

## Optional Study and Practice for the Spiritual Healing Study Program

### Part 1: Introduction

#### Session 1: Introduction / Review / Overview

Our introductory class—recording 477B from the 1962 Princess Kaiulani Open Class, titled “Infinite Way Healing Principles”—offers a broad overview of spiritual healing in The Infinite Way. As we move forward in our study program, we will return to the themes Joel introduces here and explore them in greater depth.

At the outset of our study program, it is important to understand that in The Infinite Way, healing is not a system or technique but the fruitage of spiritual realization. Joel emphasized that the essence of spiritual healing lies in the development of spiritual consciousness, from which healing naturally flows. He said,

*“The mystical approach to spiritual healing cannot be accomplished by anyone until the metaphysical principles of The Infinite Way are so much a part of them that they have become like flesh and bones unto them. In other words, the mystical consciousness is developed through the metaphysical, and more especially through Infinite Way metaphysical, because we do have specific, consistent principles which develop consciousness.”<sup>1</sup>*

*“If you concentrate exclusively on the idea of healing, you’re apt to lose the very thing you’re seeking; whereas, learning the principles, catching the entire vision, you have a background for healing, and then healing becomes just a part of the picture. And that’s the way it should be.”<sup>2</sup>*

Spiritual healing in The Infinite Way is never trying to manipulate or change conditions. Healing is revealing—the revealing of the truth that already IS.

#### Reviewing the Recording

Many of the key points from Recording 477B are outlined below, along with related quotations from the recording that illuminate the key points. Yet, each person hears a class in a unique way and resonates with it according to their experience and current interest. You are welcome to draw on these notes, but if you listen to the recording again, we encourage you to add notes and quotes that speak to you.

Also, as you reflect on the message of the class, what questions arise? Make a note of them and then take them into contemplation to see what unfolds from within.

**Key Point: Spiritual healing encompasses many different modes and methods.**

**Related Quote:** “In The Infinite Way, we have a mode, or method, or means of healing, which differs from all of the others. If you have any experience with other forms of metaphysical healing and want to do healing through The Infinite Way, you have to unlearn

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<sup>1</sup> Recording 551A, 1963 Instructions for Teaching The Infinite Way, “The Simplicity of the Healing Work.”

<sup>2</sup> Recording 203B, 1958 Adelaide Closed Class, “How to Heal – Side One Continued.”

most of what you have known in order to grasp these principles. And if you have any difficulty, it is probably because you have not unlearned enough.”

**Key Point: There is no imperfection in any part of God’s creation.**

**Related Quote:** “There is no imperfection in any part of God or God’s creation, none whatsoever. God is absolute perfection, perfect Being, and so is all of God’s creation. No one was ever born in God’s creation, and no one will ever die because no one ever began, and no one will ever end. The only way you will ever understand this is through the word ‘I.’”

**Key Point: The I of my being is the I of God’s being.**

**Related Quote:** “Once you can realize I, separate and apart from personality, separate and apart from a physical body; I, incorporeal spiritual I, you will have the secret of the eternity, the immortality of life, without beginning, without birth, without ending, without death.

“Now, since I, the I that God is, and I that I am is one, you can understand that **the infinite perfection of God is the infinite perfection of my being**. . . . ‘All that I have is thine’ means all of the immortality, all of the spirituality, all of the spiritual integrity, all of the life, all the perfection, all of the wholeness, holiness; all that is of God is of you, me, I—because the I of me and the I of God is one and the same I.”

**Key Point: The premise of healing work is the divine nature of individual being.**

**Related Quote:** “If you want to heal, you must, first of all, be conscious of the fact that the I of me and the I of God is one, and all that constitutes the I which is God constitutes the I which is me, for I and the Father are one. All of the immortality, eternity, spiritual perfection, harmony, peace, justice, infinity, eternity—all that is of God is of me, for I and the Father are one.”

**Key Point: Any appearance contrary to the infinite perfection of the individual is no part of God’s creation.**

**Related Quote:** “When you have established yourself in that spiritual truth [the perfection of individual being], the next point is, ‘Ah, but what about this sin, what about this disease, what about this false appetite, what about this lack or limitation, what about this unemployment?’

. . . “This is where you take your entire departure from all orthodox religion. If you do not, you might as well stay with your orthodox church. Because once you enter this consciousness, you can never again believe that God sends sin, or disease, or temptation, or poverty to anyone for any reason, not even to punish them for their wrongdoings. Never again can you accept any evil as emanating from God—not for any reason.”

