

Healing Through the Power of Positive Thinking

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"Heilung durch die Kraft des positiven Denkens"

The German edition is the work of reference for all questions
regarding the meaning of the contents

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Reflection

Healing – is a topic which is becoming more and more pressing from day to day. Despite, and partly due to our modern medicine, there are now fewer and fewer people who can rightly say that they are completely healthy. Conventional medicine runs increasingly into difficulties: The diseases brought about as a result of the side-effects of medicines prescribed by physicians are growing in an alarming way. The taking of many chemical preparations is like a violation of the body. As a result of the rising environmental pollution, natural healing remedies increasingly lose their positive effect; the healing power of homeopathic remedies is also decreasing, because there will soon hardly be any pure original tinctures.

At the same time, external attacks on the health of man are increasing in a threatening way: Radioactivity is rising; the pollution of the soil, water and air – and thus of our foodstuffs – reaches proportions that are more and more serious; the solar radiation becomes more and more aggressive due to the increasing destruction of the protective ozone shield. Allergies, cancer and now AIDS – the new pestilence of mankind – are increasing at a terrifying rate. And conventional medicine is helpless ...

Today's situation practically forces us to reflect again upon the old healing methods – and thus to align our way of thinking and our life more towards our inner being, towards the spiritual. The great healers of mankind – the Egyptians of 5000 years ago, Galen, Hippocrates, Paracelsus, Hildegard von Bingen and many others knew indeed that every illness has an inner, a spiritual, cause.

The cardinal mistake of medicine in the past 100 years was and is that it has considered man mainly as matter and has not perceived him and recognized him in his entirety. After all, man is not just a machine whose material parts can be arbitrarily repaired and replaced. He is substantially more! He is a person – a unity of body, soul and spirit. Only when we grasp man in his entirety, can we really understand what illness, healing and finally being whole mean.

The causes of all diseases lie in a human wrong behavior, in a wrong way of thinking and living. This is a basic thesis of this booklet. A further part is then dedicated to the structure of the "inner man" – from which it becomes clear what

the nature of illness and health is. The explanation of these spiritual fundamentals enables us to understand how healing through the power of positive thinking is possible.

I. Thoughts Are Energy

Today, the power of thoughts is known to many people – and many a one changes his life positively by putting this knowledge to use. But the power of thoughts is often misused to achieve selfish aims. The use of thought powers for egoistic purposes is, however, highly questionable – and is not to be identified with positive thinking, as we understand it.

Then what are positive and negative thoughts? What are thoughts actually and what effect do they have? – These are the basic questions in the first part of this booklet.

1. Everything Is Energy

The whole cosmos is based on vibration, on energy: Everything is energy – whether it is matter, light, sound, thought or sensation. Many scientists confirm this through research, which shows that not only external influences trigger physical changes in our body, but that above all thoughts and – in a wider sense, sensations – influence the biochemical processes in our organism. Accordingly, thoughts are energies, which have an influence on the well-being of our body. Negative thoughts make man ill, positive ones restore him to health or keep him healthy.

Thoughts, sensations and also unconscious emotions mould our behavior, our gestures, facial expressions, every movement and particularly our words and actions, which are even stronger energies. The inner being influences the outer appearance – and vice versa – which is possible because a constant exchange, a flowing of energy, takes place. Within us, there is a constant interaction of energies which communicate with each other.

This communication can be either constructive, strengthening and vivifying, or destructive and can finally make us ill – according to whether positive or negative energies are flowing.

2. Positive and Negative Thoughts

What then are positive energies and what are negative ones? What are positive thoughts and what are negative ones?

Positive thoughts are constructive thoughts – they are thoughts which are vivified by the sensations of selfless love: thoughts that have the goal of the well-being of our neighbor, without expecting praise, appreciation or reward; they are loving, kind, gentle thoughts, thoughts of trust and benevolence, thoughts of serving, which help our neighbor to make the next step in his respective situation; they are thoughts of peace and unity, thoughts of joy and of inner happiness – also, for example, about the beauty of nature which gives itself as energy and life in countless shapes and colors; they are thoughts of gratitude stemming from the feelings of the recipient of a gift ... Here energy flows selflessly from us to others and returns abundantly to us, because we give, because we love. Selfless loving thoughts are divine energy, because God is love and the one who loves is within God and God is within him.

