

The Rosicrucian Fellowship



Occult Principles of Health and Healing

By Max Heindel

Self-Study Guide Book 7

On Conducting a Healing Center

By G. E. Carlin and Jim Noel

The Rosicrucian Fellowship School of Spiritual Healing

Foreword

This course of study is structured around Max Heindel's book *Occult Principles of Health and Healing*, as described in the foreword of this book:

"This compilation of material concerning the health and healing of the human organism as considered from the occult viewpoint affords those interested in attaining and maintaining health a treasure chest of valuable information."

For in this book, Max Heindel wanted to describe and explain "*the real causes of physical and mental disorders as revealed in the realm of cause, the higher or superphysical planes*" and to provide the "*origin, functions, and proper care of the vehicles of man*".

Therefore, the goal of these Self-Study Guides is to prepare students with a firm foundation in principles of spiritual healing so they may aide others in healing as Visible and Invisible Helpers. In each Study Guides you will explore the concepts and ideas of health and healing as expressed in the 25 chapters of the *Occult Principles of Health and Healing*. These Study Guides will also be used in the classroom setting at The Rosicrucian Fellowship of Spiritual Healing in Oceanside, California.

Disclaimer

Please note, the views and opinions expressed about the different forms of healing and the related scientific understandings in the Occult Principles of Health and Healing are those of the author, Max Heindel, and do not necessarily reflect the current views or positions of the science and medical professions. The content in this Self-Study guide is not intended to diagnose, treat, or prevent any condition. Please consult your doctor for all medical issues or before making any changes to your health regimen.

Historical Context and Concerns

In reading a book such as Occult Principles of Health and Healing it is important to take into consideration the historical context of the time in which it was written. Statements about race hierarchy and how they related to levels of spiritual evolution was somewhat common in esoteric writing of the early 20th century. However, that being said it certainly does not minimize the concerns these statements raise. Yet, if we consider the underlying message of the writings of Max Heindel we find a spiritual leader that actively promoted the cause for ***Universal Brotherhood***.

As he states, "The Fellowship disregards national and racial differences, endeavoring to join all together in a bond of love," While he also encouraged humanity to look beyond "sharply differentiated forms which they behold blind them to the inalienable unity of each soul with all others". For Heindel then cautions us that we cannot become a Universal Brotherhood, "As long as you are tied to the family, the nation, the tribe, you are siding with the old blood, the old ways, and cannot amalgamate into a universal brotherhood. That can only come when you marry internationally because when you have so many nations the way to unite them is through marriage.

INTRODUCTION

The Rosicrucian School of Spiritual Healing

One of the main functions of the Rosicrucian School of Spiritual Healing will be to teach the Rosicrucian methods of maintaining health in accordance with the underlying principles of the *Ten-Fold Constitution of Man*.



DIAGRAM 5 SHOWS THE TENFOLD CONSTITUTION OF MAN

Man is a threefold Spirit, possessing a Mind by means of which he governs a threefold Body, which he emanated from himself to gather experience. This threefold Body he transmutes into a threefold Soul, upon which he nourishes himself from impotence to omnipotence.

The Divine Spirit The Life Spirit The Human Spirit	{ emanates from itself	{ The Dense Body The Vital Body The Desire Body	{ extracting as pabulum	{ Conscious Soul Intellectual Soul Emotional Soul
--	------------------------------	---	-------------------------------	---

The mirror of mind also contributes increasingly to spiritual growth as the thoughts which it transmits to and from the Spirit polish it to greater brightness sharpening and intensifying its focus more and more to a single point, perfectly flexible and under the control of the Spirit.

In order to accomplish this function, the Rosicrucian School of Spiritual Healing will provide *Self-Study Guides* for students to familiarize themselves with the concepts such as; the vehicles man's body, basic anatomy and physiology, spiritual causes of disease, spiritual healing and its methods, and death. In addition, the Rosicrucian School of Spiritual Healing will offer in person and online lectures and classes for students who further wish to expand their learning as well as patients that wish to fully understand their role in their health and the healing process.

There are seven ***Self-Study Guides for The Rosicrucian Fellowship School for Spiritual Healing*** to help prepare you to volunteer in their Healing Center. The Study Guides were designed as a course of self-study in which you explore the concepts and ideas of health and healing as expressed in the 25 chapters of the book, *Occult Principles of Health and Healing* by Max Heindel.

The *Occult Principles of Health and Healing* consists of seven Self-Study Guides:

- 1. Understanding the Vehicles of Man***
- 2. Disease***
- 3. Healing***
- 4. Maintaining Health and Special Applications for Healing***
- 5. "There is no Death"***
- 6. General Anatomy***
- 7. On Conducting a Healing Center***

This is ***Book 7: On Conducting a Healing Center*** in the Self-Study Guides series. And it consists of five chapters from the *Occult Principles of Health and Healing* that are related to Disease.

Ch 20: On Conducting a Healing Center
Guide to Participating in the Healing Service
Preparing Yourself to be a Healer
Steps in Becoming a Healer
Nine Steps to Spiritual Healing

For each chapter in the Self-Study Guide there will be:

- Pre-Reading Activity
- Reading Template
- Chapter Questions
- Summary Questions
- Class Discussion Questions
- Research on Your Own Activity
- Reflection and Connections
- Final Thoughts

Please Note: that you may use any edition of the *Occult Principles of Health and Healing* book in either hardcopy or downloaded as a .pdf file from the Rosicrucian Fellowship website at <www.rosicrucian.com>.

Instructions for Each Component of the Self-Study Guide

Pre-Reading Activity

This consists of four questions related to the topic of the chapter that you are to answer based upon your beliefs and understandings prior to reading the chapter. It is intended to provide a reference by which you can judge how your thoughts and beliefs prior to reading the chapter were confirmed, enriched, or challenged with new ideas and concepts.

Reading Template

During the course of your reading, you may want to record certain information or organize the information into a different format (i.e., Mind Map) therefore a large box (**NOTES**) is provided in the template for you to use as you see fit. In addition, as you read you may have:

- Questions that you can record in the **QUESTIONS** box.
- Ideas or concepts you want to further look into (**INVESTIGATE Box**)
- Things you are not sure you understand (**CLARITY Box**)
- Or ideas, concepts, or practices you understand or believe differently about (**CHALLENGE Box**)

As these the things that can be discussed with *Probationers* at your group meetings and online forums for the School of Spiritual Healing.

Chapter Questions:

As you read each chapter in the book you will be asked questions in which the answers come directly from the reading. Please note the questions are in sequential order with the reading to ensure that you will be able to locate the needed information to answer the question, ideas for your work in the Healing Center, and information you might share with patients when appropriate.

Summary Questions:

These are larger, overarching questions that cover the main ideas or concepts from the chapters. Information from your Chapter Questions will be helpful in answering these questions. Information to answer these questions can be in one section of the chapter or found throughout the chapter.

Class Discussion Questions:

This is a list of sample questions that might be discussed during your class discussions with other students and a Probationer of the Rosicrucian Fellowship.

Research on Your Own Activity:

You will be asked to research on your own certain ideas or concepts that are presented in the chapter. Generally, they are ideas and concepts used in supporting the content of the chapter so they are minimal in their description and explanation. Therefore, you can use any of Max Heindel's books such as *Rosicrucian Cosmo-Conception* to find additional information.

Reflection and Connections:

The reflection questions are asking you to identify what *you* consider to be the most important information from the chapter, ideas for your work in the Healing Center, and things you might share with patients when appropriate. Finally, the “*Connection*” will require you to explore something on your own that is related to the topic of the chapter.

Final Thoughts:

Some final ideas connected to the topic of the chapter are presented as well as a summary of some key ideas and concepts.



Prayers for Your Work

Prayer Before Your Spiritual Reading

My Short Prayer to Open Your Mind to God's Words

Lord, Give me understanding, and I shall keep thy law; and I shall observe it with my whole heart. Open my mind that I might understand your divine words from these spiritual books and apply them always to my life so I might glorify your name. Amen

- (GEC) Based on Psalms 119:34 and Luke 24:45

Pause to Pray at Heartfelt Times

There will be times when you are reading a spiritual book that something special or insightful touches you or “penetrates the heart”. So, stop reading and offer a heartfelt prayer of thanksgiving to God. Do not be concerned if you have only read a brief amount in your spiritual book before you stop to offer a pray to God.

