

Optional Study and Practice Suggestions for Chapter 9, “The Mystic and Healing” in *Awakening Mystical Consciousness*

Note: If you feel that you need more instruction on healing work, there are many recordings and book chapters that teach how the principles of The Infinite Way apply to healing work. However, if you have a good understanding of the principles, we suggest that rather than listen more or read more, you contemplate and practice.

Key Points about the Healing Consciousness

In this chapter, Joel makes several key points about the healing consciousness that we can contemplate and practice. Here are some of them; you will probably note others as well.

- “The healing consciousness is the consciousness that has the spiritual discernment to see through ‘this world’ to ‘My kingdom.’”
- “Healing has to do with your individual state of consciousness, a state of consciousness that apprehends the idea of God as infinite Spirit and therefore of a universe, including man, infinitely and eternally spiritual. What appears to this world as sin, disease, lack, and limitation does not partake of the nature of the Real and has no law, cause, effect, substance, or reality.”
- “Spiritual healing is a realization of what IS.”
- Healing is not based on the premise that there is a disease, a God that can heal it, and a certain man or woman or a group of men or women who must bring God into the picture and gain God’s good will. In the kingdom of God, there is NO sin, disease, or death. These are not real. They have no law, cause, effect, or substance, and they cannot stand in the face of that understanding. God maintains and sustains Its kingdom intact, harmonious, healthful, complete, perfect, spiritual, and whole. In the entire kingdom of God, there is not a sinner or a diseased person.
- The terms “mortal mind” or “carnal mind” signify the nothingness of this world of appearance. But they have come to mean a power opposed to God. You cannot do healing work if you believe there are entities with which God has to contend, battle, or overcome. That is setting up a power apart from God. There is but one power and everything embraced in the term “illusion” is a nothingness. When you perceive that, you have a healing consciousness.
- “It is a person’s realization that disease is **not a power** that is responsible for healing.”
- Healings will take place when your thoughts are centered on God and Reality, and you are listening, being ever alert for that divine impulse to assure you that God is on the field.

- “No one can heal spiritually until he or she comes to the realization not only that *I* is God, but that besides that *I*, **there are NO other powers** . . . physical, mental, moral, or financial.”
- Jesus could heal and supply multitudes because he recognized only one person, and that was *I*. When you have the consciousness of I AM, you can heal. *I* am that place where God becomes manifest as individual me. Keep that awareness of your true identity and stop believing that It gives you power **over** error. That is where we go wrong in healing. Error is not a power. I AM is the only power.
- To do healing work, all you need is the ability to be quiet, commune with your Father within, and be at peace with It, realizing that God’s grace is infinite. You do not need any power. You are not going to heal anything or anybody. It is an illusion to believe there is anything or anybody to be healed. Then you will find God is maintaining and sustaining His own creation without any help from you or me.

Can Anyone Have a Healing Consciousness?

Joel reminds us that mystics can have the awareness of God and have deep spiritual experiences, but that few mystics did healing work. Why? While they may have experienced *I* as God, they did not know the nature of God. Except for Jesus, most saw God as a great power that could overcome other powers; they had God **and** error. No one can heal spiritually until he or she has the realization not only that *I* is God, but that besides that *I*, **there are NO other powers**—physical, mental, moral, or financial. Mystics who know this truth do not believe that God heals, or that God works through them to heal. They heal because they have the **realization that disease is not a power**.

Today’s religious leaders are not doing spiritual healing either, because while they recognize the omnipotence of God, they still give power to sin, disease, death, lack, and limitation. They believe disease is permanent and real, and they accept the premise that they can pray to God to remove it.

Yet Joel contends that it is possible for almost anyone who is willing to become a student of spiritual truth to attain a measure of the spiritual discernment that constitutes the healing consciousness. That discernment enables you to see through “this world” to “My kingdom.” But Joel cautions that you can’t get spiritual discernment for “spare time and spare change.” There must be great devotion, fervent desire of the heart, and the willingness to study and practice.

Are you interested in spiritual healing but do not yet see yourself as a practitioner or even a potential practitioner? Remember that Joel has pointed out that a practitioner is one who practices the principles, even if no one is coming to you directly for help. In the book *Consciousness Transformed*, in the lesson for September 21, 1963, “The Adjustment Must Be Made Within Your Consciousness – A Lesson in Secrecy,” Joel has some encouraging words about becoming a practitioner:

“As a student of The Infinite Way, you cannot possibly fulfill yourself until what you are taking in is released. . . . Truth, taken in and not expressed and released, goes to seed and rots. Therefore, from the very beginning of a spiritual student’s studies, **every principle of truth that he learns must immediately be put into practice and into expression or it cannot grow**.

“Every student, no matter how much a beginning student he may be, must find some way within himself to express every statement of truth that he learns. In other words, no Infinite Way student, walking on the street and beholding bad conduct or anything of an erroneous nature, is permitted to pass by on the other side. He must look right at the situation or the condition, and then immediately give the spiritual prayer or treatment within himself.

