

## *“Claiming My ‘Peace’ of Heaven in 2011”*

Today's Lesson

### ***Spiritual Healing***

PowerPoint notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

## **Spiritual Healing**

Here's something to think about:

All healing is, in some way, divine healing, spiritual healing, perhaps even a 'miracle' healing. We can speak of 'natural' processes for healing, but when body tissue repairs itself and the immune system works, it is doing what the creative life force intended it to do.

## **Spiritual Healing**

We can also speak of 'medical' healing or cure. But medicine is rooted in the understanding of how nature works. It gives a boost to the systems for healing that we already have within us, clearing away roadblocks to restoring health, and does some things that nature does not have the ability to do on its own. Medicine itself has no ultimate healing power.

## **Spiritual Healing**

Spiritual healing has a number of positive effects, and these include:

- Lightening of physical and emotional load
- Stress relief and Relaxation
- Elimination of bodily toxins
- Improvement of blood circulation
- Relief from pain and body aches
- Relief from insomnia and sleep problems
- Improvement of blood pressure
- Improvement of organ function
- Improvement of different illnesses and their symptoms
- Providing balance to the body

## **Spiritual Healing**

All spiritual healing deals with the energy that permeates the universe and all things in it. We have a symbiotic relationship with all life forms.

And as with all relationships, there must be an open channel for the energy to flow into and out of our lives.

## **Spiritual Healing**

Most people do not know when they need spiritual healing. However, 80% of all life problems have spiritual root causes. All the great spiritual teachers knew this and gave humanity a very simple way of reconnecting with the healing life force.

## Spiritual Healing



**“Whenever you stand praying, forgive, if you have anything against anyone, so that *your Father* who is in heaven will also forgive you your transgressions.”** Mark 11:25

## Spiritual Healing

**However, in order for us to be able to engage spiritual healing in our lives there are four things we need before we reach a level of comfort in order to start the process of dealing with unfinished issues or transgressions.**

- 1. A desire for healing;
- 2. Courage to experience the unpleasant emotions;
- 3. Willingness to acquire self-knowledge;
- 4. Practical techniques;

## Spiritual Healing



**C. S. Lewis once said:**  
*“Everyone say forgiveness is a lovely idea, until they have something to forgive.”*  
**Have you ever noticed how hard it is to put forgiveness into action when you don't want to?**

## Spiritual Healing

Click to **LOOK INSIDE!**

Spiritual Guidance  
for Dealing  
with Difficult People

THANK YOU  
FOR BEING  
SUCH A PAIN

Mark I. Rosen, Ph.D.

***Our spiritual traditions teach us to kind, to turn the other cheek, and to forgive. These are always lofty ideals, but often lame advise. One can't be kind if one is still angry. One can't forgive if you are filled with the feelings of outrage at something a difficult person has done. It's impossible to act one way and feel another. It's hard to act lovingly when you're feeling anger or rage.***

## Spiritual Healing

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THANK YOU  
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Mark I. Rosen, Ph.D.

***Spirituality does not mean pretending everything is fine when it isn't. It is not spiritual to act as if one has not been hurt when one has. It is unhealthy to suppress anger. It's not realistic to try to detach from the emotional pain in the name of spirituality. This is denial in its most destructive form.***

## Spiritual Healing

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***Those who have taken the spiritual approach to healing have learned that one must accept and feel the feelings that are there, no matter how painful, and then work to transform them, not bury or deny them. The spiritual work that is done is in not pretending we're okay, but in taking great care to not inflict pain on others regardless of what we're feeling or what has been done to us.***

## Spiritual Healing

Jesus, hanging from the cross, did not say: *"I am a spiritual being having a human experience. I'm not here and this isn't happening."*

He knew very well the pain he was feeling and in spite of that said: *"Father, forgive them for they know not what they do."*

Metaphysically speaking, Jesus was teaching even then. If we are to transform, if we are to resurrect into new thinking that will change our lives forever, then we must allow ourselves to feel the pain and at the same time move beyond it by working on healing all our negative thoughts and feelings.

## Spiritual Healing

True spiritual healing, as demonstrated by Jesus, flows from the energy we manifest and exhibit in our life and affairs.

The key idea for us to understand and practice is: We are not responsible for what we feel. We are responsible for what we do with those feelings.

## Spiritual Healing

When we look at the lives of our great spiritual teachers what we find is this: The practice of demonstrating spiritual healing involves the activities of prayer and meditation. As Dr. Rosen reminds us: Spiritually, meditation can bring us answers to the interpersonal dilemmas we face. By stilling our mind, we are able to hear the quiet, delicate, intuitive impulses that provide guidance and direction in our life from our life force energy.

## Spiritual Healing

Have you notice that the activity of prayer is what we do when there is no place else to go. As Lincoln once remarked: *"I have been driven many times to my knees by the overwhelming conviction that I had nowhere else to go."* Then there's this story about prayer: A grandfather asked his little grandson if he said his prayers every night. *"Oh, yes,"* was the little boy's reply. *"And every morning, too?"* his grandfather asked. *"Why should I?"* asked the child. *"I'm not scared in the daytime."*

## Spiritual Healing

As Dr. Rosen puts it: The most obvious prayer for those who are dealing with painful or difficult situations would seem to be: *"Please take this away. I don't want to deal with it."*

What the Universe hears: *"Please make this stop. I'm not interested in learning what it has to offer me so I can heal the issues I came here to heal."*

## Spiritual Healing

We are here to heal our soul issues. Pretending or denying everything is fine, when it's not, only delays this process. By learning to use our power of spiritual healing we can fully experience what we are feeling, and as we do, will come to realize that these feelings are not something we are...they are something we have and their grip will no longer keep us in bondage to pain and suffering.

## **Spiritual Healing**

**Jesus taught that there was no condition beyond the power of God to heal. It makes for a great affirmation when you are facing a difficult situation. As our affirmation today stated:**  
*There is no condition beyond the power of God to heal.*