

Spiritual Healing

The background of the cover is a deep blue with a subtle, shimmering texture. Overlaid on this is a stained glass-style illustration. It features a central figure on the left, rendered in dark red outlines, with a rounded head and a long, flowing robe. To the right of the figure is a bright, glowing sun or light source, also outlined in dark red, with several thin lines radiating outwards across the blue background.

Diane K. Chapin



*Book number seven in this **Spiritual Development Series**, "**Spiritual Healing**," subtitled "**A New Way to View the Human Condition**" is, indeed, exactly that. Who is a technician? Who is a true healer? What is the difference? The Buddha Consciousness, channeled through Diane Chapin, defines these differences, and provides a path to becoming a truly effective healer.*

Spiritual Healing

A New Way to View the Human Condition

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SPIRITUAL HEALING:

**A New Way to View the Human
Condition**

Channeled by

Diane K. Chapin

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CHAPTER 1

INTRODUCTION TO SPIRITUAL HEALING

Spiritual healing is, perhaps, the most difficult subject to present well because spirituality is so individual.

The principles are universal, but the experience is personal, uniquely yours and individual and it is why we see so much information coming out all over your planet in so many diverse ways.

Simply put, there are so many varied ways to pursue the inner healer, the Christ within, the God Presence within, the vastness of the inner self which is beyond description. That is why your experiences are so individually unique.

In spiritual healing, as you begin to heal your inner being, you are healing your planet. As you heal your inner issues, your inner sorrows and your inner grief, you heal every one in your own space and, consequently, on your planet. The unique individuality of each of you as human beings arises as the living presence of God and that expression becomes your life and the manner in which it touches other people.

The multiplicity of possibilities extends itself to every facet and corner of your planet. The multiplicity of possibilities created the variety of individual cultures and races as an opportunity for humankind to be aware of the many facets of the inner realms of self.

In the spiritual sense, every opportunity you have personally is an experience with the inner self. An expression of what is going on in terms of your relationship with God. Not the relationship that you were taught, but the relationship you have with the manner in which you create your reality and resonate to the truth of your spiritual principles.

What does that mean to you personally? For practitioners, the duty becomes to conscientiously be self aware all of the time. For parents, for spouses, for friends and lovers, the same applies.

There really is no difference between the professional practitioner and each of you who practice the Presence in other ways. That is a human distinction you make in order to define the manner in which income will be derived, but it has nothing to do with who is spiritual and who is not. Rather, it has to do with how you live your life, how you view yourself and how you relate to your heart.

As you begin to move into the realm of spiritual practices, living from your heart, giving yourself the gift of personal expression as your spiritual practice allows you to become a living practitioner, you are practicing the Presence as opposed to living the life of the one dimensional human condition.

In your spiritual literature, Jesus said, "Of mine own self I can do nothing." And that represents that dimension that practicing the Presence brings about; that interdimensional knowingness that arrives with the presence of God in every area of your life, that brings in the changes, the movement the well-being you desire, as

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well as financial health. In this way, your life becomes smoother.

So, an introduction to spiritual healing can only be an introduction to yourself as the infinite, ever living Godself and that is the perspective we would like to focus on: you as the spiritual co-creator of your personal reality as spiritual healers.

Many of you have come to perform spiritual practices, while others have come to nourish your planet in other ways. Infusing beauty, love, joy, gratitude, patience into your life are all spiritual principles that open the door to the understanding of spiritual healing.

The simple act of practicing the Presence opens the door in ways that are so subtle that, at first, they are unnoticed. That is why so many look to others to perform spiritual healing for them rather than learning it themselves, because the subtleties take so long to develop that there appears to be not a great deal occurring.

But, as you infuse the remarkable practices of patience, beauty, love and joy into your lives, you begin to heal your inner selves... where it all starts.

What does healing your inner self imply and mean? It means that as your overriding issues begin to disappear, there is space left in each day and each moment for intuition, trust, psychic activity and, the presence of God as the mover and doer.

So, the activity becomes one of unification rather than one of separation and that is where your spiritual healing becomes a quantum effect. It is at this point you realize

your gifts as useful tools, rather than things that you are nurturing and, if you will, fanning that gentle flame inside self.

The cultivation of your spiritual growth occupies a great deal of the early phases of spiritual healing. What eventually comes about out of that period in your lives is the experience of what appears to be advanced spiritual gifts, and all they are is the space that has been made by the healer for Presence. So there is no real magic.

What has occurred over time is the willingness to fan the flame, cultivating your relationship with God, along with the inner gifts that are always available to you as human beings, and to allow them to surface as manifested opportunities you offer as a service, or to funnel into creativity, your relationships, or teaching.

Many spiritual healers become teachers. Many teachers become spiritual healers. It is as if the road leads to the single mindedness of God, which expands into the Unity of Consciousness that allows an expression of multiple activities. Once again, it is the reverse of what would appear to be true.

Rather than many things on the external, you start with the single intention to heal self and then become the flow of many things manifesting themselves on the external. In this way, your whole life becomes a dedication to healing self, which allows for the healing of others.

Let us talk about the nature of God. In the nature of Reality, there can only be one substance and that is the nature of God. That is the substance that you draw on

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for the breath of life, for the perfection of each moment and for the continuation of your spiritual gifts.

It is at that point that true spiritual healing begins to take place within self, because you begin to set aside ego when you begin to draw upon the nature of God as your personal reality.

