

Lesson IV

SPIRITUAL SELF-HEALING

- 1 Spiritual self-healing applies to those in
the process of spiritual unfoldment. It is
an evidence of the control of the physical
4 forces by the spiritual. As one becomes identified in the supremacy of the spiritual, the Qualities of God enter the consciousness and the Great Physician performs the healing
8 work. The Great Physician is Christ. Christ is the totality of God-Principles identified. These principles, liberated in consciousness, make for wholeness.
- 12 Wholeness has its outer expression as harmony and health. All spiritually progressing egos improve as to their physical condition. If this is later superseded by the
16 suffering for the Kingdom of Heaven's sake, it does not imply that the physical is in a worse condition. The hidden forces of sin and hell, resident in the consciousness as elements, are quickened because of the Spirit's
20 penetration. Mastery of these forces is in order on the spiritual path. It is when the ego enters the Mystic Path of Initiation that
24 he suffers for Christ's sake. This suffering has a more important mission to perform

than that of mere healing. 1

Immortality, not physical health, is the goal for the natural man. Immortality is a state of consciousness in which spiritual good is fully identified. In such a centralized state of consciousness, Truth opens and makes known the Principles of Being. The unfoldment of the Principles of Being is an indication of their embodiment. This new embodiment, fully completed, is the new creature in Christ who cannot be sick. Immortality is required before reality of being can be revealed. Healing is incidental to the attaining of immortality. To master the forces which necessitate healing is more important than to be healed. 16

Healing is temporary, whether effected in material or in spiritual law. Healing relates to imperfect consciousness. The mastering of the forces of disorder and woe, physical or mental, produces a change of consciousness, by which the immortality of being is gained. From this immortality God works out His state of Man that will not be subject, when completed, to sin, sickness, nor death. 24

Healing is preparatory to wholeness and makes for consciousness of harmony. Self-healing is that operative through one's own 28

1 spiritual unfoldment. That is, it is not
induced through the efforts of another. It
springs up from within to meet the need, and
4 is in keeping with the conscious development.
Self-healing makes for consciousness of Laws
and Principles of Being. The Laws and
Principles identified as working factors meet
8 the attack of the opposing forces, bringing
harmony to pass, without the effort of others.
It is enough that a self-consciousness becomes
conscious of the Principles of Being, to per-
12 mit their action to accomplish their purpose.
Their purpose is to promote Perfection. Per-
fection is the ultimate of harmony realized.
Self-healing involves mental and physical
16 changes. It means the incorporation into
the consciousness of new-born and highly
charged spiritual energies. This incorpora-
tion causes disturbances and people call
20 them sickness and other names of discord.
Since the spiritual energies have caused the
discords to arise they have the power to heal
them. Healing is a subjecting of the inhar-
24 monies to the harmonies. If the ego is
conscious of this principle, he will not be
afraid in the midst of turmoil. He will know
that the One that causes the "winds and
28 waves" in the "boat of consciousness" is the

One that can master them, when called upon 1
by one in discipline to the spiritual (a
disciple).

Regenerative pains are not an indication of 4
ill health, but of the development of the ego
into the consciousness of Truth. Such kinds
of sickness cannot be healed. But students
should discriminate between regenerative 8
pains and those induced by erroneous physi-
cal actions and mental confusions. The pain
of regeneration is like unto the pain of the
physical planes of mortality; but the result 12
of the pain is different. The former produces
a spiritual result, while the latter brings about
decay and dissolution.

Inharmony is essential to the gaining of 16
harmony, hence, healing is incidental to pro-
gression. The effort to have healing effected
by others, physically, metaphysically, or
spiritually, is commendable as a means of 20
preserving the organization of the conscious-
ness. Self-healing, unlike healing effected
through the efforts of another, makes for 24
inner mastery and growth. The effort of
another, in the Spirit, is the projection of
Spirit-forces in the direction of the recipient.
These forces, like seeds in the soil, will take 28
root and grow, if conditions of consciousness

1 permit.

One ego, identified in the operation of the Spirit, is used to impregnate another into a like attainment. Hence, spiritual healing through the ministry of others is commendable in its place, but self-healing is more to be desired. But not all are able, primarily, to make connection with the Fountain Head. Some must rely upon others for their starting points. A good healer always encourages the dependence of people upon the Inner Spirit and not upon himself or herself. If this is not done, financial and selfish interests prompt the healing work. These will eventually make the healing service noneffective.

