

Objective To encourage the practice of skills that develop an ability to quiet the self, build personal strength and self knowledge, and attune to presence of spiritually healing energy.

Meditation is a resource for Spiritual Healing practice. Meditation is the quieting of the observation of the self and others, and expanded awareness from personal experience of what is beyond the borders of the self. Meditation awakens a knowledge of greater boundaries for the known self. It happens gradually from the expanded perception of personal and objective reality. The potential personal growth and healing includes awareness of vast experiences beyond the perception of self, developed in childhood and adulthood. Naturally, earlier perceptions of self, others and the world change. This change includes a falling away of old understandings in favor of a clear vision of life circumstances. Learning flows easily; every one grows at their own pace. This is a safe practice. Meditation is the process by which attunement to Spirit is achieved for the purpose of facilitating a Spiritual Healing treatment.

In the practice of meditation one can experience, physically, an energy that is beyond one's own or what previously was familiar. This energy seems to expand the body, a lightness takes over the self, engendering a sense of well being. A sense of morality genuinely and easily occurs, as this is the state of being that most protects healing. There is an awakening of the self to kind action towards the self and others, with in relaxed pacing. After some time, one quiets the living environment at home. All of these traits are similar to the traits attributed to God, and are concrete signs of character formation. These are the qualities engendered from being in intimate relationship with God.

These are qualities that indicate Spiritual Healing has taken place within a person. These traits create an internal atmosphere within a person that is most conducive to the development of physical and mental Spiritual Healing. These traits are essential in the development of spiritual protection for the person channeling Spiritual Healing, to set a cleansing environment for healing to take place, and to benefit the one receiving healing by protecting the self from outside influences that might compromise the healing that has taken place.

This process bypasses ordinary psychological interventions, practiced by a therapist with the client present. In meditation one sits quietly, and connects interiorly with experiences that feel nurturing. These experiences continue to naturally expand with practice, changing personal choices in behavior. New choices in how one lives day to day, calm times for prayer and self reflection, healthy foods, good rest, and peaceful interpersonal relations reinforce this feeling of growing well being. Old choices that compete with a sense of wellness are relinquished. This experience is always available

through attunement during meditation practice. It is a quiet moment away for practitioners of all skill levels. In meditation and contemplative prayer, connecting with the Divine feels good, and is now predictable, establishing the roots of trust for attunement with spiritually healing energy, and the developing self. This is a leap over difficult territory through a positive process, that establishes character formation, trust, and a willingness to participate differently in life.

What does science tell us about healing energy?

In *Domain of the Unbound Potential the Science of the Absolute*, [William C. Gough, Ph.D., Dean Brown, Ph.D., and with Lyndall Demere, Ph.D., 2002], it is suggested that continually changing wave patterns “create the pattern and forms of the physical.” This is, “the most effective way to model the cosmos.” The Absolute is, “the spaceless and timeless domain of unbound potential” and waves of energy represent the potential of possible resonances or experiences. “The phenomenon of wave resonance depicts the mechanism for the interaction of physical Nature with the non-physical Absolute.” The Absolute is the source of all emanations, God as Creator. Emanations of energy, in the pattern of waves, are experienced in the process of Spiritual Healing. Emanations are vibrations and all forms and patterns have a signature wave spectrum - vibration - associated to them. This unique vibration gives definition to a particular person and defines the difference among all other persons. It defines consciousness as a signature vibration that is unique. It defines the thought processes of an individual. This difference in vibration, consciousness, can be measured in physics labs and can be easily read by persons having expanded sensitivity, perception.