My Short Prayer to Thank God for Touching You with His Words

Lord, what you have just given me in this reading has grown the seeds within my mind to yield a fruitful harvest. Your wisdom and knowledge brightly shine around me and I now feel them richly dwelling in my heart. I thank you, My God, for the joy in my heart and praise your glorious name. Amen

- (GEC) Based on Psalm 85:12, Colossians 3:16, and 1 Chronicles 29:13
Prayer

Prayer After Your Spiritual Reading

My Short Prayer to Thank God for His Words

Lord, in this reading you have taught me your ways so I now might walk in your truth. Even though your thoughts are very deep I now begin to understand how great are your works through these blessed words. In our reading together you have satisfied my longing soul and filled it with good things. Amen

- (GEC) Based on Psalm 86:11, Psalm 92:5, and Psalm 107:9

Prayer Before Studies

“Almighty God, our Heavenly Father, without Whose help labor is useless, without Whose light search is vain: Invigorate my studies and direct my inquiries, that I may, by due diligence and right discernment, establish myself and others in Thy holy faith;” ... then I can use the knowledge you have allowed me to acquire to best serve you and my fellow man. Amen”

A Student's Prayer

By Thomas Aquinas

Come, Holy Spirit, Divine Creator, true source of light and fountain of wisdom! Pour forth your brilliance upon my dense intellect, dissipate the darkness which covers me, that of sin and of ignorance. Grant me a penetrating mind to understand, a retentive memory, method and ease in learning, the lucidity to comprehend, and abundant grace in expressing myself. Guide the beginning of my work, direct its progress, and bring it to successful completion. This I ask through Jesus Christ, true God and true man, living and reigning with You and the Father, forever and ever. Amen.

The Student's Prayer

The Rosicrucian Fellowship

*Oh, God, increase my love for Thee
so that I may serve thee better from day to day.
Let the words of my mouth and the meditation of my heart
be acceptable in thy sight,
O LORD, my strength and my redeemer.*

- Max Heindel

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

- 2 Timothy 2:15

Occult Principles of Health and Healing



By Max Heindel

Self-Study Guide: Chapter 20

On Conducting Healing Centers

Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

– Psalm 103:2-5

Pre-Reading Activity: *What Are Your Thoughts About Conducting a Healing Center?*

Before reading Chapter 20: *On Conducting a Healing Center* it is important that you first consider your current thoughts on the conducting a Healing Center so upon completing the reading you can then see how your thoughts were confirmed, enriched, or challenged with new ideas and concepts.

<i>What are some examples of devotional books that have greatly helped you?</i>	<i>How did Christ heal people in the Bible?</i>
<i>What are things we should avoid telling anyone who is ill?</i>	<i>How do you believe that you might be able to help in a Healing Center?</i>

Reading Template for Chapter 20

CHAPTER 20 NOTES

Questions

Investigate

Clarity

Challenge

Chapter 20 Questions

1. What should we remember about what is done in a healing center?

--

2. Why are devotional exercises needed to start classes?

--

3. Where is Christ now and why?

--

4. What is disease?

--

5. What do we gain from devotional exercises?

--

6. What should we start with for our devotional exercises?

--

7. What is another devotional book that we should use?

--

8. Why should we study the anatomy?

--

9. What other book treats the human body in a spiritual manner?

--

10. What should happen if a Probationer is ill and applies to the Center for a healing?

11. What are four warnings in the practice of Medical Astrology?

12. What is a grave mistake to tell a sick person? Why?

13. What should never be done in working with a well person? Why?

14. Why can “autosuggestion” be dangerous?

15. How do medical astrologers show caution?

16. Why must caution be used in treating Taureans?

17. Why must caution be used in treating Virgoans?

18. What information should we not seek from the horoscope?

19. How is healing primarily accomplished?

20. What limits the Elder Brothers work?

21. When is the healing service held?

22. What is the power of numbers in the spiritual realm?

23. How do students participate in the healing service in their home?

24. How can we describe the symbol of the Invisible Helper?

25. Why isn't it necessary to adjust the time of the healing service for your locality?

Summary Questions

1. Make a table of Do's and Do Not's for the Healing Center.	
DO's	DO NOT's
2. Describe how everyone can participate in the Healing Service.	

Class Discussion Questions for Chapter 20

- **Why are the devotional exercise needed to prepare us to be healers?**
- **Why must all healing be done for Christ's sake?**
- **Why does disease retard our evolution?**
- **Why is Christ imprisoned in the Earth?**
- **How can we decrease the suffering of Christ?**
- **How did Christ heal the sick and comfort the suffering?**
- **Why must we learn anatomy and physiology?**
- **How can we prevent the consequences of autosuggestion in our study of disease?**
- **What things should never be said or done in a healing center?**
- **Why must we be very cautious with medical astrology?**
- **What patients must we be extremely careful when treating in the healing center, why?**
- **What must Probationers do in terms of healing?**
- **How do the Elder Brothers work to the best advantage in healing?**
- **Why is there power in numbers in healing?**
- **How and when do we participate in the Healing Service?**

Research on Your Own – Chapter 20

1. What are examples of *healing* in the Bible by people *other than Christ*?

2. What could be helpful for the Healing Center in *The Imitation of Christ* by Thomas a Kempis (cite a few examples)?

3. How does Rossiter describe the *eyes* in his book, *The Story of a Living Temple*?

Reflection & Connection for Chapter 20

Four Most Important Things You Learned
1.
2.
3.
4.
Three Important Ideas for Your Work in a Healing Center
1.
2.
3.
Two Things You Can Share with Patients in a Healing Center
1.
2.
Where in the Bible does Christ heal the sick?

Final Thought for Chapter 20

The Healing Service

Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth. (**Jeremiah 33:6 KJV**)

Healing meetings are held at Rosicrucian Headquarters on nights when the Moon is in Cardinal Signs of the Zodiac (Aries, Cancer, Libra and Capricorn). The hour of this service is 6:30 pm (7:30 pm during Daylight Savings Time).

If you would like to join in this work, sit down quietly when the clock in your place of residence points to the given hour, 6:30 pm (7:30 pm during Daylight Savings Time). Relax, close your eyes, and make a mental picture of the pure white rose in the center of the Rosicrucian Fellowship Emblem. Concentrate your thoughts upon the central white rose in the emblem, which stands for the pure heart that is in such an unselfish Invisible Helper.

Pray that your thoughts may be as pure as that rose so that we may be able to generate thoughts of purity, strength, and helpfulness and trust in God in spite of all discouragements. Then concentrate on Health and Divine Love, and pray to the Great Physician, our Father in Heaven, for the restoration to health of all who suffer, particularly those who have applied to Headquarters.

Note: The virtue of the Cardinal Signs is the dynamic energy which they infuse into every enterprise started under their influence. Therefore, the healing thoughts of helpers all over the world are endowed with added power when launched upon their errands of mercy under this cardinal influence.

Preparation for Healing Service

As healer, it will be especially important that the night before a Healing Service our own bodies are at their optimum level of health so at the designated time we can best “generate thoughts of purity, strength, and helpfulness and trust in God in spite of all discouragements” and then concentrate on Health and Divine Love. Therefore, the night before you might want to a prayer for the Recuperative Power of Sleep.

My Prayer for the Recuperative Power of Sleep

Dear Lord, I know that all my thoughts and movements throughout the day break down and destroy my dense vehicle. It is only because you allow my vital body to build back up what has been torn down that harmony can be restored within me each day. By your grace my body is able to eliminate the poisons from the tissue that was destroyed as a result of my daily physical activities, impulses, and thoughts so that my vital body can then use the chemical ether as a medium to repair and rebuild my dense body in my sleep. In your perfect design, our lower vehicles enter into a state of sleep, to allow the Ego to take the mind and desire body into the harmonious vibrations of the Desire World in order to be restored while strengthening the higher vehicles. This divine plan renews the vital body

sufficiently so it can then rebuild our dense body and suspend any additional waste production. It is only by the power of the recuperative sleep you bring to us that we restore the rhythm of my body can and thereby preserve our health so we might best serve your will. Amen

– My Prayer based on Rosicrucian Cosmo-Conception, p. 92-94 (GEC)

In order to heal others, it is essential that we suspend all doubt and disbelief that healing will occur for others. Therefore, prior to concentrating on healing and divine love we should confirm that we are completely confident in the Lord and His abilities. Psalm 139:23-24 provides us with just such a prayer. Notice it is only 31 words. These 31 words represent the condensation of millions of thoughts, feelings, emotions, words of petition so as to produce a short, highly charged prayer. It is so highly charged that you should think of it as the battery of a race car being placed into a small toy car. And you are going to place this super charged prayer into your mind and the only reason your mind can handle such extreme power is your faith and that you have worked diligently to purify and spiritually build yourself.