Reality is a collection of molecules for your convenience. So each of you is experiencing reality individually, personally and spiritually. It is why your planet is experiencing such a jumble right now. Reality is changing so much that much of the collective agreement no longer functions very well.

But along with that, individual lives do not have that collective agreement to hold onto any more. That is why old belief systems are coming up to be reviewed, disposed of and worked out. It is why there is so much shifting in your lives and why so many people feel they are on shaky ground... it is because they are.

The shift in consciousness on your planet is an enormous focus of spiritual healing that is taking place in every life, whether it is recognized or not. In order to discern the personal nature of Reality for oneself, one must be healed within. In order to recreate the reality of your planet, inner healing must take place and it is why it is so hard right now.

If Reality is being recreated, what will be the new foundation that Earth will live from and draw from? There are a number of choices, but the uplifted outlook is that the nature of Reality will be derived from the

substantial living presence of God as Unity and as something that is recognized as individually yours.

This is not collectively held through a religious viewpoint, nor politically held through governmental action, but individually experienced, individually operated. There is a big difference.

Rather than expecting that Reality will continually function for you and that it will be the same every day, so that you can become bored, now Reality is different every day so that you can experience your personal relationship with God... in the realization of your life in physical form, so that you can practice the Presence of your spiritual perfection.

Spiritual perfection... the realization of Oneness with God. That allows you to introduce yourself to a whole new arena of life, to a whole new understanding of what substance is.

As these changes take place, the impression is that reality has very little meaning and that you are at the mercy of events and circumstances. However, the truth is that the Reality that is the Presence of God is becoming more and more palpable. The nature of God will be less and less hidden and less obscure.

The veil of negativity is being lifted from earth. This means that the Presence of God is no longer obscured.

As the negative vibration that has surrounded your earth alters, shifts, withdraws, lifts, that which has created it all, that which holds it all together in infinite consciousness becomes more and more discernible.

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That means you become more God every day. But, how can that be if you are already that? It means that your self realization will grow so enormously that most of you will begin to recognize on some level how vast you really are.

This spiritual movement is so powerful that most of you will see it, feel it, experience it and wonder what it is, because it will be so new.

So, the spiritual practitioner is stepping ahead to practice the Presence by healing the inner self first. What are you healing? You are healing old attitudes, old beliefs, old self perceptions. What is underneath a lot of that? Old ideas about life.

So, in essence, you are healing your entire life. That is a big job. You are not just healing abundance, you are not just healing your health, for example, you are healing your focus about life.

In its simplest form, what is God consciousness but infinite focus manifesting itself as the multiplicity of possibilities which you experience in your lives as individual self?

So, as you focus more and more as a spiritual practitioner, you are experiencing more of the infinite focus. And, in so doing, you experience infinite capabilities because you are already that. You are already those things, but they are obscured by the veil.

So, now some of you are peeking over the veil... Oh! What will happen is that instead of looking over at a narrow world, you will experience more and more complete

vision. It will be almost as if you have taken off a bad pair of glasses.

We have talked about this in other chapters: that when you die, all you do is shift your perception. So, if that is true, as the nature of Reality changes, all that will happen in its simplest form is that you will shift your perception.

Let's talk about what it means to shift your perception. Shifting your perception sounds like you are climbing up a cliff to, hopefully, get to the top.

Let us say this in the ideal sense, because we know that in the practical sense, right now, you may disagree. Ideally shifting perception is nothing more than closing your eyes for a moment and opening them to a new focus.

It is the human need to keep the familiar in place that makes the shift so hard. Even when you take every step possible to release the familiar, guess who is your best companion to surprise you at night in your dreams or to keep you awake with fear?

The familiar is always there. It is the most difficult thing to practicing release, because it is what keeps your Earth the same.

If Earth changes, what could that mean? It implies catastrophe, it implies difficulty, hardship rather than what is also possible: a relaxation in self.

That is how subtle and yet how striking your personal reality is, because you can choose that for yourself: to relax into self as you release the familiar, or to enter into

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the experience of climbing the cliff. The individual nature of reality is what you are learning to shape.

As the collective, agreed-upon nature of Reality slips away and God becomes discernible through you... not through someone else, not through anything else or something else... you will experience your reality very differently. This means you will experience your own aliveness as spiritually healed.

As your consciousness shifts, you will feel as if you have come home.

In the great literature that you read, there are so many spiritual truths. You really are the fertile ground of Eden, because in each of you lies that complete perfect state of mind that allows you to manifest instantly.

Manifesting instantly, simply put, means that you are manifesting without restraint. Manifesting without human restraint (human fear), which keeps the manifestation process crimped. So you experience blocks.

Spiritually, healing means you are healing your fears, healing those things that obscure you from the recognition of the individual nature of God, of that Presence that is alive within you and that is fully knowing. That means that you do not have to refer to anything outside of yourself to know what is needed in any situation.

Even the most accomplished spiritual healer is looking through the narrow window of human limitation. So the purpose, in part, of this shift in perception is to heal

inner issues, which gradually lifts the perception of limitation.

As this occurs, the window becomes larger. Limitation, the restriction of fear, the relationship with self and its importance is not fully understood and this is why there are so few, to date, living Masters.

Spiritual healing is the road to self mastery. You have nothing else to master but yourself. No thing, no one and in its purest sense, no issue.