Every cell has a vibration. Spiritual Healing is the projection of Divine Love and Light the highest vibration on Earth, and it is experienced as a pattern of waves. This highest vibration merges with cells and changes the vibration of the cells. This changes the consciousness of the cells by giving them a new definition. This new definition indicates movement, growth towards healing; a change that is permanent. The intent to change the vibration of cells, a person’s consciousness, or a situation, through the practice of Spiritual Healing is best expressed by a channel in quite repose, clear in intention and vision for a higher difference in the cells and consciousness of the recipient. This can be achieved in person or at a distance of any kind, which is non-local healing. Remote viewing is non-local reading of energy vibration patterns, often used in long distance diagnostic work.

The power of sincere prayer can be experienced as uplifting. It is important to perceive God as forgiving. This perception of forgiveness changes the consciousness of the individual rendering an experience of personal ease. Also,

to live in the mental and emotional state of forgiveness, either human or Divine, the past has to be understood differently. There is established with in an individual, a new perspective of a past event, changing the emotional definition of that event. This process creates a new concept of self.

Quantum mechanics describes how prayer and Spiritual Healing work. Dr. John Wheeler, a former Princeton University physicist, states, "information may not be just what we learn about the world. It may be what makes the world." "Our observations, he suggests, might actually contribute to the creation of physical reality." Dr. Wheeler, in his delayed choice thought experiment, "suggests that a single photon emitted from a distant quasar can simultaneously follow two paths to Earth, even if those paths are separated by many light years. One photon, light particle, travels past two different galaxies, with both routes deflected by the gravitational pull of the galaxies." Stranger still, Wheeler theorizes, that the observations astronomers make on Earth today decide the path the photon took billions of years ago." When photons are observed, these particles organize and follow particular patterns rather than existing in random patterns." Light has a dual nature. Sometimes light behaves like a compact particle, a photon; sometimes it seems to behave like a wave spread out in space, just like ripples in a pond." This wave spread out in space is the pattern of healing energy vibrations. Wheeler demonstrates that our observations in the present can affect how a photon behaved in the past. This is the process of forgiveness. "The measurements made now, says Wheeler, determine the photon's past." [Does The Universe Exist If We're Not Looking? Tim Folger, Discover, June 2002].

Practitioners of meditation and Spiritual Healing observe with clear intention the presence of another person or situation while attuned to Divine Healing, causing the energy of a particular circumstance to move in a wave spread out in space. This is the energetic pattern of healing vibrations. The healing channeler's keen observation and intent to facilitate Spiritual Healing, cause the past to be organized differently, naturally. This is the event of healing. A past event, perceived as solid or not able to change, leading to personal discomfort, is reframed in the present, to be perceived as a step to greater good or understanding, implying movement. Spiritual Healing facilitates movement of a previously perceived unmovable circumstance, helping individuals interpret past events in new and possibly compassionate ways. The compassionate interpretation of a past event by someone receiving Spiritual Healing can free that individual of personal entanglements that have prevented previous growth and healing.

Spiritual healing, is achieved by an alignment with the Light of God, Divine Grace. This Light of God seems to behave similarly to photons, particles of light.

Spiritual Healing energy, appearing as light, has been measured in lab experiments by physicists from many universities. It has been discovered that during healing practices, energy moves in waves. This is also true of the energy patterns discovered being emitted by herbal remedies. Divine Light particles can be seen by some with the human eye. Pictures of holy individuals depict gold light as solid particles, and sometimes reflect a variety of other colors. Spiritual practice, especially meditation and prayer, generate the accumulation of Divine Light over time, increasing, consistently, movement towards actual health and well being.

Meditation Practice

To be able to relax at will is a necessary skill which is learned by the practice of specific techniques. Relaxation is an essential skill, enabling the healing channel to be clear when necessary and unsullied by an overlay of the healer's own problems and concerns. Indeed, if a healer is concerned about physical matters or worldly concerns, and is unable to lay these aside to be dealt with at an appropriate time, then it would be wiser for that person not to be acting as a channel at that time. Thoughts are transmitted by energy; intense, worried, negative thoughts are projected easily to others. Maintaining a positive atmosphere internally and in the healing environment is essential to a successful Spiritual Healing session.

