity to the natural environment allows an understanding of the needs and fears of the unseen world of which we are a part. We cannot consider our well-being in isolation; we are dependent on, and responsible for, the existence of all life that exists on our small planet as well as for the life forces that exist beyond our perception. It is that which we can't see or feel that has the greater effect on our health and happiness, in fact on our very survival as a species; though life as awareness will always continue in levels beyond the one we recognise as physical life.

All levels of awareness, animal and plant, have well-defined natural energy systems, and those who are sensitive to this energy can sense its flow in and around all that exists. People tuned to the energetic environment know how, where and when to adjust or influence this naturally occurring energy, because they are sensitive to the needs of both the plant and animal worlds. They see or sense how our emotions, based on fear and other negative energies affect the physical body, and the environment which is our survival. They have the natural ability to free the body of the emotions which are not in harmony with balanced health and happiness and which block the much-needed life-sustaining energies.

Finally, but most certainly not least, are the spiritually minded. They are not necessarily people with religious beliefs or attitudes, but they might be. These are people from all walks of life and cultures, who are aware that they are more than a physical personality struggling with the emotional demands of a fear led, materialistic society. These are people who know that they are not of the body, they are a spirit living through a physical body and doing their best to survive in a demand led society. Their positive emotions of peace, happiness, love and contentment, provide an emotionally balanced personality. To the spiritually free, love, happiness, and contentment are what you are, not what you do. It is a permanent state, it is a state of being, which lifts the personality above fear to keep it in harmony and balance with peace and happiness.

Spiritual healing is the ability to help others become free of attitudes and emotions which lower the quality of life, and which are the cause of many physical disabilities. The spiritually free also help those who are not in tune with their physical selves to realign energies of the body, to combat shock, injury, physical stress, old age, birth and so on, and of course, being spiritually free. These souls can guide and protect those who are searching for peace and contentment. The spiritually free are also able to help the souls who have passed from this world. There are many who have this high awareness and cannot understand why they are so sensitive to the needs, pains or troubles of others. In this heightened awareness, increasing numbers of people, especially women with their natural temperament for love and caring, suffer with pains and emotions for which there are no explanations. They are not aware that they are absorbing the pain and fear of friends or relatives.

I have personally helped many who are suffering because they are spiritually attuned to someone else's need. It is a fallacy to believe that drugs or surgery will help these people; people who are suffering because of an empathy towards others need spiritual guidance to help them understand who they are and how they can become free of pain and emotions which are not their own.

There are many excellent spiritual healers, helping with grief, death, displaced souls, life's purpose and similar problems. There are others who understand emotional energy and its effect on health and happiness, and others who understand physical problems and needs. This does not make one more valued than the other. It just means that we should listen to every viewpoint because it is the differences between us which make the human race strong and healthy. Only when we separate to claim one is superior to another do we become weak and less objective.

Spiritual healing is seeing light not darkness, it is seeing good not bad, being positive not negative. It is lifting others away from fear to join with happiness and contentment, so that together we shine more brightly to encourage others towards understanding that they are more than a physical and emotional personality. Spiritual healing is empowering others to master the negativity in their lives. Love is not what you do, it is who you are and what you enable others to do. Spiritual healing is empowering others to master the darkness in their lives. When we are involved in true spiritual healing we are unknowingly expanding the energy of ourselves. The only true gain in spiritual healing is to expand the love and increase the light in our own lives so that we help others to lift away from their fears.

When I talk of love I'm not referring to an emotional love which can love one and dislike another. Emotional love is an attitude. The love I speak of is a state of being. It's like the light, it shines equally on everyone, it doesn't matter who they are. Light shines equally on all of us, how could it do anything different? The love you know and experience, should be a state of being, permanent and not an emotion, it should be who you are and not what you do. You can choose what you do, who you like or don't like, who you love or don't love, this is emotion, but you cannot choose what you have become. If you have become a state of love, that love will still be present even if you are angry; but if you have become hate, that hate will still be there even if you feel love. Who you have become, because of the thoughts you are, is permanent and shines through the emotion of the moment. To enter a state of love, free of fear, desire and superiority, is your true and intended destiny.

To evolve into a state of love is the reason to reincarnate and once we have become that total love, love as a state and not an emotion, judging people will be impossible. When you reach the state of total love you will notice how others tend to change their attitude towards you. Your vibrations of love, your positive attitude, will deflect negative thoughts and thoughts not of love, so others who are not of love will become irritated by their own darker emotions. They will become increasingly uncomfortable in your presence and stay away because you have become protected against dark thoughts by a veil of love, which deflects anything which is not of love. If you have mastered your emotions and love is your character and not an emotion, you will live permanently in a state of happiness and peace.

It's a long, hard climb out of negativity and into a state of love. Then the love you are can help the light in others shine more brightly. This is spiritual healing, it is lifting ourselves and others from the darkness of fear and negativity, to be strong enough to bring happiness into the lives of others, giving strength and encouragement so that people can heal themselves. Ill health is not a natural state and, where ill health and disabilities cannot be avoided, a positive attitude will change the energy of the situation. If you cannot change the situation then change the way you think about it.

Spiritual love is not something you do, it is who you become with positive thoughts of love for yourself and others.

Malcolm.