But right now that is what is going on: Human issues are surfacing and your experience of yourself is becoming more and more demanding, allowing you the privilege of self awareness.

How is self awareness a privilege? The submission of the media cannot be stressed enough in terms of allowing you to let yourself out spiritually.

The submission of mass consciousness is oppressive as it drops away. It always is. Intensity before release -that is why the media oppression is so intense: Intensity before the release of mass consciousness. As you might say, "God forbid, change should be easy."

So, as the mass consciousness becomes intensified, the road becomes the road of personal persecution. That can only mean that the issue of self judgment is presenting itself, mirrored by those who are making a living displaying mass consciousness.

So, as each spiritual practitioner works on self judgment, that feeding frenzy that you see going on will gradually

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disappear because there will be no personal energy going out to allow it to continue.

Intensity before release can be difficult to live through on Earth.

As you practice the Presence, become aware as spiritual healers of self what mass consciousness oppression means in your life and how it induces your reaction against change, the need to hold onto the familiar, how it induces your fear that you will never get there.

Mass consciousness is dedicated to stasis, to no-change or change at great difficulty: change requiring loss of life; change requiring hardship, struggle and suffering.

To heal the inner self becomes one's greatest spiritual duty because it allows you to become self realized. How does that help your planet?

As each one of you sheds the persona of mass oppression, as each one of you sheds your issues, you become spiritually free. As your life displays that spiritual freedom, you are able to serve your planet differently... not necessarily better (let us drop that judgment, too), but differently.

You are able to allow for the energy of God's Presence to be felt, heard, seen and expressed through you in whatever it is you are doing. The initial ego experience is that you will lose yourself but, in truth, you become yourself... free of the burdens of judgment, fear, difficulty and oppression.

Spiritual healing begins just like charity and self, with self. You cannot fix anybody else if you are not actively participating in fixing yourself. How do you fix yourself?

Keeping a daily journal will allow you the personal experience of self. It will allow you to become more conscious of your own inner dynamics. Healing the inner self always begins with forgiveness.

Perhaps the most powerful tool on your planet in any healing is forgiveness, *in any healing*. This is because illness, whether it is physical or financial, spiritual, religious, or relationships, begin with conflict, conflict as to what the truth is. Within conflict, arises self doubt, self abasement, fear and loss.

Perhaps the most difficult task is to come to terms with what your inner conflicts are, so that they can be forgiven and released. Conflicts constantly rub on you like sandpaper. They wear at you, they wear at your relationships, they wear at your finances, they wear at your heart.

Because of this, what becomes your focus? Conflict. You are always noodling, rubbing, dealing with it.

As your conflicts are forgiven at the vibrational level, at the cellular level, they become erased. This leaves the space to allow more Presence, which then offers its nurturance, its support, its guidance. It offers much more room for focus, infinite focus, infinite source.

What comforting words, instead of human conflict or human inadequacies. We would never use such a word as human inadequacies, because it is simply the experience of not being able to measure up to certain

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expectations that are created from the foundation of your conflicts.

So, spiritual healing of self becomes a torturous event, until you begin to understand that all you are doing is releasing your conflicts and making room for Presence.

As you forgive yourself deeply, it is like squeezing soothing ointment onto a sore, irritated area. It is the ointment of healing energy; it is the ointment of God that you have all longed for in your lives. It is almost as if you can squeeze yourself just like a tube of ointment and find that it is within you already... that you don't have to go to the medicine cabinet to find it.

The process of eliciting your conflicts through recognizing what your repetitive thoughts are and getting them down in your journal, will allow you the opportunity to deeply and spiritually forgive yourself of many of those conflicts that you suffer from now.

Spiritual healing is perhaps, realistically put, a life long process. But, gradually, it becomes a simpler task.

As you become more self realized, it becomes far more automatic to address conflict, it becomes more automatic to practice the Presence, it becomes more natural to experience yourself as your own individual expression of God.

You see, that is the other element of your conflict. Is it natural to have spiritual energy in your life? It is unnatural not to. That is why you experience trauma, illness and death, because you are in the unnatural state of conflict.

The essence of your eternal self is without conflict, at peace, at rest, manifesting from its own self awareness infinite Reality.

So, as your own self awareness becomes still, you experience yourself as infinite Reality. The perceptual shift in consciousness is of your planet manifesting your own dreams from self awareness, consciously... consciously, not unconsciously.

The experience initially feels unholy, because you have not been taught that you are always in a sacred space. Where you stand is holy ground. But, in processing your personal reality, it feels as if sacred space is only occupied in sacred buildings.

You are the temple of the living God. You, as the living, you, as sacred energy manifesting your reality as your own individual spiritual development unfolds.

Perhaps, then, there is only one first step in becoming your own spiritual healer and that is to give yourself permission to experience your Divine nature. You give yourself permission in a number of different ways.

We see so much of that, that there is so much desire in so many hearts to participate more fully in your lives and yet the simple step of permission is over looked.

As you begin to understand permission a little differently, the opportunity to explore self becomes far more illuminating, faster.

Permission means willingness to live from your heart and take your direction and information from a source other than mass consciousness. So permission is fundamental

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to real change. What we see often is that you are forcing change and eventually you will arrive at the same juncture.

As you give yourself permission to experience your eternal self intuitively, creatively, psychically, your whole life premise becomes different.

So, permission begins with your willingness to release the familiar and live in the moment. Without living in the moment, releasing the familiar awesome task, it means you are always in conflict about what is acceptable to you and what is not.

