

Healing and Light: is fundamental to the healing process, as without light in all its forms there would be no clarity in the healing process or any clear direction or guidance when attempting to heal. Light is life and without sunlight, very little life as we know it would exist. Light and consciousness are interchangeable terms, and light in whatever form it manifests, is an intelligent and conscious process.

We are all condensed light, and any occlusion or clouding of that light may result in a loss of direction, disorientation and confusion in the pattern, design of organs and functions necessary for healthy living. Meditative visualisation is a powerful tool that will help restore the harmony and balance necessary for efficient functioning.

Visualisation or imagination is not no-thing as it is the energy formation that sets the patterns for life. We are all dynamic forms within the mind of God and have been given the wonderful gift of freedom of choice as we evolve toward our ultimate destiny. Occasionally we make the wrong choice, miss the mark and are reminded, when a breakdown occurs, that it is a time for reflection and perhaps a change of direction.

By re-affirming and re-energising our own light body we can re-stimulate the subtle body, break previous inertias and initiate a positive movement back toward health and well being. What is needed is a trigger, backed by a coordinated response from the Mind, Feeling and Will. Initially we have to strengthen our belief in the healing power of natural sunlight and light in general.

Every thought in the mind is packaged energy and affects the nervous system and the energy field around the body. Positive thoughts influence the bio-chemistry of the body and simple relaxation techniques can help change the mood and tone within the body.

It will help, particularly before sleep and during stressful times to practise positive visualisations, such as a perfect day, when the air is clear and the warmth from the Sun is at exactly the right temperature. Imagine that the Sun is a living entity extending its warmth and love to all living creatures. Next simply drift into the essence and spirit of the visualisation, letting the energy which surrounds you heal and soothe body and mind.

The Sun is the principle source of Prana, and Prana is the infinite manifesting energy of the universe, expressing itself uniquely and intelligently throughout the manifest universe. It is a living reality that manifests through the forms that give it Self expression. Unique as the myriad forms are throughout the cosmos, it is not limited by any of them, as consciousness or intelligence is the continuum in the process of structuralising.

We are patterned uniquely from a infinite source, and herein, is the key to the healing power that lies within, as consciousness is both power and form.

'Increase consciousness and you increase life' ... Eugene Halliday

Within the body of God are all forms of life, each uniquely patterned, so as to express individual characteristics, and through increased awareness we can bring to bear the catalytic power of consciousness, to help repair damage and assist a return to health.

Awareness and consciousness walk hand in hand; awareness is intensified feeling that is able to bridge the gap between the underlying potential for perfection and external problems. It is feeling or sentience that is able to feel where the problems lie, and consciousness that is aware of the differences. It is the catalytic power of consciousness that can make the re-adjustments necessary for health.

Whether self healing or healing others, we have to wake up step aside and away from personal motive, as consciousness is the guide. The healer with the laying on of hands has to become still and 'let' the palms of the hands relay the information to the mind of the healer. The healer's motive has to be pure and rarely is everything as it would seem. It is possible for awareness and consciousness via the medium of the breath to establish an important link between healer and patient. The healer must never think that they are doing the healing as it is more subtle than that, as it may not be in the scheme of things for healing to take place.

Working with the light of the breath is part of the healing process and helps convey healing energy to wherever it is needed. Develop awareness of the light and life of the breath, by inhaling and retaining the breath, at the same time feeling into the space within the lungs and feeling for the link between the energy of the breath and the capillaries that receive the oxygen. There has to be no strain, only a refined awareness and consciousness of the soothing and curative affect of the healing breath within the lungs.

The body exists within a life-field that has precipitated the body; it is not the body that has formed the life-field round the body, but the field that has precipitated the body. It is by becoming aware and conscious of the causes of break down that makes possible the reaffirmation of the gradients or energy pattern necessary for the return to health.

The healer has to do more work on themselves than on the patient, as motive has to be of the highest, anything less than the highest can have repercussions for the healer. The healer is a vehicle for spirit and has to practice detachment and remain open to spirit, continually working to refine awareness and conscious perception. Yoga is the discipline that aids this process, as it works on all levels from the physical to the spiritual.

Gordon Smith, Founder Member.

From the Chandogya Upanishad

Svetaketu's father talks of the relationship between Brahman and the individual human being.

1. "As bees, dear boy, produce honey by gathering together the nectars from the flowering trees in every direction, those nectars become one single honey.
2. And just as those nectars do not get the *idea 'I am the nectar of this tree, I am the nectar of that tree,'* indeed in the very same way, dear boy, all these beings, having sprung from Being, do not know 'We have sprung from Being'.
3. Whatever they are in this world – tiger, lion, wolf, boar, worm, flying insect, biting insect, or mosquito – that they become.
4. That which is the finest essence, the whole universe has That as its soul. That is Reality. That is the Self and That is you, Svetaketu!"