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HEALING, A Cure from Consciousness. CHAP.2

Healing is restoring the world of meanings. Since any healer is a teacher, he/she has to teach not only from his/her words but from his/her attitude, from his/her silence, from his/her escort to the patient to see the world in a different way.

The healer is not a kind of esoteric character, a bookworm, someone who fasts and spends the night, who moves away from his/her family and goes to a monastery. He/she lives on the streets, in life's concert; he/she is a banker, a father, a mother, a friend. He/she celebrates with wine, eats as everyone does.

Healing is not the art of being vegetarian and staying away from others. It is not to learn how to sit in a lotus position and to feel superior when seeing how the others sit in normal positions. It is not the art of repeating mantrams and mantrams until get self-hypnotized. It is the human art of making a commitment with life, of getting involved with life. Healing is to throw into the running of ordinary people. It does not give power; the only power given by healing is the power of serving. If your power is the power of serving, if that is your only power, you are already in that good will running; in that running that gathers all good will men and women in world together.

In this moment, your consciousness is not individual but transpersonal and collective. Your intelligence is not your small intelligence, but that cosmic intelligence. Your love is not that little piece of love that you can emit from your heart, but that love alive flame formed by all of those that really make love to move; that is by all of those that serve. To heal we have to use our mind; this is not a matter of "demented people"; it is necessary to use our mind, to use our brain for first time.

Shaky hands, love, invoking the force and the energy of a transcendental God are not enough because spiritual healing, in fact, happens too few times. Faith is not enough, it is necessary to go beyond faith; it is necessary that love has a bed, a steering, and a target that may be focused. It is necessary to have a concrete knowledge, to know how to focus energy, where and how it is going to be focused.

Healing is not a matter of rising hands and flooding a patient with energy because that patient may also get drowned with that energy. He could be given an excess of energy and get a more complicated life. Healing is the art of focusing energy, first with love and then, with science. Good will and good faith are not enough. Knowledge is necessary. To get that knowledge, we have to ask ourselves the right question that is the key. And to ask ourselves the right question, we have to learn how to listen. Listening is reasoning; listening is auscultating; to auscultate the world is to get in contact with its integrity. It is not seeing just a part, but trying to listen, to perceive the whole. It is having a total vision, a perspective vision, to know that people are neither people nor pieces of meat. People are people and their circumstances. Their circumstances are their relationships, their beliefs, their culture, their history, their family, their ancestors. All these can be either risk factors or favorable factors to get healthy or to get sick. So, that it is all what we are going to take into account: the right question.

Once, a man passed by some railings where there was a gorgeous garden. The door was opened so, he entered. Astonished, he looked at the flowers and soon, he saw a gardener and a dog. As you cannot talk to a dog -of course!-, he talked to the gardener and he asked him: "Does your dog bite?" And he said no. Then, this man dared to get deeper in the garden, but soon, the dog pounced on him and literally pulled him out a piece of ear and shattered his nose. As a wreck, with his beautiful suit in shreds, he went enraged to complain to the gardener: "Did you not say your dog did not bite?" And tenderly he looked at the man and said: "Yes, I said my dog did not bite, the fact is that this is not my dog."

It is really important the question that we ask ourselves because in life, some people see what seems to be, some other people only see what they want to see and some others see reality. Working with love and science is to find the love-wisdom ray which belongs to the apprentice, to the master, and to the healer too. We can see reality because of that radiation. Reality is therefore just visible when we merge our head and our heart, when we merge the eyes of senses with the eyes of the reason so that we discover the interior vision eye.

In healing, we learn to see things in a different way, to see the quality behind the appearances. Everything is a symbol of something else. Symptoms are not the disease, symptoms say to us in their language that there is something behind, and that is the friction between soul and body. That friction is called disease. That is why the healer does not regard disease as a catastrophe. Disease is also an opportunity to learn and to be; and, frequently, that is why the disease is one of the main keys of health.

Sometimes, we do not recover our health -which is also the soul health- until we get diagnosed with a cancer. Sometimes, we do not know what we are until we see ourselves doomed to death. At times, we do not recognize the significance of our son, our mother or our wife until we are about losing them or losing our life. Suddenly, a dreadful accident happens and we start to go awoken through life. Before that accident happened, we went deeply asleep. Suddenly, we have AIDS or arthritis, a painful disease or a terminal disease and, from that disease we start a return path, an interior path and we start to recognize ourselves inside, and to give a sense to life. We "lose" the outside health but we recover our inner sense.

People go to see healers and quacks or homeopaths and osteopaths or transpersonal psychologists and it is not because they do not believe in conventional medicine. That is not true; they believe in conventional medicine and they often trust their doctors. But they consult others in search for sense, because

they do not need just to be taken away from their pain. They mainly need a sense for their pain. They need to live a full-meaning life.

Healing is restoring the world of meanings. Since any healer is a teacher, he/she has to teach not only from his/her words but from his/her attitude, from his/her silence, from his/her escort to the patient to perceive the world in a different way. That is to perceive the world from another point of view, to change the viewer's position, to stop watching the world with material eyes and perceiving it beyond the senses: perceiving it from the reason but beyond the reason, perceiving it from intuition; and, beyond intuition: from the Soul.

What would it happen if we could perceive world as we really are? What would it happen if suddenly we changed our identity and stopped identifying ourselves as we are not, and assumed our real identity -that of the real being- the soul that we are? What would it happen if we saw our history as if we could look at it from above and we saw life roads, past and future together? If suddenly we could integrate everything and give sense to our history; get connected with it, with future and present -knowing that present is the Soul and in that present of the Soul, in that intense present, we could fill our life with consciousness and sense. Probably, our life would change and we would learn to be, to learn what the role of our Soul is.

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