16 In *reality*, all healing is self-healing. The process of healing may be aided by outer physical, spiritual, or metaphysical means, but the action of the forces of the consciousness permits the healing to take place. This is the case of hypnotic healing also, and like forms. But the self-healing referred to, through spiritual laws, is induced through the ego's conscious unfoldment, without relying upon outer aids. This is the self-healing that is to be accomplished by every devotee of Christ, when connection is made with the Inner Power and Presence.

Spiritual healing, accomplished with the aid of a healer, actually takes place within the consciousness of the one being healed. But certain influences may have been added to the consciousness that the ego being healed must reckon with. In self-healing, self-induced, the forces of another's consciousness do not enter. Healing emanations can be of no higher spirit than is the advancement of the spirit of a healer. These emanations, controlled to Divine Will, make possible healing of a divine nature.

Self-healing is incidental to knowing the Truth. Truth quickens the forces of the organism, and many discords arise to be destroyed. One cannot put the new wine of spiritual ideas into the old wineskin of mortal self. A new form of being must be brought forth. The bodily transformation is one with the renewing of the mind. When spiritual ideas touch the spirit, underlying the mental forces, a change has been set up that the ego cannot ultimately control. Hence, the coming under the jurisdiction of the Divine Will is essential toward ultimate spiritual progression.

It is not God's will that suffering should be. The suffering is incidental toward devel-

- 1 oping consciousness. Forces and elements of
the consciousness are continually changing.
Pain and suffering relate to change or growth.
- 4 God is making a Man. Self-healing is not for
the healing effect, but for the Lord. The Lord
(action of God) is making a Man in His-Her
image and likeness. The image-likeness man
- 8 will not be subject to sin or decay. Healing,
therefore, that makes for mastery of the
adverse forces, is for the purpose of attain-
ing the consciousness of the Master. A
- 12 Master, identified in the Law of God, graduates
from this plane of growth and necessity.

Knowing the Truth liberates a higher
energy which is harmonizing in its effect.

16 However, the forces adverse to Truth must
also arise and be dissolved before harmony
can be omnipresent. In this is the struggle of
self-healing. The author recalls her first case

20 of self-healing. Never having heard of the
metaphysical healing systems, but being
illumined with the idea that the Kingdom of
Heaven was within, and the source of all sat-
isfaction and benefit, she was seeking within

24 for her good. Cutting off attachment to outer
things was one with the inner attaching to the
Spirit.

- 28 In the midst of this growth she was stricken

with what appeared to be rheumatism. It 1
became so severe in a few days that she could
not walk up or down stairs, though able to
walk on level surfaces. All the time, when 4
thought of the sickness presented itself, she
kept affirming that the Kingdom within was
the Source of all power and presence; that
God in that Kingdom was the one Healing 8
Power. One morning, when in a little worse
condition, she was debating whether she
could get to her work or not, when she was
prompted to sit in silence. A sense of expect- 12
tancy invaded her consciousness. In this
waiting attitude, it was as though a shaft of
Light passed through her from the head, pass-
ing down the body like lightning, and 16
enthusing her with the ideas of sunshine and
air.

She grabbed her hat and bag and ran down
stairs into the sunshine and air. The light of 20
the sun was so dazzling that it almost blinded
her with its radiance (which was coming from
within rather than from the sun; though this
was not at first realized). She was half way 24
to her place of work before she thought of
being healed. And immediately, that other
something, that pits itself against the Truth,
said, "You can't walk up the steps." She 28

1 knew that she could through Christ—and did.
The malady had been entirely banished.

This was purely a case of self-healing. She
4 did not know that healing existed in the world,
through any other method than that of medi-
cine. Having been sickly all her life, and
acquainted with much medicine and surgery
8 also, she had become disgusted with the whole
healing system. She was likewise repulsive to
the old religious system. Separated from
both thieves, upon which she had so long
12 relied, the Spirit within had a chance to im-
pregnate the consciousness with its initial
Truth, and thus the spiritual unfoldment of
the author began. This unfoldment involved
16 many more pains and discords in its course,
but through them all the author sought only
to learn the Divine purpose. Now, she knows
that through pain and woe the Principles of
20 Being are unearthed, liberating their energies
and essences in living consciousness, for the
building of a spiritual state of being. Healing
and spiritual progression are not for this
24 mortal man; but for the Lord who performs
the Father-Mother's service of fashioning a
man who will not need to be sick.

MEDITATION

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I am healed through the indwelling Christ
Self.

Christ is the Physician of consciousness. I 4
am whole in Christ.

I rejoice in omnipresent wholeness and har-
mony.