Negative thoughts are ruinous, destructive thoughts – they are egoistic thoughts: thoughts of envy, jealousy, hatred, anger, fury, aggression towards our neighbor; they are depressive thoughts, thoughts of putting yourself above others and of

putting others down; they are expectations, thoughts of mistrust and ill-will; they are brooding thoughts about what is past, that is, thinking about things when it's too late, thoughts of clinging to the past and also to the future. They are thoughts of anxiety – anxiety about one's whole existence, fear of illness, suffering, misery or death, of not being able to satisfy the demands of daily life, fear of losing one's wealth, of losing one's partner or friends; they are thoughts of self-pity and of false sympathy for one's neighbor which will not help him at all; they are thoughts of destruction, of exploitation, of torment and murder, above all, concerning nature, plants and animals; they are thoughts of wanting to possess, to be and to have, thoughts of greed for power and domination; they are self-willed, self-centered thoughts, ruthless thoughts that circle only around one's own interest and advantages ... Here the energy does not flow to others; there are no giving, but taking, powers at work; the person who thinks negatively does not give, but tries to take energy to satisfy his personal egoistic needs and wishes, or to reduce his own lack of energy, by robbing energy from others.

Thus, thoughts are energies of different kinds and intensity. According to the kind of thought, we build up an *energy field* of a specific character. This energy field becomes stronger the more often and more intensively we have the same or similar thoughts, because: similar thoughts attract one another and form a common greater energy field – in the course of time, an true energy *complex*.

This is the case, because in the whole universe no energy can be lost; energy cannot dissolve itself, but can only change from one state to another – which is expressed in physics by the law of conservation of energy.

3. Thought as Self-acting Entity

Since no energy can be lost, every thought must therefore remain or be "somewhere" when it is thought. What then happens to the positive and the negative thoughts?

Since every thought or thought complex is energy, it has a definite shape – clairvoyant people can see these *thought forms*. They are self-acting entities which bear their destination within themselves. For instance, when we think lovingly of a certain person, the love-energy-field produced by us moves towards this person. Its aim is that the love-energy reaches the person. This is why this thought-energy-field of love will precisely find the right recipient.

Besides, it does not matter whether the receiver knows these thoughts and where he is: The thought energies are not tied to space and time and always reach their goal. In the same measure as the receiver is receptive for them, these positive energies can become active within him – constructive, vivifying. When he cannot take in these positive energies immediately, because his attitude is negative at that time, the positive energies remain in his aura, in the radiation of his soul, until he recalls them by thinking positively.

When we think negatively about one of our fellow men, that is, when we build up a negative energy field by, for example, sending out thoughts of hatred or envy, these thoughts, which as we said are self-acting entities, will also go to this person and try to influence him.

When the receiver now thinks in a similar way, this will find a resonance within him – the mutual energy complex begins to vibrate; the negative thoughts in him grow stronger. Through this, downright thought-clouds can form – he is so to speak "in a fog", that is, he does not see the other one anymore as he really is. He can no longer recognize the good in his neighbor. The result can be quarrelling or even fighting.

But if the negative thoughts that were sent out find no resonance in our neighbor, because nothing corresponding – that is, no so-called "correspondence" – is present, then he cannot be influenced by these negative impulses. But if he is sensitive, then he can feel the negative thoughts of his neighbor; they are like little pin-pricks – or he feels unwell for no apparent reason.

4. The Law of Sowing and Reaping

4.1 Everything Comes Back

There is a spiritual law which says that everything we send out comes back to us sooner or later – be it positive or negative. When we send out positive, selfless thoughts, they will not only have an effect on the receiver but will also return to us, to the sender, and bring about positive results in us. If we then think the same or similar thoughts, they in turn will be intensified in us and the positive field of energy continues to build itself up. For: Like attracts like or similar things attract each other – we receive what we have sent out – and a mutual and bigger energy complex develops. In the end, we get back more than we have sent out – because, in addition, the energies sent out communicate with corresponding thought forms and energy fields. Jesus of Nazareth expressed this in the words: "Seek first the Kingdom of God and His righteousness, and all these things will be given to you as well." The one who gives selflessly obtains all that he needs and more.

