

Spiritual Healing

T131 The Inner Teachings 10th November 1942 St Mary Abbot's Place, London

Invocation:

Great White Spirit, Father-Mother God, we worship Thee: Thou art our life, the music of our lives throughout the ages, the very Light of our souls. We adore Thee, we bow before Thee and wait to hear Thy truth resounding in our innermost being; in Thy holy and blessed name we call upon our brothers throughout the universe—brothers of the stars, the air, the wind and the rain, the trees, the flowers and our brethren within and above the earth and within the seas—to all this vast brotherhood of life we call. We pray to enter into the grand orchestra of life's harmony and perfection. And may our brethren bring Thy power, Thy light, Thy wisdom to these our brethren of the flesh assembled in bodies of flesh; may Thy worlds be opened to their understanding. Blessed Father-Mother God and Christ the Son, the Lord of this earth, grant that these here assembled may know the perfect life, the perfect Son of the Divine Father-Mother. May we be blessed by Thy spirit in this service.

Amen.

We have been asked to speak on the subject of healing, particularly the absent healing, and also concerning the power of thought, a subject we have dealt with before over a period of years. Those of our present company will have heard some of the things we have to say tonight, but they are worth repetition and must of necessity be repeated to make the subject clear to those who have not heard our former talks. This subject of healing is so vast that we shall never be able to say everything, so those keen to learn should not make the mistake of thinking they know all.

We would preface our talk by describing what may be called the foundation of the healing temple. Without this foundation we can erect no structure of permanence, beauty or value. The foundation of all healing is attunement by the healer to the forces of spirit and of nature. These powers are manifold and it is no easy task to take each of these threads and weave it into a grand pattern of true and perfect healing, but we will do our best.

We must first remember the varying needs of mankind* and the many, many varying states or stages or levels of evolution which mankind has reached. Some will respond only to orthodox medical treatment, others to physical or breathing exercises or other forms of physical culture. These help to draw into their system harmonies which will gradually rebuild the body after first dispelling its inharmonies. Others will respond rapidly to magnetic treatment, massage and electrical treatment. But there are very many in this present age (and many more in years to come) who will respond most harmoniously and effectively to what is called spiritual healing or to absent healing.

*[*For editorial policy around gender, see the introduction]*

A number of my hearers are already serving in our absent healing groups, and we take this opportunity of saying what splendid work is being done. Many of you journey here week by week and month by month and often year by year working faithfully and steadfastly in these groups. We can assure you that not only are bodies being healed, but through the absent treatment most effective help is being given to the souls of the patients, and not only to the

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souls of individual patients: as you learn to attune yourselves to the divine harmonies in the spheres of the spirit, so you yourselves are being purified and uplifted. The service is its own reward. Though it is natural to be pleased when you learn of patients healed, the motive must never be recompense. If it is, there will be no recompense. The motive of healing must be love: a great love for mankind, a great love for our Father-Mother God, for all living creatures.

Harmony is essential—harmony of spirit, tranquillity of spirit. The basis of ill-health is inharmony in the sufferer's soul, perhaps arising from inharmony in his physical conditions of life. Anything inharmonious to the individual is liable to bring certain physical symptoms. The more evolved the soul, the more attuned the individual becomes to the higher worlds and the spiritual life, the more acutely will he feel inharmony. If not dealt with immediately by meditation and deep breathing and restoration of harmony, the inharmony will manifest later as ill-health of the body.

A question was raised by one who could not agree that the more advanced soul more readily felt inharmonious conditions. The advanced soul feels instantly the inharmonious thoughts of others, the conditions, the vibrations around it in the physical life. But this is the crux of the matter: as the soul evolves, whilst it may register these inharmonies instantly, the soul also calls upon the angels, the divine and holy ones to help quickly to re-establish the equilibrium. This shows the need for purposeful and steady spiritual development, otherwise there can be no solid foundation. The spiritual structure topples over and down comes the aspirant. So steadiness, constant alertness and awareness of the invisible forces and knowledge of how to cleanse the aura and strengthen it is necessary to the aspirant and the healer. The basis of all spiritual healing (and absent healing is pure spiritual healing) is harmony, harmony of soul, or the mental bodies; there must be perfect peace and tranquillity in the soul of the would-be healer. There must be an inflow into the instrument of divine energy. Love is the creator of divine energy.

Our thoughts turn to the healing of the Master Jesus, the Christ, healing which is regarded as miraculous by the Christian, a miracle being thought to be something outside the power or scope of the average person. When the laws of the universal harmonies are understood, such healing as this will be readily understood, since they are seen to be the perfect expression, the perfect technique of spiritual healing.

People may gain knowledge from books or from their guides in the higher worlds, but it is one thing to know what should be done and quite another to develop perfect technique—the application of certain soul-forces can miss the mark and fall ineffectively as upon desert air, but they can also be used with love and understanding and through knowledge of spiritual laws in a most effective way, with beautiful results.