Most people find it an advantage to meditate on a regular basis with an established group under the guidance of an experienced leader. It is possible to be able to meditate and develop attunement on one's own or with a companion. Consistency and discipline are necessary for your practice to become successful.

How to begin:

1. It is recommended to begin meditation at the same time most days.
2. Initially, allow 20 minutes per session.
3. Practice meditation in the early morning and evening hours because there is less activity at those times, personally, in the household and in the community.
4. Sit comfortably with your legs and feet uncrossed. Remove glasses and wear comfortable clothing.
5. Make sure that the room is comfortable in temperature, dimly lit, and your seating is supportive.
6. Some people prefer soft melodic music, however, people in the music profession are often distracted because the left brain automatically begins to critique the music.
7. All phones should have ringers turned off.

8. The general atmosphere of the house or office should be quiet.
9. At the designated time for meditation to begin all participants should be comfortably seated, personally prepared to sit quietly until meditation is complete for the group.
10. Group meditations should require that there be no interruptions by members of the group.
11. Participants should exclude themselves if they are having health problems that create noise distractions such as: coughing, sneezing, clearing the throat, belching, moving in the chair excessively to get comfortable, loud sighs. The exception would be meditation groups for those who are sick, automatically allowing for interruptions in the quiet atmosphere.
12. It is recommended at the beginning of meditation that there not be animated conversation as participants are entering the room, and people often wish to leave quietly at the end to preserve their personal experience of the meditation.
13. Practicing reverence for the Spirit of God present during meditation, and respect for each participant's unique experience is essential in preserving the benefit of time devoted to meditation.
14. Individuals have a vast range of experiences during meditations over time. Some people feel they have visited other places and people. Some people feel they have been lifted out of their physical body and moved into a field of bright light. Others see relatives who have died and have vivid conversations as if both were in a time past, or out of time restraints altogether. Others experience colors, a sense of freedom, or the gift of a quiet few moments that restore well being.
15. Guided meditations are a resource for increasing the depth one can achieve in meditation. Often guided meditation is used to bring participants to deeper self examination. This kind of self examination can have extra ordinary benefits. Insight into previously challenging circumstances allows the participant to leave behind personal problems during meditation, while developing a new vision for the present and future.
16. We are our true self.
17. Opening and closing prayers for protection and blessing of those present, and their loved ones is recommended.

Key Words

Meditation Practice
Consistency
Healing Channel
Surrender
Body, Mind, Spirit
Self Examination

Relaxation at Will
Discipline
Spiritual Attunement
States of Being
Presence of God Experienced
Visualisation

Chapter Review Questions

Do you think it is possible to control your experiences of relaxation and peace?

How important is it for the healer to reach a relaxed state of mind before commencement of the healing process? And, for the person receiving healing?

Do you think meditation can help the healer reach a relaxed state of mind?

What do you think is the difference between a relaxed state and a meditative state of mind? How do they feel different in consciousness?

What are some benefits of meditation?

Can you list the guidelines for a successful meditation practice? And, a group practice session?

Do you consider developing a meditative practice important for you personally? And, as a spiritual healer?

Making Change

Making change is an alluring topic, not often considered in the moment of transaction as profound. Transactions can be life enhancing experiences.

This is a story about change.

Love and friendship are developed in a similar manner to the way money is spent. A money note of a certain amount can be exchanged for an item or service and the remaining value in money is given to the purchaser. There is a finite value, broken, and then exchanged for an item or service and money of a different kind. The energy of a finite amount of money is divided into alternative money plus an item or service. All of this is still at an equal value.

Please consider a smallest value coin. It is not possible to break this coin. To exchange this coin for an item or service requires relinquishing the coin altogether. It involves giving away what is owned in exchange for what is new.