If a person sends out negative thoughts, they will also become active in him; they intensify the corresponding negative energy fields in him. And so what we send out is a part of us; it intensifies what we already have in us as correspondences. Since we are the originators of the thoughts, we are also responsible for them.

And so every thought strives to bring about in us what we have sent out. Thus, every thought is a *cause* that strives to become effective in us. We have preprogrammed ourselves through our thoughts. Therefore, the name *the law of cause and effect* is used. It is also called the law of sowing and reaping: Every thought is a seed which already bears the latent corresponding fruit within itself.

When we think and live in a positive way, that is, selflessly, the fruit will also be positive and constructive. Harmony, contentment, happiness, joy and gratitude come into us; we are healthy within and without.

But when we live and think in a negative, egoistic way, the fruits will also correspond to this. We are not accepted by our neighbors – because we do not accept them; we are lonely – because it is we who cut ourselves off; we are met with rejection – because we judge and demean and much more. Finally we become ill or we are struck by a blow of fate.

4.2 *The Pathway to the Soul*

When we think negatively, this thought enters our subconscious and is stored there – and it vibrates in our aura, in the radiation of our soul. When we fail to recognize our negative thinking and do not endeavor to change it by repenting and asking for forgiveness and by sending positive thoughts after the negative ones, the negative thought will fall into the soul as a burden, if the so-called time of grace has expired.

The soul is our inner man, a fine-material structure which, similar to a computer, stores all positive and negative causes: The soul is the book of life. The negative causes form the burden of the soul – also called *karma*. They are a kind of program in the soul, which waits to be activated.

4.3 *Everything Is Communication*

These cause-complexes or programs in the soul are again and again fed by corresponding thoughts, feelings and behavior patterns – nourished through repeated incarnations.*

In return, they control man's way of feeling, thinking and living, because they reflect into the brain, like light sent by a mirror, and communicate with the subconscious and the upper consciousness; for everything is based on communication and like attracts like. We could not conceive any thought if there had not been a previous communication which had set this thought into motion. This communication running underneath our sensations, thoughts and words is the so-called sub-communication. We can also say that it is the "basis" of our upper communication. It can contain either selfish motives – in which case we are *controlled* by the negative programs which lie in the soul; or we act out of a

selfless motivation – then we are *guided* by positive powers.

For: Like communicates again with like. When we think in a selfish way, we communicate with corresponding negative energies; when we think in a selfless way, we communicate with positive, divine energies – for: God is love. The one who loves selflessly, communicates therefore with divine powers.

The one who lives negatively and does not try to positively reprogram his thinking – thus aligning towards the divine – also communicates with other energy fields that correspond to his way of thinking. They vibrate around him and in the atmosphere; and he may even be influenced by base souls from the astral spheres. Then he is no longer himself but – usually without his knowledge – is controlled on the one hand by the programs he, himself, has created, and on the other hand by energy fields and souls which rob him of energy.

Striving for a positive way of life is the protection against such control, because God acknowledges an honest effort and the will to change.

4.4 The Causes Take Effect - as Illness

Negative causes are thus the programs in our soul which, if not erased or reprogrammed in time, will one day take effect. According to unalterable cosmic laws, the negative energies of certain causes will then flow into the body at a certain moment – one becomes ill or a blow of fate catches up with him. Illness is therefore an effect of negative causes one has set in the past, that is, it is the result of our own wrong behavior. Every illness thus has its cause in man's wrong thinking and living. Because: There is no effect without a cause. Nothing will touch us that we, ourselves, have not caused at some time or another.

External "causes", such as bacteria, viruses, medicines and many others are only the triggers. They can be effective only because they find a corresponding environment in us, a lack of energy and a weakening of the self-healing powers, and thus, a predisposition for illness, resulting from the created negative causes.

When, where and how these effects will appear is of course unforeseeable to us

humans, because the spiritual maturing processes take place outside of space and time. They can show themselves immediately, years later, or even in subsequent earthly lives. Many diseases can also have their cause in a former life. At that time, a burden or debt of the soul has built itself up through a negative way of thinking and living – today it can flow out in the form of an illness.

