

The Art of Healing

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A few words this morning on the subject "The Art of Healing;" "The Art of Healing."

It is quite necessary to understand a few fundamentals in discussing this subject, "The Art of Healing." We read so much about teams of men finding out about this chemical, that chemical, this antibiotic, in search for healing of the many, many ills of human beings. And they do find things which offset symptoms, and, at least, seem to eradicate various diseases. But there are others that crop up, and, sometimes, of a worse nature.

And so, they have not really found the "healing agent." And so, one of these fundamentals we must realize, in discussing "The Art of Healing," is that in healing of any disease, or inharmony in the body, we must remove the cause. That's the first thing to realize. You can take many things that will offset the symptoms of a disease and will eradicate it, seemingly. But unless you remove the cause, it will reappear in some other way – not necessarily just as that particular disease. And so, that's the first thing we must understand is, in discussing this art of healing, in understanding "The Art of Healing" we must remove the cause of the disease.

Let me give you an illustration of the common cold; and you can apply this to any disease. In the common cold, it is, of course, supposed to be caused by this that, and the other thing, viruses – I don't know if they've ever found what does cause the cold. But I do know, you know, that they're very disagreeable, and they prevent us from being what we should be, real children of God. And so, these common colds are caused by this simple thing: that due to the breaking of health laws, due to overeating, or improper eating, greed, the body gets, the bloodstream gets filled with carbon, known as toxins, and many other things.

Now that toxin floating around in your bloodstream attacks the various membranes of the body – especially the nasal membrane and the membrane of the respiratory tract – and then the virus gets in. The virus is there. But realize, it is this fact, this predisposing cause of the blood being filled with carbon, toxins, from overeating, from breaking health laws, improper eating, not watching the tendencies which you have. If you have a tendency of a weak digestion, you

have to watch it; otherwise, you will fill your bloodstream up with these impurities. Then the cold is upon you, and you treat the symptoms from everything you can find in the medicine closet. Finally, it goes away. But the cause is we have broken health laws, we have been greedy, or we have not followed and watched those inherited tendencies of weaknesses which we have. Now that's the real cause of the thing, is it not?

And so, that's the first fundamental part we must understand, if we are going to practice "The Art of Healing," is to remove the cause. Treat the symptoms, of course. You have to do that while you're in the body. Get some relief. But look underneath that and find what's the cause of this business, what's the cause of disease, and eradicate the cause. That's the first fundamental.

Now the next thing to realize, fundamental thing, is that in all healing agencies the main factor is Life Force – not the drugs necessarily, not the antibiotics. They stimulate the Life Force to flow; it's the Life Force that is the healing agent. And that Life Force is God's Cosmic Energy in you and in me. That's the healing agent, nothing else. We may take some aspirin, we feel better. But the aspirin simply allows the Life Force to function, that's all.

So realize the second fundamental is that Life Force is the healing agent. Never forget that. It's all right to make medicine, if you feel you should. But never lose track of the sight, lose sight of the fact, that underlying all those things is the healing agency of Life Force within you, and that's God's Power. God's Power within you as Life Force is Cosmic Energy. And as your body has been made by that, and my body, from Consciousness and Life Force, realize that that's the creating and curative Power of all healing – God's Presence in you and me, as Life Force. Realize that.

Master used to give a wonderful illustration. He would say, "You take a dead man, lay him here on the table, fill him full of food and everything, and it won't do a thing." Why? Because the Life Force is not functioning. Will you remember that simple little illustration? Life Force is the key. Life Force is the healing agent. Why not? Life Force made us, directed by God's Great Intelligence. Life Force flows through us harmoniously, if we do not interfere with it by greed and other things, the breaking of laws, many, many things; karmic impulses, karmic causes. Therefore, realize, do everything you can to allow the proper flow of Life Force within you. That's the second fundamental thing to realize. Life Force is the healing agent.

You talk with any physician, any surgeon, they will say we just simply repair things. So, as they say, "nature heals." "Nature" is nothing but the Power of God in you, in me, flowing as Life Force. So the second fundamental is to realize – not just hear and then forget it – understand it, that Life Force is the healing agent within you.

And third, and perhaps, the greatest thing is the highest and greatest Healing Power within you, is God Himself; God Himself, because as I just said a minute ago, we are the product of what? God's Consciousness, plus Its Power. And that Power in us is Life Force. That's the greatest healing agency we can have. And so, although we may take other means, never forget, the greatest healing agency within you is God; and to use Him, you have to know Him. You have to have God-contact. You have to be one with Him. That's the greatest thing. That's the third fundamental thing, and, of course, the greatest.