Prayer to Relieve Disbelief

*Search me, O God, and know my heart: try me, and know my thoughts:
And see if there be any wicked way in me, and lead me in the way everlasting.*
(Psalm 139:23-24 KJV)

Next, in order to heal others, you will need to be able to quickly center yourself so you can then concentrate on Health and Divine Love. In terms of centering yourself quickly or becoming silent, Annie Rix Militz recommends using the opening from Psalm 103. However, it is not simply the words “but through realizing their meaning” you will find your center. Praising God is the act of centering yourself which provides the “poise, peace, and power” to put you into the right frame of concentration. These 16 words of praise also put forth a condensed, supercharged prayer that once taken into your mind will touch all that is within you including your “soul consciousness”.

Prayer to Centering Yourself Quickly

“Bless the Lord, O my soul; and all that is within me, bless his holy name.”
(Psalm 103:1 KJV)

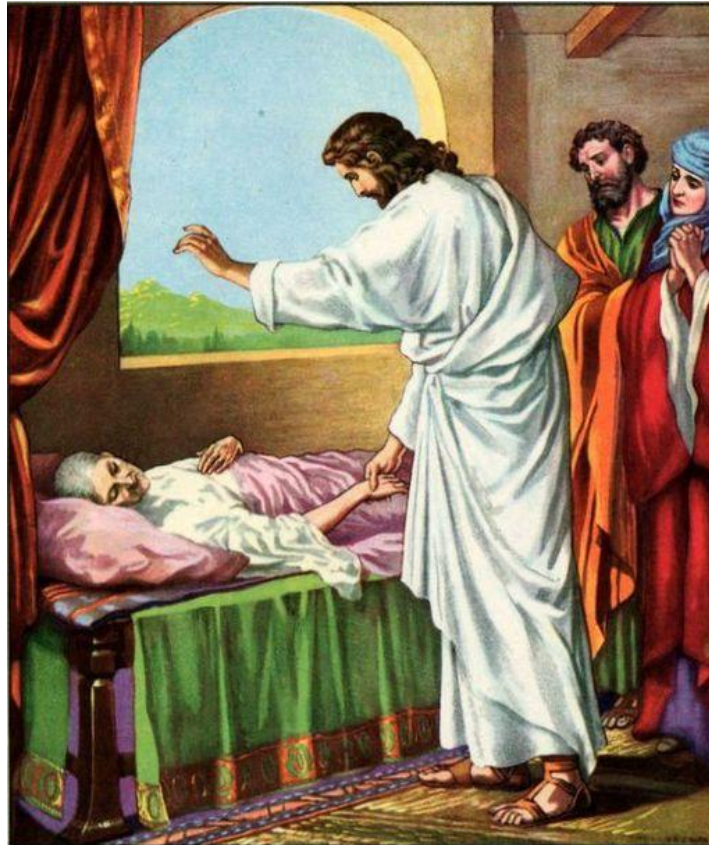
Now with complete confidence and having centered yourself you should now acknowledge the work you will doing to God, the creator and giver of all healing forces.

My Prayer Before Concentration of Divine Love and Healing

O Great and Wonderful Creator of the Universe, as your humble servant you have charged me with the task of healing others in your name. Therefore, I now stand ready to honor those words and further glorify your name. I have no fear as all doubt and disbelief has been suspended from my mind and I firmly believe that there is nothing outside of your divine power. I know I am but a single coal but at the given time I will concentrate my thoughts on Divine Love and Healing so that they then may be focused and directed to the Elder brothers of the Rosicrucian Order to aid in their healing work for humanity. (if prior to a Healing Service you can add: Then with the combined efforts of all my brothers, may our burning coals be kindled together into a greater source of heat and light to receive and liberate your healing force for our fellow man in their times of need.) Amen

- My Prayer based on The Healing Service, Max Heindel (GEC)

Preparing Yourself to be a Healer



Max Heindel writes that there are three factors in the consideration of healing, the power of God, who acts through the healer, and the patient with an obedient mind. Let us start with the factor that we have the greatest control over, ourselves as a *healer*.

As a healer we are like a wire in a simple circuit where God is the battery (power source) and we as the healer are the wire that will carry the current (God's power) to the one who is ill and when the power of God travels through the wire (healer) it reaches the light bulb (patient) which will now illuminate signaling its cure. In this simple analogy, the healer as Max Heindel states is "*the vehicle through which the power is infused into the patient's body*", so it essential as healers we are *not* just carriers of God's power but we work to **direct** and **focus** it. However, before anyone can act as healer, they first must be a "**proper instrument**" that has worked to purify itself so in now is "*in tune with the infinite*".

Purification will be a lifelong process for us as spiritually developing humans. However, we do *not* need to reach a specific level of purity before we can work towards the healing of others. We just need to be making a sincere effort with ourselves and God sorts out the rest. So, let us start with a prayer we can use for our purification.



My Prayer for Purification

My Merciful Savior, in my effort to receive your help I am earnestly and persistently working to improve myself by purifying my vehicles from my binding desires. Through the purification of my emotions and worldly desires of temporal things I am working to form a blessed union with You, my Lord. With proper prayer that does not cease, I am working on developing control of my vital body so that in a state of purification I may lift myself up to meet you face to face as Elijah met you with my entire soul pouring itself out through my eyes in complete adoration of You. Then you shall see my blood cleansed from passion and the purity of my heart and larynx so that I will always speak Your Creative Word. As it is only through Your cleansed blood that we are able to collect purer desire-stuff so our desire bodies may grow, become brighter, and activate their sense centers so that we may spiritually advance and become helpers that are able to work from the inner Worlds and comfort and assist our fellow man. Amen.

-(GEC) Based on the Rosicrucian Cosmo-Conception

Before we can heal anyone else, we must first start by healing ourselves. By healing ourselves we are further purifying ourselves. If we are a faulty wire ourselves then how can we expect to fully carry, direct, and focus God's infinite power to those in need? Hence, the proverb:

*And he said unto them, Ye will surely say unto me this proverb, **Physician, heal thyself:** (Luke 4:23 KJV)*

Thus, a short prayer to ask for your healing:

My Prayer for Self-Healing

Jesus, Great Physician of the World, ignite your invisible fire within me so as to purify my body from the conditions I have brought upon myself by breaking the laws of Nature. All diseases within my body are the effects of your invisible fire which strives to break up the crystalized conditions that have developed in my body and require your purification. My disease is a result of my sin of ignorance and I require your divine knowledge and wisdom to attain my health. As your humble servant, I ask that you fill me with high ideals so I can best learn to conform to your laws which govern the entire universe and allow us to attain permanent health now as well in future lives. Amen

- (GEC) Based on *Occult Principles of Health and Healing*, p. 55

It is through our work on ourselves, our purification and prayers, that we may become “suitable instruments” for God’s healing work. God’s healing force is latent all around us and we need to make certain that we are sufficiently cleansed so that we are deemed worthy to be filled with it and capable of sending it out. Here is a Prayer to Make Your Body a Suitable Instrument.

My Prayer to Make Your Body a Suitable Instrument

O Holy and Healing Father, I wish to answer your call that we heal others by liberating your divine healing forces and focus them in one direction so they might be used to aid the Elder Brothers in their mission to alleviate the pain and suffering of those who are sick and diseased. I am aware that in order to support the work of the Elder Brothers I must start by purifying my body and mind through clean living so I am capable of sending out a pure and strong healing force through my concentration and prayer. Help me to cleanse my vessel so that I may join the others in fellowship so I too can add my beneficial thoughts of help and healing in the service of humanity. Amen.

