



All of us on the spiritual path have an interest in spiritual healing. Most of us, in our growing awareness of the divine, have discovered an effective way of dealing with problems without resorting to conflict or material power. But this discovery is counter intuitive. Our human conditioning would have us search for the cause of our problems and then seek out a solution. Often that solution would require us to apply some sort of power to counter the effects of the problem. Only if the problem seems to be unsolvable do we turn to some form of spiritual practice. But if our conditioned mind-set doesn't change, and we bring the same conditioning into the spiritual realm, we will be no more successful with a spiritual solution than we were with a material one. As long as we have a person – yourself or someone else – with a problem, and seek some power, whether that power is physical, mental, or spiritual to overcome that problem, we will fail to see a comprehensive change. To embrace spiritual healing, we need to change the way we perceive the world and our place in it.

Not everyone on the spiritual path is called to do healing work, but everyone seeking to live a spiritual life needs to understand the principles that make up spiritual healing. The core principle is oneness. It has a long history in Western thought, and it is the essence of all mystical teachings. It began with Moses revealing the name of God as I. "...and when they say to me, what is his name, what shall I say unto them? And God said unto Moses, I Am That I Am." From that point on the "I" became sacred. The idea that human beings are separate and apart from the Divine was nullified with that revelation. Joel Goldsmith, the great twentieth century mystic and healer said that when someone experiences the presence of God within, as did Moses, nothing but God exists at that moment in their experience. Jesus, speaking as the Christ, brought this revelation to the world in two seminal ideas. The first was that when we see, as his disciples saw, the man Jesus, we see the one who sent him – God. There is no separation. The second was that when we understand the nature of the Christ as the essence of our being, "the works that I do shall ye do also..." the work of nullifying the sense of power in material concepts of cause and effect – "and greater works than these..." because I go unto my Father. In other words, when we turn to the Christ within, that infinite Christ Consciousness, functioning as the Godhead, It takes over and reestablishes the peace and harmony that seems to have been lacking.

I have often used the analogy of the artist in describing spiritual or mystical living. There is a pattern to artistic living. It doesn't matter what the discipline is – music, literature, the visual arts, even cooking – the learning process is the same. First there is the love of the art, and we can include the spiritual realm as an art. This is the desire to know all there is about the discipline. Then there is the learning of the craft. Every

creative discipline has a craft. The writer learns grammar and spelling. The painter studies the theories of color and design. The musician discovers the language of music, the chef learns how to put the most tasty elements together in his meals. And the mystic experiences the oneness of life. All the creative disciplines, including the sciences and business, give individuals a sense of freedom and the ability to express themselves in unique and original ways. The nature of spiritual living is the same; it lets the splendor of the divine spark within our soul ignite a life lived in peace, wholeness, abundance, and joy. Will we all be spiritual healers? No. But to know how spiritual healing works removes the fear that we face in the appearance world of cause and effect, where evil seems to dominate the news and suffering is everywhere. Just as connoisseurs of the arts study and learn all there is to know about the music or art or literature and food they enjoy, so too do we expand our understanding of the spiritual realm to bring joy and freedom into our lives. The more we live from a spiritual perspective, the greater our freedom in this world. But there are times when we all face a crisis where our beliefs are challenged. One of the benefits of pursuing a spiritual discipline is that we go from a set of beliefs about God to tangibly experiencing the activity of God in our daily lives. When we face a crisis with a history of spiritual experiences, we are less likely to be knocked off our center by the appearance world than if all we know of Spirit is intellectual.

The premise for spiritual healing, whether physical, mental, financial, or social, or all the aforesaid situations is the omnipotence, omnipresence, and omniscience of God. Since the word God brings up many different ideas and concepts, we must be clear about what we mean when we use that term. Joel Goldsmith made two distinct statements about God; one was that God is the substance of all form, and the other was that God is the soul of man – of every person. Mary Baker Eddy said, “Man is not matter; he is not made up of brain, blood, bones, and other material elements. The Scriptures inform us that man is made in the image and likeness of God.” Both great teachers seem to be directing us away from the belief that God is a power, an entity or a Supreme Being divorced from living, breathing you and me into the realization that the Kingdom of God is within each and every person on the planet. To benefit from this relationship the individual must discover this hidden kingdom within for himself or herself. No one can do it for another. Unless we know what this inner world is all about and have some inner revelation as to the nature of the spiritual realm, we will rarely experience spiritual healing.