And so, "The Art of Healing" means that we must know how to *consciously* use the Life Force within us. Realize that now. "The Art of Healing" is nothing but that. You must know how to consciously use the Life Force within you, because the Life Force is the Healing Power of God; and, of course, we must remove the cause. Otherwise, how can we expect Divine Mother to put up with us eternally breaking Her Laws? But we must consciously know how to use the Life Force within us. And that we can do by, in three ways: physically, by physical means; by mental means; and third and greatest, by God.

They are so simple; "The Art of Healing," if you remember these three things, which we are discussing, conscious use of Life Force within us, is necessary, by these three methods – physical means, mental means, and finally, when those two are exhausted, and there's no other way left, then we go to God. Why not go to Him first, or go to Him as you progress. As you're using physical means of God's medicine, use them. As you're using mental means of suggestion, and the various mental healings, of which I will speak in just a moment, never forget that God is behind it. And, finally, you will come to a time; there will come a time, when you'll go to Him automatically. If He wants you to use this or that, use it. It doesn't make any difference, long as you get well, does it? As a, there's a man told me once, he says, "Make money. Honestly, if you can. But make the money." So, get God. Get well I mean. Use mental means, physical means, if you have to; but get well.

So don't forget that little thing next time you're taking in the aspirin, and various other things, say, "Father, I'm just doing this just to play the part in the Drama of

Life. You are the one, I know that. You can't get me away, but I can't suffer too much." That's the attitude, and that's true. If you're honest with God He, He puts up with an awful lot, and takes care of us. So realize that, that it's the conscious use of Life Force that's important.

Now, the physical means, just a word, or two, about the physical means in the conscious control of Life Force. Lahiri Mahasaya said, "Try medicine. Try medicine, if you think you should." Do it, why not? What harm? Long as you don't forget that God's the Healing Power behind it, through His Life Force. Use common sense and your medicines. But never forget that God is behind, as the Healing Power of Life Force.

Now another thing to realize is this. That with this great exploration and science of the various healing factors of various compounds, they're bound to run across things which help the human being. There's no question about that. But nevertheless, unless, unless they realize the underlying cause of disease, unless they go to God, which is behind; another thing crops up, because of this delusion in which we are living. And so, never forget that. They have all sorts of antibiotics for everything. But I notice we're still in trouble, and I think sometimes worse trouble. It's a different kind, but it's disease – it's inharmony. So, let us not forget, that whatever physical means, we try of drugs and different things, that God is still behind that, and He's the Healing Power.

Now, another thing to realize in using physical means, that is if you go to a physician or a surgeon, realize this thing – and I've seen it so many times – that God works in any way He wants. How do you know He wants to heal you instantaneously? You don't. How do you know He wants to work through a certain medicine? How do you know He wants to work through a certain physician, or surgeon? God's in that surgeon. God's in the physician. God's in the medicine. What's the matter with us? Why don't we realize that He can heal us in any way He wants?

So, as you use physical means, use them. It's all right, if you feel that way. But never forget, God is the Healing Power behind all physical means and agencies. Realize that, there'll come a time when you'll supersede these things. But not unless you realize God in everything you do, trying to take Him. If you take medicine, realize it's God in the medicine, His Power. It's the Life Force that heals you. The medicine directs it a little bit here and there.

And so, in physical means, we also use heat and cold, as you all know. Heat, by the simple process of bringing more oxygen to the part through the bloodstream, liberates more Life Force in the part. That's what healing does. And cold; cold is a wonderful agency, if it is applied correctly. The yogis found out the method. It is not possible to give it to you at this time, but those of you who need it, get it. When you ask for it, you'll receive it, if you need it.

This one thing, realize – that cold, cold stimulates the Life Force, recalling it. It has left a certain part of your body, inharmony's there; the pathology is there; the Life Force has retired. But this proper use of cold recalls it to that diseased part, and, therefore, cold is a wonderful agency to recall Life Force when it is used in the proper way. There, so much for physical, the physical means, or conscious direction of Life Force.

