

XI. SELF-HEALING

*“The more deeply conscious our life is,
the more we are able to feel the depths
of the soul of those who come to us. And
it is in these depths that everything is
created, both health and sickness”.*

Maria Charlet*

The spiritual development of man also follows its own course, just as his physical development does. Maturity does not come immediately; it passes through many stages, and these are often long-lasting and laborious. The broadening of the consciousness is something which is acquired day by day, through experience and through friction. This does not mean that will and decision cannot speed up the journey and bring about a liberating result. But until this happens, man passes through various levels of understanding and realisation. Depending on his own level, he can convey to others what he himself

*Charlet, M., 'Shiatsu Philosophy and Practice', Athens: Pyrinos Kosmos 1980.

has gained. Individual and group development necessarily go hand-in-hand, and for this reason everyone must work towards both, until some state of personal completeness occurs. Then he devotes himself to the evolution of others, since his own journey at a human level has advanced.

In observing the Master, I have noticed how much more than his disciples he gives expression to power and love. He teaches these to all of us, in a variety of ways. Self-healing gives one great knowledge, because it reveals in man the hidden unconscious features of his being and gives him the will to transcend them. The healing of other patients spreads this knowledge even further, since it is employed in a creative manner. Through these two tasks, man advances in his spiritual evolution. The Master always urges his disciples also to work therapeutically on themselves, and only if they do not manage this on their own does he intervene himself.

One of the occurrences which impressed me was the case of K, a young girl who for years had had formication in her heel. She had been given specific instructions as to how to work with meditation in order to get rid of the sensation. K worked a little on the treatment of her foot, but afterwards she neglected it because she was distracted by many other concerns. She asked us to take her on in the healing section when the pains grew stronger and

she now had difficulty in walking. We began the therapy, but again the same results manifested themselves: sometimes she got a little better and sometimes she got a little worse.

Things reached an impasse in 1985, when there were fresh outbreaks of pins and needles in her calf and her knee. K went to a surgeon, who told her that a large part of her heel would have to be removed and she would have to undergo plastic surgery, which would immobilise her for a long period. Faced with this unpleasant prospect, K once again asked for the help of the Master, who for such a long time had left things to develop on their own and for an overall self-healing to be expressed by K. Seeing that a dead end had been reached, he decided to intervene himself. He began a therapy on her foot, while at the same time he urged her to renew her own individual efforts. He explained to her that her condition was due to an accumulation of energy in her foot, which is the base of the body. This showed that she still had a great attachment to the various material gratifications and was not spreading energy to the body, the heart and the mind.

The therapy lasted only for a few days, and the heel, and the other points on K's leg, cleared up completely, as if there had never been anything wrong. What cured her was the power given to her by the Master, from his own position and faith. A position which we are all being trained to acquire some day. K's individual work didn't

bring a positive result because she had not yet overcome certain personal limitations. That is to say, she had not become conscious of her inner power and so had not expressed it. Self-healing is successful only to the extent that the power develops and is expressed in the will for liberation from pain.

There are many examples of self-healings carried out by the patients – and, moreover, with total success – which I could write about. A success which is due chiefly to faith in the task performed with the help of God and in need of relief from pain. Some time ago, I heard of the case of Ms A, who had asked for help from the Society's healing section. She had visited us because of pains in the vertebrae at the waist and headaches five years before. We had then undertaken her case and helped her for a certain period. But at the same time I showed her how to do on her own the relaxation exercise and to work for the breaking down of the illness. Her daughter, who was a member of the healing section, very frequently helped her in this exercise at home. Ms A has been perfectly well in recent years. She explained to us that from the time when we had helped her to the present she had never stopped the self-healing. She is totally convinced that her health is due to this, and at the same time she says that relaxation greatly helps her to be well disposed psychologically. Her problem was not a simple one: she took

drugs on a permanent basis for the pains and always felt debility. If she is in good health today, this is owed to the steady work which she does for her own self.

My personal experience of self-healing has passed through different stages. I will give some examples of what has happened. I remember that when I first went to the Society, I met a young girl, who had been an earlier disciple of the Master. One day she said to me: "I have a pain in the fallopian tubes and I'm going to lie down for a little in order to deal with it". At the time, her words struck me as odd, because I'd not yet been taught what a person can do about a physical pain. But the girl had learnt to heal herself and she did this whenever it was needed, as if it were something very simple.

When I too began to discern this potential, to begin with, I tended not greatly to believe what was happening to me. I thought these things were somewhat a matter of chance, coincidental or rather insignificant. I was expecting something spectacular to happen for me to accept the power of self-healing. Two of these first instances, which occurred directly and simply, concerned the dissolution of some pain.