Spiritual Presence and spiritual healing must come through the recognition of your sacred identity, through the recognition of giving yourself permission to experience that in every area, not just one or two.

By giving yourself permission to be free of the opinions of others, free of your opinion of yourself, free of mass consciousness, you give yourself permission to experience God's Presence. You give yourself permission to let your light shine in upliftment without fear of reprisal.

This is a big obstacle for many, because it is different. Your appearance... that is, how your life will appear... will be different, for awhile, quite different.

Over time, many others will come out of their closets, too, and reveal that they are living from another level of reality: from the Presence of God as discernible substance instead of from the presence of conflict as the source of personal reality.

Giving yourself permission entails the willingness to recognize the magnitude of your own free will: the magnitude of how much you personally create.

As the veil lifts and there is less obscurity, it will be easier to be in the driver's seat. As the veil continues to recede and you each continue to work out your personal conflicts, managing reality from within becomes easier.

We are tacit in saying this, but what will become apparent is that it will become familiar. And so, you see, the circle becomes complete. What you are trying to achieve in releasing the familiarity of the familiar becomes God as the familiar.

So you have nothing to be afraid of except the steps in between. Sometimes that means you are adjusting to a new familiarity.

When we speak of 'releasing the familiar' in the spiritual outcome of your lives as spiritual beings, we recognize that that is part of the nature of Earth: to require things to be familiar. It is part of the nature of being human.

So, as the circle becomes complete and the familiar is the discernible substance of your own self awareness, you will each be manifesting much faster and much more easily. It is never easy to go to school to learn a new subject and all the components that allow that skill to become something you use in life. That is all you are really doing.

To put it in simple terms: spirituality is a mechanical process, love is not.

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Many spiritual practitioners have great skills because Spirit is impersonal and individual through each one of you. Accessing spiritual energy is a mechanical process. Love of God is not mechanical.

So, in practicing the Presence, as your mechanical skills become familiar, as you find that your tutorship has manifested itself as creative spiritual gifts and now you are "pretty good," it becomes a matter of practicing the Presence of God consciously.

In so doing, you keep ego from getting confused and thinking it has accomplished all of this. This is living spiritually, practicing the Presence of God consciously. It means looking at yourself as your life reflects self back to self.

Love of God, what does that mean? Does it mean that you look upon a glass of water and love it? Maybe. If it is the only glass of water in the desert, you might. Love of God... love yourself unconditionally. Love life, live your lives as vehicles for understanding.

Use your inner issues for inner understanding, not as torturous demons to be experienced but as vehicles for understanding.

Through this, you will find that the spiritual Presence you seek is no longer a mechanical process. It is the substance of your life. It is the core of your being. If it is only a mechanical process you are still in separation.

Now, the hardest part becomes the ability to discern self. Personality and ego at this point can become upset, to say the least. This is because the Unity Experience can

be so enveloping that there is no difference between the mechanical process of spiritual healing and self.

The next pitfall is self judgment. Once you experience those moments when there is no difference, when the mechanical process becomes effortless, "when you know your stuff," then the task becomes self awareness and self realization. . . self realization as Spirit, itself, without the distortion of ego.

This is hard to recognize. When you find that you have lost the familiar, itself, that you cannot tell the difference, then you know you are in Unity Consciousness.

But also be aware that everything you have ever read would lead you to believe there is no conflict in Unity Consciousness. You are still on Earth and you will have conflicts, even in Unity Consciousness.

Once you have those gifts, spiritual Presence must become what you practice so that you are living from your inner realm rather than from your conflicts. You will see this happen in your own life and you will wonder what has happened. It will be like the bottom dropped out again.

You will have arrived at a certain juncture, and then, it is time to take a well deserved pat on the back. You must give yourself recognition as any student does.

When you master a mechanical skill and it functions for you easily, it is appropriate to recognize that for what it is, an important step.

But, if that skill is all you see and you are not self aware, if you are not practicing the Presence, the bottom drops

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out temporarily because you have inserted ego into Unity Consciousness. You are temporarily experiencing separation. The overview, however, is that you are in Unity Consciousness with conflict.

Since there are very few pieces of literature that will tell you that, then self judgment, and self dislike surfaces. Because judgments start to take place again, we feel this is urgent information.

If you are a skillful spiritual healer, a skillful spiritual person who can manifest their reality and it's exactly what you want every time, then you are pretty unified.

But if you place a judgment on it, you introduce conflict into Unity Consciousness. The way to re-experience Unity Consciousness to stop judgment, dispose of the conflict. Use your tools and practice your principles.

So, even in Unity Consciousness, you have to deal with issues such as integrity, life style, appropriate behavior, etc. Appropriate behavior means there is only one person to straighten out: Yourself. There is only one person because that is your whole reality, whether you know it or not.

The subjective nature of personal reality is becoming clearer and clearer. This may make for a muddy picture for a while as you heal the inner self in order to come into better focus.

So, each of you has the staggering responsibility to "get a grip on yourself" through self awareness, through the willingness to shift your perception to infinite focus, instead of conflicted focus, and to be aware of where it can take you.

Because the human capability to adapt is so extraordinary, even Unity Consciousness becomes familiar. We have seen individuals arrive at the mastership level and, because of the familiar, it becomes ho-hum. And so they introduce conflict back into their lives so that they will have something to do, something to occupy the mental process.

