

Can I Heal You?

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Can I Heal You? No, But I Can Love You!

[I have a question. Sometimes a child has been really heavily deprived or traumatized. Sometimes life experiences are like Viet Nam, traumatized, and could you speak of the process of embracing pain?]

Embracing pain is *that* process. Do not think that I mean that when you embrace the pain, you are suddenly going to be dancing in the street. That is *not* what happens. To embrace pain is to feel it with every cell of your body, to acknowledge it wholly. And if you are shaking in tears, then embrace that without taking upon yourself the fear that the feeling of that pain can master you or overwhelm you in any way. When you make that shift, be willing to embrace the pain. It can move through you and healing can occur. But when you seek to cut a part of it off in order to keep the mind safe that has already constructed barriers against it, then indeed you will create an ever greater pressure within.

The process of embracing pain is the choice to do so without reservation. There is no pain so great that you do not have the power to embrace it. The time of your choice to do so may be a while off. What is going on in the meantime? Through whatever technique or process you are using you are truly simply coming to the time when you are willing to make the choice. Magic doesn't work, but it does seem to provide the field in which you move to your readiness. Healing comes not as the result of what someone does to you. It comes when you have chosen it.

The interesting thing about choosing to embrace whatever pain seems to be so overwhelming is that as soon as you do so – and many of you here have had this experience – as soon as you do so, you recognize that you could have done it yesterday, last week or ten years ago. Isn't that true?

And if that is true, it means that all the time you've had the power to do so. But finally you have allowed correction to come to the mind. You are no longer resisting it and you own that power that it can be used. Does that help?

It's rather important for you. Let the pains that you believe yet are carried within you, let them come out. Let yourself embrace them and love them and wallow around in them, and love yourself for wallowing because with that process they will be released in the deep memories that have been held and expressed even in the body, but especially in the emotions. Trust them. Embrace them and let them flow. It's really the only way. It does no good to deny their presence. That is what I believe is called in your psychological models, "repression." "Who? Me? I'm not in pain." And you go to bed at night and you dream about killing your mother. "But, I have no pain."

Now, you see, it is a simple Truth that if you existed within the world, oh, yes, you have pain because the world by definition is separation from God. And in that there is no one you see on your streets – certainly no one in this room – who does not share the very same fundamental experience and has been working on, shall we say, healing that separation since the beginning of time. Do they seem to be further along the path than you? That is an illusion. You cannot compare yourself to anyone. *Simply love yourself and let that fundamental healing come to you.*

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[Every time I have a breakthrough, why do I have to cry about it? I see myself gaining in capacity for love and greatness and Light. I guess in my vision of my unfolding, as the Light comes more and the capacity for love comes more, I still don't ever see the tears not being there. I don't know if that's just part of my humanness or what?]

Precious friend, you say part of your "humanness" as if it's a defect. And indeed, do you not perceive the movement of tears as something to be judged? Are the tears ever going to be gone? That thought would not come if you did not already hold a certain perception and judgment about them. The greatest of friends and allies you have are your laughter and your tears.

Indeed, each breakthrough is accompanied by one or the other or both, and many of you in this room know that. Indeed, tears do not just come from the eyes. They come forth from the deep cellular memories that you have carried as patterns for so long. Therefore, bless them as you would your laughter. There is not a difference or hierarchy between laughter and tears. They are as blessed angels. Love them and give thanks for them. For the one who cannot cry is indeed far from the Kingdom. Does that help?

[Yes. I was curious in how it is affecting me on the physical level.]

How do you want them to affect you?

[So, there is no doubt that they affect me in a way that is beneficial to where I want to go. I'm just curious just what the changes are.]

It would be appropriate to say that your precious and Holy Mother is going through a bit of a shake up. Long has She endured certain iniquities against Her and those must be healed. Indeed, this earth is alive and, of course, all of you know that. It is alive to a depth that is often not yet understood. It is the body of your Holy Mother from which you have sprung. There is great life within Her and She is choosing now to enter a period of healing and restoration. And because your bodies are very intimately linked to the energies of this earth, and indeed, so linked that you can't quite tell where one ends and the other begins, of course the changes that She goes through must affect the body. The choice, of course, to be made is whether or not you are going to flow along and allow change and healing to come to you or whether you are going to insist on resisting it. There will be those that resist it, and perhaps you know a few that resist change.

