

THE POWER OF THE MIND ON A SUBCONSCIOUS LEVEL: anything that you think, imagine or visualize and impress upon your subconscious mind will manifest within the physical body => the science of hypnosis and self-hypnosis clearly proves this also; other examples demonstrating the power of the mind: women growing breasts using the power of the mind and imagery, hypnosis stage shows where the subconscious is given suggestions to do things a person would never do or think they can do on a conscious mind level, fire walking, Indian saints lying on beds of nails or being buried under the ground for long periods of time, staying under water for 20 minutes, living on light, placebo effect, especially in Japan, doctors not telling their patients if they have life-threatening diseases so the patients do not counteract all the help the doctors can give them; if someone is diagnosed with AIDS but in truth does not have it, they can develop all the symptoms of AIDS just by the power of suggestion; if someone believes they are going to die at a certain age they probably will even if the physical body is capable of living longer => **THE WILL TO LIVE IS THE MOST IMPORTANT FACTOR IN HEALTH CRISIS OF ANY KIND** ; if a person does not have a strong will to live, no medication or natural remedy will help

SUBCONSCIOUS MIND : functions like a computer and has an enormous number of abilities, however, it **needs a computer programmer** to properly utilize those abilities => that is the function of the **conscious mind** ; one of the most important functions of the subconscious mind is that it **completely runs the physical body => anything you program it to do, good or bad, in regards to the body, it will do** ; if you program it to create perfect radiant health it will do this; if unconsciously you allow negative thoughts in I. your mind it can also create deleterious health

THE POWER OF THE MIND ON A SUPERCONSCIOUS LEVEL : the **Superconscious Mind, also known as the Soul, Oversoul, Higher Self, Mighty I Am Presence and/or Monad, is capable of introducing miraculous healing potentialities** ; prayer and invocation = to invoke the Superconscious Mind for help with health lessons; also call on the Angels and Inner Plane Ascended Masters (in some religions they are referred to as II. Saints); all you need to do is ask => **they cannot interfere without your request**

CONSISTENCY BETWEEN THE THREE MINDS: often our conscious mind is holding one thought, however, our subconscious mind is holding another and we are not aware of it; the key is to get the conscious mind to only hold thoughts taught to it by the Superconscious Mind and for the subconscious mind to only hold thoughts taught to it by the conscious mind => in this way the three minds III. function as one mind

How to Heal the Physical Body Through the Power of the Mind (1)

How to Heal the Physical Body Through the Power of the Mind (2)

THE KEY TO PERFECT RADIANT HEALTH: power of affirmations, positive visualization, positive self-suggestion, positive self-talk, prayer, honoring the physical body, diet, physical exercise, sunshine, fresh air, proper recreation
I. and proper sleep habits

HONORING THE FOUR FACES OF GOD : God has four faces - Spiritual, mental, emotional and physical; each face must be honored, sanctified and integrated
II. properly to facilitate perfect health potentiality

ONE DOES NOT REPLACE THE OTHER : it is not enough just to pray, for it is not the job of the Superconscious Mind to control your thinking => that is the job of the conscious mind; it is also not enough to just do affirmations and positive visualizations and/or treatments => they do not replace prayer and positive action; it is also not enough just to heal on the physical body level => they do not replace the
III. psychological and Spiritual aspect of healing

CONSISTENCY ON ALL LEVELS - WATCH OUT FOR SELF-SABOTAGE: you could be praying, affirming and visualizing all day long, however, if your basic thinking, inner self-talk, interaction with others and deeds do not demonstrate this perfected ideal, then you are affirming negative thoughts into your subconscious mind, without even realizing it => example: if you do not own your personal power in your life, inwardly and outwardly, even though you constantly pray and do affirmations and visualizations, your subconscious mind will be filled with negative thoughts; the same is true with self-love; another key is learning to place a golden bubble of protection around yourself every morning that keeps out the negativity from other people => if you do not do this, other people's negativity and hypnotic suggestions will go right into your subconscious mind, even though you are constantly praying, affirming and
IV. visualizing

How to Heal the Physical Body Through the Power of the Mind (3)

SELF-TALK - AUTOMATIC PILOT - THE IMPORTANCE OF SELF-INQUIRY: we are constantly dialoging with ourselves through the process of what is called self-inquiry; Sai Baba said that 75% of the Spiritual path is self-inquiry; **SELF-INQUIRY = the process of monitoring your thoughts, emotions and impulses on a moment to moment basis and choosing which ones you are going to allow into your mind and which ones you are going to keep out** => most people on Earth live way too much on automatic pilot and are not vigilant enough over their thinking; our thoughts create our reality, including feelings and emotions => proper thinking is the key to inner peace and happiness; the world is a projection screen for our thoughts and we are experiencing our own movie by how we interpret life - the negative ego / fear-based / separative / dualistic / illusionary / lower-self way or the Spiritual / Christ / Buddha / Krishna / Moses / I. Mohammed / Mighty I Am Presence / God / Goddess way

THE FUNDAMENTAL WORK OF ALL HEALING = mastery of the mind in service of God; transcendence of the negative ego mind; **keeping all negative thoughts out of our mind on a moment to moment basis = the fundamental work, because our thoughts create our reality and our subconscious mind runs our physical body** => if we do not pay attention to this aspect, we are deluding ourselves; **every thought that comes from another person or our own subconscious mind is either a negative ego thought or a Spiritual thought; said another way, it is a thought of fear or a thought of love; the job of a healthy functioning conscious mind is to deny any thought not of God to enter your mind, and to immediately switch your attention and your thinking to the Spiritual God thought that contains the perfected ideal; one key monitor for determining how you are doing in this process is to examine if you have negative feelings and emotions and if you live in a state of love, joy, evenmindedness and inner peace => if you do not, this is no judgment, it is just a sign that there are some attitudinal adjustments you need to make** => it does not take 20 years of therapy to do this, it only takes 21 days to cement any new habit into II. the subconscious mind