We know you cannot spend your lives in meditation, because you came onto the physical plane to practice the Presence. The solution is to simply know that and, in so doing, you will stop trying to get it right. You've already done it. Live it.

If your perception can change in a flash, then you can change whatever is going on. You don't have to "get it right." As spiritual healers, you must be discerning of self. But even then "getting it right" simply means continuing your own relationship with self.

You are always moving onto new levels. How can that be? Because infinite, ever living, Presence is always unfolding.

God does not stay static, so neither are you, even in Unity Consciousness.

That means that, even as self realized masters who have created the ability to use spirituality in its mechanical sense very well, you can still have inner conflict, inner pain.

The difference is that you are able to turn those situations around quickly; you are able to understand and use spiritual tools; you are able to get back on track

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and enjoy Unity Consciousness again. These are little detours because you are in the physical.

It is important to understand that even in your darkest moments spiritual principles and tools apply: Meditation, prayer, forgiveness, release of conflict. If you fall down on the job to maintain self, spiritual progress slows down. A powerful spiritual insight is the example of Jesus on the cross.

Even at the moment of death, Jesus released conflict through forgiveness. He did not fall down on the job. He employed prayer, forgiveness and meditation even at the hour of death.

So, to understand that, you as spiritual beings in material form should be doing the same thing: Using spiritual principles when times get tough. When the bottom drops out, even in Unity Consciousness, give yourself permission to be free, to be unified, to practice the Presence.

Give yourself permission to make mistakes. What are mistakes but a human expectation as to what should happen instead of seeing the flow? The flow does not have to be a little, short stream.

The flow can go anywhere, that's another problem in spiritual healing and spiritual living..."things that flow can only go in one direction, straight ahead, not looking here or there, straight ahead." If you are in "straight ahead" you are in conflict. "Straight ahead" applies when you drive a car.

In Unity Consciousness there is unfoldment. In Unity Consciousness there is release of conflict, there is release of judgment. Through this, the unfolding process begins.

So you may have some sense for awhile of stop/start. Stop/start is O.K. too, it really is. It simply means you are learning the mechanics and, when you find yourself slipping through the door of your own judgment, then you know it's time to apply your spiritual principles of forgiveness for self.

As you apply forgiveness, remembering to do this because you have mastered the mechanics, does not mean you are living spiritually, it means you have accessed impersonal energy that is always there.

As you exercise your spiritual principles and see them work, your respect for self, your dignity in self, your ability to let freedom be present through self love, grows. It is part of your own expansion. It is part of Unity Consciousness, part of spiritual healing.

So, as you heal yourself, you heal Earth and your gifts expand automatically giving the effect of a realized master.

Be discerning in your own mastership. Be discerning enough to recognize the difference between mechanical skills and spiritual living. The choice is always yours because of the free will on your planet.

In Spirit's perfection, you have the opportunity to experience Reality any way you want to. And, in a sense, you already are.

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But what must be understood is that the subjective nature of Reality is becoming more and more the window and less and less the collective consciousness of mass oppression.

So, as you look through your subjective window, open that shade. As you look, you may say, "but we see so much oppression." Know that this is intensity before release. It is always the strongest vibration.

Those of you who have spiritual practices see this, that in intensity before release fear comes up, the issues come up, sometimes the sorrow comes up. However, through release, other things take place.

As mass oppression is released, as you each understand your own subjective reality as the projection that you are living through and calling collective Reality, you each have a better chance to become more strongly self realized instead of wondering why your life is so different from everyone else's.

Apparent differences may exist for awhile as the subjective reality surfaces to become a greater collective Reality experienced as the Presence of God in discernible form.

As you experience more frequent moments of Unity Consciousness, you will know more and more what that is like. So, when conflicts arise, you will be able to address them, release them and continue on.

This is not such a fearful job as it may appear. Allow yourselves the gift of simplicity. Keep it simple. Keep your focus simple.

Conflicts arise when complexity becomes your focus. When complexity takes over, living in the moment becomes difficult. This is because complexity becomes the overriding subjective reality, instead of clear focus through simplicity and love of God.

Infinite perception is what? It is single minded; single minded and unfolding as the multiplicity of possibilities. So, you see that single mindedness is not a narrowing of focus that keeps you in limitation. Instead, it means that you are in that multiple flow.

The self awareness that you want to work with in order to be a masterful spiritual practitioner is simplicity experiencing and unfolding itself... you unfolding itself as the multiplicity of possibilities for yourself.

Highest Good should prevail in all of your work. Your spiritual principles, love, joy, beauty, gratitude take you back to the simplicity of the moment instead of the complexity of conflict.

Spiritual healing of self can be initially exacting as you learn your new skills. Then the exhilaration of Unity Consciousness and self awareness reveal the Presence of God for your masterful consideration.

Spiritual principles are the most practical principles available today in the midst of shifting human awareness and expansion on all levels of consciousness.

So, as you become spiritual practitioners, you are practicing the Presence skillfully. As you become self realized in releasing conflicts in loving self, now you become unified in love and you are living spiritually, not as a mechanic.

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Do not be afraid of your technical gifts. You have only to fear the subjective nature of your own judgment.

You are loved unconditionally, because you are in eternity. There are no conditions in eternity. There are only conditions in your mental life.

As you practice the Presence unconditionally, love yourself and let it be a joyful adventure as you become spiritual technicians creating your reality from yourselves, instead of through the idea that you are creating something from the external.

