

The Secret Of Spiritual Healing

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"In order to heal another person, place your hands on the other person with love. God will do the rest."

These remarkable words are true. And the key that unlocks the process is the meaning of the word "love."

My book, *A Simple Guide To Spiritual Healing*, is designed to help the reader enter into "a state of love." This is not only difficult, it is much more difficult than most people understand. Maryanne Williamson describes this struggle in her book, *A Return To Love*. We reach a point in our lives when we believe we can exist in a state of love, only to find our old habits creep back; and we repeat the same old mistakes, again and again. The physical body is not used to the state of love. The world does not welcome a state of love.

So, when we get into a state of love, all the elements, both inside and outside us exert continuous pressure on us to return to the old pathways.

Therefore, in order to enter into a state of love, there must be a radical transformation. It cannot be done by soft music and pious platitudes. It requires us to do something which takes great courage. It is this: we must look at ourselves fearlessly, confront the dark side, and then to take the extraordinary step of banishing the darkness.

Eva Pierrakos and Donovan Thesenga explain this in the book, *Fear No Evil*. The title explains the process. We must look at ourselves without fear.

For most people, entering into a state of love is an on-again, off-again process. We read an inspiring book, or listen to a gifted talk, and for a while, we feel we are in a state of love. But then we stub our toe, or get angry and, lo and behold, the state of love is gone!

In fact, true enlightenment is that state of mind in which we are in a never-ending state of love. Those that cannot reach this state of bliss can work toward entering into this state as often and as long as possible. That is, we can train ourselves to enter into a state of love when we intend to do spiritual healing.

And we can do it in a variety of situations. For instance, we can seek that state when we walk on the beach, stand on a mountaintop, hear beautiful music, or hear a baby laugh.

We can also strive to do it in difficult situations, such as, when we stub our toe, when a friend disrespects us, in the dentist's chair, or at a funeral.

There is another part of the meaning of the word "love." It is letting go of ego. Some of us want to be healers so that we can be respected and admired by others. We want to do healing for the drama.

"The Impersonal Life" is a book that explains how we can rid ourselves of the ego when we seek to heal others. Those who want to heal others usually put their heart and soul into the process; and that is desirable; yet the best healers are the ones who can do it in an impersonal way, that is, desiring no reward whatsoever, no accolades, no fame, no appreciation, no riches. The healer simply does the work, and leaves the rest to God.

Once we do this, then the healing process becomes natural, relaxed and joyful. We reach a place where we connect with universal force. Then we do not "push" the healing energy into the patient. We allow the energy to go into the patient.

And when the healer goes into a state of love, she puts her hand on the patient. The healer's hand merges with the patient. Healer and patient become one. There is no healer. There is no patient. All there is, is love.