All healers must recognise the law of karma. With the absent healing (or healing on the inner planes), the healer must draw to himself and give forth harmony, peace, tranquillity. Such a healer is working with the white magic or the white light and is continually (whether or no his particular patient is healed) healing the world, is healing mankind. Here is a grand

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thought: if any one person disciplines his lower self and his selfish nature and thus creates harmony in his life, he automatically becomes a healer of man and gives forth divine healing power to mankind. This brings again to mind the beloved elder brother Jesus and the Lord Christ. He lived to serve; at a distance he healed; he healed by the touch of his hand; he healed by the mere contact with his robe. He was a continual channel for healing power.

As many of you realise, the American Indians* had deep knowledge of healing; many of your healing helpers and guides are American Indians or perhaps those who learnt about white magic in Polynesia or in the Maori race; some also have gained their knowledge in the healing schools of the lost continents of Mu and Atlantis, for these ancient races were well instructed in the art of true healing. Why are our American Indian guides good healers? Because they retain, handed down from a remote antiquity, an inner knowledge concerning nature, the sun's rays and the herbs of the earth. They are conversant with the 'little people' and the guardians of the laws of the little people, [and are] called sometimes 'the gods'; they are versed in natural law, visible and invisible, and are taught by the priests of the white magic how to come into communion with the angels, the devas as some call them. They can draw, through meditation, through aspiration, the varying colours in the sun to their aid and mentally direct them to the invisible aura of the patient.

*[*When these teachings were given in the 1930s, the term 'Indian' or 'Red Indian' was common parlance used to refer to Native Americans. The term 'Native Americans' has been a commonly accepted term since the 1960s.]*

Today you are beginning to learn a little about the chakras. All is new to modern thought but this is an old, old knowledge in which the ancient brethren were well versed. In those days the priests of the white magic had power to see a patient at a great distance. They learnt to overcome space. A few thousand miles proved no obstacle to the clairvoyant vision. Frequently such a priest healer would be consulted by some relative of the stricken one and the priest healer—much as you might look in a mirror—would see not only the physical symptoms but much deeper, into the past karma of the soul of the patient—see violent emotions, hates, prejudices, intemperance, and would know how to heal the soul of these deep inharmonies or how to help the soul to heal itself.

Now, concerning the technique of absent healing in the groups here. Steadiness and concentration of thought are necessary but need not be so intense as some of you think. We would like to see a little more relaxation, a little more harmonious adjustment. That is to say, we would like to see you rest in the divine love and not be quite so anxious to 'get at' your patient. Do not worry over-much about the patient—that is, once the healer has directed the collective thoughts of the group. We will give you an illustration: the leader calls 'John Smith'; we do not know what he is like, but send forth a clear and steady thought, a vibration, John Smith...John Smith...thought waves are going right out to find their target, because there is something in the soul of John Smith which responds to those sound waves. He may be ready and waiting at the time; the patient should be, or at any rate there is someone to catch the thought vibration, someone waiting at the given time to answer the telephone; if it is a friend that is tuning in, the friend 'puts the plug in' and makes the connecting link with the

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patient and 'holds the line'. We are now in contact through the sound of the name and vibrations from the heart of the group, with John Smith. The earth people have been told from the healer in spirit what treatment John Smith needs, so the leader directs the thought of the group and all follow the sounds which the leader utters.

In the opening of your group you have by prayer called upon the Christ and upon the angels of healing. This means that you have placed yourself *en rapport* with the universal harmonies of nature and the spiritual worlds and thereby attracted to yourself those who know and understand the technique of working with the delicate vibrations in the invisible world. The angels also are gathered around you (for this is a most perfect organisation). 'Gold to the throat' says the leader and the angelic powers draw from you; you are sending out a thought of gold—emanating from you is a golden light. The angels gather from the general vibrations of the group the vibration of gold; they draw upon the tiny delicate threads in the universal—they draw upon this as if they were spinning gold, and they project it forth to John Smith, wherever he is. They infuse his aura with a most delicate and beautiful golden light.

John Smith may be obstinate and not at all open to receive; the angels may be trying to reach the throat centre and the door of the throat centre may be shut and barred. Nevertheless, the gold is woven into his aura, but not to a great extent. A little is absorbed, a little penetrates, and then a little more. Perhaps when the patient comes to a moment of harmony, particularly when the mind is at rest or the body asleep, the colour is absorbed more easily. If the patient is co-operating, is ready and open, has answered the 'telephone' himself, then the full flow of healing pours into the particular centre to which it is directed. The work of this absent healing, indeed of all healing by the methods we teach at the White Eagle Lodge, is to reach through the chakras the glands in the body, which are sometimes sluggish and inactive and sometimes overactive and have to be treated accordingly. Do not therefore work too hard with your mind. Sound the name powerfully mentally, as the leader does, and the colour, and then send forth love, harmony; remain in a state of raised consciousness on the inner planes in harmony, knowing that the angels are using the substance your thought and spirit has provided, as well as the substance they draw from the inner planes.