That's okay. Let them have their path. What matters is this: if, precious brother, you feel the affects of the shifts of the earth's energy, then simply ask for guidance – what steps would be best to take for you to remain in alignment with the changes that are coming? Is that clear for you? In other words, enjoy the dance.

You see, you are indeed intimately connected to all of life. Where are you going to draw a boundary and say, "This is where I end and another begins"? It's all quite arbitrary. The changes that are coming must necessarily affect you. Are you willing to assume responsibility for seeing that you are the one in whom all of creation is arising? And when your body speaks unto you, "Time for a little change," and you go to buy your morning coffee and suddenly it doesn't quite taste the same, are you willing to stop and ask, "Wait a minute. Did they put something in it or am I getting a message here?" It's rather important. You have the power to learn to discern what is appropriate for you – not based on the past and not based on somebody else's ideas, but what is appropriate for you as you move through your journey of learning to use time constructively. It takes vigilance. Simple moment to moment vigilance. And that vigilance is easy when first you acknowledge that you have made a choice – if you have – to awaken wholly from every last trace of belief that you have ever been separate from God. If that is what you desire above all things, rest assured that everything that unfolds is serving you in that process.

Now, that may mean that certain foundational perceptions need to be shaken up a bit. Can you embrace that process as well? Does that make sense?

Can you begin to see that if you have made that choice, "Holy Father," – to use my language; if you prefer Holy Mother, that's perfectly okay – "awaken me. I know the pain of separation and I know it well. And You know something? I'm tired of it. Heal me. Bring me back unto Your Light." It requires that you then trust everything that unfolds. That requires faith, faith in what is unseen, faith in what seems to be unreasonable. It requires a choice to make that leap into faith and trust. For when you have prayed that prayer, rest assured a certain wisdom comes to quicken your days just a little bit. Some of you that have made that choice before know what it feels like to have things accelerated. And what used to take you three years to move through seems to take a week. A rather intense week, but a week nevertheless. Know you that feeling?

"I used to have this pattern and it took me forty-two years to even notice it. Yesterday I noticed it, and it came and went in the twinkling of an eye." Acceleration. It comes because the Father has quickened the process of your path because you have asked for awakening and you have made that your first priority.

The interesting thing is you have no idea when you pray that prayer what it is going to mean. So then, take a good deep breath and let the river of life flow. It changes everything. It changes everything you see and everything you experience, and you know and you can even come to the point where you will discern that indeed an unseen Wisdom is informing all experience. And thank God for that.

Is it worth it? Oh, yes. Is it worth all of it? Oh, yes, it is. Every moment of your life is worthy of your presence. It is worthy of your energy and your time and your love. Every moment is a jewel. Embrace it; give thanks for it. Don't just give thanks for the nice times. Give thanks for all of it. Learn to bless and embrace every moment of your experience. There is no other way to heal what needs to be healed: your belief that you were created and separated from God.

And when the remembrance of that union indeed comes to the mind, the mind is returned to wholeness. It is not a wholeness that the world can comprehend.

When a master awakens, do you think the world suddenly rises and says, "Oh, there is a master there"? Hardly. You might not even be noticed by anyone, and who cares? What matters is that you notice that something has changed, that you are no longer fearful, no longer filled with anxiety, that you smile a little more, that you are able to rest at peace with anyone under any circumstance. And if they are angry, you can allow it. And if they are insulting, you can allow it and still see Christ within them because Christ is born in you.

Does it mean that you are perfect? Depends on whose definition you choose to use. If you use your Father's, of course you are perfect. And because you will know that you are perfect you will be willing to allow whatever change is necessary so that you become evermore and evermore the vehicle through which the Love of God is expressed. And there can be no end to the perfection of that vehicle of expression because there is no end to the depth of God's Love. Do you see how it begins to change then? You are no longer trying to get to the end. You are joyfully embracing the process of becoming evermore and evermore one who extends love in all moments more and more fully with each passing breath. That is the greatest joy that life can offer you.

"How can I love more completely today than I did yesterday? Father, teach me. Remove the obstacles, that Your Light and Your Love might be seen and felt through me."

That, you see, is what is going on, on earth. It is nothing more than an arena in which souls have an opportunity with every moment to choose anew: to look at the pain they have created and say, "Enough of this nonsense. Father, heal me. I have not known even what I am for, but You know, so teach me. I am ready and willing to relearn it."

