

Wednesday Night Study Series – “You Can Heal Your Life”

Prayer of Surrender: Spirit of Truth, CARRY ME where you will; BRING TO ME what You will; TAKE FROM ME what You will; AWAKEN IN ME what You will. The Christ MAN is around me. The Christ MIND is in me. The Christ POWER flows through me. And, the Christ MYSTERY exists as me. I believe it. I perceive it. And, now I receive it! I am surrendered. Amen. And, so it is!

The Body

I believe we create every so-called illness in our body. The body, like everything else in life, is a mirror of our inner thoughts and beliefs. The body is always talking to us, if we will only take the time to listen. Every cell within your body responds to every single thought you think and to every word you speak.

Continuous modes of thinking and speaking produce body behaviors and postures and “eases” or “dis-eases.” The person who has a permanently scowling face did not produce that by having joyous, loving thoughts. Older people’s faces and bodies show so clearly a lifetime of thinking patterns. How will you look when you are elderly?

I will now explore a few of the more common physical conditions and their probable mental patterns to give you an idea of just how we create these problems. (A longer list is available in my book *Heal Your Body*). Not every mental equivalent is 100% true for everyone. However, it does give us a point of reference to begin our search for the cause of the dis-ease.

HEADACHES often come from invalidating the self. The next time you get a headache, stop and ask yourself where and how you have just made yourself wrong. Forgive yourself, let it go, and the headache will dissolve back into the nothingness from where it came. Migraine headaches are often the result of people wanting to be perfect and therefore creating a lot of pressure on themselves.

THE NECK AND THROAT are fascinating because so much “stuff” goes on there. The neck represents the ability to be flexible in our thinking to see the other side of a question, and to see another person’s viewpoint. When there are problems or stiffness in the neck, it can mean we are being stubborn about our own concept of a situation. The throat represents our ability to “speak up,” especially for ourselves, to ask for what we want to declare “I am.” When we have throat issues it can mean that we do not feel we have the right to do these things. We feel inadequate to stand up for ourselves.

Sore throats often indicate anger. The throat also represents the creative flow in the body. This is where we express our creativity, and when our creativity is stifled and frustrated we often have throat problems.

THE BACK represents our support system. Problems with the back usually mean we feel we are not being supported. Too often we think we are only supported by our job or by our family or our spouse. In reality, we are totally supported by the Universe and by Life itself.

So many of us feel that money is the most important thing in our lives, and that we could not live without it. This is not true. There is something far more important and precious to us without which we could not live. What is that? It is our breath. THE LUNGS represent our capacity to take in and give out life. Problems with the lungs usually mean we are afraid to take in life, or perhaps we feel we do not have the right to live life fully.

THE STOMACH digests all the new ideas and experiences we have. What or who can't you stomach? What gets you in the gut? When there are stomach problems, it can mean we don't know how to assimilate some new experience we are afraid of.

Our SKIN represents our individuality. Skin problems usually mean we feel our individuality is being threatened somehow. We feel that others have power over us. We are thin-skinned. Things tend to get under our skin. One of the quickest ways to heal skin problems is to nurture yourself by saying in your mind "I approve of myself" many times a day. Take back your own power.

The first step in taking your power back from any of these ailments and diseases is to release the past. Let it wash away. Stop dwelling on what you don't want. Use your mind to create what you do want. Let yourself flow with the tide of life. Negative thinking clogs up the brain, and there is no room for love and joy to flow in its free and open way. Laughter cannot flow if it is not allowed to be free and foolish. It is the same with love and joy. Life is not grim unless we make it so; unless we choose to look at it in that way. We can find total disaster in the smallest upset, or we can find joy in the midst of the greatest tragedy. It is up to us.

Closing Affirmation

In the infinity of life where I am,

all is perfect, whole and complete.

I recognize my body as a good friend.

Each cell in my body has Divine Intelligence.

I listen to what it tells me, and know that its advice is valid.

I am always safe, and Divinely protected and guided.

I choose to be healthy and free.

All is well in my world.