- (GEC) Based on *The Healing Service*, Max Heindel

Next Step in Becoming a Healer

Max Heindel explains that we all exist in a physical environment that is surrounded by the latent force of God's healing energy that *everyone* has access to. However, to make an analogy let us consider the electricity in our homes, we have electrical outlets all throughout our homes yet in order for anyone to access this electricity we need a plug to insert into the outlet. In a simple sense, we need to be able to plug into our surrounding environment so we can now take in God's healing force. Here is an example of my prayer to in which we ask God to grant us this access:

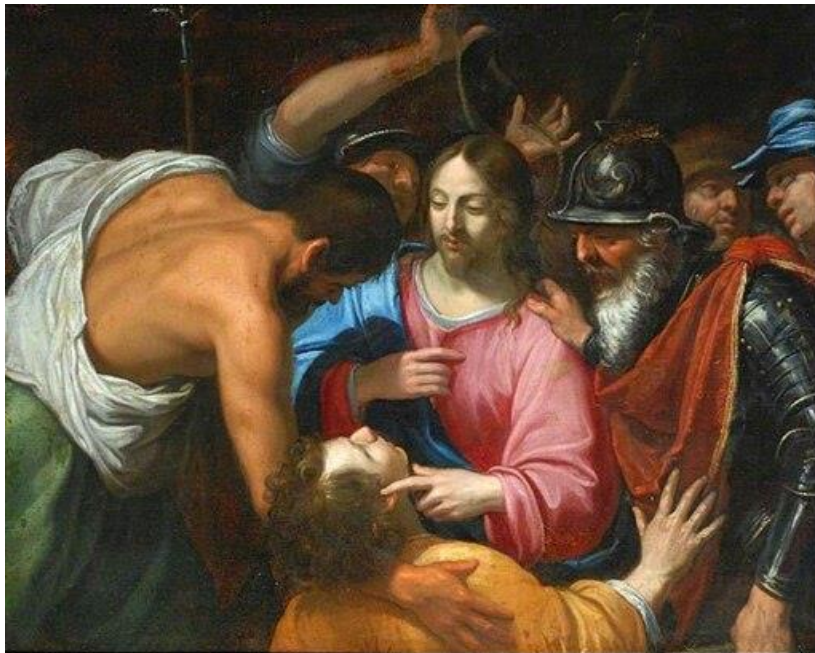


My Prayer for Healing Force

God, the Great Physician of the Universe, through my concentration and prayers I am humbly requesting that you show me the way by which to absorb and collect your divine healing force that is graciously present in all parts of the earth. Allow me within myself to transform your latent healing force into an active state so that I can focus and direct your healing force in the service of others. Grant me your blessing to be a simple vehicle that aids in the transmission of your healing force which is ultimately manifested through the Master, Jesus Christ so it may be used by the Invisible Helpers to raise the vibration rate of those who are sick so that they may eliminate the poison of the disease within their systems and rebuild every affected cell, tissue, and organ so that the whole body is made new. Amen

- (GEC) Based *How the Rosicrucians Heal the Sick*, Max Heindel

Then as discussed previously, it's not only about receiving the healing power of God as a healer you must also be able to "*focus*" and "*direct*" it in order for it be used in a healing effort. So, in another analogy you are like a rechargeable battery that God provides the energy for you to be fully charged with healing power. But as a fully, charged battery you are of no use unless you are specifically put into the device you want to make use of (in this case, healing). Therefore, as Max Heindel states you must become a "*Channel of the Healing Force*" and here is my sample prayer for that end.



My Prayer to be a Channel of the Healing Force

In the midst of my Beloved, Christ the King, I offer myself to be a channel to receive and release the healing force that was provided by the Father. Through proper concentration and my earnestness of prayers may my aura form a channel as a vortex, that reaches into the heavens so that it may allow me to be attuned to the Christ vibration of the interplanetary world of Spirit. And through my intense feelings of my prayer, allow me to draw down the divine power of you my God, the angels, and all the saints in heaven so it will travel down through the vortex into myself and ensoul my thought forms of healing so the healing forces within me may be liberated and become available to the Elder Brothers in their nightly healing crusades. Remembering always "Not my will but Thine be done." Amen

- (GEC) Based on *The Healing Service*, Max Heindel

Then as healer you need to help the ones you will heal to understand what disease is, why it occurs, and their responsibility to conform to the *Laws of Nature*. Max Heindel makes it extremely clear that healing is not a passive activity, the ones you heal must have an active role in the process and they must continue in their responsibilities or the healing will not be permanent. While he further states that it is important to remember that we are only the vehicle in this process – all healing comes from God and God only and *"Not my will but Thine be done."*



My Prayer for My Fellow Man's Healing

Christ, Healer of the World, guide me in understanding the underlying cause of my fellow man's disease and help them to understand that their disease will return if they continue to break the laws of Nature. Give them the wisdom to understand that they must cooperate both, physically and spiritually in my role as their healer while their relief will come through the power of the Spirit. Healing can only come to pass when my fellow man has complete confidence and faith in You, my Lord. Let them understand this and the benefit of their complete cooperation and the requisite spirit of obedience and submission so my healing work can commence. In your mercy and compassion, I know you will provide the healing Balm of Gilead to ease their suffering. Make me the vehicle through which your power is infused into my fellow man's body so there is no limit to the healing works of the Father that can be performed through me. Amen

- (GEC) Based on *Occult Principles of Health and Healing*, p. 99-101

Requesting a *Spiritual Panacea* in Healing

As Max Heindel teaches, there are also times, especially in long term and disabling diseases, when the patient refuses to cooperate with us as their healer. They claim they wished to be healed but they will not let go of their suffering or the beliefs that they can and should be healed. They have become their illness and have locked themselves into their own thoughts of being a “*sick person*”. Their minds are frozen and trapped in fear and guilt and the longer their minds remain there the stronger the impasse becomes. Therefore, we must call upon Christ to provide His divine impulse, a spiritual panacea, so that the Ego will release its grip on these beliefs and their bodies can then begin to heal themselves. Here is my sample prayer for Christ’s Spiritual Panacea:



My Prayer for Christ’s Spiritual Panacea

O Mighty and Compassionate Christ, we beseech you to bring your spiritual panacea to those who have suffered with prolonged disease and debilitating disease in which their Ego refuses to let go of the suffering and prevents the recovery of their body’s cells and tissues. In this state of mental inaction their bodies require a special impulse, your spiritual panacea, to activate the cell’s life functions once again. Just as You released all fears on the hill of Golgotha so humanity could move forward on the path of peace and good will, your healing panacea has the ability to infuse each cell with a rhythm that awakens the imprisoned Ego and gives one back their life and health. By the mercy of your spiritual panacea, those who suffer to the greatest extent can return to harmony and become whole again in your divine love. Amen

- (GEC) Based on *Occult Principles of Health and Healing*, p. 109-110

Once a person with a long-term or disabling disease begins to receive some relief from the spiritual panacea their attitude towards their need for suffering usually changes. They are now ready to understand the cause of their disease and how they must change so their healing can become permanent. Here is my sample prayer they can use to ensure their lasting health.

My Prayer for Lasting Health

O kind and compassionate Master Healer, Christ Jesus, I know that my disease is a result of my actions in this lifetime or a previous lifetime that violated the Laws of Nature. I know that even if I am ignorant of my past or present actions, I am still accountable. Therefore, I beseech you to help me understand the principles of Nature's Laws and how I can establish and maintain the daily habits that will conform with these laws so that I may regain and retain my health and the gracious healing you have provided me with may be permanent. I am here to be your obedient servant and I will renounce all the wrong habits that cause disease. Amen

- (GEC) Based on *How the Rosicrucians Heal the Sick*, Max Heindel



First Step on Our Path to Spiritual Healing

Frieda Mader in her article, *Nine Steps to Spiritual Healing* (*Rays of the Rose Cross*, Sept/Oct 1995) identifies (1) Purity, (2) Cooperation, (3) Fidelity, (4) Forgiveness, (5) Harmony, (6) Living Artistically, (8) Fulfilling Conditions, and (9) Gratitude as the Nine Steps required on our path to healing.

In the Rosicrucian view of illness, it is our sins or separating ourselves from God that leads to illness. Sometimes it is our pride, criticism or judgement of others, selfishness or other transgressions that lead to sickness and disease. Ultimately, we have disobeyed the *Laws of Nature* and we suffer until we have learned to be obedient and live a life in which we follow the *Laws of Nature* without sin so that our health will be restored.

In spiritual healing, the primary focus is to raise the vibrations of the vehicles so that all the crystallization within the bodies that was produced by disease and sickness can be broken up. As this in turn, will free each of the vehicles to now properly perform their functions so the person may be brought back into harmony and wholeness. In order to raise the vibration of our bodies we may do so by (1) ourselves through our intense concentration and prayers in which we bring down the divine power from the interplanetary world of Life Spirit which within us provides a tremendous healing force, or (2) we may be assisted by the *Invisible Helpers* who utilize a source of concentrated healing forces to remove the disease and its poison from us and stimulate our bodies to entirely rebuild themselves over time, or (3) we ourselves may act as spiritual healers for others so that we may provide a channel for Christ's healing forces to those in need.