But in every case, all that happens to us is neither a coincidence, nor bad luck or luck, nor a neighbor's fault or even God's punishment – but always the fruit of our own seed!

Moreover, highly complex inner processes take place – like in a computer. There is also a correlation of certain behavior patterns, which in turn are at the root of certain thought forms, and certain symptoms of illness. We now want to look more closely at the spiritual laws which are active here.

II. The Tree of Life in Man

Everything that exists – thus, also matter and with it man – is permeated with a cosmic power, with an energy which enlivens, nourishes and maintains everything. Without this power "behind" all forms, they could not exist. We can call this power "all-power", "All-Spirit", "flowing ether" – or "God". It is the Spirit of God that is the life, that is the energy in all forms of Being, which maintains and allows everything to grow and mature. It is the eternally giving stream of selfless love, absolute positive energy.

This absolute energy, the Spirit of God, is also effective in man – both in the material body and in the spiritual body of man. This means that every man bears in himself a second body, an etheric body, the soul, which corresponds more or less to the material body and through which the physical body is supplied with spiritual energy.

In order to be able to really understand the nature of health and illness, we have to become familiar with the structure of this "inner man", as well as the way the

Spirit of God is effective in man.

1. The Spiritual Energy Circulation

The center of the spiritual body in man is the so-called *nucleus of the soul* – mystics called it, among other things, the spark of God or the spark of the soul. It is situated in the region of the crown of the head and is the immortal, unburdenable, eternal part of the soul. The Spirit of God, the ether power, flows into man through this nucleus.

The spiritual energy then flows from the nucleus on a main line – on the left side of the body along the spine – down to the pelvic area, into the so-called *collective basin*. Then the spirit powers flow again on the right side, along the spine, up to the nucleus of the soul.

Through this flowing of the spiritual power, the energy stream runs along seven junction-points of energy, which are also called *consciousness centers*. In the east, these are known as chakras. The task of these junction-points of energy, these consciousness centers, is to distribute the ether power, through many ramified paths via the nerves, to the individual organs of the body. Thus, each center supplies a certain area with spiritual energy. Finally, every cell is thus connected with a consciousness center and is nourished by it with spiritual energy.

The fourth consciousness center has a particular significance: It is a kind of switching and pumping station, which draws up the energies from the collective basin and then sends them on to the nucleus.

2. The Consciousness Centers

In addition, every consciousness center has a certain ethical quality. Thus, these consciousness centers are called, from bottom to top: order, will, wisdom, earnestness, patience, love and mercy. These are the seven basic powers of divine life, whereby each power is in turn contained in all others

Man's spiritual tree of life, whose root is on top, looks as follows, seen from bottom to top:

The consciousness center of *order* is situated above the collective basin in the region of the coccyx. The second spiritual center, the divine *will*, is situated in the region of the sacrum. In the lumbar region is the third consciousness center, *wisdom*. The center of *earnestness* is located between the shoulder blades near the heart. The fifth center, *patience*, comes next in the region of the neck. The sixth and the seventh consciousness centers are in our head. The sixth is between the eyes; it is the center of divine *love*. The seventh center, *mercy*, is above it, in the back of the head, near the pituitary gland. This center is the root, the anchorage of the tree of life and is also called the "gate to the absoluteness".

The consciousness centers are pulsating and rotating structures, light-filled energy centers in our spiritual body. Among them, the fourth consciousness center (earnestness) and also the sixth consciousness center (love) radiate in a particularly intensive way.

In the fourth center, a special power is active – it is the *Christ-power*, the so-called Redeemer-spark, which went into each soul nearly 2000 years ago when Jesus of Nazareth spoke His "It is finished" at Golgotha. The Christ-light is an additional, supportive, redeeming and healing power within us. Because this Christ-Spirit is active mainly in the fourth consciousness center, it is also called the *Christ-center*.

3. The Nature of Health and Illness

And so a spiritual energy circulation takes place within us that also supplies the organs and cells of the physical body. Starting from the nucleus of the soul, the

spirit power flows through the consciousness centers and from there, via many ramified paths, into the different areas of the organism. Through this flowing of the ether power, every organ and every cell can thus be supplied with cosmic energy.

3.1. Dependence Upon the Flowing of the Spirit Power

Now that we have this basic knowledge, the nature of health and illness also becomes clear to us.

