

## CHAPTER TWELVE

### Health and Healing

1. All of creation—the infinite universes and all that is visible and invisible—is energy in motion. It is the Thinkingness and Knowingness of God-Mind — Divine Ideas in a state of continuous manifestation. The Spirit of God is pure Cosmic Energy, and this spiritual Substance is individualized as each man, each woman. Therefore, each one of us is an energy field pulsating to a divine vibration. This is our Life Force—the pure Energy of God—and as this Energy lowers its rate of vibration, physical form takes place, manifesting as cells, tissue and organs according to the Perfect Body Idea (the Word). And the Word is made flesh.

2. Ideas such as sickness, disease and old age do not exist in the Mind of God. Therefore, as the pure Energy of God-Mind expresses as the Life Principle and forms the body according to the Perfect Pattern, the visible manifestation must also be perfect. Since we were created out of Perfection, we must be perfect. But how do we explain the appearance of disease and sickness? Go back to the principle that in the Mind of God, Thoughts are creative, and since we are individualizations of God, our thoughts are also creative. We have the freedom to create conditions and experiences in our lives according to the thoughts we think and accept as true.

Thus, we create our own diseases by objectifying fear, hate, worry, or other mental disturbances. But we can also be restored to our normal state of perfection through the Right use of our minds.

3. Any idea that is registered as a conviction in our deeper mind results in a change in our world, beginning with the body. When we begin to consider that the Healing Principle within is the CAUSE of our physical well-being, the negative energy within our individual force field begins to change. In other words, physical perfection is the natural state of our being, and as this Truth is accepted in our thinking and feeling natures, our bodies will change accordingly. So a "healing" is simply a return to our natural state.

4. Based on The Quartus Foundation's research into the subject of health and healing, we believe that an individual can return to his/her natural state of perfection by working with the four "bodies" that comprise individual being: the spiritual, emotional, mental and physical bodies. In the spiritual realm we dedicate ourselves to realizing our True Nature by working from the vantage point that we are NOW spiritual beings—to awaken to the truth of our Divine Image. This is the purpose of meditation, where we dwell upon our Inner Reality, knowing that whatever we contemplate is drawn into our consciousness. This focus on the Christ within, the Spirit of God, will also begin to awaken the subconscious to "remember" the true Image of the Self—the Divine Perfection that we are. So meditation is the foundation for both a restoration and a preventive "medicine" program. Through meditation you will be raising the vibration of your energy field to the divine frequency, thus opening the way for the healing currents to move through every atom of your being.

5. In working with the emotional body, do whatever is necessary to immediately rid yourself of all negative feelings such as unforgiveness, resentment, criticism, fear and jealousy. Even the American Medical Association is talking about the cause and effect relationship between emotions and wellness. In the January 14, 1983 issue of The Journal of the American Medical Association, it was reported that ". . . investigators

found that gum-disease patients had experienced more negative, unsettling life events in the previous year than other people . . . they also demonstrated higher levels of anxiety, depression and emotional disturbances.”

6. We have found that the use of spiritual treatments can reverse deep-seated emotional patterns and clear a path for the Inner Power to act. For example, if there is unforgiveness in your heart toward ANYONE (a parent thought for arthritis, cancer and heart problems), sit quietly and state firmly and lovingly: “I forgive you totally and completely. I hold no unforgiveness in my heart toward anyone, and if there is anything in my consciousness that resembles unforgiveness, I cast it upon the indwelling Christ to be dissolved right now. I forgive everyone and I am free!” Work with such statements, adapting and changing the words for any negative emotion, until you feel a sense of release and there is no longer a negative attachment to the person or experience. You can also use the 10-step manifestation process (from the book *The Manifestation Process*) to eliminate negative feelings and emotions. Choose a Master Thought—a Divine Idea—to replace the negative pattern. Accept it with all your heart and embody it with a sense of HAVE. Then see yourself free of the emotional attachment and express a deep feeling of love . . . speak the word that it is done and surrender your entire being to the Spirit within with great thankfulness, and move out into your world as a fearless, flawless and free Child of the Living God.

