

How Healing is Accomplished
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A part of *A Course in Miracles* that I have felt very drawn to is the section called “*How is Healing Accomplished?*” (M 17). I have found little written about this section and I have always been surprised that more teachers do not focus on it. Some ACIM students might believe that the Course does not support the physical healing, since the body is not real, but I think an important part of ACIM is to support healing on all levels: mental, emotional, spiritual and physical.

For the 20 years that I have been a student and teacher of ACIM, I have constantly returned to this section whenever I, or anyone else, has a negative feeling in their body that was disturbing their peace of mind. In my course, ‘Choosing Freedom: The Way Out of all Pain and Suffering and the Way Into Who You Really Are’, I use this section as part of a process for freeing anyone from the illusion of illness.

When I work with a student, I ask them to go deeply through eight questions about the condition. Even though *A Course in Miracles* says that we do not have to remove the condition to prove that healing took place, in 90% of cases the condition totally disappears working on the student's mind. Perhaps it disappears because it is my **belief** that it will disappear and the student and I join in the purpose of fully releasing the meaning the condition has for us. I have had people who were extremely sick with conditions that had existed for years. They are able to clear the condition in the class and are amazed it can happen so quickly and easily by clearing the mind. These conditions have been things like prostate cancer, allergies, colon problems, urinary tract conditions, environmental illness, inability to conceive and breast cancer. ACIM says: “*There is no order of difficulty in miracles. One is not ‘harder’ or ‘bigger’ than another.*” (T 3) I have found this to be so when I practice clearing physical or emotional conditions with the knowledge of “*The Perceived Purpose of Sickness*” and “*The Shift of Perception*” sections (M 17).

The first section, “*The Perceived Purpose of Sickness*”, teaches that we must understand what we created the illusion of sickness for, what its payoff is, why we want to hold on to it and keep it in our lives, what it stands for, or proves to us about ourselves (what belief it reinforces or proves), the benefit of not letting it go or healing it, and who we would blame if we never healed? Does it mean that having this condition makes us the creator of our lives and that we have usurped God's throne? What would it mean to us if we healed ourselves personally and were our own doctor?

In the next section, it says: “*One need but say, ‘There is no gain at all to me in this’ and he is healed*” (M 17). This means that I have gone through all the benefits in my mind that this sickness or condition has given me, forgiving myself for making up and believing in these thoughts, and forgiving anyone else that I believe the sickness involves. It also means that I am reminding myself of spiritual truths and feeding them to myself, that none of these beliefs I made up are true and that I do not need to live in this fantasy, which is at the core of the physical condition.

This journey without distance is perfectly described in a new book by Gary Holtz, *Journey to the Heart: Secrets of Aboriginal Healing*. Gary went through multiple sclerosis and healed himself in a process with Aboriginals in Australia, going through every benefit and reason he wanted to be numb

and feel nothing in his life, thereby creating MS. When you can feel deeply and taste your reasons for creating the condition and go through the emotion of the condition, you are on your way to releasing it. Gary Holtz went on to share this process with people all over the world.

When we have hidden a thought, a feeling or belief in our body, it becomes a sickness. Generally, this is a secret to the person and when they divulge it to themselves, or others, it no longer has a hold over them. Since I can choose to kill myself with my own belief, or feeling that I will not release or forgive, I get to be the creator of my own life or death.

The sickness represents the drama we were going through at the time of our emotional challenge, and felt we could not deal with, or go through and release. Therefore, we stored it in our body as a secret to ourselves, hidden thoughts that we would not want to admit about the sickness. Mostly, it is guilt that stops us from admitting these hidden thoughts and thus releasing them.

ACIM says that we cannot be sick unless we think feel or believe that we are separate from someone. We must forgive the person, persons or incident that we are blaming and thereby release ourselves. As we know, forgiveness is a gift to ourselves. I am only ever forgiving myself for what I think, feel or believe. I am clearing feelings of worthlessness about myself and forgiving myself for believing in them. In general, I am clearing that I am worthless, not good enough, or that no one loves me, sees me, or wants me. This secret is only released if I am willing to go through all aspects of what the sickness is for.

Of course, today the ego-mind is geared to taking prescription pills, instead of being willing to look at the process deeply and clear whatever ego story (or maybe their entire ego life story) that the pain or sickness represents, so we never see that it is not the truth of who we are. Of course this would take time, energy and effort and most people's egos convince them that they do not have that and that the simplest way is just to take pills or have surgery.

Sometimes, the pills or the operation are the 'special agents' to help release the process and bring it to conclusion, and this happens after the forgiveness in the person's mind has occurred. And, sometimes, they are an escape from dealing with the condition in the mind and, therefore, the illness re-manifests in another place in the body.

It takes great courage, fortitude and persistence to heal something in your body through your mind, and your commitment to the process must be 100%. It is easier to do this when we have a holy relationship partner who understands the process of healing and fully supports it, knowing that the illusory sickness is not true. ACIM says that we need a brother to confirm who we really are when we forget. And this remembrance is essential to the healing.

Seeing what the sickness or condition is for, the part it plays in our life and the meaning it had when we felt the sickness or created it, is part of the healing. The following are questions I ask a person who is going through the whole mind process of clearing their sickness. I received these questions as the essence of the "*How is Healing Accomplished?*" section (M17).

1.) When did this sickness begin? What was going on in your life at the time and what were your feelings about it in the months and years that preceded the sickness?

2.) What is the value, pay-off or benefit of your sickness?

3.) How does this choice for weakness give you strength? (How does it give you a sense of control or make you feel more powerful? How does it make you think you are better than God?)

4.) What (with this insane conviction) does healing stand for?

5.) Would you like to be your own physician and heal yourself, with your mind releasing the condition? What would be your purpose for living, or healing? Why would you want to die, or not heal?

6.) Who would you blame, or want to be sorry, if you died or stayed sick?

7.) What do you feel guilty about?

8.) What do guilt, sickness, pain, disaster and suffering mean now?

If the sickness has no purpose now, it can leave.

This is a process you can practice yourself. In my classes and private sessions, when someone has answered the questions, they stand up in front of the class and, with conviction and power, say: “I have no need for this condition [name the condition exactly] and I do not want it anymore.” They might say it a few times so they can get fully congruent with all aspects of the statement with their mind, body and spirit. This is a very exciting and fulfilling process for me as the person gets to the Truth of their condition.

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