We are *healthy* when the spiritual powers can flow unobstructedly, and all parts of the organism are sufficiently supplied with energy.

Illness arises when an organ is no longer supplied with sufficient spiritual energy. This is then the case, when a consciousness center is dyspolarized or, as we can say, is shadowed. We will talk later about how this happens. Just as water can hardly flow through a blocked water pipe, in the same way sufficient spiritual energy cannot flow to the organs, when a consciousness center is "blocked". Thus, the cells become sluggish and ill.

Or let us imagine a car engine that gets no more fuel. It is similar in man: The body is the vehicle; the soul is the engine and the spirit, the energy, is the fuel.

3.2. The Correlation Between Consciousness Centers and Organs

Each consciousness center supplies certain organs of the body with spiritual energy. The following list shows which organs are connected to which consciousness centers:

Consciousness Center Connected Organs

Order sex organs, bladder, rectum, pelvis with hip-joints, knees and ankle-joints

Will kidneys with ureters, large intestine, colon

Wisdom spine with spinal cord, stomach, small intestine, liver, gall-bladder, pancreas, spleen

Earnestness heart, lungs and bronchi, spinal cord and ribs

Patience thymus, tonsils, thyroid gland, parathyroid, windpipe, larynx, throat, teeth

Love eyes, ears, organ of equilibrium, nose, pituitary gland, pineal gland

Mercy cerebrum, cerebellum

3.3 The Shadowing of the Consciousness Centers

What is the cause that the consciousness centers become shadowed and thus less spiritual energy flows into the body which finally becomes ill?

The reason lies in a wrong behavior of man – in his negative way of sensing, thinking, speaking and acting. A negative, that is, egoistic, way of thinking and living opposes the positive, thus selfless, divine way of thinking and living. The one who thinks and lives in a negative way does not communicate with the divine energies. He rather prevents them from flowing and working freely within him.

We have already mentioned that negative thoughts first become visible in the aura, that is, in the radiation of the soul, and then, if not transformed, enter the soul as burden. These burdens are the shadows in the consciousness centers. They prevent the divine light, the spiritual energy, from flowing freely and unobstructed to the organs and cells.

3.4 The Direct Correlation Between Wrong Behavior and the Shadowing of the Consciousness Centers

Certain wrong behavior or thought forms shadow certain consciousness centers. There is a direct correlation because, as stated before, every consciousness center also has an ethical quality. Since each consciousness center supplies particular organs with energy, they obtain less life power, because of the wrong behavior and the shadowing resulting from it; consequently, the organs become sluggish and finally ill.

There is always a correlation – which can be proven – between the illness of an organ, the consciousness center concerned and the violation of the divine ethical attribute represented there. Besides, a conclusion is possible in both directions: from illness towards the wrong behavior, as the cause, as well as from the wrong behavior towards the organic lack of energy, as the result.

Let us take, for example, the stomach, which is allocated to the center of wisdom: The function of the stomach is to break down the food brought to it, by means of the strong gastric acid and some digestive juices which it produces, thus contributing to digestion. But the stomach is forced to "swallow" what is brought to it, be it good or bad.

Figuratively speaking, the stomach reacts to any swallowing down of anger from undigested conflicts. If we do not accept and receive matters in a positive way, but react negatively and swallow many things down, they lie in our stomach like a stone; they are not digested, because the stomach becomes cramped and does not produce sufficient gastric juice or it produces too much. According to man's type of reaction, the stomach then overproduces or lacks gastric acid. We then say that anger upsets the stomach or that we are sour.

By swallowing down anger and undigested matters, on the one hand, the nerves, and thereby the stomach become cramped. On the other hand, the consciousness

center of wisdom becomes shadowed, whereby less spiritual energy flows into the stomach. When this wrong behavior of failing to resolve and digest conflicts continues, the center of wisdom becomes more and more shadowed – it represents, among other things, the actualization and the deed – and the stomach becomes more and more lacking in energy and finally becomes ill.

Let us take two other examples: the ears and the eyes. When the ears become ill, there is something we do not want to hear or someone we do not want to listen to; we do not want to listen to our neighbor or, possibly, to obey him. We are unwilling to accept something, because we want to pursue selfish interests – because we lack selfless love.