It is walking across a bridge in your heart and mind, surrendering yourself to what you know in your being to be true in this time. Surrendering is allowing the old experiences and concepts to be fully replaced by wisdom in the current moment. Wisdom that will hold it's value over time. In meditation one learns that the Presence of God is not just an intellectual understanding, but rather, a personal experience physiologically. There is a feeling of fullness, psychological peace and a knowing of well being; all available with each meditation experience.

This relationship with the Self and God as irrevocably joined, one can not easily forget this experience, creates a new Self identity. This new identity is the core of the Spiritual Healer. This new identity is the core of the Spiritually Healed.

Introduction to Guided Meditation

These meditations are designed to expand the participant's awareness of thoughts, words, and specific actions which in combination energize consciousness. Energized consciousness includes a movement of attention and intention from surface activities and life experiences to the development of a clear inner center. Sri Aurobindo, in his book, *The Life Divine*, suggests that the inner center "exceeds the small personality and surpasses the limited force and aspirations of the normal life consciousness, and the obscure and limited responsiveness of the body."

Energized consciousness develops an inner being or center from which Truth is realized, and a person is formed who has an internal strength necessary to "carry over difficult passages as well as to instruct and point the way." [Sri Aurobindo, *The Life Divine*, Wilmont,WI, 1914, 1990, page 904]

This inner foundation is the Presence of God united with the practitioner's internal center, influencing thoughts, words and actions. One must cease to be the surface personality and become the inner person. The Light of the world is experienced as supporting all of nature, and specifically enveloping and penetrating the self. The outer nature is influenced by Spirit, to quiet the self while obstacles disintegrate, making it, "possible to pass through to the depths of our being and from the depths so reached, a new consciousness can be formed, both behind the exterior self and in it, joining the depths to the surface." [Sri Aurobindo, *The Life Divine*, 1914, 1990, page 904] This describes the integrated whole self.

Energized consciousness is being in a consistent state of peace within the self, regardless of environmental stimulants. It is knowing from personal experience, universal connectedness and is expressed by acts of compassion, genuine generosity, and gentle affection. This difference is demonstrated by an easy flow of support for the self and others. It is a natural state of being; of being alert and at the same time relaxed and peaceful. It is being in the immediate moment. It is a state that renews itself spontaneously; becoming the practitioner's ordinary state when resting.

The Spiritual Healer can suggest in the healing session a balance in attention to tender and genuinely supportive thoughts, words, emotions and actions towards the self. Quite contemplation often progresses to deep meditation. Begin slowly.

Often those who meditate, opening one's self to spiritual nurturing, describe themselves as coming home. This is a realization of the self being naturally a part of the Divine. It is a realization that only the consciousness within the self, blocks the ever present experience of connection to God and the universe. Our consciousness is our energetic signature. This energetic signature, a real

expression of our consciousness changes as we grow; dissolving the wounds of physical experiences on Earth and establishing a sense of personal freedom. The human spirit freely connected to the Divine, establishes the Kingdom of God within. This is personal ownership of well being, peace, genuine generosity, and compassion for the self and others. It is the consciousness of clear sight, clear sentience, and clear knowing in the immediate moment. It is the consciousness of the human heart being at home, at rest, freeing attention and intention to be creatively on universal purpose.

Guided Meditations

These 15 Guided Meditations can be read aloud to the self for personal development. They are for the developing healing practitioner to use freely in healing sessions.

1. Read a meditation aloud, clearly and with a relaxed voice.
2. Take time after paragraphs for the listener to process experiences.
3. Meditations can be read at the beginning of a healing session to clarify healing goals for the session.
4. They can be read to close a session prayerfully.
5. They can be used as the healing session. This can be a tool for healing sessions for someone who does not wish to be touched.
6. These meditations can be used weekly for a group that is developing skills in meditation, each member of the group taking a turn.
7. They are a teaching tool that can lead the reader to learn how to develop their own guided meditations.
8. In a group meditation class, discussion of participant's experiences can follow, in the atmosphere of enjoying the creative and varied experiences of every one.