“Whatever the spiritual student witnesses of a negative nature, an evil nature, a sickly nature, an unjust nature, must be retranslated within his own consciousness. It is that which we have heretofore called ‘knowing the truth.’ You cannot pass by on the other side. . . . **Whenever you perceive anything which is spiritually incorrect, the adjustment must be made within your consciousness.** Re-translate the appearance!

“We call this ‘giving a treatment’ or ‘knowing the truth,’ but it is a great deal more than that. It is really **beholding this universe as it is**, and it is **by means of this practice that an individual ultimately becomes a practitioner**. No one ever becomes a practitioner by deciding that this is what he would like to be, because on this basis he will never be successful. **There is only one way in which a person becomes a successful practitioner, and that is by practicing.**

“The moment an erroneous picture presents itself to your eyes or to your ears, no matter what the picture is, you must make the adjustment within your consciousness. That is what is meant by ‘praying without ceasing.’ You cannot wait for someone to call and say, ‘I am ill.’ No, at every appearance of discord you must begin your treatment, whether you are asked for help or not. . . . This does not mean you should look for trouble in order to correct it, but it does mean that every time an erroneous picture strikes up against your consciousness, you make the correction within yourself and then go on about your business. **Eventually, this practice brings about a change in your consciousness.**”

The Nature of Healing Work

In this chapter, Joel gives us a way to handle a request for help, making these points:

- To heal spiritually, instantly drop the person who asks you for help from your thought: name, identity, and claim. **Neither the person nor the disease or condition is the claim. The claim is a universal belief of a selfhood apart from God**, an activity apart from God, and a law apart from God. That is what you are dealing with—a universal belief.
- You must realize, “No, this that is presenting itself to me is not a person or a condition. It is the carnal mind. But the carnal mind has no law to support it, no substance, no cause, and no reality.” By knowing the nothingness of the claim, you bring forth the healing. The claim is the carnal mind, or the **belief** in two powers, trying to convince you of a life separate and apart from God.
- As long as I do not look upon anyone who comes to me as a sick person to be made well, a sinning person to be reformed, or an unemployed person to be employed, I am on the safe ground of a spiritual healer. If I take a person into my consciousness as a sick person who should be healed, a sinner who should be reformed, a poor person who should have abundance, or an unemployed person who should be employed, I am back

on the level of the mortal dream, and I am no longer of any help. I can help only in proportion as I can **impersonalize**¹ the situation. So **never accept anybody as someone who needs healing, reforming, supplying, or who is in old age.**

Seeing Through the Picture

To impersonalize, we must see through the picture, or the appearance. Joel says, “With your finite eyes, you can see male and female; you can see old and young. But in my years in this work, I have learned not to look too much at persons but to look **through** them, so I am not often really conscious of who is before me or why. . . . I am not interested in the person or his or her particular problem, except as it presents an opportunity to me to reveal again that God is the only selfhood and that there are no laws except God-made laws. . . . My help is only in proportion as I can **impersonalize** the entire situation. . . . You must recognize the only identity to be **I**.”

Joel explains that in spiritual healing, you do not address the consciousness of a patient. You do not make a statement of truth to make it come true. You only state what you know to be true and then rest in that truth. **Spiritual healing is the realization of what IS.** You must have the inner discernment that sees **I** as the life of individual being and then knows **I** has no age. You have to behold that **I** as individual being. We are one in Christ, one in spiritual sonship. There is only one of us, and **I** am that one. That is the mystical healing consciousness.

Remember that Joel said, “You can’t, by ignoring a thing, change yourself or the thing. You have to be willing to look any form of error right in the eye, any form; I don’t care how ugly its appearance. I don’t care how nasty or how threatening it is, a man with a gun in his hand. Look right straight at them with the conviction, *“You have no power. God has the power, the God that directs you, that moves you, the God that is your mind, and the God that is your soul, the God that is your spirit, the God that gave you life, the God that gave you mind, that is where the power is.”*

If you want to assess how well and how quickly you can impersonalize, click through this gallery of pictures and notice how you respond to them. (*Note: to do this exercise, you must be on the website.*)

- Is your first reaction to the picture, “Despite the human appearance, the **I** of this individual is the perfect expression of God.”?
- Do you first identify the human name of the individual or find that your personal opinion of the individual immediately comes to mind?
- Are you distracted by the human appearance of the individual? Distracted by what you have heard about the individual? Distracted by some judgment you might have about people who look like the individual?
- Is it easier to impersonalize and see through to the spiritual being for some of the individuals than for others?

Just notice your responses, without judging yourself. What did you learn?

¹ To review impersonalization, we recommend Recording 278B, “Impersonalization Illustrated,” which is the basis for Chapter 6, “Living the Principle of Impersonalization,” in [Realization of Oneness](#).

[Picture carousel will be here.]

You can do this practice whenever you see others—people you meet in your daily life, or see on TV, videos, or in other pictures. Again, notice anything that distracts you from impersonalizing and going straight to the true identity of the individual. What did you learn?