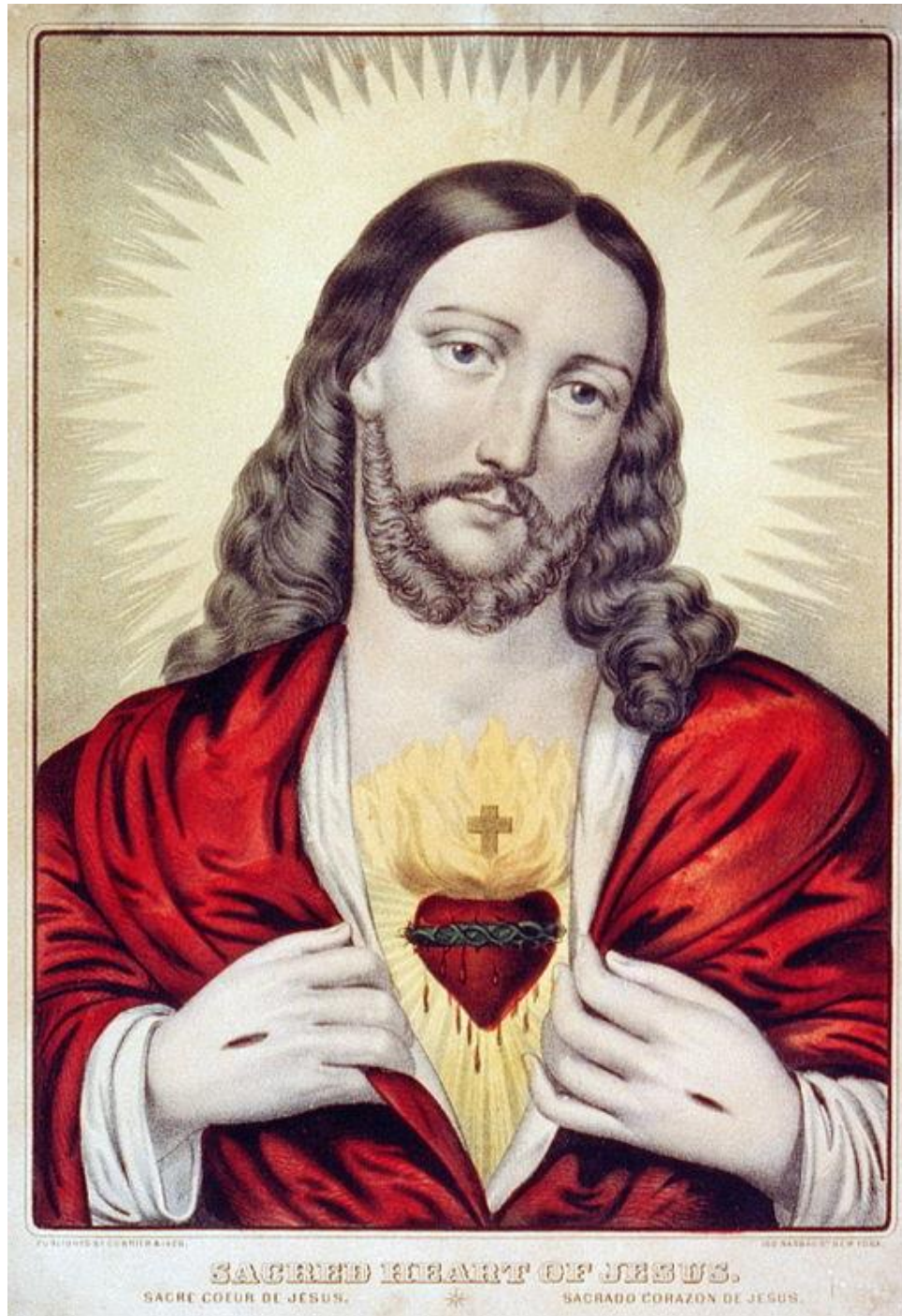
First Step on Our Path to Spiritual Healing

Purity of the Heart

If you want to be spiritually healed you must start by reflecting upon how you are living your life so you can make the needed changes so that you are now conforming to the natural laws of purity. Therefore, at the most *basic* level you will need to consider the purity of your air, food, thinking, and way of life, obtaining adequate rest, and establishing a connection with nature. In some cases, we have allowed many negative health factors such as eating processed foods or excessive sugar, lustful thoughts, gossiping, lying, etc. to become habits in our lives that we need to eliminate if we wish to purify ourselves. By eliminating negative habits and replacing them with new positive habits that we build into our daily life we can not only be spiritually healed but we will also retain our health overtime and not revert back to our illness due to not observing the Laws of Nature of purity. It is important to understand that only a purified or chaste vehicle will be able to withstand the increased vibratory energy that a healing force delivers.

Yet, in spiritual purification we often work on purifying our behaviors without having a *pure heart*. The only way to really have a pure life is to have a pure heart and that only comes with God's help – something we need to ask for! Being pure in heart means that we are focused entirely on one thing and that is complete

devotion to Christ. Every action and thought demonstrates our single-minded devotion to Christ. Therefore, the purity of our heart is a result of our devotion to a *life of love* for God and our fellow man.



Psalm 51: Prayer for a Pure Heart

Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit. (Psalm 51:10-12 KJV)

My Prayer for the Purification of the Heart

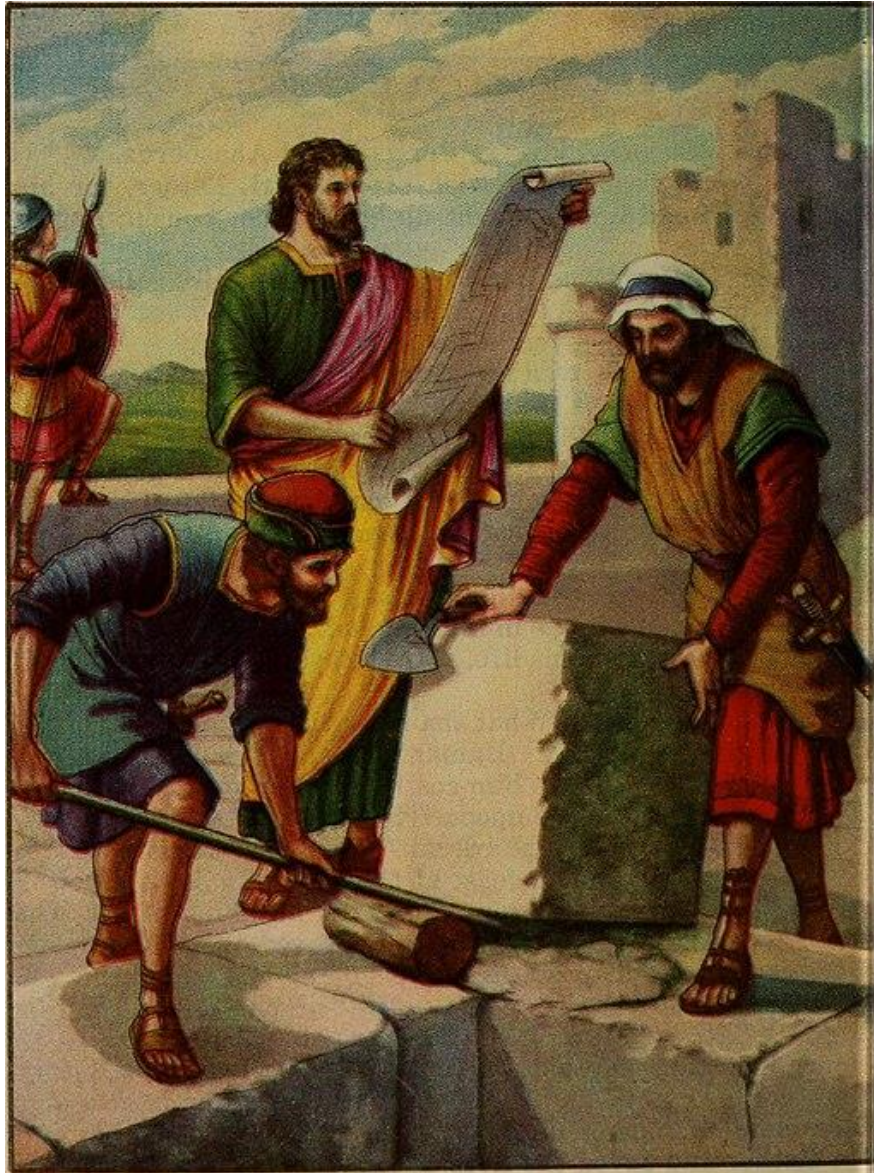
Faithful and Everlasting Father, Source of Our Purification, help me to guard my heart so that it is only directed to my devotion upon You, my Lord. I seek only to attune my inner being with Your divine will and experience Your goodness. By clearing out any grievances, feelings of self-righteousness, judgmental attitudes, selfishness or any other impurities from within the chambers of my heart I am able to free greater space for Your love to be collected and distributed throughout my body. Therefore, fill me with the courage I require to accept the complete transformation of my life that comes from allowing the divine love from within myself to banish my fears and worries, and create new habits that promote kindness, compassion, and empathy so that I can always be ready to offer forgiveness. Set my moral compass on a blameless path so that it shows me how to live a life of integrity even when it is the more difficult path. For then I can see the innocence and beauty in all of Your creations as well open myself to trusting in their divine essence so that I can connect to all through mutual respect and love. Lord, touch my heart so I may be obedient to Your truth and so that I might understand the power of my purified heart to heal and make myself and others whole again so that we might live again in harmony. I understand that I am here to develop the fruits of the Spirit and offer my selfless service so that I can help to uplift others as well as form the connection between my heart, mind, and soul so that my intuition and conscious can direct me in my highest purpose to bring as much as possible love into the world. Therefore, my Lord, purify my heart so I can now bring to light those things in myself and others who are suffering that have been hidden or denied and rebel against Your will so that they may be addressed and we may start the process of healing. Amen.