**Key Point: Sin, disease, and death come from accepting the universal belief in two powers.**

**Related Quotes:** “We are, every moment of every day, determining what our tomorrows will be. As ye sow in this moment, so will you reap tomorrow, next week, next year, or ten years from now. . . . The meaning is this: If you are abiding in the spiritual truth of being, you will reap the harmony—you are sowing spiritually, and you will reap spiritually. But, if you are accepting the world’s belief in two powers; if you are accepting the world’s belief in Spirit and

matter; if you are accepting the world's belief in good and evil, then you're going to experience good and evil. So, actually, what we are dealing with is this: While you are a part of the human race into which you were born, you are sowing to the flesh, and you are going to reap corruption."

"To be sowing to the Spirit, you must . . . have a spiritual understanding of the nature of God, man, and the universe. You must inwardly know that the only law is spiritual law, and in the knowing of this, you nullify mental laws and material laws."

"[Once] this / is established within you that will not accept good or evil, but only Spirit, will not accept powers of good or evil, . . . will not permit a negative thought to get past it, this / now governs your life and the lives of those who turn to you."

**Key Point: We must abide in the truth.**

**Related Quote:** "What you accept in your consciousness is going to determine your experience. Therefore, you have to begin with the universal belief in good and evil, and you have to reject it and say, 'No, I accept neither good nor evil because I accept only God, Spirit, as infinite All, and in God there is neither good nor evil. There is only spiritual, perfect, harmonious Being. . . . Only God is God, and God is infinite perfection, so there cannot be powers of good and of evil. . . . there can only be God-power, infinite, spiritual God-power.' This is sowing to the Spirit. . . . You hear about good people and bad people, but you cannot agree: "I accept neither good people nor bad people. I accept only the children of God, spiritual people."

**Key Point: In daily life, we use "double talk."**

**Related Quote:** "I realize that in your daily affairs, you are using double-talk; that you are actually making concessions to appearances and talking in that way. But the point is, if you say to me, 'I am sick, give me help,' and I say, 'I will give you help,' I'm using double talk. I can't be utterly absolute and say, 'No, I won't give you any help because you're perfect.' . . . So, I make a concession and say, 'Of course, I will give you help at once.'"

"But remember that back here, I can't believe that. The / of me has to be saying inwardly, 'No, the /, which is God, is me, and the /, which is God, is you; and there is only one power, there is only one presence, there is only one law, there is only one being.' . . . It makes no difference what you do in the way of lip service; what counts is what you are doing internally."

**Key Point: If you are ignorant of truth, you accept appearances.**

**Related Quote:** "In the human world where you are ignorant of truth, you are constantly being faced with sin, disease, death, lack, and limitation, evil of all kinds. . . . Every day of your life, you are going to meet up with appearances of sin, false appetite, disease, evil men in government, and spiritual wickedness in high places. . . . You can never avoid it. . . ."

"If you have been spiritually taught, you will instantly recognize that this is mirage, this is appearance, and the Master taught: 'Judge not after appearances; judge righteous judgment.' . . . In other words, you are not to accept appearances of good and evil at face value; you are to accept them as mirage, illusion, a form of malpractice, or hypnotism. But above all things, never accept them as something that has to be healed, reformed, changed, or corrected. See through the appearance."

**Key Point: We must stand fast in truth in the face of appearances.**

**Related Quote:** “I really don’t have to get rid of any of your sins or diseases or lacks or limitation. I merely have to disagree with the appearances, not accept them, realize that this is a state of hypnotism producing an illusion, a mirage. And I must stand fast, in spite of every appearance, in spite of every cry of pain, in spite of everything. / within me must stand fast. I will not accept it; I see through the mirage to the reality. I know that in God’s kingdom, there is not a sin, disease, death, lack, or limitation. I know that in the whole of God’s kingdom, there is not an evil of any nature, and I have to stand fast in that truth and let the appearances hit up against me until they break.”

**Key Point: Some appearances do not break.**

**Related Quote:** “One reason [appearances might not break] may be that we, as practitioners, are not rising quite as high into heavenly consciousness as we should be. . . . The other reason is that the patients will not yield. The patient usually has in mind the changing of an evil condition into a good one, and this blocks the whole thing, because spiritual healing is not changing an evil condition into a good one; it is really changing our consciousness. Healing is really the changing of consciousness, and sometimes, we just won’t yield whatever it is that is blocking us.

“Now, this is never a conscious thing. I never blame anyone for whatever it is they’re holding on to because they can’t help it any more than I can help whatever it is that I hold on to. It is something deep down in our consciousness, and the answer lies in just keeping at it and keeping at it until the yielding comes.”