ASSIGNED EXERCISE: Use Your Journal And Consider Those Areas You Would Like To Heal Within Yourself.

We would like to briefly introduce the subject of light and energy in your healing work.

Our purpose for this discussion is to speak of light and energy in terms of vibrational attunement for the purposes of healing the inner self.

Naturally, if you are healing the inner self you are healing situations, circumstances and events in your lives. So, it can also be used for the external things that are going on.

Since we have discussed the nature of Reality as internally developed, we would like you to use your vibrational attunement as a means to heal your life.

In practicing the Presence of God as spiritual practitioners and spiritual healers of self, you are then practicing the use of light and energy.

There are many components to the consciousness of infinite Divine nature. One of them is vibrational attunement.

Others are light, energy, unconditional love, unconditional, impersonal, ongoing energy that creates your realities as you produce them from within yourselves.

In healing the inner self vibrationally, light and energy can be a very useful tool. The manner in which our techniques are described are really relatively simple.

Since you are healing the self, it is self that you begin to expose to light and energy. It is self's internal mechanisms that you want to raise vibrationally in a conscious manner. It is self expanding self in awareness.

MEDITATIVE EXERCISE: Using Light And Energy As A Means To Expand Consciousness.

Focus on your solar plexus and, as you do that, begin to expand unconditional love to your home and yourself. Then begin to take in your neighborhood, your community, your country, and your planet.

After a few minutes and the energy is really moving, try to expand the energy into other galaxies to let you experience, for a moment, perceptual shifts in awareness.

Your purpose is to be unconditional with your energy, allowing self to experience expansion and a perceptual shift in awareness.

Spiritual Healing

As you feel your energies begin to expand, you feel upliftment take place. Stay as focused on yourself as possible so you are not focusing externally. The reason for this is so that you do not play mind games as your energy expands.

The purpose is spiritual expansion and perceptual shifts, so stay aware of what is going on with you as your energy expands.

This exercise will provide you with new levels of awareness and is a good exercise in spiritual practitionership that you can use any time. You can use this exercise for any event in your life.

Take it into your expanding consciousness awareness...from your solar plexus let the energies expand and allow for the perceptual shift in awareness to move the event in your life into highest good and into its proper flow.

This is really a mechanical exercise in which you deliberately expand consciousness, but constantly remain self aware.

The reason that we ask you to stay present in the solar plexus is that, very often, the solar plexus is the seat of control and attachment. That is where you will discover that you are clinging to the vibration of your expectations.

"Attachment clings to the vibration of your expectations, through control and attachment to a specific outcome." So how are you manifesting from expectation? Of course, at the vibrational level.

As you expand your consciousness, releasing limitation and gradually bring your focus back from where ever you are at the present, whether it is your living room or whatever... that allows you to open and close in a mechanical sense so that you get used to the fact that you do this all of the time. The heart is obviously working through unconditional love and nonattachment.

That is the realization of Unity Consciousness that is possible in this exercise with the human side experiencing the mechanics of the exercise through observation. So, in an exercise of this magnitude, there are always many levels to experience.

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It is helpful to recognize the moments of Unity Consciousness and also to be aware of those moments you were in separation, so that you know that the two things can go on simultaneously. That is another incorrect understanding about Unity Consciousness.

The teaching is that, if you are in Unity Consciousness, you are never experiencing separation.

It is, however, important to realize that you are still in the material. It is possible to have Unity Consciousness and separation the next moment. You may experience Unity Consciousness and separation until you practice that understanding and expand your Unity Consciousness more and more.

Question: - Going from Earth and expanding out to the solar system I began to get real vertigo and I had to pull back and re-group before expanding again. But I didn't experience that going out of the galaxy and beyond.

Spiritual Healing

TBC: What we would say is that your body made an internal adjustment. As you moved further out, the mechanical adjustment began to take place. Again understand, as you travel, such as in this last exercise, and experience different levels of reality, you are always adjusting. You are always in that process of raising your vibrations.

Any time you work from the solar plexus, any time you expand in consciousness and use light and energy, you are lifting your vibrations quite a lot, so you may feel adverse physical symptoms.

When the vibration lifts, there can be side effects such as dizziness and nausea. That's the time to use pink light.

Your knowledge and use of your tools can let you continue instead of giving up the exercise.

When these vibrational shifts occur, your next step is to consciously send yourself pink light, send your solar plexus pink light and let that area that you are expanding into be filled with pink light.

We have seen clients who were releasing at the vibrational level and they experienced a lot of discomfort, because they were closing the gap in awareness in Unity Consciousness. As that occurs, there is an upliftment.

So, when those kinds of experiences occur when you send the light out into that open space, it helps you so that you are not experiencing so much physical dizziness and disorientation.

The reason for these symptoms is that you are pushing the boundaries of familiarity. So there has to be a way to

insulate the physical from the shock of the level of vibration that the universe functions at.

The whole purpose of such an exercise is to let you experience more of your God vibration. As you moved out into other galaxies, that's where your heart went, naturally into the God vibration.

So, there can be a little discomfort in experiencing yourself at the level which you really operate, instead of the slowed down level of the material that you are accustomed to thinking of yourselves as.

That is interdimensional awareness that you just had, experiencing your own level of vibration as well as Unity Consciousness at the level of the God vibration. You can do that all of the time.

