

*All methods of healing are really indirect ways of rousing the life energy, which is the true and direct healer of all diseases.* Yogananda

Unity was founded by Charles and Myrtle Fillmore. Both of the Fillmores experienced profound spiritual healing. Today we will discuss some healing techniques from Unity and other spiritual traditions and how we can use them in our life. I will lead a healing meditation which will include some of these practices.

What is healing? The root word *holos* means wholeness. From the same root is derived holy, holistic and health. Healing is opening to God's presence and experiencing the Truth of our being as wholeness. All healing is accompanied by a growth in consciousness of the wholeness that we already are.

There are three kinds of sickness: physical, mental, and spiritual. Physical sickness is often due to different forms of toxic conditions, infectious diseases, and accidents. Mental sickness is caused by fear, worry, anger, and similar emotional discord. Soul sickness is due to our ignorance of our true relationship with God.

We can experience healing on physical, mental and spiritual levels. Our healing may not always be in the exact way that we desire. Marianne Williamson wrote, *Sometimes a miracle is a change in material conditions, such as physical healing. At other times, it is a psychological or emotional change.*

There are many techniques for spiritual healing. We cannot discuss all of them today, but here are a few.

Prayer. Prayer is about establishing a conscious connection with our higher power. We pray to connect with the higher power within ourselves. We do not pray to convince a God that is separate from us to give us what we desire. We pray to the presence of Spirit that is within us to guide us in experiencing and expressing our highest potential. Myrtle Fillmore, Unity's co-founder wrote, *Sometimes we pray to a God outside of ourselves. It is the God in the midst of us that frees and heals.*

*Jesus turned and saw her. "Take heart, daughter," he said, "your faith has healed you." And the woman was healed at that moment.* Matthew 9:22

Meditation. For many years, meditators have claimed many benefits from their meditation practice. There is a growing belief that regular meditation is an effective treatment for stress, worry, lack of focus, relationship problems, addictions and more. It leads to peace of mind and wellbeing, greater focus and creativity and better relationships. Scientists are finding evidence supporting many of these claims. Thich Nhat Hanh writes, *Meditation can help us embrace our worries, our fear, our anger; and that is very healing. We let our own natural capacity of healing do the work.*

Your meditation practice can be a great source of personal growth, understanding, and healing. During meditation ask yourself, *What do I need to know right now to experience physical, mental or spiritual healing?* Spend some time in the silence listening. Your answer will come during silence, in a dream, or while you are doing something else.

*Rouse your life energy.* Call upon the life energy within you. Repeat the following affirmation. As you do so feel and picture yourself filled with the healing energy of life.

Affirmation: *Wholeness is my true nature. I am vibrant and strong!*