

## Healing and Paradox Part II

**Meeting the Intrinsic, the Healer Inside:** We keep looking outside of ourselves for leadership, wisdom, safety, assurance, and ways of ending our fears and suffering. We're all looking for a life-formula that will assure us. We are looking for those supports in spite of the fact that if we look at life itself we will see that it is eternal. We have various beliefs that range from pessimistic to optimistic outcomes after our bodies die. Some believe that we will receive eternal life in our present state of awareness, and that the "I that is me" ego will be here forever, based on a belief in merit earned or accumulation of earthly success. There is no evidence that either eternal rewards or eternal punishments are so... yet these are the issues religions fight about.

**Presence of Somatics:** We find that our direct relationship with creation exists inside of us, not through some outer agency, but through our own somatic awareness. Instead of vainly trying to find a formula for continuing life beyond the body, we can seek and find the evidence of our own participation in eternal life inside ourselves now. As we practice presence more and more, we start to become aware that we are accompanied inside by a Being that is always with us. Some call this internal Being the Holy Spirit, some call it the Soul. I call it the Intrinsic one, meaning always with us because it is inherent or designed into life itself. We can also call this Intrinsic one the inner healer, inner teacher, inner Self. As we become aware of this One inside of ourselves, we recognize that this One knows us totally and loves us totally.

**Shared Being:** This Intrinsic one we share with all sentient beings... it is individual and personal and intimate, and yet collective, multi-personal, and conjoining. By developing a conscious relationship with this One we find that we are participants in eternal life which is always shared and always in the present. The Intrinsic Being inside of us is eternal. The Gifts of Presence: Love, Meaning, Joy, Purpose, Peacefulness, Gratitude, Co-creation flow naturally from our opening to this most primary relationship we have... with this One inside.

**Meeting the Intrinsic:** How can we experience the Intrinsic here and now? Like a near death experience, once we become consciously aware of our own intrinsic being, we no longer fear death. We start to experience the constancy of this relationship, which is the healthy core of all relationships. The Intrinsic will never interfere with the ways we choose to live our lives, but if we move towards It, It will always be with us in our internal awareness. How do we reach towards the Intrinsic? We are going to experiment with prayer, as an opening to this relationship. The prayer will come from each one of us in our own way. If we use Psalms as an example, true prayer always comes from personal honesty. In that sense it will always succeed because the One we are addressing knows and loves us totally:

"I speak without conditions to the One who lives in me. I stand in my own ground and I can be perfectly honest, without fear or self duplicity. I cannot speak falsely because You [One inside] know my heart and do not judge me. As we meet in prayer I learn the freedom of true honesty."

**Personal Healing:** Joe has cancerous tumors along his spine. Joe is a very good friend of mine. He is loved by many persons on Orcas Island. Joe is in his 60s and is in very good physical shape. It doesn't seem possible that Joe may die before that rest of us. He is a very loving man and continually optimistic about life. I am very fortunate to know him and to be loved by him. Koito and I have trained 16 men to work on Joe with presencing and somatics in groups of 3 persons once per week. The men are very happy to do it because before the healing trainings each wanted ways to directly help Joe. Joe is very open about his fears of dying...

Joe is a spiritual man and has been praying for strength and guidance throughout his ordeal. When he is fearful he practices becoming present in his own body. He does not want to die so soon and everyone else does not want him to die. However they are not trying to hold on to Joe or fix his body. All realize that true healing is joining and they all, including Joe, look forward to the joining. He feels full of love and light and takes a very restful nap after his sessions from the men. The men know that the healings are sharings of presence and, as would follow from "no one is healed alone," they are witnessing great changes in their own lives... lettings go of fear, changes in bodily symptoms, deep appreciations of one another and gratitude for their own lives. Joe himself has been learning so much from the Intrinsic inside and teaching us all by his presence.

**Fear of the healing process:** Many of us are so afraid to be with someone who is seriously ill or dying that we remove ourselves from the company of those persons. Also persons who are ill tend to feel separated from others in part because they are being invited to withdraw inward.

