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Spiritual Healing

by Raymond Francis

Spirit is the most powerful force in existence, yet few of us are using this power to heal. A woman once asked Thomas Edison, “What is electricity?” Edison replied, “Madame, electricity is. Use it.” The same can be said for spirit. It is, and we should use it—even if we don’t fully understand it. Fortunately, spirit is just as easy to use as electricity, and with it, spontaneous remission of disease is achievable.

Most of us are familiar with the terms “body, mind and spirit.” In practice, however, our attention is mostly on the body, some on the mind and little if any on the spirit—hence we fail to take full advantage of the most powerful force in the universe.

For most of human history, medicine and spirit were inseparable. Yet conventional allopathic medicine pays no attention to the body/spirit connection and fails to see the body as an energy system. In actuality, spirit is all there is, and if we are not actively harnessing this infinite power, we are missing the boat. As Einstein told us, matter is just a form of energy. Each of us is an energy system with a unique “energy signature.” Changes in consciousness can change energy patterns, and in turn change our physical reality, including whether or not we are diseased.

In the age of Newtonian physics, matter was our reality; the universe looked like a giant machine. In the age of Einsteinian physics, energy is our reality; the universe looks more like a giant thought. Modern research has confirmed the link between health and thoughts.

We can change the way cells function by changing our thoughts, altering the expression of genes and promoting either health or disease. There is only one disease—malfunctioning cells—and we can change how cells function with our thoughts. Ill-at-ease in the realm of spirit, we give our attention to the more tangible “body,” but the body, mind and spirit are all one—there is no separation. We are not a body with a mind. We are an expression of universal mind operating through a body. Every cell in the body is part of the conscious mind, and our subconscious mind is our connection to spirit.

It is because we don’t understand this relationship that we try to separate it into the physical world and the spiritual world. This is a mistake. The key to getting well and staying well is to balance body, mind and spirit by infusing the power of spirit into our lives—even though, like electricity, we don’t fully understand it. Health is our natural state and almost anyone can obtain it if they work with nature rather than against it. No one factor is sufficient to cause disease. Health is multifactorial and it takes a lot to make a human being sick.

Tragically, modern medicine is a mindless approach to health and disease; the belief is that disease is caused by microbes that invade our bodies, or by bad genes. Yet peaceful coexistence with the microbes in our environment is what nature intended, and it is we who control what genes do.

What we eat and the toxins that interfere with our normal body chemistry are far more important than pathogenic microbes, but more important are our thoughts. Thoughts can change our body chemistry, for better or for worse, in a matter of seconds. Each and every thought has a physical effect. It is not possible to have a thought without a physical effect. Thoughts have a profound effect on health by altering body chemistry and affecting our immune, hormone, digestive and other body systems.

Many people replay old negative thoughts like anger, hate, resentment, hostility, jealousy and envy on a daily basis. They do this without realizing that even a few minutes of negative thinking will impair their immunity for hours, inviting infections, cancer and other diseases. If you do this several times a day, the effect is huge. Thoughts of kindness, patience and compassion have exactly the opposite effect. What we think and what we put into our minds every day is critical to our health. For some people, disease is a way of life. By filling their minds with negative thoughts, thoughts about how sick they are, or thoughts of the rewards that their illness brings to them, they strengthen their attachment to their disease so much that they become unable to get well.

But just as thoughts can change our body chemistry, body chemistry can change our thoughts. Our poor diets and toxic exposures affect our thoughts and behavior and are a major cause of poor academic performance, mental disease, addictions, crime and violence in our society. A poorly functioning body and mind will impair our ability to fully connect to the perfection of spirit. In trying to understand how body, mind and spirit work, it is helpful to think of our conscious mind as “mind” and our subconscious mind as “spirit.” It is the subconscious that connects us to spirit—to the perfection of infinite intelligence. Learning to use this connection gives us the power to change our physical condition. What we put into our conscious mind on a consistent basis starts to seep into the subconscious. When this happens, spirit begins to execute these thoughts, affecting our body.

Whatever the conscious mind believes to be true, the subconscious will accept and execute. ***This is why the thoughts that you put into your mind every waking hour are one of the most important activities of your life.*** Studies show that negative thoughts are associated with heart disease, hypertension, arthritis, cancer and other health problems. Every thought is a cause, and if you want to change effects, you have to change the causes—you have to change the thoughts. We all have the capacity to choose our thoughts. ***So why not choose thoughts that enhance health, life and happiness?*** Chronic disease is an out-of-control epidemic and our physicians are hopelessly unequipped to either prevent or effectively treat the major health challenges we face. Modern medicine is in crisis because it lacks an adequate theory of disease capable of addressing the true causes of disease. It not only fails to understand the

critical role of nutrition, it completely neglects to account for the power of thought and its effect on spirit. To cure disease you have to remove the causes, and a fundamental cause is our loss of connection to the perfection of spirit.

We now know that a key factor in causing and reversing disease is what we think. What we habitually think seeps into our subconscious and creates our destiny by accessing the ultimate power of spirit, and spirit is a creative power. This is why the state of your reality is what you think and believe—***habitual thinking and imagery create your reality***. Once you understand this, you can create your own future and change your life for the better.

You cannot rise above your level of thought. To cure disease, you have to drop your biggest impediment to healing— your belief in disease versus the perfection of spirit. It is not necessary to fully comprehend how this works. What is necessary is to use it. Spirit is perfect, and we are spiritual beings. Our bodies want to be as perfect as our spirit. When we start seeing ourselves as perfect spirits and not as physically impaired matter, and develop a deep conviction in our perfection, this state of consciousness is certain to affect our physical reality. By changing our consciousness, we change the way our genes express and change our physical bodies for better or for worse.

When seen from this perspective, illness becomes a physical manifestation of our distorted thoughts. Each second, our bodies create more than 10 million new cells. Each new cell is infused with either a positive or a negative thought pattern, and they will function accordingly. When we construct these cells out of the correct building materials and infuse them with a stream of consciousness that connects them with the perfection of spirit, anything is possible. It is not necessary to struggle with this. There is nothing that is not spirit, and if we fill our minds with thoughts of this perfection, that is what will manifest. This is the most powerful medical treatment ever discovered, and the effects can be dramatic. Why not use it? Spiritual healing should be our first option in medical treatment.

Accessing this infinite power is not about willpower or concentration. It is about connecting with the universal intelligence that is spirit. The best way to do this is in the quiet contemplation and the relaxed mind achieved through daily meditation. Achieving this state of consciousness connects with the subconscious mind and the subconscious connects to spirit. ***This connection along with strong, clear and simple intention has been scientifically proven to affect the ways our genes express, thus changing our physical reality.***

Every thought is a cause, so take charge of your thoughts to create desirable results. To change your external reality, you have to change your thoughts. Healing is about using our minds to attune our physical bodies with the perfection of our spiritual reality. Here is a mantra anyone can use daily, even hourly, to enhance their health: ***Every day, in every way, I am getting better and better.***

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