If we have an eye complaint, it is easy to deduce that there is something we do not want to see. We do not want to open ourselves to something which we could or should see. We close our eyes to something. We are "short-sighted", we do not see the correlations, the whole; or we are far-sighted, that is, we do not see what lies before us, what is close to us and should directly concern us. Also eyelids or tear-ducts may be affected; perhaps we hold back tears which normally we should shed; or we use tears in a selfish way, in order to exert pressure on our neighbor ...

These two examples have an underlying egoistic motive in common, a lack of selflessness – a lack of love. Thus, the wrong behavior usually consists of many thoughts, sensations and emotions which, in the course of time, build up a corresponding energy complex that affects the respective consciousness center and eventually hits the organism, this means that particular organs become ill.

These examples may be sufficient to realize how close the correlation between body and soul is and that the cause of illness is to be found in negative thoughts and sensations.*

III.

Healing through Positive Thinking and Living

Just as a negative way of thinking and living influences the body accordingly and makes it ill, so can, conversely, a positive way of thinking and living soothe, heal and bring about health. When we think positively, selflessly, that is, divinely, we thus communicate with the divine powers and, as a result, intensified divine energies can flow, via the nucleus, into the soul and finally into the body. A positive way of thinking and living is the key to inner and outer health.

1. Self-recognition as a Prerequisite for Healing

It is certainly good to help a weakened and ill body with medical aid – for example, through natural remedies – so that the weakened healing mechanisms are reactivated and the body supported. But in order to achieve true, far-reaching and lasting healing, the causes of falling ill – the inner causes – have to be expiated. All healing comes from within – which Paracelsus already knew.

This presupposes that the ill person wants to recognize and discard the wrong behavior underlying his illness. Every illness and every physical indisposition want to tell us something. The physical complaints, signs and symptoms are hints towards the root, towards the negative energy complex which hinders the unobstructed flowing of the spiritual powers in the organism. In this way, a physical illness can be of valuable help in tracking down the root of what is opposing harmony within us and thus restricting the effectiveness of the ether

powers.

"Self-recognition is the first step towards self-improvement", so goes a common saying. This holds true in the ethical sense and, later on, health wise too.

2. Repentance and Forgiveness

When the negative causes that have led to illness have been recognized and the wrong behavior tracked down, it is then necessary to eliminate them or transform them. If we honestly want that, because we are sorry for what we have done – not in the first place because we want to get well – we will then feel repentance within us and will resolve to change this wrong behavior and not do it anymore.

Then it is good to consistently put the corresponding positive aspects into practice. If the cause was, for instance, fear, we should consciously counter the point where we had fear with trust.

In most cases the negative thoughts, which have finally led to illness, have also been directed towards others. The thought complex, the self-acting entity, went to visit our neighbor and wanted to influence him negatively or to draw off his energy, for example, through an attitude of expectation. This means that we have built up a guilt – and as long as it is not dissolved, we are bound to our neighbor.

When, as a result of our own negative thinking and behavior, our neighbor's negative thinking was intensified and because of that he set his own negative causes, for example, if in a fit of rage, he treated another fellow man aggressively, we bear a part of the guilt which our neighbor built up through his behavior.

In order to pay off this soul burden, we must then ask for forgiveness and – in case the other one was negatively disposed towards us – forgive him. When we have thought and lived in a negative way, that is, against selfless love, we have also acted against God, because He is the selfless love. And because we have

violated the divine law of life, we should also ask Him to forgive us and then actualize the words of Jesus, "Go forth and sin no more!"

If we had a dispute or were even involved in an act of violence with one of our fellow men, we should ask our neighbor directly for forgiveness and make amends for what we have caused – as far as it is possible. If there were "only" negative thoughts and sensations, we should clear them up *within* us, that is, we should not go to our neighbor and express it directly; we should rather do this through Christ, that is, ask, through Him, the soul of our neighbor to forgive us. Therefore, we should not address our neighbor directly, but should ask Christ to guide everything in the way that it is good, because we are sorry for our wrong behavior and do not want to do it anymore. Then we can radiate positive thoughts, thoughts of peace and goodwill, towards our neighbor.