**Key Point: We do not ask God to heal anyone; we know the truth that makes them free.**

**Related Quote:** “In Infinite Way healing work, we are not turning to God to heal anybody. . . . we are knowing the truth that makes them free. It is entirely a matter of the practitioner rising to that state of consciousness which refuses to accept the appearance, knowing the hypnotic source . . . and the nothingness of it, because it is not supported by a law of God.

“No sin and no disease is supported by a law of God. If it were, it would be eternal. . . . Anything that has a law of God to maintain it, you can’t break. And therefore, the very fact that we can break our sins, our diseases, and our lacks is sufficient proof that they never had a law of God. They may have a law of nature, they may have a law of matter, may have a law of mind, but none of this is a law of God. And for this reason, any form of evil can be dispelled.”

**Key Point: In healing work, you never try to remove a disease or a condition.**

**Related Quote:** “You are not dealing with a sin, with a disease, with a false appetite, or with a lack. You are dealing with an illusory appearance that must be recognized as having no God-law, God-ordination, God-presence, or God-power. You are not dealing with a condition but with a belief in a selfhood apart from God, or a belief in a power, a universal belief. . . . It is never the fault of your patient. It is never the fault of your student. It is never the fault of yourself. It is a universal claim of two powers, a universal claim of a selfhood apart from God, a universal belief of good and evil.

“The truth is *I and my Father are one*. All that is true of my Father is true of me because of oneness. God is Spirit, and *I* am spiritual. God is immortal and eternal, and *I* am immortal and eternal. And this is the truth about the patient, the student, or anyone who has called upon you for help. . . . You are dealing with an appearance, an appearance produced by this universal ignorance, universal hypnotism—but only an appearance. . . . You can’t any more get rid of an appearance than you can get rid of the mirage on the desert. You can only see through it and understand it to be a mirage and then go on about your business.”

**Key Point: Never give a treatment to anyone other than yourself.**

**Related Quote:** “Never be guilty of giving a treatment to anyone. You give the treatment to yourself. . . . You are the one to whom the claim has been brought, and you are meeting it in your own consciousness. Never touch the mind of your patient or student. . . . Never mention a patient’s name in your treatment. Never mention the name of their disease, or sin, or fear. . . . Go immediately to the *I* of your being and wrestle with it until you have come to the conclusion that *I* and my Father are one, and that this is a universal truth; . . . that there is only Spirit.

“[If you say], ‘I have a headache,’ I forget you, and I deal with me. ‘Ah, Joel, you’re not going to accept it for one single moment! You know better. You know that *I* and the Father are one. . . . You know that “All that God is, I am.” You know there is only spiritual law, spiritual being. You know there are not good people and bad people. You know there are not sick people and well people. You are dealing only with God and a perfect spiritual creation, and all other appearances are but the product of a universal belief in two powers. Then I’m quiet, and in a few moments, a deep sense of peace comes, . . . and I know that Truth is on the scene. God is on the scene. And that’s all there is to it.”

**Key Point: Knowing the letter of truth is not enough; we develop healing consciousness by working with the letter of truth and practicing it.**

**Related Quote:** “When it becomes second nature to you not to condemn a person, when it becomes second nature to you not to react to any appearance of a person, then is when your healing ministry begins. Up to that time, you are practicing, practicing, practicing to develop that consciousness.

“The consciousness that does not respond to appearances is the healing consciousness. The consciousness that is aware of the spiritual nature of creation and of the illusory nature of appearances is a healing consciousness.

“Work with these principles; practice them with the tiniest claims. . . . Apply these principles with cats, dogs, and birds. Don’t think for a moment that this is reserved only for human beings. . . . Never think that there is anything so small, so tiny, so insignificant that these principles should not be applied to it because I can assure you that in applying them to the small things of life, you help to develop the consciousness of undertaking the greater ones.”

### Suggested Practice

A fitting—and obvious—practice for this session is to take Joel’s counsel to heart and apply these principles to the full spectrum of claims we encounter, from the most minor claims to world

appearances. As Joel emphasized, the healing consciousness is developed only through practice, practice, practice.

Remember Joel's words: "In the human world, you are constantly being faced with sin, disease, death, lack, and limitation, evil of all kinds. . . . Every day of your life, you are going to meet up with appearances of sin, false appetite, disease, evil men in government, and spiritual wickedness in high places. . . . You are not to accept appearances of good and evil at face value. You are to accept them as mirage, illusion, a form of malpractice, or hypnotism. But above all things, never accept them as something that has to be healed, reformed, changed, or corrected. See through the appearance."

If you are already applying these principles, this session might be an opportunity to pause and reflect, asking whether there are ways your practice can be refined or strengthened.