The non-physical world has influenced the physical world forever. Humanity has perceived this from its earliest appearance on this planet and has tried to reconcile this invisible influence over life since the first person questioned “who am I? Where did I come from?” – not in the physical sense, but in the quest to discover who it is that inhabits the body. Early human beings created stories about the unexplained. They created gods and spirits, some benevolent and some vengeful, based on their experience with good and evil in the world, and they created rituals to influence, or at least mitigate the unseen world. Many of these rituals still exist today in the dogma and liturgy of the world’s religions.

In the age of science, the unseen world has been seen, and it does not follow the laws that govern the physical world. The quantum world has existed as long as the physical world has, but until it was experienced it was out of the realm of human consciousness. The same is true with the spiritual world. Those aware of the quantum still live lives based on material cause and effect, but they know that Newtonian cause and effect is not the only reality. Those studying a spiritual discipline, especially those who have

experience the union of mystical oneness, begin to discern the relative nature of the world of cause and effect. They begin to realize that material laws are not absolute. Perhaps they have seen an effect to which they have given a cause vanish, just disappear without thought or material process. That kind of experience can lead to the desire to know more about the unseen nature of reality that underlies the apparent world. It was this kind of experience that led Joel Goldsmith on his quest to discover the nature of spiritual healing.

Joel preferred the term Consciousness to the word God. Mrs. Eddy used the idea of the Divine Mind. The reason for using these terms was to strip from us the concepts about God we might still be carrying around. The idea that there is a great power out in the cosmos that created the earth and stars and all the life that exists, and that great power exists outside of Consciousness, or Mind, is false. The first conceptual hurdle to overcome in spiritual healing is the idea that a power or force separate and apart from individual consciousness will intervene to solve a human problem. If you attempt to deal with a problem spiritually and you accept the belief that a healing power will enter your life and dispel some form of evil, you will fail. If you accept a situation containing a person, and a problem, and a divine force that will resolve the problem, you will fail. You cannot hold in your mind the idea of a person, with a problem, and a healing power to solve that problem and expect a spiritual healing. The belief that there is a God, and a person, and a problem – three separate things, that belief must be purged from your thought before you can approach healing from a spiritual perspective. The reason for this is the basic mystical principle of oneness. There is only one. There is not God *and* man *and* creation. There is only the one.

Our first step in the art of spiritual healing is to build a spiritual consciousness. That may sound like an oxymoron. Haven't we always had this divine consciousness within us? The answer to that is yes. But most of the people on the planet are unaware of this dimension of life, therefore they don't experience it. Evil is the invention of the universal conditioned mind. C. G. Jung called that state of mind the *collective unconscious*. Attaining a spiritual consciousness gives us the ability to see through the conditioned world to the wholeness, perfection, and harmony of spiritual creation. Nothing can be added nor subtracted from creation. It is complete. Form may change, but the substance of all that exists is spiritual, good without opposite, life everlasting, and unaffected by human thought. To be able to reach this level of consciousness we need the ability to nullify the activity of the conditioned mind. My goal has always been what St. Paul stated, "(to) have that mind in you that was in Christ Jesus."

Spiritual reality is a Presence, something we feel. It is different from an emotion in that it is not generated by a person or an event. It is an awareness of the Self that we have always been, and the knowledge of that Self brings peace. That Self has been with us before we were born, and It will be with us after we leave this earthly realm. It is experienced when we are absolutely still; no thought or event can affect It. When It is consciously realized, It reveals the unity of all life. It reveals the nature of creation as good. Nothing else exists but It; no power, no presence – only the one Life appearing as individual form.

The spiritual healer must understand the nature of the human mind and be able to discern the degree of conditioning present when working on a problem. The mind can bring about a change to matter, but that change is not necessarily spiritual. Scripture tells us that to live spiritually we must repent, which means shifting our attention from the material to the spiritual. Repentance (metanoia), or having a pure mind is a prerequisite to spiritual healing. This Christ-mind has nothing to do with the human mind or the conditioned mind. In some ways the Christ-mind should not be thought of as a mind, for in it there is no

process. Comprehending this change of perception can be confusing and complex. Without love – the love of the Spirit, the love of discovering the truth about life, achieving a degree of spiritual awareness is unlikely. Love is what keeps us going when the study becomes difficult.