Many, like Job, also feel guilty and embarrassed by their condition. Many of us, like Job's friends, are afraid of keeping company with death. Those of us who are learning to keep company in presence with the ill and the dying are starting to feel the effects of mutual healing... and a sharing of the Intrinsic. What do we discover as we start to look within... we fear that we may find deadly demons of the past lurking in all the dark places. Instead, when using the lights of presence and curiosity, we find that the demons are actually guides and helpers and that the white light of awareness and golden light of clarity become more and more revealed.

### **Healing Professionals**

**Healer's Wound, Chiron:** There is a wound inside of each caregiving professional called the "healer's wound." We discover that we need to bring healing to others, in order to heal ourselves. Why is this so? Because we feel pain and suffering caused by

collective humanity's separation from one another... our self-centered egos' fear of joining causes our fear . Each of us has to deal with the difficulties of separation. We find that as we move towards unity consciousness and start to know the Intrinsic one inside, we move further and further away from fear. Just like the men on Orcas Island, we are becoming present to the real mysteries of life. Healing is always a mutual experience that occurs when we share presence. When we are afraid to share presence with one another, we miss the two-way joining experience.

*"The one we are healing is healing us."  
"We heal others in order to heal ourselves"*

**Transformation:** When we practice healing by sharing presence we open ourselves and others to transformation. By sharing presence we are inviting ourselves into eternal life. When we share presence our Intrinsic is inviting us to enter into Its collective Presence and to feel connected to everything. Because of sharing presence we are brought directly into the now of eternal life together with our client; We are experiencing the effects of collective Oneness. And so we confirm that all healing is conjoining rather than one-way giving from a place of expertise and skill. Yet we play the role of healer in order to ameliorate suffering. Just as we are not judged by our inner One, so when we share presence with another we give up ego notions of judgment, authority, and rescue.

*Do not fear that you are picking up something from the client... you are being healed as well.*

*Remember there is a healing Being [Intrinsic] inside of everyone, inner teacher, inner healer.*

*We are participating in our collective Beingness when we are doing healing work.*

**Healing our perceptions:** The Course in Miracles [ACIM] materials explain many of the underlying problems that have blocked our understanding of true healing, which is joining our Intrinsic selves together in presence. When Jesus said: "Physician heal thyself," he was not talking about physical healing. He was talking about the perception in the healer's mind that the healee or someone else had done something wrong. Also that the practitioner is aloof from the problem. This thought form still crowds our perceptions of illness. We look for some reason in the past that this person is suffering: wrong diet, bad habits, hidden resentments, history of trauma, environmental degradation, depression, holding on to physical injury. And clients often feel guilty for their past or are projecting that guilt outside of themselves onto someone or something else that caused the problem. In fact there is no connection between illness and guilt except in our ego minds.

*"Guilt is an effect of minds that separate." ACIM*

**Ending separation:** A Course in Miracles states that actually we are all working on the same problem together and that problem is our perception of illness as something involving guilt. Both client and practitioner share the same belief that the source of the suffering lies in the past. ACIM states that the source of the suffering is our belief in separation. The cure for the suffering is joining in presence. When I spoke with Joe he said that he never had any thoughts of guilt or any connection with punishment. Unlike most professional caregiving which looks for a cause for the illness in the past, neither Joe nor the men who are sharing presence with him have that kind of cause and effect mindset. What they are experiencing is joining and true healing.

*“The passing [undoing] of guilt [separation] is the true aim of therapy [healing]... In this their [healer and healee] oneness can be clearly seen. Yet who could experience the end of guilt who feels responsible for his brother in the role of guide [or authority] for him? Such a function presupposes a knowledge that no one here [on Earth] can have; a certainty of past, present and future, and of all the effects that may occur in them. Only from this omniscient point of view would such a role be possible. Yet no [ones'] perception is omniscient, nor is the tiny [ego] self of one alone against the universe able to assume he has such wisdom except in madness. That many therapists are mad is obvious. No unhealed healer can be wholly sane.” ~Adapted from ACIM supplement: Psychotherapy: Purpose, Practice, and Process*