

Good morning! Happy Valentine's day to everyone. Today I'm just going to touch briefly upon some of what I've come to know and have experienced with regard to healing because I thought that healing is a great way to show love to yourself in honor of the holiday. Feel free to ask questions, interject, what have you - you can think of this as a discussion rather than a lecture.

I'm going to start with a few basics which are likely just refreshers or reminders as they are pretty common things you've all probably heard in one form or another.

For example, everyone has probably heard of Einstein's theory of relativity at some point - the famous $E=mc^2$. This theory, among other things, with a little bit of simple math tells us that all mass or matter is just energy of a high vibration that has been lowered or reduced in vibration.

This means you, me, and everything in the material world is just energy. Essentially, you are an energy field, with the most dense aspect of your total field being the physical body.

Your field is also comprised of several higher energy levels above the physical body which includes your emotional body, mental body, and identity body. Your thoughts, your emotions, who you identify yourself as all feed into and create your physical body - include any ailments. Thus, as the saying goes, mind truly is over matter.

This simple fact has already been proven by science in such things as The Observer Effect in which consciousness has been shown to influence quantum mechanics. Where basically the behavior of atoms and subatomic particles is controlled by the person observing them.

When you really stop and take a moment to contemplate these ideas together - it truly means that you are the cause and the cure for everything in your life. You are a co-creator co-creating.

Beyond these four lower bodies, residing in the spiritual realm, is your spiritual body. Some like to call this your I AM presence. Your four lower bodies are fed by light streaming from your I AM presence into energy centers that are aligned basically from the base of your spine to just over the top of your head known as chakras. Which again, I'm sure is nothing new to all of you.

An easy way to think about each chakra is to imagine each one as a jet engine - the circular things attached to the bottom of wings on airplanes - but instead of the metal blades opening or closing to regulate an air stream - they open and close regulating the amount of light you are letting through and into your being. With each choice you make, you choose to either let the light through or limit it. To place conditions upon it or let it flow unconditionally. As such, each chakra can take on different perversions based on your choices.

The different perversions limit the amount of energy flowing through the chakra and can even close it completely. As you become shut off to the flow of light through your being, you essentially become an isolated or closed system. In any closed system, you start to build up impurities and, in turn, entropy or destruction and disorder increases. In other words, you become subject to the second law of thermodynamics, what some circles call the wrath of shiva. This is how disease and physical ailments can manifest. However, they manifest not as punishment but to bring unbalances within your being to your conscious awareness so you can finally take the steps to free yourself from whatever is holding you back.

Basically, a lack of ease in the physical body, or dis-ease, is just energy surfacing because the universe thinks you are ready to deal with it and become something more. To allow you to finally see a costume you have been wearing that it's time to take off. But only if you choose to.

I'm just going to run through each chakra and name a few perversions for each to give an idea of what some of these energies are and to see if anything resonates within you that might help you on your healing path. I know that I personally have taken on each one of these perversions at some point or another.

- Heart and the secret heart chakra perversions include: seeking to control or possess others; thinking that the ends can justify the means; a lack of balance
- Perversions of the Solar plexus chakra include: anger; agitation; trying to force others to change; punishing those who resist you; acting blindly on your feelings; a general non-peace
- Throat chakra perversions include: fear of the unknown; trying to control one's circumstances and other people; being involved in power games with other people; feeling nothing really matters; a why even bother kind of attitude
- Soul chakra perversions include: a tendency to take life very seriously; feeling like everything in the world is a struggle; the epic mindset of thinking the world is locked in a battle between good and evil; you think the problems of the world exist because others don't take them as seriously as you do
- Third eye chakra perversions include: a lack of vision; not being able to discern between one non-dual truth and many dualistic truths leading to doubt or a sense of hopelessness or that there is no truth; that it is necessary and justified to criticize or destroy other thought systems or those who promote them
- Base chakra perversions include: the sense that current conditions are real, the way they should be or beyond your power to change; thinking this world is separated from the spiritual realm; that you have no right to express your spiritual powers in this world; that you have to accept and adapt to current conditions; believing you are an entirely material being
- Perversions of the Crown chakra include: false wisdom; thinking you know everything; thinking that you have an ultimate truth; people who think they are absolutely sure they are right and willing to force others into compliance; intellectualism where you can argue for or against any idea without ever going beyond the idea to a direct experience of the spirit that is beyond the words

As you can see, these perversions originate not in the physical body however they may be outpictured as any number of physical ailments. The beliefs, emotions, and thoughts that you have, how you choose to see and identify yourself in the world and in relation to the universe all tie into these potential perversions.

Disease comes when you refuse to let go of or see these or other graven images of yourself. The most graven image is that you are a separate being separated from god as well as everyone and everything around you. It's from this consciousness of separation or duality (as opposed to a consciousness of oneness) that all perversions of the chakras and the ego spring.

Thus, the impure energies in your being may have originated any time throughout your sojourn with the separation consciousness. That pain in your knee may be 10 lifetimes old. That toothache may be from two lives ago. You are not that person, you have self-transcended and the universe is telling you it's time to let it go. You just have to be willing to see it and make the choice that you are more.

There's a lot of unreality on this planet - including the idea that pain, suffering and limitation is inevitable. This is not true. The physical body is only a temporary vessel meant for your Spirit to express its Divine qualities in the material world. You did not come into the material world in order to fulfill the body's needs or be trapped by its infirmities.

As impurities vanish as you make choices to resolve your own psychology and get rid of the ego seeking to control you, you will come back into the consciousness of oneness. This is seeking the kingdom of god. And as Jesus has said if you seek first the kingdom of god, all else will be added unto you - including good health. With god all things are possible.

Alternatively, if you focus on the effect rather than the cause, choosing to focus on the body rather than the energy field creating it, you likely will not be fully healed. This is why diseases reoccur, different treatments only provide temporary or limited relief, medical professionals can't find a cause, and so on. Even some of the healings performed by Jesus didn't stick because the people who received them still hadn't looked at the cause of their disease.

Or even if you are seemingly healed without doing any work on your own psychology, it doesn't mean that that impure energy won't come back in another form or another life. Things that are delayed are not deferred. I've experienced this first hand. If you resolve the physical without resolving the underlying psychology or illusion you've placed upon yourself - whatever ails you will be back in one form or another until you learn the lesson you are meant to learn.

I actually was reading something this morning and found something that I thought tied in nicely kind of at this point so I thought I'd share a bit.

Followed by a short reading from "Healing Yourself by Clearing the Chakras" by Kim Michaels - page 104 and then a personal healing story.

A talk by Kristin Laluk at Spirit Guided Friends Church on February 14, 2021