

08/08/2007

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HEALING: Cure from Consciousness CHAP. 6

What it is too close is invisible; it is blurred and it takes us to confusion. The same happens with what is too far. The suitable distance is the middle point between both invisibilities.

If in our life there is separativity and heartburn; if in our life there is criticism and resentment, they are also present in our body. These things are kept in molecules. There are resentment molecules, separativity molecules. These kinds of molecules can produce collapse in our internal relations; these molecules can disconnect us. They are also factors which take consciousness to the body. Every molecule is a consciousness package. Molecules are amplifiers and bearers of consciousness, which frequently have found their origin in the emotional body, in the emotional field.

We have the body or field of mental consciousness. It is essential for the healer; because, Soul, which is the inside doctor and great healer inside us, needs to get connected with the mind first, in order to get connected with the body. If there is not mind, Soul cannot show itself completely. This is one of the great mysteries of healing. For this reason, healing is not a devotional technique. Knowledge and the appropriate use of mind are necessary- not only the blind faith- so Soul can show itself through mind. Furthermore, all body programs are inside our brain, it is the unity psyche-brain-soma. Without an appropriate brain function, there is not an appropriate body function. All our consciousness fields' mental, emotional and energy are programmed at the nervous system level; in an organized way. Consequently, we use our mind to impress our brain, so Soul can express itself through our brain. If Soul would not touch our brain, our nerve cells and the neuronal field, we could not produce the energy we need for curing ourselves. It is not true that only devotion would be enough; apart from devotion and heart, it is also necessary to begin using our mind for the first time and to know healing laws.

The question we would have to ask ourselves now is: How can we integrate these three bodies we have been talking about? Let's remember that those bodies are related with their respective fields: Consciousness field refers to the etheric physical body or the physical body and the energy body, emotional field and mental field. If those three bodies get integrated, they form a person, a personality; but, when they are not integrated, we do not have personality. If we have not yet built that personality, it is that we have not integrated the three bodies. We can integrate them through what we call character's formation, something even more abstract, if possible. How can we form our character? How can we build a harmonic character that allows us enter in full possession of our instrument? For that we have to get to the body's symbol and enter in the world of meaning. We enter in the body's symbol through our eyes. We ask ourselves: how do we see ourselves? That is an essential question, and we have an answer for that: "We are as we see ourselves", our personality expresses itself according to the way we see it. Then we have an option: if we would change our vision, our point of view: How would we see ourselves? If we would see ourselves in a different way, what repercussion would that have in the center of our personality? Therefore, we have here an essential proposal: A right vision is the first factor for integrating personality. Even so, this is also too abstract. It sounds like an ethic code, a right vision. What is a right vision? Just, a vision which takes us to see what is real beyond appearance; it is a vision that is not confused, blurred; a vision which takes us to clarity. Whoever has clarity can understand that this is the first step to comprehension. And, when is a vision clear? It is clear when it is complete, when it is a whole. A partial vision takes us to error.

Let's do the first exercise to try to understand this better.

Exercise: Let's bring our finger very close to our eyes. Very close, until vision gets blurred. Imagine that we do not know (now we are half cross-eyed, of course it is blurred) that this is a finger and we would see it from here; we would never get to know that it is a finger. What happens here is that we already know that it is a finger. But imagine that I can look a person like that, that you come to me and I

look at you that close. What it is too close is invisible (let's highlight this). **“What is too close is invisible”**. It is blurred and takes us to confusion. The same happens with what is too far; the suitable distance is the middle point between these two invisibilities, the close and the distant one. The right vision is the accuracy and accuracy is well-balanced. Well-balanced is equidistant. Equidistant means that we are in the center and from there we can see the whole. When we are in the periphery, we cannot see the whole. Periphery is the past or the future in terms of time. The central point is the present. If we could look at the other in present, what would happen? You would discover him/her again, and you would not see him/her repeated. Probably, we would go out of the routine prison, and both of us would go out of that prison which destroys our relationship with the other. In present what we see is always new and what is new touches and amazes us. What is new allows us enjoy. In human relationships, what is the right distance? It is that relationship which allows me see further from discernment or expectation. What is discernment? It is the prison of the past. What is expectation? It is the prison of future. When we are neither in the discernment nor in expectation, we are in the Being, we are in present, and then the Being can see us. When we look at the other from the Being, we can see his/her integrity. If we are too close, we would see only his/her mole, and then we think the other person is black. But, it is not like that, what is black is his/her mole which is beautiful at the right distance. When we look at the other to the right distance, we look his/her scenery, the scenery of his/her life. We learn that the other is not a close-up but a context full of meaning. To the right distance, we restore perspective, focus, and depth; these are three conditions to have a clear vision.

[\(PREVIOUS\)](#) [\(NEXT\)](#)

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