



William Lambert

Spiritual healing is often misunderstood. Many people immediately link it to spiritualism whereas this is only one facet. Perhaps this is because as recently as the middle 70 's there were very few healing courses with the result that many healers learned their art originally in the spiritualist churches.

In this new Millennium we find that healing has moved into the future and is at last close to becoming a professional therapy - as such, it has to grow up. If healers are to work in doctors' surgeries and hospitals then there must be no display of psychic phenomena, nothing that the staff and patients cannot accept. The healing must be carried out in a purely professional manner. There must be no mumbo jumbo, hocus pocus – no clairvoyant messages during healing and no extravagant waving of the arms and 'flicking off'.

The word spiritual is not religious but implies an inter-dimensional reaching out to bring a higher level of awareness into the earth dimension. This re-informs and re-aligns the third dimensional structures. Higher laws are used and amazing healings can take place. Stresses or a tumour can be evaporated, being removed by changing the frequency of the rhythms and vibrations. Dis-ease means dis-harmony - there is a lack of balance within the basic instructions; the healer seeks to bring about adjustment, and improve health.

If we are suddenly woken up from a deep sleep or experience a shock, we can afterwards have a bad headache.

This is coming from the bi-dimensional area and spiritual healing can evaporate this by re-alignment of the inter-dimensional energies.

These natural laws are just outside the normal range of human thinking. With most people the ability to tune in has been lost. Spiritual healing is an approach to re-discovering our own heritage, with the cosmic consciousness and third dimensional, individual human nature working in partnership together.

The healing complementary therapist now should develop his knowledge and understanding and this brings added power and ability to put the healing energies and forces into motion. Balance is needed so that the energies are channelled through without burning up the therapist's own life force. So if one feels depleted after giving healing, then we should take stock and learn to attune ourselves better.

The training is of a very patient nature; personal discipline is essential. This includes inward thoughts as well as one's atmosphere and environment.

Within this situation, healing forces will flow and will be filtered down to the area of dis-ease, which will be self-selective and absorb that for which it is ready. So it is a natural part of evolution in action. Evolution will always seek to change imperfection into a state of perfection. The aim is to change the subjective state of illness into an elevated state of health and efficiency.

Because everything must evolve, there is no limit to the amount of healing that can take place.

The limitations are in the third dimensional mind area and once the necessary experience has been gained, then healing can take place.

Thus we bring the light and colours of the higher realms into that which can be an area of third dimensional gloom.

Areas of negative thinking and manifest-ation will find no place to rest in the coming New Age. The human race must evolve into improved ways of working and living. We do not have to spend our time on our knees, but can link at any moment of the day or night. Healers can help themselves by not only having set times for prayer and meditation, but by taking advantage of every space, be it waiting in a shop or in traffic or in every situation. These few moments can be used for peace and relaxation rather than impatience and frustration.

So we need to reinstruct ourselves and as we are programmed from creative mind, to learn to put mind over matter. Our thoughts need to be positive and constructive. Then the strengthened healer can transmit helpful cosmic energies to the patient and they too can be shown how to help themselves. Every person is unique and has an individual destiny to fulfil. Each one needs to emerge from the past and ascend into higher levels of awareness and understanding. To achieve

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this, by attune-ment, we encourage higher consciousness to float into the lower levels of consciousness to raise them up.

We see evolution as a divine magnet, encouraging everything to move from its basic existence into the most highly evolved. This process of evolving creation is constantly acquiring, adjusting and emerging. Each lower dimension is, in a way, gradually changing places with the next highest dimension. No higher dimension can evolve without lifting the dimension below it. Therefore, the healing therapist needs to link illness and disease into a greater consciousness of personal evolution, all people can evolve into something better. Everything is evolving forwards and upwards in the great drama of the expanding and evolving cosmos.

As evolution is a growing situation, it cannot always be comfortable. Voluntary evolution should be encouraged otherwise we invite awful trauma. The demands of the divine magnet will compel those who are unwilling, to change for the better, to move on. We should see disasters as a transmuting melting pot and to look for the deeper reason, which is indicating a need for change.

Cosmic consciousness (or God) is a state of activity, which is under tremendous pressure, for it is ever seeking to emerge into greater and deeper truths.

Our new education needs to move us away from myth, the bondage of superstition and our unresolved history. While we need to be aware of simplicity and humility at our grass roots level, the idea of movement, change and growth should always be encouraged.

The few spiritual pioneers of 100 years ago who were moving forward and reaching upward in their understanding, have now multiplied into millions, all seeking for a better way of living. The time has come when we must throw away outworn ideas and systems and bring in the new. Much is waiting eagerly on the fringe of our awareness.

If we can bring such freedom of higher thoughts into our daily living awareness, then there can be a great shift in the consciousness for the whole of mankind – the promised New Age of peace, prosperity and plenty.