- (GEC) Based on Psalm 51, 1 Peter 1:22-23, and Galatians 5:22-23

Second Step on Our Path to Spiritual Healing

Cooperation

Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. Again, if two lie together, then they have heat: but how can one be warm alone? And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.
(Ecclesiastes 4:9-12 KJV)



The healing process is not simply asking to be healed and it will be automatically done, it also requires our participation otherwise it would be a selfish one-sided affair. In order to be healed we must cooperate with the healing force which means there are things we should do to derive the greatest benefit from the healing force as there are also things, we should not do which would negate the

healing force. Ideally, we need to live a life that best imitates Christ in which we keep our actions, thoughts, and emotions elevated and our heart pure. To do this we need to control our anger, hatred, greed, and feelings of revenge and pride and stop acting deceitful, intolerant, critical, and ungrateful. In addition, we will be asked to perform certain activities as part of the healing process and these things must be done or the healing will not occur. For example, in order to be healed Naaman was told to jump into the River Jordan seven times and his skin disease would be healed.

When we speak of cooperation with God it is important to remember that God does not need our cooperation, He only wants it and he will reveal to us what he desires from us in terms of our cooperation from our service. For example, we see in the Old Testament that God wanted Moses' cooperation in building a Tabernacle and He gave him exact specifications of what He wanted built. The same is true for all of God's followers in their cooperation, He has given us everything we need for all service and our only responsibility is to work with and develop what he has given to us. For instance, the healing force that is used in the healing of ourselves and others all comes from God and already exists in a latent form all around us. Therefore, our work is to collect and use this healing force in our healing practices as God desires for us to be healthy and whole and to then act as a channel to direct the healing force to others in need.

My Prayer for Cooperation in Healing

Almighty God, Initiator of My Cooperation, help me to work in harmony and unity so that I can act in accordance to Your divine plan. I only desire to sow the seeds You have given us so I can cooperate with what You have already accomplished. I know that I must work towards a state of purity and cooperate with Your healing force to keep my finer vehicles from becoming obstructed so that I can always live in a state of health. Whatever You ask of me in my healing I will not question You, nor should I if I accept the healing efforts of the Invisible Helpers or other spiritual healers acting in Your name. You have blessed us with everything we need to heal ourselves and become whole by placing Your latent healing force all about us. In addition, You have given us the gift of the Holy Spirit so that through cooperation we can work towards our ability to effectively utilize Your healing force. Therefore, I need You to show me Your will so I can cooperatively work for You so that the natural and supernatural can unite and by faith I can liberate and direct Your healing energies to myself and others who are suffering. Come within my God and speak to me as the Initiator and command me so I know in what ways I can cooperate and carry out Your plans and faithfully serve as one of Your healing vessels. Amen. - (GEC)

Third Step on Our Path to Spiritual Healing

Fidelity

Know therefore that the Lord thy God, he is God, the faithful God, which keepeth covenant and mercy with them that love him and keep his commandments to a thousand generations; (Deuteronomy 7:9 KJV)

Fidelity is best understood in the nature of God, who has faithfully kept his covenant throughout the ages, maintains a steadfast love for humanity that will last forever, and is willing to patiently wait for us to do as we have been called to do and spiritually grow so we are ready for what is to come. Fidelity is translated in different versions of the Bible as “*faithful, good faith, loyal, trustworthy, and fully trusted.*”

Many sources even equate fidelity as a synonym for faithful. Yet, fidelity speaks to how we live in God and our willingness to prove our faith by our actions regardless of what may be asked of us. Abraham is one of the best examples of fidelity because he not only had an unshakeable belief in God, he also knew in his heart that nothing would be impossible with God and that whatever God asks of us will never be too much. In addition, fidelity is bound to truthfulness that is carried out in our promises, commitments, duties, and vows, our “*truth in action*”. In our fidelity to God, we are always obedient, devoted, loyal, and steadfast.

As we become more faithful to God the deeds and actions that demonstrate our faith grow and we think less of ourselves and look for ways to help and serve our fellow man. And it is through our intercessory prayers we find that “*the prayer of faith shall save the sick*” that includes both ourselves and others.



My Prayer of Fidelity

Faithful and True Father, You are Our Rock, we look to Your nature that speaks of Your compassion and steadfast love. You have always been faithful to humanity with Your mercy and loving-kindness to guide us and help us to grow in Your image. So that I might reflect Your character allow me to prove my faith through my words and actions. Just as Abraham believed fully in You, I too stand in good faith and I see that nothing is outside of Your powers and whatever You might ask me to do, You know it is within my abilities. Yet, if I struggle with temptation or weakness, I ask that my intuition receive the still small voice of Your message to remind me of Your promise so I can take strength in knowing that You will always help believers stay true to their faith. Help me as I work to implement fidelity into in all aspects of my life even to the slightest degree of my daily activities and routines. Then through the influence of the Holy Spirit that dwells within me, teach me to be loyal and trustworthy to the commitment You have blessed me with so that through my continued obedience I can always be a faithful steward of Your creation by wisely using the gifts that You have bestowed upon me. Hear the intercessory prayers of healing that I sincerely offer for my afflicted brothers and sisters and by Your grace return them to wholeness so they may best serve You. When you feel I am deserving by the works of my fidelity, place Your golden crown of life upon my head so I may enjoy your eternal reward. I do this as Your faithful servant so that in my final perseverance I will hear the praise of Your words, "Well done, good and faithful servant; thou hast been faithful ... enter thou into the joy of thy lord." Amen. - (GEC)

Fourth Step on Our Path to Spiritual Healing

Forgiveness

And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. (Mark 11:24 KJV)



At perhaps the heart of spiritual healing is forgiveness as it allows us to let go of the hurt and pain of the past so we may restart our lives and begin to heal. Holding on to resentment and the grievances that we have with others keep us trapped and unable to come to a state of well-being and good health. The *Lord's Prayer* makes it quite clear that God has called upon us to forgive in all cases regardless of the situation, "*Forgive us our trespasses, as we forgive those who trespass against us.*"

Forgiveness is the doorway to our new beginnings, a life in which we are renewed and can now establish healthy relationships with all inhabitants of the world that have their foundation in love and wisdom. While feelings of revenge and the need

to punish others only comes back to harm ourselves such as when healing forces are blocked which allows illness or disease to occur within us. Yet, it is equally important that we remember that we must also forgive ourselves once we have recognized our wrongdoings, asked for forgiveness, and made repentance with those we have offended. Then with forgiveness we have the ability to start the process of our needed change and create harmony and balance in ourselves so that we can not only have good health but have good health that is permanent. Here is my prayer for forgiveness:

