

The Power in Self Healing By Elwin Reed

The power in spiritual healing can best be expressed by one word. That word is 'Belief'.

Belief that with God's help, and that of our friends in spirit, we can heal ourselves; just as we can channel healing to others. It is also a belief that within our bodies is the knowledge of how to effect the self-healing we seek.

Believing something and knowing something are two entirely different kettles of fish. If you already know something, you don't have to believe it, because you already know it. If I tell you I'm standing here in front of you, right now, you see it, and you *KNOW* it. But if I tell you I'll be standing here ten minutes from now, you don't really know that, but you may believe it, simply because I said I would.

The knowing is based on facts, while the believing is based on faith.

At first our belief in the self-healing capabilities of our bodies may be shaky, but if we work at it, using prayer, affirmations, visualizations our belief will grow as the results become more and more apparent. For some, that belief becomes so strong that it becomes a *knowing*.

So how does belief work in self-healing:

If we get a small cut on the hand we dismiss it as a small thing. We say, "Oh it'll heal in no time at all." Mind you we don't really know that it will heal, but we do know that every time it's happened before, it has healed, so why wouldn't it do the same thing this time?

So we can, and in fact do, **believe** that it will heal, and of course it does.

But what if we went to our doctor and after a thorough examination, he tells us in his best funeral voice we have the worst case of *Triple X* he's ever seen and there's no known cure. At that point we may not know we're going to die from it, but since everyone else has why wouldn't we? So we can, and usually do, believe we're going to die and, generally, we do.

But wait a minute, is this the way it has to be?

If we cut our finger or break a bone we believe they will heal, so why is it we stop believing in the healing power within our bodies when a doctor tells us we have *Triple X* and we're going to die? Why do we stop believing in the healing that has mended our cuts, bruises, and broken bones? The very same power that has governed our growth since birth, regulated our breathing, and our heartbeat. We suddenly abandon our belief in our own healing power and say, "Yeah, I've got Triple X and I'm going to die." If we think about it that way, it doesn't really make sense, does it?

Some of you may believe this is an over simplification of a very complex subject. And I'll plead guilty to making it simple because I believe it is just that - simple. Notice, I didn't say easy. It isn't easy to believe, in-fact sometimes it's just downright hard to believe that we can heal ourselves when everyone else is wringing their hands about our sorry condition.

I believe when we've lived our allotted time, we will pass from this life. But while we're here, we should be enjoying good health; and we would, if we could just bring ourselves to believe it with every ounce of our being.

About this time, someone always trots out what they think is a great metaphysical truth. It goes something like this: "But it may be that persons Karma to suffer in this lifetime." And they'll go on to discourse learnedly about *Karmic Debt* and *Lessons to Learn*." As though there was some entity in a position of authority who says, "I'll teach this sucker a lesson that he'll never forget. I'll make his life a *hell on earth*."

Well, and this is my personal opinion, I think that's the biggest shovelful of bullbleep that anyone can ever try to unload on you!

Yes, I believe that we do return to this plane to learn, but it is one continuing lesson; *To Learn to love our Father as He loves us*. All else flows from that. I don't believe that pain and suffering has anything to do with it. In fact, I will go further and say I believe that in particular, the pain and suffering we inflict unnecessarily upon ourselves detracts from our earthly learning experience.

Every one of us, at least in a Spiritualist church, would readily admit that we believe in a loving and merciful God. Now I ask you as the good and decent person you believe you are, would you, could you, wish a lifetime of pain and suffering on someone else, anyone else? Never mind a lifetime, how about for one day, for one hour?

That's right, you couldn't, I couldn't, so how can anyone possible believe that an infinitely more loving and merciful Father than we can ever hope to be would inflict that on one of his children?

So if we can dispense with the Karmic issues, and accept that God does not want us to suffer from disease or hurt, it is easier to believe in the power of our own self-healing.

Sometimes it may be the will to heal that is so vital when being treated by an able and caring physician; sometimes it may be the direction of the inner mind that effects the healing. Either way, it is the belief in our ability to be healed that is the prime catalyst to achieving of our goal in the search for perfect health.

I believe perfect health is the human norm, and when we deviate from that norm it is because of one of three causes:

- Accidental or environmental conditions.
- Negative belief patterns, and finally
- The one that comes only once in our lifetime, it's our natural time to pass over to the other side.

We can't do anything about the last one, but we can do a lot about the other two.

We can, alone, and acting in concert with others, help to clean up our environment.

We can work on changing our belief patterns. From the acceptance of the inevitability of poor health to positive, uplifting, personally empowering beliefs that it is our Divine Right to enjoy perfect health, that anything less is an affront to God's Divine plan for every one of us.