

Introduction

- I. Spiritual healing means that healing comes from Spirit.
 - A. Spiritual healing comes from God, Spirit, your Higher Self, your Inner Voice.
 - B. It is not dependent on anything external.

- II. We have to get to a place where we are in touch with the Divine within us, our Higher Self.
 - A. It is only from this place of listening, this place of communing with Spirit, that spiritual healing can occur.
 - B. Spiritual healing involves lifting our consciousness up to God.

- III. Spiritual healing is not an easy road.
 - A. Each individual has to do the work for spiritual healing to occur.
 - B. There are times when the consciousness of another can heal us.
 - C. Learn how to let God do the healing through you by allowing the consciousness of God to become your consciousness.

- IV. Our consciousness must change in order for spiritual healing to occur.
 - A. Only God can truly understand how spiritual healing works.
 - B. It is not necessary that we understand all the intricacies of spiritual healing.

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- C. It is necessary that we allow the light of God to be expressed in our lives.

Step 1 – Throw Away The Old

“Neither do men put new wine into old bottles: else the bottles break, and the wine runneth out, and the bottles perish: but they put new wine into new bottles, and both are preserved.” Matthew 9:17 (KJV)

- I. In order to fully embrace the principles of spiritual healing, it is necessary to empty our minds of all old beliefs that no longer serve us.
 - A. As we embrace the principles of spiritual healing, our entire lives are bound to change.
 - B. These principles can lead us to a new life filled with joy, radiant health, and inner peace.
- II. What concepts about God and yourself should you throw away? Which ones should you keep?
 - A. Throw away any beliefs of a fearful, judgmental, punishing God.
 - 1. God is pure love.
 - 2. God is forgiving.
 - 3. God is Infinite.
 - B. Throw away any negative images about yourself, such as you are your body, and it is full of limitation and imperfections.
- III. All healing is of God.

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- A. Medicine and doctors are healing tools.
 - B. When the principles of spiritual healing are thoroughly understood, then one may feel secure enough to drop material forms of healing.
- IV. A list of “Old” things you may consider throwing away:
- A. A job that you have outgrown.
 - B. What other people think of you and the choices you are making about your life.
 - C. Some relationships.
 - D. A belief in illness.
 - E. Let go of childhood beliefs that you have outgrown.
- V. How can you change your old beliefs?
- A. Discover the true nature of God.
 - B. Pray and meditate.
 - C. Study the scriptures.

Step 2 – Listen To The Inner Voice

“BE STILL, AND KNOW THAT I AM GOD.” Psalm 46:10 (KJV)

- I. Discuss why step two is the most important step in spiritual healing.
- II. What are some of the ways that make hearing God successful?
 - A. Making it the most important goal in your life.
 - B. By consciously focusing and turning within to listen to God.
- III. What are the many ways to listen to the Inner Voice?
 - A. Sit comfortably in a chair, with eyes closed.
 - B. Repeat some sacred words or a phrase from scripture.
 - C. Sit in the silence, take walks or take a candle-lit bath.
 - D. Dreams are another way of listening to God.
- IV. Why does it sometimes take time to receive an answer from God?
 - A. It may be that we have a belief that is blocking the Inner Guidance.
 - B. It may not be the time for the answer to be revealed.
- V. What are the possible stumbling blocks to listening to the Inner Voice?
 - A. One of the biggest stumbling blocks can be impatience.

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- B. Wondering if it is really God or ego that you're listening to.
 - C. Daily responsibilities can be a stumbling block to listening to the Inner Voice.
 - D. Physical pain can make it difficult to sit and listen to the Inner Voice.
 - E. Relationships can be obstacles to listening as we walk the path of spiritual healing.
 - F. Fear of God, yourself, the past, the future and losing control.
- VI. Discuss how the connection between you and God will become stronger the more you listen.

Step 3 – Act On Inner Guidance

“Jesus said unto him, ‘If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow me.’” Matthew 19:21 (KJV)

- I. Listen to the Inner Voice.
 - A. Act on the guidance you receive.
 - B. Let God's Voice guide you towards peace and love.
- II. You can trust that God will only guide you to do what is best for all concerned.
 - A. Faithfully follow all the steps that you are given.
 - B. Share your experiences with people who are on a similar path.

