

UNITY
CHURCH OF BAKERSFIELD
"A POSITIVE PLACE TO GROW!"

Today's Lesson
A Matter of Healing
PowerPoint notes available at:
www.unityofbakersfield.org

A Matter of Healing

In the matter of spiritual healing, Charles Fillmore taught that:

1. Spiritual healing is based on mental cleaning.
2. Spiritual healing is a process of freeing the mind of error thoughts that keep the body from being in harmony with itself.
3. When activated, spiritual healing brings permanent well-being to all aspects of our lives.

A Matter of Healing

The writers of the Synoptic Gospels and John tell of the many healings Jesus performed. He understood that there was a need for people to be able to heal themselves and he set out to teach them with two very simple instructions.

A Matter of Healing

Faith

And he said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease." (Mark 5:34)

A Matter of Healing

Change Your Behavior

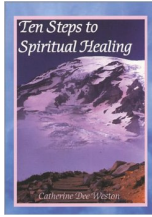
Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." (John 5:14)

A Matter of Healing

The changes that are needed in our lives can vary. Because each person must walk the spiritual path they have chosen, the way they come to their healing is very personal.

However, one thing is important to remember is this process, as Daniel Goleman points out in his book, *Emotional Intelligence*: "The goal in healing oneself is balance, not emotional suppression: every feeling has its value and significance."

A Matter of Healing



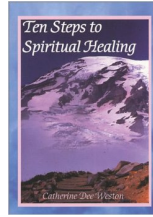
Author, Catherine Dee Weston in her book, Ten Steps to Spiritual Healing states:

“Spiritual healing means just that, healing that comes from Spirit.”

“It comes from God, Spirit, your Higher Self, your Inner Voice.”

“It is not dependent on anything external.”

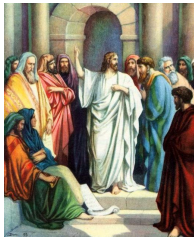
A Matter of Healing



The ten steps she writes about are:

- Throw Away The Old
- Listen To The Inner Voice
- Act on Inner Guidance
- Forgive
- Remember Only God Is Real
- Deny Illness Any Power
- Believe Healing Is Possible
- Keep Sacred Your Teaching
- Be Fearless
- Celebrate Your Life

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Throw Away The Old

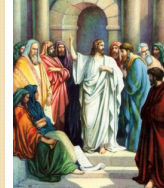
Neither is new wine put into old wineskins; otherwise, the skins burst, and the wine is spilled, and the skins are destroyed; but new wine is put into fresh wineskins, and so both are preserved.” Matthew 9:17

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Listen To The Inner Voice

Be still, and know that I am God. Psalm 46:10



But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. Matthew 6:6

A Matter of Healing



Forgive

Then Peter came to him and asked, “Sir, how often should I forgive a brother who sins against me? Seven times?”

“No!” Jesus replied, “seventy times seven!” Matthew 18:21-22

A Matter of Healing

“I have said this to you, that in me you may have peace. In the world you have tribulation; but be of good cheer, I have overcome the world.” John 16:33

Spiritual healing is not an easy road to travel. Each one of us has to do the work that is ours to do. And that work beings and ends within our very consciousness. However, others have helped point the way so that we may learn and apply the spiritual truths so that we may experience a sense of peace and well-being.