How you close down from recognizing the God vibration all of the time is the experience that you grow up with in mass consciousness: That it's not O.K. to experience those things, that this couldn't possibly be you.

You are all interdimensional beings and, doing this exercise, you just saw that conclusively for yourselves. You are interdimensional beings with interdimensional skills. It's very impressive.

Know that you can go into interdimensional awareness all of the time and you can depend on returning to the familiar when you want to. What you must be aware of is that, by staying focused on the solar plexus, you are always able to return.

Spiritual Healing

What we would say is this: if you expand on your own gradually and stay in what is comfortable, you will naturally slip out of that boundary momentarily.

When we speak of something occurring naturally, we mean it will occur of its own accord. It is in the momentary awareness that great change takes place and your awareness becomes greater than you dream of.

Understand that it is not as if you are going anywhere that is not inside yourselves. That is what we really want to impress upon you. You did not go anywhere external. There isn't any "out there" to go to.

You went deep into self, which manifests itself as "out there." When you know that, you can go anywhere you want, but if you suspect that you need a spaceship to get there, then you should take it slow and stay comfortable.

Be consciously aware that you are only going one place, inside your own awareness, inside self. Because the body lets you think that you are in a physical space; that is the body, personality and ego, that is the vehicle for this physical experience.

But the true you, the eternal, ever-living you, is simply a part of your body. You really are all of those things that you experienced.

The physical world is so encompassing that the experience is that you are in limitation. So, as you enter into self, there is nothing to fear. That is the natural you.

Truthfully, it is more fearful to be in the physical, because there are so many obstacles to consider, rather than the openness of yourself.

In spiritualizing your thinking, you gradually have the opportunity to know yourself as spiritual magicians and to get through your fears and hurdles that appear to be external.

Again, the hardest part of a discussion like this is for you to understand how convincing the material and the familiar is. As you went into self, you experienced another avenue of the familiar.

The personality that is sensible would say, "better to be on safe ground when one explores avenues of unfamiliarity." The familiar showed up in self. It is even something you can experience on the level of awareness that is meant to be an exercise in consciousness expansion.

This is a very helpful example for us to be able to relate, because there are very few words that can describe that within self lie the pillars of familiarity.

So, when you are consciously expanding consciousness, you are pushing the boundaries of the familiar. As that becomes comfortable and familiar, you will slip into limitlessness. It is an interesting cycle in the material.

You will find that the adjustment to what we have said may occur faster than you now think possible. This is because you will realize that, as you are in self, experiencing the solar plexus, experiencing Unity Consciousness in your heart and you get accustomed to that, then you will slip through that cosmic opening that will take you into self, that will take you into no limitation, no burdens.

Spiritual Healing

However, it requires that the pillars of familiarity within self relax enough. This is because this is a mechanical process and has become familiar also.

It is interesting to note that this is a mechanical process that historically has been described as a rarefied spiritual experience. What makes it so is to experience that as the unconditional, unrestricted love of God, as you and for you.

Again, your level of awareness must be acute or it is easy to convince self that you have arrived when, in fact, you are simply the master of a mechanical experience.

You understand the mechanics of producing Reality, rather than understanding that the nature of Reality is God Consciousness. That's when you turn to self and spiritual healing in its essence: when you understand the nature of consciousness as God Consciousness.

As your avenue of expression within self becomes clearer, healing takes place on more levels. So, as you become like distilled water, so does your healing.

If it is your intention from within self to allow Presence to change your self perception, lift the vibrations, attune your energies, then you are learning to maintain consciousness through intention. It all stems from self awareness of self.

So, in healing situations, it always returns to the code of a physician. "Physician heal thyself." It is hard for a sick doctor to make all of his patients well. If you are sick inside, it is harder to effect the level of healing that a genuine healer desires, so it is your duty to maintain that consciousness.

What is genuine healing, but the assistance, through changes in energy and vibration, to allow another human being to have the experience of an alteration in self perception.

This is the hardest and the simplest method of spiritual healing. When you realize that a lot of spiritual healing is simply mechanical, even for yourself, then you are able to release yourself from the burden of your own mechanical enterprises and become truly self realized.

Often, as a healer, you will go through stages where there are very good mechanics. Then, as the healer, you continue to practice living spiritually, not just healing as an occupation, but living spiritually, the process of distilling the inner self to allow more space for Presence is profound.

You accomplish this through forgiveness, nonattachment, releasing expectations and working on personal issues in such a way that they not only recede, but disappear from the life. Then you will see that the mechanical process takes on a whole new dimension. There is another aspect present.

Often in spiritual healing, one of the ways to know that spiritual activity is taking place is the presence of a Divine fragrance. It is exciting when spiritual healers have that experience of uplifted vibrations which is tangible to the nostril. It is the vibration of light and energy in physical form as fragrance.

So, you are all operating interdimensionally all of the time.

Spiritual Healing

This discussion is not meant to imply that the spiritual healer who is healing specifically from the mechanical point of view is not doing excellent work, because there is always impersonal spiritual energy which is always available.

But it can reveal that there is more space for change, more space for spiritual enhancement so that healing your own physical existence, healing your own reality, which is where you start to practice your spiritual healing, provides you with an opportunity to become a refined mechanic.

The next step is to remain consciously aware so that you can let that dimension grow for you and know God as the mover in your life. The mechanics can become very engaged in self, rather than engaged in God.

