

This information is intended to assist you in your spiritual development and to enhance, but not be substituted for, any care you should receive from your licensed healthcare or mental health professional.

## **The Power of Spiritual Healing**

by Mary Ellen Flora

You have the power to heal. But do you have the courage to use that power and be the spiritual healer that you are? You may seek help from other healers such as a friend, medical doctor, counselor, spiritual healer or others, but you are the one who makes the change and heals.

You are spirit and your body is your vehicle. You, the spirit, have the information and ability to heal yourself and your body. You need courage to recognize that you are spirit in this physically oriented world and to manifest your spiritual information into your physical body.

You need courage to acknowledge the spiritual nature of healing. The physical world is constantly attracting your attention, so it is necessary to reawaken your spiritual awareness to get back onto the spiritual track. For example, you may be focused on healing a physical problem such as chronic stomach aches, and not take time to consider anything but physical causes and physical cures. If you sit quietly and focus within, you will eventually discover what you, the spirit, are creating that is disturbing your body. It could be you are trying to do too much or are doing things you do not like. You may have created a job, relationship or something you just can't digest. You will discover the cause of the problem when you, the spirit, look within. You can then decide what to do. You may change the situation, you may decide to make your body as comfortable as possible until you resolve the issue, or you may decide you do not want to change and learn to live with stomach pain.

I have a friend who had chronic stomach problems. The medical profession could not find the cause of his pain. It was clear to his spiritually focused friends that his pain related to his unhappy marriage. He finally turned within as spirit and saw the cause of his pain was the dysfunctional relationship. He decided on a divorce as his healing route and has since cured his stomach problems. Not all healing projects are as obvious, but healing can be clear and simple when we turn within and gain a spiritual perspective.

You, the spirit, create through desire and belief. If you desire something and believe you can have it, then eventually you will. It helps your creative process if you recognize that you are spirit and are creating in a physical body and world. You, the spirit, are able to change your physical world by desiring a change and believing you can change. My friend was unhappy and in physical pain. He desired a change and believed he could have it. He healed his life and body by changing his circumstances which then healed his body.

Healing requires change. You must first decide you want to change and are willing to change. This may be more of a challenge than it sounds since you have to change both your internal and external circumstance for a complete healing. My friend changed where he lived, his job, the woman he lived with, and his friends. He created a major life healing and it required all the courage he had to stick with his healing because it required changing most everything in his life.

The most courage was needed to face the internal healing of letting go of past pain and a lack of self-worth which had imprisoned him in the abusive relationship. He was willing to do both the physical and the spiritual work to create a major healing and thus, healed his life and his body.

The power to heal comes through you, the spirit, from God. You have the power to heal. All you need is the courage to recognize your spiritual nature and allow it to come into your body to create what you want. This requires change and a willingness to see yourself as you are so you can allow the change. My friend had to recognize his fear and pain and be willing to let them go. Yes, you must let go of disruptive energies to create beneficial ones.

You are spirit and the creator of your life. If you are physically ill, you have created the illness. You may have created it by allowing someone else to hurt you or by mistreating your body. You heal when you relate to your body and other creations in a healthy manner. For example, exercise for the body keeps it healthy, but many people choose to be ill because they refuse to exercise. Everything is a choice, including healing. You choose to be ill, you choose to be well and you choose who you want to help you if you decide to change and heal. Your healing helpers could vary from a friend to a surgeon, but you are ultimately your own healer. Others can only assist you. My friend used the assistance of medical doctors, friends, and spiritual healers. He used everything he received to help heal and create in a new way.

Some people chose to remain physically ill because they do not want to deal with the deep cause of the problem. I know a woman who had diabetes and would not stop eating sweets daily and would not exercise. She confided in me that she was afraid of being sexually attractive and kept the weight on her body to protect herself. She had been sexually abused by her father and tried to be unattractive for protection as well as using weight to pad her pain. She made the choice to be physically ill because she did not want to confront the past pain that deterred her from healing behavior.

If something is not working correctly with your body, you are doing something incorrect with it. Learn to meditate to turn within and discover what is out of balance for you. It could be simply physical, such as needing exercise and a change of diet. These physical changes can uncover a world of necessary internal changes that you, the spirit, can make to allow the physical changes to work.

A friend of mine was dangerously overweight and decided to diet and exercise to heal herself. Her program worked for a while; then she regained all of the weight. She turned within with meditation and learned to know herself, the spirit, and what she had created to cause the weight problem. She cleared the internal problem while she dieted and exercised, and it worked. She cleared old pain and fear, and learned to love herself as a bright spirit. She is enjoying life in a new way and her weight is staying low.

You are spirit and your body is your creation. You, the spirit, have the power to heal. Do you have the courage to know yourself and your creations well enough to make the necessary

changes for healing? Meditation is the way to turn within to learn to know yourself. Through your self-knowledge from meditation, you can know what to change. With meditation, you can see yourself as a bright, powerful soul able to heal.

There are simple, spiritual techniques to help you tune into your healing power. Eight techniques are taught in [Healing: Key to Spiritual Balance](#). One technique is grounding and is described in this excerpt.

"To best experience these techniques, find a quiet place where you can be alone and undisturbed. Sit in a straight-backed chair with your spine as straight as possible. This helps your energy move more smoothly. Sit with your hands separated in your lap and your feet flat on the floor. Take a few deep breaths to relax your body, and let yourself enjoy using the techniques to heal yourself.

"Grounding helps you heal yourself by giving you a conscious connection with this reality. It helps you be more aware and in control of your physical creations. When you are grounded, the body is under your control because you are more present and focused on it. Grounding makes the body feel safe because you are there and in charge, much as a child feels safe when an adult is present to help.

"From your first chakra, near the base of your spine, create a cord of energy and let it flow like a laser beam, down through the physical world of chair, floor and earth, to the center of the Earth. Make the connection between your first chakra and the grounding cord a strong one. Also make a strong connection at the center of the Earth. Breathe and relax your body, allowing it to adjust to being grounded.

"You can be grounded at all times. It is an excellent technique to maintain constant control of your physical creativity. You can be grounded when you are sitting, standing, lying down, walking, or engaging in any other type of activity. The more you practice your grounding, the more grounded you will be. You can increase your grounding by sending more energy down the grounding cord."

Learn to meditate and turn within to discover that you are spirit and have the power to create your life. You are a bright powerful spirit capable of creating any change through your desire and belief. Allow the courage to manifest your spiritual light and power into your body and your life, and amazing healing will occur.