

## INTRODUCTION TO SPIRITUAL HEALING

The Society's Master, in his effort to help his fellow human, was not content on only organising groups through which the teaching could be provided and spirituality would spread. "The needs are many," he used to say, "and people need help immediately in order to cope with their difficulties."

For this reason he created early on a separate section within the Society, the section of spiritual healing. This consisted of a small group with three of his oldest disciples, those who had shown a special appeal for this vocation and had proven their healing abilities with their actions.

The person in charge of the healing section at the time was the Master himself. When a difficult patient's case presented itself, he always helped the group of spiritual healers towards the soundest completion of the healing process, either by giving his advice on what had to be done, or by undertaking the healing process himself. He had healed many patients and these successes had astonished me when I was informed of them in the beginning. It was one of the reasons that made me rush to him in the hope that he could, also, heal me and that one day he could perhaps accept me as a spiritual healer and teach me how to heal myself and others.

At the beginning of the founding of the Society's healing section, the Master focused more on the training of the spiritual healers. His aim was to build and consolidate within them the principles of the teaching by raising their spiritual level, improving their performance and strengthening their internal powers. He wanted to render them, as soon as possible, autonomous and active in the performance of their work since they had shown that they were in a position to achieve positive healing results and had offered themselves up to the service of spiritual healing. Their own progress would also help the patients who trusted the course of their therapy to the healing section.

I was one of those patients, too. After the surgery I had undergone ten years ago, my body seemed to be con-

siderably weakened and, although it had been so long since then, it still exhibited certain small but bothersome symptoms. My neck hurt and my legs had internal and external varicose veins which also hurt and presaged the manifestation of phlebitis. I had already enlisted the help of Homoeopathy which had helped me remarkably for two years. The symptoms, however, had reappeared as I had neglected to take my medications for a while. I decided, therefore, to address the spiritual healing section of the Society. I was curious to see the outcome of the healers' effort. Would they cure the symptoms temporarily? Would they be able to permanently eliminate them or would they, in the worst case, not affect them at all?

On the appointed time and day I arrived at the Society feeling various emotions, but, especially, eagerness as I was in a hurry to finally get to see up close a more comprehensive form of spiritual healing. I had already formed a vague idea of it from the rudimentary lessons I had taken in the form of relaxation. The healers led me to a room and there, as I had been warned, was another patient waiting, a young man with advanced cancer. His face, his attitude, the way he sat, revealed desperation and fear. We sat next to each other and I felt that I wanted very much to do something to relieve him.

There was a tranquillity and calmness in the room that deeply permeated me, giving me confidence in the

spiritual healing and the spiritual healers who took their places opposite us and prepared to begin their work. I wondered what they would do. Would they place their hands on us? Would we be made to do something? And would we do it correctly?

The person in charge of our group guided us to relaxation and soon the healers were at work. Their procedure was actually quite simple and silent, far from impressive or unfamiliar. I quickly relaxed in body and mind and at some point a prayer spontaneously appeared in my mind. I started repeating it, again and again, and that helped me focus on the proceedings, a fact that, as I understood, helped facilitate the work of the healers who continued to work in absolute silence opposite us.

As I was immersed, I had a feeling of something resembling electrical current, an energy, passing from the healers to me, permeating me wholly, rejuvenating me and invigorating my tired cells. I enjoyed this feeling and I wanted to believe that the pleasure it caused would also heal me. Suddenly, I had the notion of myself participating in my own treatment and attempting to apply what little I had learned. "Would I be able to do it?" I wondered.

I mentally brought the image of myself in front of me, as I had been taught at the Society's relaxation courses, and visualised myself within a bright sun whose brightness passed through all of my points. As a novice in this

procedure, I could not perform it properly and every now and then my thoughts got off track. In addition, there was a tension and a desire within me to succeed that kept me from functioning freely. As I later learned, these emotions should not exist in spiritual healers, as they make them persistently pursue a positive result, without letting themselves to the will of God, for only He can decide on the healing or not of a patient.

I do not know how much time had passed when I felt the need to interrupt the healing I was performing on myself and look at the sick man beside me. His eyes were closed and his face seemed calm, even though he looked in as much pain as before. I thought then that I could perform a healing on him, too, as I had performed on myself. I brought him in front of me with my thought, also visualising him within a bright sun and tried to remain focused on this image as much as I could.

Shortly thereafter, the healers told us to open our eyes and to stop the relaxation, as they had completed their work. They gave thanks to the Almighty and asked us if we wanted to say something, if we had perceived something special during the healing or if we felt any difference in our bodies. I told them that I was not able at that time to discern if or how much the bothersome symptoms had decreased. I did, however, feel lightened and refreshed, as if a weight and a charge had been lifted

from me and I was finally relieved of their presence. The other patient mentioned that he had calmed down quite a bit and that the pain had somewhat softened.

When he left, I described to the healer in charge of the group what I had done as faithfully as I could. I was anxious to hear what she would tell me. Had I acted correctly? As soon as I finished the narration, she smiled and told me that this initiative was a very positive sign that I was truly interested in spiritual healing and that perhaps soon I too would be joining the healing group.

My own healing continued for a while by the group of spiritual healers, simply and calmly each time, but without the feeling of excitement that I had felt on the first day. My healers explained to me that this was not important and that the healing was performed anyway. The symptoms were indeed reduced to a minimum so the healing was deemed to be finished. In a few days they had completely disappeared and did not return ever again.

This fact played a crucial role in my spiritual advancement and gave me the message that spiritual healing would take a special place in my life, as I had discovered on my own body its ability to favourably influence simple pathological symptoms and – why not? – possibly even serious conditions. This I would later find out as spiritual healer I had decided to request to become.