If we forgive and ask for forgiveness, God can also forgive us.

3. The Inner Physician and Healer - Christ

God wants us to be well, powerful, dynamic, free – we, ourselves, cause the opposite through our negative thinking. He is also the healing power within us, the liberating Spirit, who wants to give us relief and healing. Persons skilled in healing, such as Paracelsus or Hildegard von Bingen, knew about the so-called *Inner Physician and Healer*, just as mankind knows it through God's revelations given anew today in Universal Life. It is the Spirit of Christ in us, the redeeming light that is effective particularly in the fourth consciousness center, the Christ-center.

We can place all the negativities we have recognized into this redeeming and healing light in us and, at the same time, ask Christ to transform it. We can also hand over to Him the physical pains and complaints and trustingly submit our inner wish for relief and healing.

He, the Inner Physician and Healer, wants to become active within us. But we have to let Him become active! This means for us, first to recognize our wrong behavior and then to give it up with His power – and to align with Him through a correspondingly positive way of thinking and living. Then the power of Christ in

us can become increasingly effective – soothing and healing.

We should, however, be constantly aware that the *inner healing* precedes the external healing, this means the elimination of the spiritual cause, of the negative thinking. A mere treatment of symptoms can never result in a true and lasting healing.

4. Positive Thinking

4.1 The Meaning of Illness

Just as a negative way of thinking and living has made us ill, a positive way of thinking can lead us to being healed. We have already mentioned the first positive steps towards being healed: self-recognition, repentance, forgiveness and making amends, that is, the clearing up, with the Christ-power, of the causes which made us ill. This presupposes, of course, the acceptance of the illness and the admission that we, *ourselves*, are responsible for it – nothing and no one else is to blame for it.

A further step would be the recognition that the illness has a *meaning*, that it basically is a grace. On the one hand, through the illness we have the opportunity to recognize and overcome a wrong behavior that is within us and, by so doing, the spiritual powers in us intensify. On the other hand, the soul burden, which has built itself up in the past – possibly in a former life – flows out in the form of illness. It is a grace, because this will no longer be possible in the soul-realms, after the soul has discarded its physical body. Here on earth, via the physical garment, the body, many burdens of the soul can be reduced – for example, in the form of an illness.

When we recognize the meaning and the chance of the illness and have thus accepted it, then *thankfulness* can rise within us. Thankfulness is a great, positive power. It can effect a great deal – particularly in illness and suffering. Despite pain and misery, when we are full of thankfulness and trust, much can be taken

away from us. These are positive, constructive and thus soothing and healing energies. The one who is thankful and loving in suffering possesses true greatness and is close to salvation.

4.2 Consciousness Aids

Another way to build up a positive energy field is to consciously program oneself with positive thoughts – with so-called consciousness aids. These also are positive words which we speak into ourselves frequently. They have a soothing and healing effect, because they address and build up the positive, the health, within us.

Examples of consciousness aids are:

"I am healthy."

The divine cosmic power flows through me and nourishes all cells, all organs."

"Every cell radiates in the light of the Spirit in me."

"I affirm health and strength within me."

"The healing power of Christ is within me. It flows in each cell of my body."

"The Inner Physician and Healer is effective and radiates within me."

It is very important here to have trust, the trust that everything which comes to us is good and right for us – and that the healing power in us is effective, even when we do not feel physical improvement immediately.

4.3 Healing Prayer and Healing Meditation

Healing prayer and *healing meditation* are certainly more intensively effective than consciousness aids. Turning trustingly towards the eternal Father, the child of God asks Him for His healing powers. The request, the gratitude, the trust flow from our heart to God and man opens himself for the healing powers that He is always ready to give.

The more positive thinking becomes a part of our daily life, the more our daily life becomes a prayer, the more our healing prayers can also become effective.

The healing meditation has a somewhat deeper effect than the healing prayer. It addresses still more intensively the positive powers within us and intensifies them. A healing meditation could be as follows:

We sit on a chair in an upright position. We put both feet next to each other on the floor and place the backs of our hands on our thighs. Through this meditative position, the spiritual powers can flow better. Breathing in and out deeply, we relax. We free ourselves from all negative thoughts and sensations by placing them in the Christ-center. Once we have become quiet within and no more negative thoughts preoccupy us, we will direct the following meditative thoughts to our innermost being, to the Christ-center:

My soul, awaken from the sleep of this world and listen to the life flowing within me.