Then can you judge your brother or your sister? Hardly. Allow them their journey. Place your energy on your own. You are indeed loved wholly and you have come forth into this world for the very same reason that I came into this world: to bring the Love of God to it. Do you need to wait for a saviour or master to do it for you? No, because no one is coming to do that.

You see, masters don't need to come to save this world because you are already here. And you are the Light of the world. If you would, please understand that all that I do in whatever form that I work – and this is but one of many – is to help nudge you into seeing that you are the answer. You are that Light. You are that master. You are the one who has the power to live and enter every moment of your experience wholly, and by doing so, to transcend the barriers that may be been created in your past perceptions so that that love can be given to the world through you right where you are. That is the Truth of your being. That is the Truth of what is happening on this planet. **You, you,** are the Light of the world, and I am only a friend and a brother who comes to abide with you, and if I am fortunate, I might be successful in helping to nudge you into that remembrance.

So then, do you feel like the minds have become quiet? Do you discern the stillness in the room? It is not a stillness that comes from bodies that are motionless. It is a stillness that comes to the quiet mind that has remembered what is always available to it. Herein lies peace. Herein, precious brother, is remembrance.

Therefore, be at peace in all things. Love one another as your Father loves you: without ceasing, without a trace of judgment. For judgment has never served you and it cannot serve your brother or sister. Embrace all that comes unto you and give thanks for it. I know that may sound just a bit corny, but it happens to work.

You see, the greatest power of transformation is the healing energy of gratitude. Not selective gratitude. Can you, indeed, in this moment look around this little room at the few bodies that are gathered in this point of space and time and can you feel gratitude for their presence? Can you wish them well and bless them in their journey? Can you remember when you lay your head down upon your pillow to simply gather all of these together in your mind for just one Holy Instant and extend your love to them? Whenever you are lonely or bored or fearful, think on someone and send your love to them. You will not be lonely any longer. And if you want to direct some my way, I will indeed accept it. Sometimes I do tend to be rather hot.

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Allow Yourself to Be Healed by The Love of Christ That Already Is Within You

I want you to understand that this is also my journey. Never think that I or any other master simply sits in some place of perfect perfection, rather stalemated, so to speak. It is a joy to have been sent of my Father to join with any mind that will allow a glimmering of space that I can enter within. This my beloved brother created and allowed that opening only out of pain. I hope you will choose to do so out of joy. For I will never cease in coming unto any mind that allows me the space to enter, because I love having a lot of friends.

And indeed, it is a joy to have learned how to join, not with just this mind, but with any that would allow me to do so. To see and to know every corner of that mind and then to learn how to bring my own awareness and use it to inform the way in which that mind is used. And then to teach the one who seems to possess it how to do as I do, to become as I am, to remember who they are.

You are the awareness of God just behind every idea and perception and concept that you have ever taken into the field of your mind. Let that awareness inform how the mind is used. When in doubt, turn to that quiet place and ask the Holy Spirit to teach you. He will never fail.

I love you and I will never cease in loving you. I love you always. I hope you understand that though I seem to be speaking to you through a body, I am no more within this form than I am outside of it. Something to contemplate there. The mind does not exist in the body but the body arises within the mind. Mind is everywhere. It is unlimited, without boundary, and that Mind is one and whole and complete, and you participate in it right where you are. It waits only for your acknowledgment of what is eternally true.

Be at peace, and you are the Light of the world. So, I hope you don't mind if I continue to love you always. Because, you see, I am going to whether you like it or not.

So, has it been worth your time to come here this evening? I have a little secret for you. It hasn't been worth mine – because I don't have any. But it has been worth eternity, and I thank my Father for sending me, once again, to abide with you. In Truth I have never left this plane, and all that I am is but your friend and your servant and I will never cease in loving you or serving you.

Can I heal you? No, but I can love you, and in that love you might choose to allow yourself to be healed by the love of Christ that already is within you. It is your own remembrance that brings healing. I am just a friend who sits with you and loves you until you choose to love yourself. And then you don't need me anymore. And that is a grand thing indeed, because when you don't need me, then we can come together as friends and as equals, because that is what we are.

Be at peace in all things. Love one another. Trust every moment of your experience. And when your peace seems to be shaken, **stop!** and choose anew until that remembrance is with you without ceasing. Love your journeys and be at peace. Amen.



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