Now a few words about the power of thought. Thought creates good, thought can heal; thought can inflict pain and disease, it can disrupt and destroy. Science is only on the outermost fringe of comprehension of the power of thought—thought can do anything in this world. It forms the root of all suffering and of wars. Thought can also be the foundation of beauty and harmony and brotherhood and bring all that you long for. Thought is creative; we work as far as possible on the creative power of thought. We try to avoid all destructive thought. We make it a rule in giving advice and help always to construct, to see nothing but good—we may be called foolish optimists, but we know that by seeing only good, creating good in our positive thought we will help to bring about the thing which is desirable and good. We do not see or think in terms of pessimism, destruction or death. All is life, all is unfolding, all is ever progressing, all is good, all is God. Therefore would-be healers should work only upon constructive lines.

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Never suggest that a patient is going to die. There is no such thing as death. There is creation, ever unfolding, changing life. There is no death. 'While there is life there is hope' you say. Never anticipate anything but good. It is the work of all true healers to inspire confidence: never fear or doubt; always help the patient to attune him or herself harmoniously to the divine laws of God.

We would like to tell you how to protect the aura. Immediately you feel a hurtful or negative condition, or think you may be 'picking something up', draw in your aura, quickly fold your aura round you like an angel folds its wings. Do this mentally. You will help this process by taking several deep breaths. Draw in the Great White Light. It will also help matters if you fold your hands over the solar plexus, right over left, maintaining the positive thought and mentally visualise the white light enfolding your aura like a swathing band. Nothing can then touch you; you have got everything within. It is like a flower closing up as the sun goes down. So it is wise to train oneself in this necessary technique of drawing in the aura and closing oneself and remaining positive mentally. Think 'no fears, no doubts; nothing will touch me'. Another good thing is to plunge the hands into cold water or hold them down upon bare earth. It will help to close the aura and seal the centres.

Q. Is it more spiritually effective to pray within oneself or to voice the actual words?

A. The spoken word creates a vibration or has the effect of a mantram and united to the innermost thought it is thereby enhanced, but words are useless without this inner force. The two together, perfectly spoken, will create double power and help.

Q. How can you protect yourself if you live with someone who is inharmonious?

A. If you have to live thus, first build up the inner strength by aspiration and love; breathe in consciously the white light in the heart centre and then rays of light will go forth from you and will steady the whole vibrations; no inharmony can touch you providing you are within yourself harmonious, poised and tranquil. The mischievous ones love to get you cross, but it is not so much fun if you smile and are quite unaffected! Keep very calm, that is the way.

Q. What part do our healing guides have in healing?

A. They have the knowledge to draw from the universe certain colours and vibrations, particularly from the sun. They will put them through your hands, your mind and your heart and your throat, for these are channels through which the healing force can pour. A guide will also cause the hands to be placed on the required part of the patient's body. He can help to remove congestion, clearly to be seen in the aura, in this way. And remember that the seat of the trouble may not always be where the symptoms manifest.

Q. How can one deal with one's own self when one has contacted an inharmonious condition and is struggling against it?

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A. Inharmony usually comes from the lower self—and selfishness appears in many forms. Inharmony in the self is due to self-assertiveness, selfishness; therefore to overcome inharmony in oneself, forget thoughts of self, forget tiredness and the sense of injury. Forget yourself instantly and centre your thoughts upon the patient sweetness of the Master. Think how the masters would act in similar circumstances, and then all sense of self-justification goes and one becomes nothing, and there flows into the soul the sweetness of the Master's love.

Q. What is the relation between projection and breathing?

A. Breathing has the effect of harmonising the channel to the divine, to God, to the innermost, the centre within. By slowing down the breathing and breathing the God-life, the whole being is harmonised and the divine energy of which we spoke earlier is brought into being. Breathing can link up the three centres, the heart, the throat and the head. When the three centres are brought into complete at-one-ment, perfect harmony exists and then the projection goes forth with great power. And as the projection goes forth, let it do so on a breath of God. You breathe in divine energy, you breathe out or project the breath of God, the divine breath to bless and to heal.

Benediction:

We aspire to the heavenly kingdom...here we are in the open spaces of the heavens and here we listen to the divine orchestra, the music of the higher worlds which tells us of the perfection of God. We receive the blessing of the Most High; we receive the love and the blessing of our elder brethren and of all the saintly lives lived on earth. We breathe in the perfume, we are enfolded in the delicate colours of the divine life forces and we are blessed in thy peace, O great ones, peace.

Amen.

[N.B. Readers are warned against attempting any kind of spiritual absent healing work with the incomplete knowledge given in this lecture. If any reader earnestly desires to be a channel for the spiritual healing, he or she should communicate with the White Eagle Lodge to get further direction and instruction in the methods herein touched upon, before proceeding. But please do not do so unless you intend to devote yourself whole-heartedly to this work.]

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Distant healing, contact healing, balance, protection