Lord, you are the source within me.

Your light invigorates me.

Your light strengthens me.

Your light nourishes and revives me.

I feel free.

I feel filled with light.

I affirm health and strength within me.

I affirm them with my whole heart and with all my powers.

I affirm the Inner Light in all cells, organs, glands and hormones.

I affirm it in my nervous system.

Quietness and peace are entering me.

Harmony and love are strengthening me.

The Inner Light is healing me.

I am open for the medicine of the Inner Physician and Healer.

I am receiving the soothing and healing powers from the eternal source.

The light of Christ is healing me - according to His will ..."

Then we breathe again deeply in and out, move our body, yet remain linked with the inner power. When we open ourselves daily for the Christ-power within us by means of such a healing meditation, the divine healing powers in us will begin to flow more intensively.

It is important that we entrust ourselves completely to the will of God during the healing prayer as well as during the healing meditation: He alone knows what is good for us.

4.4 His Will Be Done

God looks first at the well-being of the *soul*. First, the corresponding burdens have to be erased, the negative causes and energy complexes have to be transformed into positive powers. Only then can true physical healing take place.

This means that we may indeed hope for relief and healing of the body, but we

should not harbor an attitude of expectation. As human beings, we do not fathom what is good for our inner evolution. For instance, it could be that the soul is heavily burdened. And it could also be that the illness has to be borne, as this is good for the maturation, purification and illumination of the soul.*

When this suffering is then allowed and trustingly accepted, in that we do not complain about it, but see its meaning, then God can give us more and more relief. God knows what is really good for us – and so we should give over everything to *His will*, trusting that He will give us relief and healing at the right time.

God considers first the well-being of the soul, that is, the inner healing. The more the soul frees itself from the burdens that man has loaded onto it, as a result of his negative thinking and living, the more intensively can the increased inflowing spirit powers also supply the physical body with spiritual energy. Thus, the body can gradually recuperate, because then the individual cells and organs are invigorated with God's spirit power, with the nourishing and maintaining divine light.

5. The Free Will

To sum up, one can say that a positive way of thinking and living is, on the one hand, the basis for health and, on the other hand, the necessary condition for healing. Thus, the power of prayer and meditation is particularly effective, since through it we communicate with the divine powers which lead to inner and, finally, to outer healing – if it is the will of God.

It is up to us, ourselves, whether we want to communicate with the positive, selfless, divine, healing powers which finally result in being well – or whether we want to communicate with negative, egoistic, destructive powers, thereby creating negative causes which bring about negative effects, for example, different kinds of illness.

Thus, we, ourselves, determine our fate; it is our free will that brings us either happiness, harmony, peace, joy and health – or through which we condemn ourselves to disharmony, suffering and illness.

We have the free choice whether we want to devote ourselves to base forces – then we also have to bear the consequences if we do not change our ways in time – or whether we turn towards the higher, divine energies by striving for selfless love towards our neighbor and our second neighbors, the plants and animals, thus observing the highest commandment, "Love God above everything and your neighbor as yourself!"

We, ourselves, have the key to health in our hand. If we turn it by a positive way of thinking and living, God can then open the door for us.

In Conclusion

On the path of schooling which leads within to the cosmic consciousness, as it is taught in Universal Life, we come to know the make-up of the spiritual body in us and the way the Spirit of God is effective in man. We learn to guide the self-healing powers through focused meditations, by addressing the consciousness centers. In the further course of the schooling, which above all consists of self-recognition by means of down to earth exercises and tasks, the inner powers develop more and more; the consciousness centers become filled with light; the consciousness gradually becomes wider and clearer. A fundamental reprogramming takes place from the negative to the positive, to selfless love, in that the burdens in the subconscious and in the soul are uncovered and, with the power of Christ, are transformed into positive light-energy.

This path, as well as the knowledge that is briefly summarized in this booklet on the topic of the power of thoughts, is revealed to mankind through the prophetic

word of God in Universal Life, which is conveyed to us by Gabriele – Würzburg, the teaching prophetess of God in this time.

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