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- III. Let go and let God.
 - A. In God's kingdom there is only now.
 - B. It is only your willingness to allow God to express through you that bring healing, abundance, and joy.
 - 1. They already exist.
 - 2. You merely need to express it.

- IV. Acting on your Inner Guidance means following through on the little matters as well as the big one.
 - A. The more you listen to the Voice the more you will be able to be at the right place, at the right time, to help someone.
 - 1. Your Inner Guidance knows who is in trouble, who is lonely, or who needs a phone call.
 - 2. Your Inner Guidance also knows all of your talents and abilities.
 - B. The Inner Voice knows what is needed in the world, and where in the world it is needed.
 - 1. Sit in the Silence.
 - 2. Go beyond thought and experience the Presence of God.
 - 3. Contact the Source of your abundance and allow it to manifest in your life.

- V. Learn to listen to the Inner Voice in all areas of your life.

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- A. You are one with God.
- B. Stay connected by a peaceful time of meditation.

Step 4 – Forgive

“Then came Peter to him, and said, ‘Lord, how oft shall my brother sin against me, and I forgive him? Til seven times?’” “Jesus saith unto him, ‘I say not unto thee, Until seven times but, Until seventy times seven.’”

Matthew 18:21 - 22 (KJV)

- I. Define forgiveness.
 - A. Forgiveness means being able to see the innocence, the light that God created, in the person that offended you.
 - B. Forgiveness means seeing this person, as he truly is, a Son of God.
 - C. Forgiveness means changing your perception of the person.

- II. Forgiveness requires humility and a willingness to let God be in charge.
 - A. Allow God to direct your path toward forgiveness.
 - B. God is the source of forgiveness.
 - 1. Only God is able to see past the mistakes, to the purity of your Being.
 - 2. Put on the glasses of God, and ask to be shown the true self of a person.

- III. Ask God for help.

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- A. God will show you how to forgive.
- B. Forgiveness makes the willingness to reach out and establish peace all-important.

Step 5 – Remember Only God Is Real

“Wither shall I go from thy spirit? Or whither shall I flee from thy presence? If I ascend up into heaven, thou art there: If I make my bed in hell, behold, thou art there. If I take the wings of the morning, and dwell in the uttermost parts of the sea; Even there shall thy hand lead me, and thy right hand shall hold me.” Psalm 139:7 - 10 (KJV)

- I. Only God is real.
 - A. God is Spirit, so only spirit is real.
 - B. Only spirit is eternal.
- II. The kingdom of God is a state of consciousness, not a physical place.
 - A. Our souls are always in the kingdom of God.
 - B. Only when we turn inside do we find our true selves.
- III. God’s laws apply to our lives.
 - A. God’s laws of love, supply, justice, and truth reign in this kingdom.
 - 1. When we live in this kingdom, then these laws are expressed in our human world.
 - 2. The world of Spirit, the kingdom of God, is literally manifested on earth.

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- B. God is omnipotent, omniscient, and omnipresent.

Step 6 – Deny Illness Any Power

“And God spake all these words, saying, I am the Lord thy God, which have brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have no other gods before me.” Exodus 20:1-3

- I. Illness only has the reality and the power that we give it in our minds.
 - A. God is the only power.
 - B. God is Omnipotent.

- II. The harmony of God’s kingdom is available to those that are aware of the presence of God.
 - A. We must be receptive to God in order for God to work in our lives.
 - B. Put faith in the power of God.

- III. Claim the Truth.
 - A. Acknowledge God as the only power.
 - B. Love is the ultimate healer.
 - 1. Where there is love there is the presence of God.
 - 2. Love can dissolve illness.
 - 3. Love opens our hearts and draws our attention outside of ourselves.

- IV. Turn to God in prayer.
 - A. Give all authority to God.

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- B. Watch the miracles unfold.
 - 1. God knows all there is to know for our lives to unfold harmoniously.
 - 2. All we need to do is listen and act on the guidance that we receive.

Step 7 – Believe Healing Is Possible

**“And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.”
Matthews 21:22**

- I. Belief is powerful!
 - A. It is our beliefs that govern our lives.
 - B. As we change our beliefs, our entire lives change.
 - C. Do our beliefs reflect the love and the light of God?