In philosophy there are two schools of thought about the mind. The materialist believe that mater creates the mind. They have not yet discovered how that works, but they postulate that the mind develops along with the brain. One’s personality, along with his or her appearance is the product of the genome and the environment in which the person is raised. The idealist believe that reality is mentally constructed. What you hold in your mind manifests as your experience in the world, physically as well as emotionally. The New Thought movements, as well as mysticism are idealistic in nature, but go beyond the mental into the spiritual reality that God is the substance of creation. Nothing can be added, and nothing can be taken away from what already *is*. The metaphysics of Christian Science and the New Thought movements teaches us to discern between the mind of God and the carnal or mortal mind.

There is only one mind, as there is only one being, one presence and one creation. But the collective unconscious, which constantly judges good and evil, is a significant hypnotic force. I like the term collective unconscious because it has an unbiassed connotation, whereas the carnal or mortal mind denotes something sinful. We all function under the hypnotism of the collective unconscious by the act of being born into this world, and we discover through our spiritual study that the collective unconscious is impersonal. The evil of this world is impersonal, as well as the good. Without a person or a situation to function through both cease to exist. When we learn that the negativity that appears in our lives is not caused by our thinking or our behavior, but by the acceptance of a universal belief, we have taken the first step in releasing ourselves from the unconscious hypnotism of the material world.

The first principle in the healing craft is “*impersonalization*.” Whenever we find ourselves accepting a material cause for something we experience, whether it’s good or it’s evil, we must shift our attention out of the personal and into the universal. We must come to the realization that the only cause is Infinite Consciousness, and there is nothing destructive or harmful in that state of being. Any person or situation representing the contrary is presenting a mental construct of the collective unconscious, and that appearance has no reality to it. The person or situation - or pain or diagnosis – that presents this false concept or painful condition has nothing to do with the belief they perpetuate. They are unconsciously spreading this collective error. They believe the erroneous concept that there is a cause and power separate and apart from Infinite Consciousness, and their belief has nothing to do with me, or you. I do not have to accept it as power, and neither do you. In the same manner, the joy and fulfillment we experience is not the product of a person or situation, it is the ever-present activity of love, of God’s grace coming to us in a way we can accept. You can’t pin the good you feel on someone any more than you can pin the evil.

The second principle in the healing craft is not identifying or claiming a material situation as yours. This is termed “*detachment*.” If the problem is a disease, you can reposition that appearance from something you have, to nothing but universal appearance based on the belief that material cause and effect has power. A belief only has power to the degree that you accept the power personally. And, if you have experienced the presence of God, you bring that experience to mind with the recognition that where God is realized, only God exists. Pain and suffering have never been part of God, so to the degree that you can let go of the problem, the problem loses its hypnotic effect.

The moment you *detach* yourself from the condition, you begin to withdraw power from the appearance. If you call a spiritual healer for help with resolving the problem, the practitioner does not need to know what the problem is, or a description of the symptoms effecting you, because they will not be dealing with the problem. If you have the ability to not deal with the problem on the level of the problem yourself, you can step out of the material effect into the oneness of divine Being. But when you are feeling bad, and your mind is fearful, you can facilitate the detachment from the problem quicker by calling someone not hypnotized by the appearance.

You may have heard this story that Joel tells, but it's still a wonderful illustration of this point. A group of friends go to a magic show where a hypnotist performs. In this group of friends is a spiritual healer. A few people in the group are called on stage to be part of the act. The hypnotist puts those people under his spell and tells them that there is a white poodle running around on the stage and no one can leave the stage until the dog is caught. When he snaps his fingers initiating the performance, the audience howls with laughter at the sight of their friends running around the stage chasing a nonexistent dog. When one person in the group begs the healer to come on the stage and help catch the dog, he laughs it off. The hypnotized person turns on the healer believing him callous and not a friend. Fortunately, when the hypnotist releases people on stage from his spell, they remember nothing.

The mind in which we experience the presence of God is our true mind. It cannot be hypnotized nor effected by human belief. The conditioned mind is an erroneous state of belief based on material cause and effect. The mind that was in Christ Jesus understands the mental hierarchy of the world in which it lives. When we have developed a degree of understanding of the conditioned mind, we rise out of the apparent power from that state of mind and are not easily manipulated by its activity.

The base level of the conditioned mind is reactive – and remember the conditioned mind is a product of the collective unconscious that has formed the appearance world through fear and judgment. The reactive mind has no conscience; no awareness of the ancient commandment to love your neighbor as yourself, a code of living that goes back to Moses. That mindset forms a strong personal ego that cares only about itself.