My Prayer for Forgiveness

Mighty and Merciful God, Redeemer of My Soul, help me to heal my heart that has been wounded by anger, bitterness, and all forms of malice by first allowing me to feel the anger that has built within me so I may now move forward and begin to heal that which hurt me so badly. As You have forgiven me, I must learn that forgiveness is a choice, and I must choose to release those who have wronged me and set aside my feelings of revenge and retribution and cancel the debts they have incurred at my expense. Even if these same wrongdoers continue to repeatedly offend me, I should always remember the mercy You have shown Your followers so that I can still offer them my forgiveness. However, should I stall in my forgiveness, I ask that You direct the wind of Holy Spirit to open my eyes to the true devastation of sin so that I can be empathetic to my transgressors and see things through their eyes. Then I can examine myself so that I can see my own imperfections and shortcomings so that I am not always looking to find the worse in others. Help me to understand that people who I most desperately need to forgive are in reality those who can most effectively teach me to be grateful so I can find peace in my most challenging times and become my best self. Hear me as I pour out my heart and unburden myself of my pain and resentment so I can open myself to the forgiveness of others as well as myself. Then for my own forgiveness I can finally lay my guilt down and no longer feel the need to always be perfect. Therefore, my Lord always bring me to forgiveness so that I might renew my well-being and initiate my own healing. Amen. - (GEC)



Fifth Step on Our Path to Spiritual Healing

Harmony

Behold, how good and how pleasant it is for brethren to dwell together in unity!
(Psalm 133:1 KJV)

When our bodies are healthy all of our vehicles are in harmony, so if we are ill our vehicles become out-of-synch and they begin to work against each other leading to the loss of our spiritual purpose which causes the guiding light from our Spirit to dim so that we are no longer sure of our way upon the spiritual path. Yet, harmony also extends beyond ourselves and includes God and His Natural Laws and how we fit within His divine plan and our ability to work with Higher Powers to ensure the outcome of God's will in helping humanity evolve to their etheric forms.

Harmony when spoken of as *internal balance* is evident when we speak of the energy contained within our being and how it is directed and used. If our energies are focused primarily upon aspects of our lower self then we negate our Christ-within, our Higher Self, and we lose our equilibrium and our bodies become highly susceptible to illness and disease.

Generally, when we enjoy our best health, we are living a life that pleases God as we are following the commandments and the teachings, He has given us in which wholeheartedly love one another, extend kindness and compassion, and we are filled with goodness and humility so we may always offer sympathy and forgiveness in our selfless-service of others while always glorifying God. Therefore, when we seek harmony, we are seeking our good health.



My Prayer for Harmony

My True God, and Source of Harmony Within Each Man, You are the only One who has ever walked the face of the Earth in perfect harmony and unity. As your devoted followers help us to mirror the calmness, peace, and humility You brought to the world so that we will be renewed in our hearts. You came not be served but to humbly serve us in Your meekness without every calling attention to Your power and greatness. You worried not about the opinions of others or their contrasting beliefs and viewpoints because You came to do the will of Your Father. In Your humility You spread Your quiet confidence and brought forth clarity from those eager to drink from Your cup of wisdom. For then we came to understand that the harmony we need in order to be whole comes from our willingness to conform to the Laws of Nature and by accepting the responsibility of Your divine precepts. Therefore, we ask that the Holy Spirit within us to guide us in developing the empathy and compassion we so desperately need so that our actions lead us to our own inner peace and harmony that reflects Your standard of truth. As it is only when we are in universal harmony that we have agreement so that we might develop the same attitude of love and compassion for each other and live in lasting peace. And it is only when we are in harmony with Your Spirit that the energy of our vehicles can freely flow and clear out any crystalized obstructions so that we experience the blessings of good health and thereby prevent the self-destructive effects from the darkness of any discord. Only then can our homes and Your kingdom stand undivided and in balance in a state of immortal harmony. For knowing that harmony is the reality You wish us to have My Lord, allow me to tether myself to Your Spirit so that in our connection my intuition will bring forth the Words of Your wisdom so that I can experience the goodness of this eternal reality. As now I surrender my Spirit so that You may wash over me. I ask that You keep me united in Your Spirit so that I may heal myself and others and may always rejoice in Your gift of good health. Amen.

- (GEC)



Sixth Step on Our Path to Spiritual Healing

Living Artistically



In *Exodus 35:35* we learn that God, the ultimate creative force, gave people special artistic skills as wood workers, engravers, embroiderers, metal workers, etc. so that they might create and adorn things for His glory. Ultimately, as we are created in His image, He also desires that we create and express our creativity as this is another form of worship. Yet, it is important to note that creativity is not only in the arts but is something we must learn to express in all parts of our lives as all forms of creativity help to bring us closer to God *“by viewing the world not through the world’s lens but through the lens of the Divine Creator.”* The creativity we possess provides us with a unique opportunity to *“glimpse life as God intends it”* and God has always intended for us to be healthy and whole.

All forms of living artistically allow us to tell our stories as well as all stories throughout history about how we have connected with God and express how we interpret His creation of the world we live in and our experience with Him. Ultimately, this requires a level of consciousness that go beyond our desires and needs of ourselves so we can experience the full depth of the relationship between art or creative expressions and man. Living artistically comes when we develop our consciousness of our Christ-within and through our intuition and conscience we hear His messages that help guide and shape our lives so with humility we serve our fellow man with an *“artistic finesse”* or delicacy that brings out their beauty and wholeness. By coming into beauty and wholeness, one grows spiritually and begins to unfold their life so they may also come to God, blossom

and then produce their own spiritual fruits. Therefore, God states “*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*” (3 John 2)

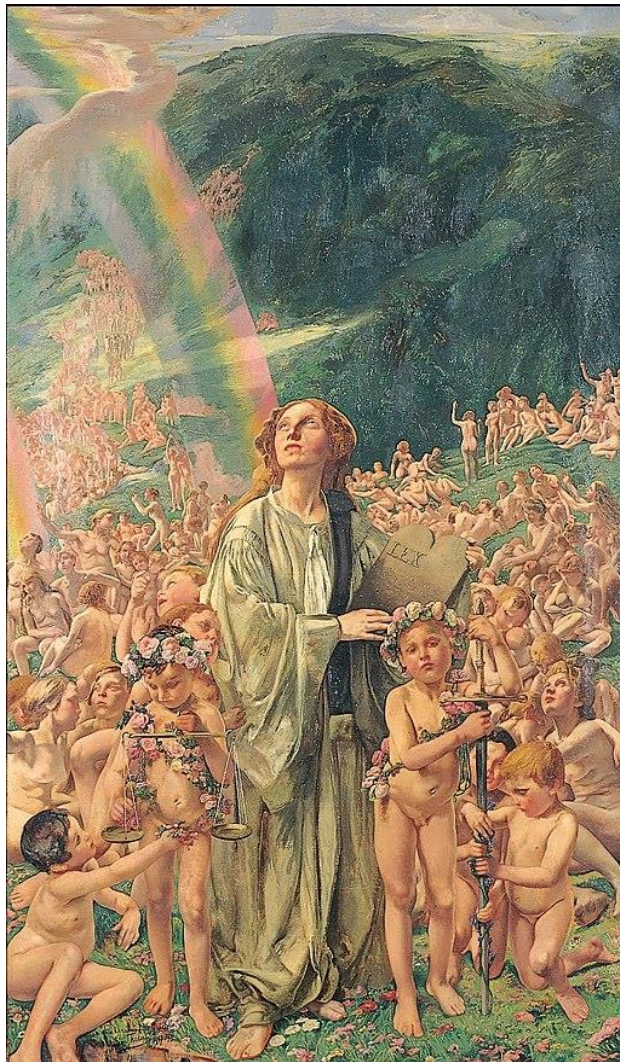
My Prayer for Artistic Living

O Mighty God, Creator of Heaven and Earth, Your hands have created the beauty of our world and it is through Your creation that all life continues to flow. Being made in Your image we are called to follow Your example of creation so we may, experience higher levels of consciousness, draw ourselves closer to others as well as You, yourself my Lord, and restore our health and wholeness when we are no longer in harmony. You have placed all the needed raw materials around us so that we may create from that which already exists and through Your grace always live in good health. And then by living artistically through our own creations we can share our stories of faith about how we have connected to Your Divine Presence in both good and difficult times and how we view Your beauty and envision the cosmic patterns that express Your reality. Therefore, I ask that You awaken within myself and my fellow man the creative potential within us so that we can share our spiritual insights, comfort each other in times of need, and build and nurture our collective Spirit so Your gift of creativity may abound within each of us. For when we share our creativity and live artistically it inspires others to look deeper, warming their hearts and minds with peace and love while providing the vehicle by which to bring themselves to their inner most sanctuary where the Christ-within resides so that He may intercede in their lives with mercy and justice to restore their harmony. Therefore, my Lord by being Your creative servant know that whatever form of art that emerges from my artistic living is only the response of my heart from Your infinite creation. For my creative expression in art or my way of life is my glorification of You, each piece and thought of creativity is a prayer to You so that through Your flow of life I am purified and made whole so we come together in Oneness. Amen. - (GEC)