- II. God created us whole and perfect.
 - A. We can heal others and ourselves by opening to the healing power of God’s divine love.
 - B. Spiritual healing is real.
 - C. God is always with us, embracing us and protecting us.
 - 1. We have to tune into God.
 - 2. We have to allow God to work in our lives.

- III. Ask God for Help.
 - A. Become willing to sit and listen for the Word of God.

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- B. Healing occurs in our consciousness, and then is manifested in the body.
 - 1. Our consciousness needs to embrace the Truth of who we are.
 - 2. We are perfect and whole.
 - 3. We have to live, move, and have our being in this consciousness.
 - 4. God is all in all.
- IV. It is in the knowing of whom we truly are that the healing occurs.
 - A. We must stand firm in the Truths that we know.
 - B. We must let the Love of God be stronger than any temptation the world will throw at us.
 - C. Believing in the power of love is the key to spiritual healing.

Step 8 – Keep Sacred Your Teaching

**“Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you.”
Matthews 7:6**

- I. Spiritual healing is a sacred teaching.
 - A. As we love those in our lives, it is imperative that we grant them freedom.
 - B. This means granting them the freedom to choose their own healing method.
- II. How do we know when others are spiritually prepared to hear these Truths?

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- A. They will come with questions and a sincere heart.
 - B. They will be willing to make big changes in their lives if necessary.
 - C. It is important to be patient, loving, and kind with ourselves and with others as we learn these principles.
- III. Understanding spiritual healing principles can turn our lives around for the better.
- A. These principles can heal you both physically and emotionally.
 - B. We must all come around to these Truths in our own time.
 - C. God is in charge.
 - D. Let God work out the timing of spiritual unfoldment for our friends and family.
 - E. All we have to do is work on our own spiritual awakening.
- IV. Trust that God works in the Silence.
- A. Allow God to see and handle the situation.
 - B. Turn within in meditation for guidance of where and when to serve.
 - C. All healing comes from God.
 - D. All glory is God's.

Step 9 – Be Fearless

“Fear not: believe only, and she shall be made whole.” Luke 8:50

- I. Discuss the statement, “only a loving heart can heal.”

- II. How can one let go of fear?
 - A. We let go of fear by turning it over to God.
 - B. We let go of fear by filling our minds with spiritual Truths.
 - C. We let go of fear by stilling the mind and finding the Kingdom of God within me.
 - D. We let go of fear by letting God be in charge of the healing, and success of our lives.

- III. How do you get rid of the fears that are blocking you from your divine expression?
 - A. First, you must identify them.
 - B. If you cannot identify them, ask that they be revealed to you in meditation.
 - C. Do not try to get rid of the fears on a human level. Let God remove them.
 - D. Become quiet, and then become aware of the presence of God.

- IV. What are the ways that God expresses through us?
 - A. Writing letters.

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- B. Cooking meals.
- C. Remodeling houses.
- D. Singing, playing musical instruments, etc.

Step 10 – Celebrate Your Life

- I. What makes our life a precious gift from God?
 - A. Because our lives are ways for God to express through us.
 - B. Because we can glorify God with our lives.
 - C. Because God can perform the dance of life through us as we open our hearts and let God out into the world.

- II. How can we learn to radiate joy?
 - A. Develop an awareness of your closeness with God. When you know God, you know joy.
 - B. By realizing that joy is spiritual and is not dependent upon material objects.
 - C. Learn to experience God's joy, and share it.

- III. How does one celebrate life?
 - A. The best way to celebrate life is with gratitude.
 - B. Work on developing a grateful heart by focusing on the things you have in your life.

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- C. Train your mind to focus on the positive, not the negative. Switch from the seeming problem to God.
- IV. What can you do when negative programming is too deep and mere affirmations don't help?
- A. You can let God reveal to you who you are.
 - B. Let God teach you through meditation.
 - C. Spend at least one hour a day in prayer and meditation.
 - D. Fill your mind with the Truth about yourself.
- V. Discuss the statement everyone has the light of God in them and that we should let out light shine.
- VI. What do we do when there are people in our lives that choose not to celebrate life?
- A. Have patience and teach by example.
 - B. Do not preach, but instead, live a life of true joy and celebration.
 - C. It is essential to give freedom to loved ones. We can only bless them and allow them to choose the kind of life they want.
 - D. Learn the Law of Detachment and make sure that their choices do not affect your state of mind.
- Set your intentions – Speak from the heart – detach from the outcome.