

THE ART OF SPIRITUAL HEALING

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GOOD MORNING! IT'S s great to be back here again to talk with you. Several months ago, the message I gave was based on Joel Goldsmith's book, *The Mystical I* – all about who we really *are*. Today, my message is not exactly based on but more inspired by his book, *The Art of Spiritual Healing*.

Regarding healing, Joel Goldsmith definitely knew what he was talking about. He was a profound spiritual healer. Over a period of over 30 years, he healed thousands of people through the action of his consciousness. He healed not only physical health conditions, but money and business issues, mental illnesses, relationship problems, addictions and much more.

How did he do this? Well, he had to find out himself how people were being healed through him. It all started after he had a spontaneous awakening experience. The next day or so after, a person came to him and said "*If you pray for me I will be healed.*" Joel didn't know what to do and just said a simple prayer: "*God you know I don't know how to pray, so if there is anything I need to know, I'm listening.*" And that was it. He went about his business. Later he found out the person had been healed. This continued to happen and over a period of years he learned how and why.

His teaching regarding healing is very simple. He taught that the reason for any disorder was due to a belief in a power other than God. He named this belief a *universal mesmerism* that we are born into - hypnotic belief in lack, limitation, and disease.

He taught that the actual truth this hypnosis hides, is that we are one with God and as such we are already perfect, whole and complete in every aspect of life. And since there is only God, here can be no other power - no power in disease, lack, limitation - no law to sustain any of this except our own affirmations and belief in them.

When Joel Goldsmith was asked to heal some kind of disorder, he would immediately dismiss the disorder, the "claim" as he called it, and go within to realize the Truth that only God exists. There is nothing, no power but God. He never took the disorder into his meditation. He simply went within and realized God, and people were healed.

Myrtle Fillmore, the co-founder of the Unity Movement, healed herself of terminal tuberculosis by continually contemplating a statement of truth until the demonstration of that truth was manifested. Her statement: *"I am a child of God and cannot inherit disease."*

Here is what Joel Goldsmith said in *The Art of Spiritual Healing* about this technique:

"A person who Knows one statement of truth can give a healing to any disorder that exists; and if he has sufficient courage and conviction, it would not make any difference if it were cancer, consumption, or polio. ONE statement of truth! That is all that is required for healing. If just ONE truth were pondered, eventually the inner meaning of that statement would come to life and would heal anything!"

Kind of powerful, yes?

Almost three years ago, I was diagnosed with stage 2 cervical cancer, a very painful condition. I was working then as a staff member at Unity of Fairfax. One morning at a staff meeting, I announced that I had to leave early to get an MRI. Rev. Russell Hyland, our senior minister, immediately said: "Well, they will see what they see, we see the TRUTH! I'm grateful to Rev. Russ for that because it really helped me – the TRUTH.

I decided to meditate on one Truth statement as Myrtle Fillmore did and as recommended by Joel Goldsmith. My statement **was God is Love**, and so everything out there is nothing but love. The radiation coming into me was love energy, the doctors, the meds, were nothing but love. I Continued this for months. Then one night Love itself was just there, the presence of it, there. The next morning my intense pain was gone and has not returned. About three weeks later in the middle of my course of treatments, the doctors could not find any cancer. Treatments were terminated.

Unlike me, Goldsmith was a profound mystic, a truly illumined consciousness.

But I have discovered by my own experience and that of others I know, that you don't have to be an advanced mystic to experience healings for yourself.

I could tell you many stories of this, but I'll tell you just one that is close to my heart.

My younger brother, Bob, is a straight talkin' Texan, street smart. As he says: *I can see BS headin' toward me from 10 miles and 10 days away!*" his own assessment of himself!

In the early 90s, Bob contracted Hepatitis C from a blood transfusion. Hep-C, as they call it, is a disabling, blood bourn, autoimmune disease (similar to AIDS), and is still considered incurable. Bob suffered much with this disease and became disabled.

After a couple years, he went into partnership with a 2nd or 3rd cousin of ours. The Captain, we called him, was retired from the Navy and had been the cofounder of the Navy Seals. His wife

had contracted Hep-C also from a blood transfusion. Bob and the Captain, who had many high level contacts, formed The Hep-C Hope Foundation. Their purpose was to raise money for research leading to a cure, to raise awareness of Hep-C, and promote prevention techniques particularly in prisons where Hep C was running rampant.

They got really big. They held conventions, lobbied congress, appeared on local TV programs, spoke at prisons. They raised “a bunch of money” and gave it to promising medical labs as far away as Russia for research to find cures.

Bob, a charismatic speaker, was the spokesperson – he did the interviews, TV appearances, was the host at conventions.

After almost 10 years of this, and no cure found, Bob’s disease was even more disabling than ever. And when The Captain made his transition, Bob was left to continue Hep-C Hope alone. But Bob was discouraged - really burned out. He made a decision that would transform his life.

