

Healing as we know it

The principle behind healing is that behind all things is the perfection of creation. This principle is active in direct proportion to our knowledge and use of it. When we have an unqualified belief that life is good, life is good. However to many it may appear not be manifesting in ways we think are good.

In order to turn this around and be healed we must turn entirely away from the condition. Dr. Ernest Holmes said in his writings in *The Science of Mind*, "Such healing includes the emancipation of the mind from every form of bondage through a new concept of God, which causes the heart to beat with joy and gladness."

How to apply this in practical terms, I offer a glimpse of how I approached my healing.

I came home from work yesterday trembling, filled with fear of keeping my job. I went out into the garage and got in my hot tub in the dark and began singing God's the Love that I am. At that first sentence I began to sob and cry. I kept on, recognizing and accepting that my Father is in charge. In the warm water I vented allowing myself to purge the emotions of my personality. I then quickly dried off and went to my prayer chair and took Holy Communion entering into unification with Christ. Then I raised and praised all involved as well as myself surrendering in the name of Love. I entered into a forgiveness practice using the rosary as a guide and then a fear releasing practice to bring the light of Christ into the unconscious areas of my old patterns and beliefs. I came to a realization of the Truth back of all things. Perfect God, Perfect Man, Perfect Being. In thanksgiving I closed with a prayer of my heart. Accepting that all is whole in my life releasing it to God's perfect charge.

Using this practice with the inner faith expressed in Jeremiah 29:11 "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future" allows me to be asking for help. Actively opening my heart to my heavenly father for strength and for healing, while placing the kingdom of God as my reality and my source, not the world or conditions.