7. When we come down to managing our thought processes, we are actually working with the mental body. As Louise L. Hay says in her book *Heal Your Body*—“Stop for a moment and catch your thought. What are you thinking right now? If thoughts shape your life and experiences, would you want this thought to become true for you? If it is a thought of worry or anger or hurt or revenge, how do you think this thought will come back to you? If we want a joyous life, we must think joyous thoughts. If we want a prosperous life, we must think prosperous thoughts. If we want a loving life, we must think loving thoughts. Whatever we send out

mentally or verbally will come back to us in like form. Listen to the words you say. If you hear yourself saying something three times, write it down. It has become a pattern for you. At the end of a week look at the list you have made and you will see how your words fit your experience. Be willing to change your words and thoughts and watch your life change. It's your power and your choice. No one thinks in your mind but you."

8. Remember that the use of creative imagination and visualization techniques also relate to your mental body and greatly influence the physical organism. *See yourself well!* Visualize your wholeness, the natural state of your being. Cancer patients, for example, are benefitting from what is called "positive image therapy." It combines relaxation techniques with teaching the patient to imagine his body's natural cancer-fighting forces — his white blood cells, for instance — and that his cancer is vulnerable to the treatment. In a study at the Washington School of Psychiatry, six patients led by Dr. Robert Kvarnes, had blood samples analyzed before and after the training. The result was that the number of white cells and the amount of a chemical called thymosin in their blood increased. Both changes indicated that their immune systems were stronger.

9. Regarding the physical body, I believe that we must always work from the standpoint of where we are in consciousness — and to not "gamble" by taking action that is beyond our belief system. What I am saying is this: God works through both the metaphysician and the physician. However, healing cannot be complete until the negative patterns in consciousness are corrected. Therefore, medical assistance may offer only temporary relief. Also, a doctor may not be necessary if the individual will combine spiritual work with a good physical health program, i.e. the proper diet, exercise, and good judgment in the maintenance of the body. Nutrition experts can give you valuable information on vitamins and minerals, and excellent books on physical fitness can be found in every bookstore. Rather than advise you personally on these particular "outer" activities, I suggest that

you (1) go within for specific guidance regarding your own situation and what is needed in the manifest world to maintain your body in top physical condition, and (2) follow that guidance to the letter and establish your special health program of foods, supplements, exercise, body cleansing, fasting, natural substitutes for drugs, etc. We each have to find what is RIGHT for us—*individually*.

### Spiritual Activity

Let's base our spiritual work on bringing the spiritual, emotional, mental and physical bodies into perfect alignment.

— In paragraph 4, we discussed the effects of meditation as a “foundation for both a restoration and preventive ‘medicine’ program.” The form of meditation we are recommending here to realize the true nature of Wholeness is called a “meditative treatment.” If you are experiencing a health problem, it means that there is a false belief in your consciousness that is outpicturing itself as dis-ease in your body. There is simply a misconception and a misunderstanding in your mind regarding the natural state of your being. To meet this challenge, you must replace the error with Truth in consciousness, and this can be done most effectively through this type of meditation.

This is the statement that we will work with in our meditative treatment:

**The Spirit of God is the Life Force within me, and every cell of my body is filled with the intelligence, love and radiant energy of God-Mind.**

**God's will for me is perfect health, and God sees me as perfect; therefore wellness is the natural state of my being.**

**Ideas such as sickness, disease and old age cannot exist in the Mind of God. That Mind is my mind, so I now see myself as God sees me . . . strong, vital, vibrant, perfect.**

**I am now lifted up into the Consciousness of Wholeness.**

**I accept my healing. I am healed now! And it is so.**

Now become very still and relaxed—then slowly and with

feeling, read the statement again, meditating on each word, contemplating each sentence until the true meaning registers in your consciousness. Remember that words are only symbols . . . it is the idea behind the word that has power. So you meditate on the *idea* until there is an inner understanding and realization. I will lead you through the first meditation, but in subsequent treatments, let your own thoughts replace my words.