Now, let us go on to the mental effort. The mental effort, realize, mental effort of conscious direction of Life Force. Never forget that. When you use your mind in any way, you are using it to consciously direct the Life Force within you. Never forget that. That's the important thing. It's wonderful to have a strong mind and use it; but, the mental effort directs you, in a conscious way, through will, to direct the Life Force. Mental effort, now, consciously directs your will in a positive way to direct Life Force.

Let us take just for instance, the Master's Recharging Exercises. Through that conscious use of will, mental effort, you direct the Life Force to the various muscles. I cannot emphasize too much the importance of doing regularly the Recharging Exercises of the 20 body parts, of which many of you know. You must use them every day. Don't miss a day. By so doing, by that mental effort, you, through your conscious will, direct the Life Force to the various body parts. And that's the healing agent, that's the sustaining agent. Why not use it?

Now, another thing is this. There are certain, and you may have a body part like an arm, just for instance, that is giving you trouble. If you will consciously direct the Life Force to that arm through the Master's Recharging Exercises in the proper way, without too much tension, and holding the Life Force there for a longer time, the Life Force will help. There's no question of a doubt.

Also, I cannot emphasize too much the stomach exercise, in the Master's recharging exercises. That's the weak part of us. And so, we must regularly, every day, do that stomach exercise. Why? Because through your conscious, mental effort – application of conscious will – you direct the Life Force to the

weak part. And Life Force is the healing agent. And so, "The Art of Healing" is carried out, consummated, by doing that stomach exercise.

And finally, one other comes to my mind – very important, is the Medulla Exercise down here [at the back of the skull where the spine joins to the skull]. Those of you who know it, realize that the Cosmic Energy comes in through your body, to your body, through the Medulla Center – through the spine here. If you can consciously stimulate it, isn't that all right? Isn't that the proper thing to do? And so, mental effort, in a conscious way, directs the Life Force to function throughout the body, producing harmony.

Now, we also have another mental effort, which is, we might call, the Master used to call it an "Assertive Metaphysical Reasoning" – Assertive Metaphysical Reasoning. Now that consciously directs the Life Force in a conscious way. It's known as Christian Science, if you wanna call it that. That's what it is. It's not so direct as the positive ways which the Master gave, but it is an Assertive Metaphysical Reasoning. And by using that reasoning like: "I am not this body, I am not this body; God is in me; if God is Love and I am Love, it's impossible for me to be sick or sinful." That's a truth. And so, in an indirect way, that directs the Life Force. But, if you can positively know God as the Life Force within you, then that's more positive – more direct.

And so, this mental effort of this metaphysical reasoning, in a positive way – Assertive Metaphysical Reasoning – we use it all the time in our work here – is good, because it consciously directs the Life Force to heal us and restore harmony to the body. So, that's the second way in which we can consciously control Life Force.

And the third is healing by God's Response. That's the greatest thing: healing by God's Response within you. God has made us from His Consciousness and Energy within us. And so, if we can, and this is the point, if you're gonna use God to heal you – which is the highest and greatest thing – you've got to know Him, haven't you? And so, the important thing is to know God, to have God-contact. How? By prayer; by meditation, the different meditations of Self-Realization; and greatest of all, its techniques of Kriya Yoga.

Kriya Yoga, without a doubt, is the same techniques which Jesus and the disciples used. Kriya Yoga gives you contact with God within. If you have Him, realize, it is God's Power that is Life Force in you. It is God's Consciousness that directs that Life Force. It is not too difficult to understand, that if we contact

God, we will have control of Life Force in a different way than by the physical means, or by the mental means. We will have control of Life Force through a law which is above mental laws, and physical laws. We will have control of Life Force within us through the Spiritual Law of God's Presence. And, as God has made all things, even our bodies from His Consciousness and its Power as Life Force, you can see the greatest method of consciously controlling Life Force is to know God. So contact God, and, as He is Life Force within us, as He is the Great Healing Power within us in its finality, if we can go direct to Him, we have the highest means in "The Art of Healing."

And so, healing by God's Response is the greatest thing. Healing by God's Response, realize, when you get the God-contact, understand this now, when you get God-contact, you are utilizing a law far higher than physical or mental laws. In your own meditation, when you contact the Om vibration as God in you, you are setting loose within you certain Powers, which you cannot utilize by physical or mental means. You are superseding these physical and mental laws. You are allowing God to directly function in your body. You are removing all inhibitions, which prevent the free flow of His Great Love and Life within you. That's why the third method – God – is the greatest method.