He decided that he was through with Hep-C. He was tired of talking about it, tired of thinking about it. He wanted to never hear that word again. Didn’t want to know that word existed.

He decided instead to do what he had always wanted to do. He bought himself a big ole Harley Davidson chopper. He grew out his hair in a ponytail, got a black leather jacket and other gear, and became an enthusiastic Texas biker dude. He joined a bike club consisting of other Vietnam veterans like himself, left town to go on weeks-long bike trips with them. He took up with a former beauty queen biker chick and in general **had a blast!**

After several months, his long-time doctor tried to call him, called the relatives to find him, pleaded with them to get Bob to return the calls and come to see him. Bob got the message and called him saying he was done with Hep-C but the doctor urged him to come in and have a test. Taking sympathy on the poor doctor, Bob agreed to come in to help the doctor with ole doc’s own responsibility issues and self-esteem. So to help a friend, he went in and got the tests and then left town on another bike tour.

After a couple weeks, the doctor started pleading again, calling everyone, where is Bob, I need to speak to him. “Now what? Bob thought and decided to call the poor desperate _____. The doc told him the test showed no sign of Hep C at all! But the doctor wanted another test. So, another test was done – to please the old doc - and it showed the same! Hep C was in remission – showed no signs of ever having existed.

OK, so what happened here? What? No more incurable” Hep C? Why??? Trust me, I love him, but my brother would never exactly be confused with Joel Goldsmith. just saying! So what happened?

Let's break this down: The FIRST thing Bob did was take his mind, OFF Hep C – kind of totally. (very similar to Joel Goldsmith dismissing the “claim”- its existence).

The Second thing Bob did was put his mind on something else! And what did he put his mind on? That's important too! And what was that? Joy, fun, LIFE, exhilaration, loving community with others. – All of these just happen to be aspects of God. Descriptions of GRACE in manifestation! Also similar to Joel Goldsmith – who went within to realize god.

So Bob, without intending to do so, put himself, his vibration, in alignment with the TRUTH. We in our essence are life itself, vitality and infinite exuberance itself, creative love itself. In the presence of this energy, this truth, anything out of alignment with this can't do anything BUT vanish. So the process had remarkable similarities to what Goldsmith practiced.

Bob did not go into this new life style for the purpose of healing, he went into it for its own sake! Just as Joel Goldsmith did when he healed people. He did not bring the complaint into his mediation, he went within solely to experience God.

Another quick example:

One of our members at Unity of Fairfax had late stage cancers and was given a very short time to live. She decided to go to California where she had lots of friends and family, to have a last visit to say goodbye. They all celebrated her life, told her how much she had positively affected them, inspired them. She was wined and dined, taken to beautiful places. Like Bob, she HAD A BLAST! After a few weeks, she came back here, went to the doctor, had tests and cancer was gone. Exactly the same process as Bob! Attention off the cancer and on to joy and fun instead. Cancer disappeared.

And probably the most common example of this all around the world involves women who can't conceive. Women who are “infertile”- they try and try to have a baby, then giving up, they adopt a baby. And then, what happens to so many of them? They get pregnant! It's the same thing! They have taken their minds off the problem and on to what? Joy, Love, excitement, fun - and then the “condition” of infertility disappears.

We all have issues that seem not to resemble the TRUTH. The truth of our oneness with God, our innate perfection. It may be financial problems, or mental, emotional issues, poor self-esteem, or health or relationships, .. whatever.

I have a suggestion.

I suggest that instead of trying to figure out how to solve your problems, instead of worrying and thereby giving strength to them; Instead, spend your time pondering these questions:

What brings you joy?

What makes your heart sing?

When you were a child, what could you not wait to do again?

What did you long to do? Or what do you long to do now?

What?

We each have something! Do you love music, dancing, inventing things, fun camaraderie with people. Do you love dogs, nature, children, adventure, fast cars, motorcycles? What is that unique thing that brings you joy easily.

FIND IT ... Then... act on it! Go and do it! Do it with enthusiasm, do it with abandon! And in doing that you will naturally let go of beliefs and thoughts of lack, limitation and disease – such beliefs being the only things that sustain them according to Joel Goldsmith. Instead you will come into alignment with life, love, God. What we really ARE.

The great mystical poet, Rumi, was the master of joy and fun as a method to achieve illumination.

One of his most famous quote is. “Want to find God,? Go Sing and Dance”

So I challenge all of us. Let’s each become a child again: enthusiastic, fun loving, life affirming, unbound children. What do we have to lose?

Let’s all follow our bliss! Follow our bliss with abandon and then watch out baby!

I’m going to close by saying to you what Bob used to say in the elementary school playground:

“Do It? I double dare ya!”

Thank you

Namaste