Seventh Step on Our Path to Spiritual Healing

Fulfilling Conditions

Spiritual healing requires that we fulfill the conditions that Christ has asked of us. In *Matthew 6:33* Jesus is telling us that we should live a life in which we put God's kingdom first, repent from our sin, and devote ourselves to a life of righteousness in which we satisfy His will and the purpose He has for us. When asked what the most important commandment was, he said to "*love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.*" And next to "*love thy neighbor as thyself.*"



If we expect to be spiritually healed then we must be prepared to fulfill the conditions that Christ has asked of us in His commandments. *Micah 6:8* clearly identifies the three things that God expects from us: *Justice, Kindness, and Humility*. Justice requires that we always treat others fairly, show them proper respect, and our actions towards them should always be for their good. Kindness effects our ability to show compassion and mercy to others especially to our enemies and to help the poor and needy. Humility involves modesty and not being

prideful, thinking of other people before yourself, and a willingness to sacrifice for others while understanding your weaknesses and limitations.

Therefore, fulfilling conditions means that Christ must always come first in your life and trusting He will supply all your needs. You need to put your complete faith and belief in Jesus and believe through His sacrifice You will be saved. In our dealings with others, we should not judge or condemn them and when they hurt or offend us, we must be prepared to forgive them. And as we live our life, we should always be positive looking for the good in all things and always show our gratitude. In addition to taking care of our neighbors we must also look out for others, especially widows and orphans.

My Prayer for Fulfilling Conditions

Lord of Glory, My Word of Life, I rejoice at all times firmly entrenched in my belief in You knowing that I am saved and I need not worry as You will care for all my needs. Should I complain or fail to recognize the good that You have laid before me then divert my path to be among those who are thankful in extreme hardship yet are always finding ways to express their sincere gratitude. In seeking Your kingdom, the only distance I need to travel to fulfill Your conditions is to look inward to my heart so that I may make additional room for the love I require to adequately shower You and my fellow man with the tenderness of my charity. For You have shown me that in fulfilling my conditions, my love must embody patience, meekness, and humility that delights in the beauty of Your truth so that it will always persevere and find its intention. Therefore, pull my heart from its selfish desires so it may never fail in fulfilling Your conditions that ask us to protect and care for the vulnerable and neglected, especially the widows, orphans, prisoners, homeless and the mentally ill. For then I can work to free myself of eyes that are only filled with pride, a tongue that knows only lies, feet that quickly walk me towards evil, a heart that creates immoral plans and goals, and hands that harm and kill others. O Lord, let me find the strength and courage to not judge or condemn but to forgive my fellow man and turn over to You what I struggle to handle so that I may learn from Your wisdom. My greatest desire will be that all people know me not for riches or fame but that I am a follower of Christ, a disciple who is humbly illuminated in the divine lights of the saintly virtues of justice, kindness, and mercy. Therefore, as I walk in Your glory I will care for my neighbors, always active and never a bystander so that I may fulfill Your conditions and light their way with a reflection of love from my heart that has learned the way to Your kingdom. Amen. - (GEC)

Eighth Step on Our Path to Spiritual Healing

Silence

Silence is a powerful method by which we connect to our inner self and Spirit. It allows us to reflect upon our spiritual experiences and growth and it can also serve as a source of our creativity, a precursor to our prayer and meditation, and open our hearts to receiving wisdom and peace. Silence creates the energetic space needed for one to connect to their inner-Christ so He can speak to us, deepen our emotional clarity and restore our health.



“Prayer is not asking. It is a longing of the soul.” - Mahatma Gandhi

In our silence we can analyze our thoughts and feelings and plan and organize our lives so that we can imitate Christ by living a quiet life so that we can find our way to God the Father. It is only when we are silent that we can effectively listen to the wisdom of God and reflect upon our faith and grow in our humility. Ultimately, silence offers us an opportunity for greater self-discovery, elevating our consciousness, and deepening our communication and drawing us closer to those we serve.

In addition, silence offers us the divine gift of healing as it helps you to identify what things in your life you need to deal with to advance yourself spiritually. In some cases, you may not even be aware what issues are holding you back until you quiet Your mind and let it come to your intuition. When we are silent, we can enter our inner sanctuary where God always hears us and is ready to give us everything, we ask for including the restoration and maintenance of our health.

My Prayer for Silence

Invisible God, Man of Blessed Silence, may I always intentionally pause and listen so that I may hear the words of Your wisdom from the gentle whisper of the still small voice of my inner-Christ. In stillness You alone bring to light the path that leads to the center of my heart, the holy temple where You reside, so we can commune with each other without the need of words. For in the worship of my silence, I bathe in delight in an expanded knowledge that You are my God. For in the silence of my inner awareness You dispatch my enemies and mute the false words of belief for my fears, doubts, and worries. Within the calm of our unity, there emerges a sacred space, so that You my Lord can now appear before my eyes and reach out to take my hand so that together we can make our way to the Father. You are my way, a mighty river of silence, carrying Your sanctifying grace, a holy medicine for my Spirit, that heals by bringing to light all that is within me that I must address so that I Come to a true everlasting peace. Therefore, my Lord quiet all the noise of my disharmony so that I might attune to Your wisdom, explore my creative thoughts, enter into meditation and prayers of silent adoration, and reflect upon Your Words and willingness to fight for me if I can only remain still. How can I not cry with tears of joy in knowing that Your silence is your gift of healing to bring renewal to my soul so that I am invited into a life of abundance always within Your loving and sacred embrace. Amen
- (GEC)

Ninth Step on Our Path to Spiritual Healing

Gratitude

In terms of our spiritual healing, gratitude is most essential to how we must live our lives so that we may always be healed and maintain a state of good health. When we are grateful, especially recognizing the small things to be grateful for, we are telling God that we acknowledge His presence in our lives and we recognize and fully appreciate all the blessings, love, and support that we have received from Him. Ultimately, it is living a life of thankfulness in everything we experience in our life.

While it is also important to remember that our gratitude is not just for the good things in life but it also applies to the difficult and trying times we also experience. Jesus modelled gratitude to us through His words, attitude, and His prayers. Therefore, in our case, our gratitude represents our testimony to God that we have received the virtue of gratitude as His gift to us and that we should make every effort to use it in our lives.

In a life of gratitude, we never question what we must deal with or why and we learn that in our lives we must completely surrender to Christ, accepting all in gratitude. As it is only by being grateful to God that we experience joy and peace so we can be more kind, patient, and giving to others which has an even greater effect upon ourselves by developing the fruits of the Spirit within ourselves as well providing us with our needed healing so that we might be whole. By living a life of gratitude, God puts more in our lives to be grateful for.

My Prayer of Gratitude

Son of the Most High, Source of All to be Grateful For, I have been keen to observe all the good and perfect gifts that You have blessed me with. I do my very best to pay careful attention to Your acts of benevolence so that I might savor and honor them as they remind me that Your guiding hand is always there to move me in the right direction. For it is only in my attitude of being grateful that I can find happiness, joy, and healing in life. Therefore, my Lord, bless me with the virtue of gratitude so that I am always be thankful for what I have and I am given, help me to notice even the smallest of things to offer my thanks for, and place within me a grateful heart so I will appreciate all the things in my life, good or challenging as I know they are Your will. Do not allow me to become filled with pride, envy or greed or have feelings of entitlement or self-absorption so that I lose my sense of gratitude. Let the gratitude of my heart stand as my testimony so that I may always know peace, joy, and good health. For the gratitude that enters my heart and mind will first start as an emotion that can then be further expanded until the emotional feelings deepen and result in actions that now define my character by empathy, humility, and faithfulness. In Your words, You speak of gratitude that renews the mind with a positive perspective that puts forth the fruits of the Spirit that will grow and ripen and thereby increase our gratitude and bring even greater blessings into our lives to be grateful for. Therefore, O Lord, bless me with a grateful heart so You may trust me to always be kind, patient, and generous to

my fellow throughout my days. Hear my prayers and accept my offerings as a sign of my thanksgiving so that I may draw even closer to You to live in your love, light, and wholeness. Amen - (GEC)