Now, another thing that we must not forget is this. That as God has made us from His Own Consciousness; the Perfect Pattern is in God within us. The Perfect Pattern is in the Divine Consciousness within us – the Pattern of Perfect Health. Now, if that Pattern is within us, why not ask God to once more restore that Perfect Pattern to us? Why not ask Him? He did it for Jesus in the case of Lazarus. The Pattern was different, but God restored the Perfect Pattern, and Lazarus lived.

In the case of Master's Master, the Pattern was that he should leave. But God kinda changed the Pattern a little bit, and he stayed 15 years so that the Master could visit him. And I've seen the Pattern change in many cases concerning the Master. And I know there are people, living nowadays, who shouldn't be here according to the Pattern. I know they are living, because the Pattern was changed. Why not ask God to do that for you? You are His child; I am His child. If it is His Will, He can do it. Why not ask Him? Ask Him; but first get His contact. Then you know He hears you.

And so the greatest thing in healing is God. The greatest thing is God-contact and having that, God can do it if He wants. I know the Pattern can be changed.

One story comes to my mind – a true story. There was a man in Massachusetts who was to be electrocuted on this certain day. His electrocution had been postponed, reprieved, several times. He was reprieved several times. This time it was sure. I know it was sure, because one of my relatives was one of the Legal Witnesses; he was a Representative to the General Court. He was a Legal Witness to see that criminal electrocuted. That's all right. The thing that I didn't like, and which touched me, was they were gonna have a nice little lunch just before the electrocution. They were gonna get together; have a nice little time, waiting for the poor victim to be done away with.

And so, this relative told me that. And I know that my heart was very heavy. And I went home, and Master was staying at the house. We had dinner. Then afterwards, I told him about it. He didn't say anything, but all evening he was very quiet. He wouldn't talk at all. He sat in the living room, and finally, at midnight, he went to bed. That's when the electrocution was to be. And so, we went to bed.

In the morning I came downstairs, went out in the front, opened the front door to get the paper, and there, in big headlines was: "So-and-So Reprieved." So I took the paper up, ran in towards the Master. He just smiled a little bit, that's all.

Now, of course, that isn't positive proof. But to me it is. God can change the Pattern. If He can change the Pattern for you, and for me; if it is His Will; why not ask Him? But ask Him in full faith. Show that faith in God by knowing Him; by the practice of the methods which Master has left for us.

And so, finally, finally "The Art of Healing," realize, these three things. These three fundamentals that I have told you; plus one other thing that is very essential. And that is, in "The Art of Healing," we must have steady, undying will. That's the thing. That's the thing which most of us do not have. The will must be steady. If you have a disease and you start healing it by any method, you must keep your will active, steadfast, undying, until it's consummated. That's one of the most important things.

The Master used to tell the story about the little frogs in the pail. You remember the little tree frogs in the pail of milk paddling up and down? The big frog, he, he, his will died out. He didn't keep that steady will. But the little frog says, "Well..." trying to jump out of the pail of milk; he was down quite a way, so they couldn't get out. So the frog says, "What's the use? We can't never get out of here." So he gave up, and died in the milk." And the little fella says, "Well, if

I'm gonna die, I'm gonna keep trying anyway." So he kept using his steady will – kept paddling away. Finally, he felt something under his feet. Something that was a little hard. He paddled his legs as much as he could with his reserved strength, and a little pad of butter came. So he jumped out to freedom. Why? Because he kept at it; he kept, everlastingly, using his steady will.

And so, realize that. Realize that is very necessary. But finally, finally, even, even though we have bodies, and this nest of diseases, realize this now; even though the body's a mess – a nest of disease – if you have God with you, if you have His Presence with you, in spite of those things, you have Eternal Consciousness – Eternal Life.

And the Master used to say, "When life is sweet, or death is sweet, if Thy song flows through me.¹" That's the first thing. Get that God-contact; and whether you live or not; whether you're sick or not; whether you have a perfectly healthy body or a frail body; it makes no difference. Get God! That's the greatest truth in "The Art of Healing."

¹ Paraphrase of one of Yogananda's chants, "When Thy Love Flows Through Me." "O life is sweet and death a dream when Thy song flows through me. Then joy is sweet, sorrow a dream, when Thy song flows through me. Then health is sweet, sickness a dream, when Thy song flows through me. Then praise is sweet and blame a dream, when Thy song flows through me, My Lord, when Thy song flows through me."