But as a mechanical spiritual healer, expanding self can move you into Unity Consciousness, where it is hard to tell the difference to who's who and what's what. It opens that voluntary door for that uplifted, self realized vibration of God.

So, the mechanic can truly move forward into Unity Consciousness and experience far more.

You can do this in every area of your life, healing yourself to allow more space for God through expanding awareness, going within self, distilling the inner realms and opening that door to the awareness of self as the unified aspect of God.

When you put yourself in the hands of a healer, you want to know from what point of view they conduct their

practice. Are they mechanics or are they consciously self aware in every area?

It is dangerous not to be conscious because hidden agendas and selfish purposes can become the healer's focus, rather than the uplifted awareness of God Consciousness.

Spiritual upliftment usually does not happen all at once. Self realization and self mastery may imply months or even years of gradual change. The point is that the healer who is self aware continues to be diligent while the mechanic may believe that it is he or she who is doing the work.

Remember, that when you stop changing, you know that you are "stuck within self somewhere." You are not viewing things as fluid. Apply your principles, seeing the situation as fluid, and move through the difficulty. Your life should always represent an ongoing experience with self and should reveal itself as change.

These changes will appear as changes in capability, change in self perception. It does not necessarily mean you will have to change physical locations as you advance, but it may. The bottom line is self perception.

When an individual slips into serious and dramatic illness, there is usually a momentary drop in self perception. This is sometimes very hidden and very subtle.

In those moments of loss of self perception, what occurs is that the sense of separation becomes so intense that serious difficulties begin to surface.

Spiritual Healing

Then, as that intense expression of loss of self perception continues on the unacknowledged, unconscious level, the resonation becomes a manifested physical difficulty, financial difficulty, spiritual difficulty which is experienced as separation.

A great deal of spiritual living is involved in perception and perception of yourself. It is critical to be aware of what is going on in your journal. What is going on with you so that, as the intensity of your perceptions grow, you know what is occurring and you can treat it.

You would treat it by going within self, allowing expansion to take place and sending that intensity as much light as you can, while, at the same time, letting expansion take place.

When expansion is not occurring, what it can turn into is a restricted experience.

If release does not fully take place and you are still in a "stuck state or in limitation or ill health," the key is to realize that it is occurring because there is no awareness of expansion so that there is something that clicks inside you. When this occurs, you can see how the internal self manifests itself as the external.

When those kinds of awareness take place through your meditation, you are altering things at the light, energy and vibrational level and you can bring about immediate changes.

But they must come from a standpoint of expansion, rather than restriction. The foundation must come from as much non-judgment as possible when you are dealing with perception.

When you are simply dealing with mechanics, a lot can happen, even surrounded by judgment, but it will not take the serious seeker into God presence. That is what we are discussing. Living spiritually is far more demanding and means that you stop judging and stop being unconscious.

In this way, you become the practitioner in your own life. You are practicing the Presence on and with yourself and you are healing your internal reality in such a way that you are able to share that with others in your healing practice; *through your own consciousness... through your own expansion.*

These steps are simple but unfamiliar at this point. But be aware that, as you practice these steps, they become familiar and much easier. So, in a sense, you are trading one level of familiarity for another.

But, as you practice that, you will be able to let go of even your spiritual familiarity faster so that you can continue to expand within self and really understand how majestic you are. Having a glimpse of your own majesty alters your self perception dramatically.

A glimpse confirms that there are no limitations. It raises your self awareness so that you are able to produce your reality and produce effective work on yourself. That is why things are speeding up all around your planet; that people can continuously practice, expand and grow.

So the format remains that same practice, evolve, rest, activity, so that, as you rest in self, you have more energy for spiritual activity.

ASSIGNED EXERCISE: Select one area that you would like to work on for yourself. Work on it through the solar plexus and expand your energy always keeping that sense of self in place.

As those moments of Unity Consciousness come up, when you experience what you are releasing as part of you, that's when you may send it light, and energy and release it at the vibrational level.

So, if there is something that is limiting you, something that is not working for you, focus on that. As you do this, remember, practice, evolve, practice, evolve... very important steps to help you remain encouraged, conscious and uplifted.

In summary, each day has infinite possibilities in it. Each moment is alive with the potential of your infinite self. With each breath you draw you can know that; with each breath, you draw you can know you are infinite self.

Even if you draw your last breath in the material, you will be opening self perception in the next breath in the multidimensional. The hard part is to say good-bye to the familiar of earth and to those who are closest.

It is why many choose to go in accidents or in sudden ways so that they will not have to experience that. Let us be very clear, there are many different decisions around the death process.

Our purpose now is to present you with infinite possibilities and the realization that, even in your last moments on earth, you are opening into God Consciousness and infinite awareness.

Diane Chapin

Blessings. Blessings.

Note: Since TBC so strongly introduced the concept of Unity Consciousness in this Chapter, I am including some new sections on Unity Consciousness in “Chapter 12 – Epilog” in Book 9, “Advanced Keys For Life Management” of this 9-Book TBC series (Books 10 and 11 having been channeled from The Universal Oneness).
~ Don Chapin



*Book number seven in this **Spiritual Development Series**, "**Spiritual Healing**," subtitled "**A New Way to View the Human Condition**" is, indeed, exactly that. Who is a technician? Who is a true healer? What is the difference? The Buddha Consciousness, channeled through Diane Chapin, defines these differences, and provides a path to becoming a truly effective healer.*

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