Meditation:

**The Spirit of God** (Contemplate the idea—the meaning-behind the words “The Spirit of God” until you feel something within. Speak the words silently and watch the other thoughts that flow in to expand your thinking.)

**is the Life Force within me** (Dwell on the meaning and the activity of the Life Force of God operating in and through your body. Feel the dynamics of this incredible power. Sense the renewing, restoring action of Spirit as it eliminates everything unlike itself in your body.)

**and every cell of my body is filled with the intelligence, love and radiant energy of God-Mind.** (“See” each cell pulsating with Light and Life — and filled with God-Intelligence, God-Love and God-Energy. Each cell is now thinking the Thoughts of God, expressing the Love of God, and vibrating in harmony with the Peace of God. Contemplate this!)

**God’s will for me is perfect health** (Think of God’s will as the cosmic urge to express perfection, which is being done in your body right now.)

**and God sees me as perfect** (This is the Vision of God projecting the Reality of Perfection throughout every cell, organ and tissue of your body. Ponder this!)

**therefore wellness is the natural state of my being.** (What God sees IS THE REALITY behind the illusion. This Divine Vision, this Holy Seeingness is permeating your entire being. Feel this!)

**Ideas such as sickness, disease and old age cannot exist in the Mind of God.** (If such ideas do not exist, they

cannot be manifest, therefore it is *your* ideas that have been expressed as a negative physical condition. You are now aware of this, and you know that you have the divine authority to replace those error thoughts with Truth Ideas, and you now make the definite decision to do so.)

**That Mind is my mind** (There is but one Mind — God-Mind. That Mind is in expression as your mind. Your mind, being a part of God-Mind, has the Holy Power of Spirit. And you are now using that Power in cooperating with God. Contemplate God's Mind expressing as your mind, and your mind expressing God's Ideas of Perfection.)

**so I now see myself as God sees me . . . strong, vital, vibrant, perfect.** (Lift up your vision and see as God sees. See Wholeness. See Wellness. See Divine Order. See Perfection. See God *as* your body!)

**I am now lifted up into the Consciousness of Wholeness.** (Feel the pure vibration of Love, Life and Light as you rise into the very Presence of Spirit. Meditate on the spiritual energy that now surrounds you, engulfs you, and flows in and through you. Let go and give yourself to the magnificent Healing Currents.)

**I accept my healing. I am healed now! And it is so.** (When you accept your healing, you have taken the final step. Where there was darkness, there is now Light. Where there was error, there is now Truth. Where there was imperfection, there is now Perfection. You are healed! Acknowledge now that it is so!)

Remain in the consciousness of Spirit for a few more minutes—in communion with your God-Self. In this spiritual vibration you will be highly successful in dealing with your emotional body. Forgiving others will be easy, and old hurts, resentments and other negative feelings can quickly be cast upon the Christ within to be dissolved. For this particular activity, make a list of everyone who could possibly need your forgiveness, then speak their name aloud and say: "I forgive you. I choose to do this now, and I hold nothing back. I for-

give you totally and completely!" Next, take an imaginary box and in your mind, fill it with every hurt, resentment, condemnation, depressed feeling, anger thought, and any other negative patterns you find in consciousness. Now take the box and see yourself lovingly placing it upon the Holy Fire of Spirit within where it is totally consumed.

To properly manage your thought processes, refer back to paragraph No. 7 in this chapter and begin to listen to the words you say throughout the day. What habit patterns are you forming? Start exercising control over the thoughts you think and the words you speak. *Practice* thinking joyful, loving, prosperous, and harmonious thoughts. Train yourself to think and speak only according to the Christ standard, and use your power of creative imagination to see yourself as whole, well and perfect.

In working with the physical body, ask yourself: "What do I intuitively feel that I must do in the manifest world to maintain my body in top physical condition?" You may be told to relax more, to eat only those foods that you *know* are appropriate for you, and to exercise regularly. Whatever the answer may be, just be sure to follow your inner guidance in establishing a "health program" that is right for your individual consciousness.

Work daily to keep your four bodies in holy agreement, and sickness will be a thing of the past for you.