The next level of mental awareness is the intellect. It is reasonable, judging good or evil according to a moral code. The more universal a moral code, the more freedom it encourages, but most moral codes are specific to a people or a belief and feed the concepts of good and evil, of one group being right and another being wrong, perpetuating the hypnotic power of the collective. That state of mind still identifies with a strong ego and tends to be manipulative, but it can be a force for good in the world as well as a force for evil. Those states of mind are impersonal. Everyone experiences aspects of that mind. The Christ mind is different.

The ego is an activity of mind. Spiritually there is only one ego, or Self. Our original identity is spiritual. The unconditioned mind, or Christ mind, perceives the spiritual reality based on the unity of life. We are all one in consciousness, united as offspring of God, having all the characteristics of the Godhead and expressing love and forgiveness to saint and sinner alike. As we become more familiar with the universal mind of God, the conditioned sense of person, the personal ego, transforms into the Christ ideal. We experience that state of being Jesus knew when he said, “when you see me you see the father that sent me.”

In the classes given by Joel and his subsequent teachers there were people at the door recognizing the Christ in every person entering the class. This recognition lifted the class out of the intellect and into the omnipresence of spiritual consciousness. You cannot recognize the Christ in another until you have some realization of the Christ yourself. Your realization of the Christ is through the constant unfolding of the unconditioned mind within you – omniscience working in you and through you. Aspects of the conditioned mind are still with you, but they no longer dominate your life. You begin to feel the omnipotence of the One, through a mind uncluttered by worldly belief, and this brings freedom into your life. This is the final principle in the healing craft. Once understood, the healer no longer attempts to overcome a problem. Instead, he or she sees the problem as a construct of the collective unconscious, having no basis in God, therefore without power. It takes practice to achieve this state of mind and the pathway to it is through meditation.

Meditation is the way to move from the conditioned mind to the unconditioned mind. Healing cannot take place through a mind filled with world belief; it is only realized through peace, stillness and the healer bringing to consciousness the presence of God. That means there cannot be any judgement, concept, or human belief regarding the problem. It is natural for the mind to become agitated when confronting a problem. That is why it is important for the healer, as well as the student, to be well acquainted with the still mind.

The technique I was taught to still my mind was to become aware of the spaces between my thoughts. It's a fact that we experience what we put our attention to. If we are absorbed by the news, or by our family or careers, those will be the dominant aspects in our lives. If we change the direction of our thought toward God, thereby repenting, the stimulation from what the world throws at us diminishes. The more our attention is on the stillness, on the peace of the now moment, the less the world intrudes. This doesn't mean that we lose our passion for our work or our families. It means that the important things in our lives take on a different perspective. Work no longer is just a means to make a living, it becomes an activity of truth and love. We experience our families with a new level of love and understanding. And we begin to understand the meaning of oneness.

With practice, the still and receptive mind is with us always. Even when we are not consciously experiencing the Divine, that Presence is always at hand, just beneath the activities and demands of our daily lives, ready to calm and mitigate any situation that brings conflict and fear. We lose none of our abilities in this world by developing a still mind. The reactive mind and the intellectual mind are always with us. We can't get rid of them so why try. But living with a still mind reduces the power and hypnotic influence of those other aspects of mind. Thoughts have no power. Our base instincts have no power. We can be in the world yet not of it. We have what I think of as a walking around mind to take us through our daily routine and at the same time the infinite resources of the Christ mind always present, waiting to be recognized. Understanding this allows you to travel this world without fear, by grace.

To recap, here are the basic steps in spiritual healing.

- The premise is that God is the substance of all form, and that God is too pure to behold inequity. Therefore, spiritual reality is good. There is no pain or suffering in the realized presence of God, only peace, harmony, and fulfillment.

- The mind is the instrument through which we experience and interpret the world. If we accept and take personal the beliefs and concepts that come into our mind, they will be manifested in our daily lives. If we develop a still mind, without condition, we will discover the joy of the now moment. In that moment is the presence of God, and if consciously realized, It will nullify any harmful or limiting circumstance.
- Meditation is the tool we use to develop a still mind. It opens us to the realm of peace. It acquaints us with our deeper self, the Self that is one with God.
- Living through our spiritual faculties we find we are unaffected by the forces of this world. We live between the world of material sense and the world of spiritual revelation, untouched by the beliefs of good and evil, living free in the oneness and oneness of the divine.