One day I had a very bad migraine which began in the back of the neck and spread to the head. I then thought of using my own hands as a means of healing to make the pain go away. I applied the palms to the back of the

neck and felt an energy flowing from these to the point which was troubling me. An energy which seemed to spring from my body itself. Within a few seconds, the pain was no longer there, my head had found complete relief.

On another occasion, I had discomfort in the uterus, because, it seems, I had caught a chill in the sea. I remembered the Master's teaching, that I should see the interior of my body and where there was some illness, to think that all is well and healthy. As the contractions grew stronger, I focused on my womb, I thought of it as radiant, healed and serene. The contractions diminished, the pains left me and in a short while I got up and continued my jobs, without any further discomfort.

It seems that these first examples had not completely satisfied me, because I didn't think of the breaking down of a pain as so significant. It was then that the third event occurred, and this convinced me completely, it proved to me totally the miracle of spiritual healing. I copy below my words as they are noted down in 29.7.80, a month after I met the Master.

"This morning, my left sinus hurt very much. I had one of my usual relapses of sinusitis, which has tormented me for years. I've turned tired of taking drugs, so that I'm OK for a short while

and afterwards the pains begin again. The discomfort today was so sharp that I thought of meditating in order to stop this fresh attack.

I let myself relax and I felt that I was uniting myself more and more with the spiritual power. Without thinking about anything else, I remained wholly focused on the sinus, which began to receive the energy of the soul. In the first moments, the pain grew worse, as happens with a wound when it is cleaned with some lotion. In spite of that, I went on with the therapy, and little by little the discomfort was further reduced.

I remained in this position steadily for about half an hour, until I had finally assured myself that the pain had disappeared. Then I stopped, opened my eyes and waited to see what would happen. The sinus didn't give me pain, but I had a sensitivity as if it were convalescing. I got up and began to do my jobs. But then something amazing happened! Every so often, mucus came down into my mouth and throat, as if the sinus were emptying itself of what had caused the illness. This working of clearing out went on for more than an hour. When it was completed, I was sure that I'd been permanently cured. This is the first time that self-healing has convinced

me without any doubt of this potential which all of us have within us”.

I have to say that since then I haven't been troubled by attacks of sinusitis, and, of course, I was completely convinced of the capability of self-healing, which extends in a similar way to any complaint which the patient suffers from. My personal experiences didn't remain merely as knowledge or as help which I'd given to myself. I began to apply them also to other patients who had similar problems.

When, the following year, my little grandson suffered from sinusitis, I remembered my experience with self-healing and worked in a similar way for him. I again focused on the sick point, until I felt that the pain was going away and clearing was taking place. The child was quickly cured and has not had any more trouble with this problem.

The same happened with a friend of mine who telephoned me to say that she had severe pains in her uterus. Since we couldn't meet for some time, I began distance healing on her. I write about this on 28.7.80:

“I let the energy of my soul unite itself with my friend's and penetrate the uterus, which was in pain. I felt the spasms which were occur-

ring constantly, as if it couldn't find relief anywhere. I began to speak inwardly to the sick woman, telling her that the pain had gone and that she could rest now. I sent her my love, until the resistance of the womb diminished, the spasms stopped and a harmonious functioning returned. I had the impression that everything was following a smooth rhythm, like the heart, the veins and the arteries. Then I began to work on the whole of her body, her legs, her back, her breast, until there were moments when I thought that I and my friend were one, one form, one human being. When I felt sure that her body was relaxed, without any pain, only then did I stop the healing. Later she telephoned me to say that she felt well, the pains had stopped”.

There are times when self-healing takes place of its own accord, without the patient consciously working for it. It is enough for the person to relax, the energy to form a normal flow in the body, for some relief to come. This applies chiefly to minor indispositions such as headache, stomach ache, etc. Many say, in surprise, that, without doing anything special, they were relieved automatically of some bodily discomfort when they were in meditation. Such phenomena make their appearance frequently at the Society, particularly when there is group meditation

and the energy field in the space is strengthened. People who are receptive unite themselves with the energies which exist around them and can be cured of indispositions. One girl, when we began the meditation on one occasion, had a bad cold. At the end of our work, it had gone.

All these examples prompt a person to work more and more consciously for his health. To go deeper into himself, to discover the causes of his illnesses and to advance to liberation from these themselves, and from the effects which they have on his body. Thus, by degrees, the inner power is revealed to him and he then learns to channel it to those who still need it.