EVERY THOUGHT YOU ALLOW INTO YOUR CONSCIOUS MIND FROM YOUR OWN SUBCONSCIOUS MIND AND FROM OTHERS IS AN AFFIRMATION AND VISUALIZATION => IF YOU ARE ALLOWING NEGATIVE EGO THINKING IN, FROM EITHER LEVEL, THIS IS UNCONSCIOUSLY AFFECTING YOUR PHYSICAL HEALTH, IMMUNE SYSTEM AND ENERGY LEVEL ; many sincere Lightworkers pray constantly to God and the Masters for protection and yet are sabotaged by negative energies from inner and outer levels and cannot understand why => they think that God and the Masters are supposed to provide all the protection, however, this is not true => they will do their share, however, the key responsibility lies in this process of healthy self-inquiry having to do with being vigilant on a psychological level => **IT IS NOT THE JOB OF GOD AND THE MASTERS AND YOUR SUPERCONSCIOUS MIND TO CONTROL YOUR THOUGHTS => IT IS YOUR JOB => IT IS THE JOB OF THE CONSCIOUS MIND** ; it is why you have incarnated; how you can possibly become a Master in your own right if you expect the Masters to do all the III. work for you?

DO NOT JUDGE AND DO NOT GENERALIZE : self for having health lessons and do not judge others for you have not walked in their moccasins and you do not know the divine reasons why things are as they seem; many Lightworkers give pat or generalized, stereotypical answers that they read in a book that they think applies to all Lightworkers => this is illusion and self-righteous and verifies that a little knowledge is a dangerous thing

DEALING WITH CHRONIC HEALTH LESSONS : those with chronic health lessons must learn to own their personal power and remain evenminded even though the physical body is not working perfectly; anger or depression over chronic physical health lessons = a waste of time and energy; **acceptance and focusing on what you can do instead of what you can't do is the lesson of VI. the day**

REQUEST VS CALL FOR HELP : a call for help does not have to imply weakness or lack; ideal is the call for help from full I. personal power

TRANSFORMING IMPERFECTION INTO PERFECTION : anytime you experience imperfection in your physical body or anywhere else in your life => pray, affirm and visualize the truth of God's Perfected Ideal which is our ideal because God created us; **ALL IMPERFECTION HENCE IS IMMEDIATELY TRANSFORMED INTO PERFECTION BY THE POWER OF II. YOUR CONSCIOUSNESS**

How to Heal the Physical Body Through the Power of the Mind (4)

THE FINE LINE : it is important not to coddle oneself, yet also to take proper V. care of the physical vehicle

YOU DO NOT HAVE TO HAVE PERFECT HEALTH TO ACHIEVE ASCENSION, SERVE THE WORLD AND MAKE A DIFFERENCE IN THIS WORLD: Mother Teresa had severe heart problems yet served; Saint Francis had severe health problems yet that did IV. not keep him from serving

SOME HEALTH LESSONS ARE KARMIC IN NATURE AND ARE FOR THE GLORY OF GOD: some people are meant to have them so they can **demonstrate the power of the Spirit of God and the Will and Love of God in physical form** ; physical health lessons are a part of physically incarnating into III. this Earthly school

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PHYSICAL HEALTH LESSONS = A GIFT: they are teaching us that there is another level of purification that is needed on a thought, emotional, physical and Spiritual level ; they should not be judged but looked at as more of a cleansing process and teacher; in Spiritual people they are often a sign of accelerated Spiritual growth for **every time one moves to a higher level or frequency another level of cleansing needs to take place => this is not a sign that you are doing anything wrong, but, in truth, a sign that you are doing something right**; even Sai Baba who is a Universal Avatar, when taking on the karma of his students, has I. to run it through his physical vehicle and at times has gotten extremely ill

"SICKNESS IS A DEFENSE AGAINST THE TRUTH" - A COURSE IN MIRACLES : this means that God created us and we are made in the image and likeness of God; we are each Sons and Daughters of God which is our true identity => we were not created in sin but in perfection; God does not catch colds or a flu bug and in our ideal state neither do we => **SO SICKNESS IS A DEFENSE AGAINST THE TRUTH BECAUSE THE TRUTH IS THAT ALL NEGATIVITY, SUFFERING AND ILLNESS STEMS FROM NEGATIVE EGO WHICH IN ESSENCE IS FEAR AND A BELIEF IN SEPARATION FROM GOD** ; the law of the mind is that whatever you believe is the reality you live in => if you believe in the illusion of negative ego thinking, you will experience this reality, however, this does not make it true; **THE TRUTH IS THE NEGATIVE EGO DOES NOT EXIST AND NEITHER DOES SEPARATION FROM GOD! NEGATIVE THINKING OR EMOTIONS ALSO DO NOT EXIST IN GOD'S REALITY AND NEITHER DOES PHYSICAL SICKNESS OR FINANCIAL POVERTY => IT IS THE JOB OF THE HEALTHY FUNCTIONING CONSCIOUS MIND THAT IS ATTUNED TO GOD AND ONE'S HIGHER SELF TO AFFIRM ONLY TRUTH AND NOT ILLUSION!** It is our job to keep our attention on God's Reality and think and imagine and pray for only this reality => this will program our minds to only think God thoughts which will create only God like feelings and emotions, which will create only God like actions and God like physical health, which will only magnetize God like experiences (when "negative" things happen, it is looked at as something positive, an opportunity for Spiritual II. growth)