

Do our Faithful Thoughts hold the Power to Heal?

It is well known that sufficient intelligence resides within each living cell to replicate the entire human being, intelligence and all, and in multiple copies if desired. Surely if one cell can do so much, the multi-billion cell human construct can do exponentially more, like for example, to maintain perfect health, or to enable perfect healing.

It is not "my" thoughts therefore that are capable of healing me, it is the innate intelligence implanted within me that holds such awesome power. This wisdom to "heal" then, resides within us, but is not because of us. It is not some special, unique or exclusive power to seek or to search for, or to gain or to master and be proud of, nor is it obscured by some mystical division of conscious and sub-conscious concepts of mind. This inner wisdom is universally constant to each of us and universally available to all of us. It is, because we are all endowed with it. It is also called life.

The harmonic resonance of this intelligence that resides in each of us, is multiplied exponentially upon physical communion, not simply because "touching" is nice, rather because we are social creatures by design. (*We know this, so explanations either in favour or against it are futile.*) The point of communion in matters of healing is this; when implementing our innate ability to heal, that ability, like all inherent intelligence, is multiplied exponentially by physical communion. This applies when healing one's self or when helping others to heal themselves.

When we learn to embrace our innate ability to heal, it shall be because we have already learned to embrace our mutual experience of communion with this all-knowing and omni-capable intelligence existing within us, that merely awaits our request for the healing we need from it.

Fortunately for us, we are not burdened with learning so much wisdom as to be able to "think ourselves healthy", we simply need to learn to ask of the wisdom already implanted within us, for the healing we perceive is needed. We ask through that faith.

Let us first understand what it is, that we refer to as the "thoughts" that may or may not have power to heal, or that we may or may not believe in.

Do we create thoughts or do we recognize them? If we create them, from what do we derive our creation? When will a thought we have created or recognized, come to an end? If we create it, why can we not quantify it? Will we run out of the components to make more thoughts?

It is universally held that thoughts are energy, and that they have power that may be expressed or directed to useful purpose. This energy and this power then, must originate as intelligence. This intelligence is limitless. It does not depend upon us, and it pre-exists and supersedes our comprehension.

We cannot create this limitless intelligence, or even any aspect of the energy or power that it is comprised of. We must also conclude that our thoughts and the power of our thoughts originate from that which we do not comprehend, and therefore cannot create.

Therefore we are merely capable, and then barely able to recognize useful thoughts from within the pre-existing and superseding intelligence residing within, or otherwise accessible to us. Then we must learn to express these thoughts as we are able to recognize them by our faith, while directing the power of these thoughts, to useful purposes, such as healing.

Neither the thought, nor the power of the thought, is capable of healing of itself, notwithstanding they both pre-exist and supersede us, within this limitless intelligence.

Healing is possible because we first recognize it as a possibility from within the limitless intelligence. We call that recognition, a "thought", which when we "have it", we then express it, while directing its inherent power to the healing, or to such other useful purpose as we may determine.

Your temporal body hosts nearly ten (10) living micro-organisms, for each living human cell, meaning if your normally healthy body is made up of roughly 8 Billion human cells, then it hosts about 80 Billion micro-organisms that enable it to remain healthy, and in fact are essential to its good health. And these all live, act and conduct themselves from the power innate within what we refer to as the very intelligence of "life".

If you and I can share thoughts and ideas with each other, and we can, because here we are doing just that, then surely we are sufficiently more capable than any of these micro-organisms. Yet how do we explain that they possess sufficient knowledge to work harmoniously and in unison with each of our living cells and to enable our whole body to maintain its good health? Could we, as more complex creatures not also know these things?

These individual human cells ours, as well as these many more near single-cell entities possess immense intelligence and hold the capacity to communicate and to engage in mutually beneficial activities. We are multi-billion cell constructs, with every single cell containing this vast intelligence, yet our perceived human intelligence is obviously distinct from theirs, and in at least one way, very inferior to theirs.

My mind and yours, can learn to communicate with these mini-entities within us. Our intelligence, masked as our mind, can ask the intelligence of our cells and receive information from them about many things. Our intelligence masked as our mind, can also ask

our cells and they will obey our requests for healing, if we ask in faith. We can also have our intelligence ask the intelligence of the micro-organisms within us to increase their performance, and they will, because it is their purpose to serve us - again, if we have faith.

Our cells and the micro-organisms residing within us, are obedient to our will. When we experience poor health, it is simply because we do not properly express and direct our will to our obedient servants. We confuse them further by not consistently distinguishing and directing the conscious and the sub-conscious wills, both of which they are bound to obey. This is not difficult to learn if one is willing and has faith in our Creator's design.

Many of us have nurtured an absolute faith in the creation, and as such, we have long ago forsaken any quest for "how" or "why" something that is obvious, is so. ESP is obvious in and of itself, so too are the potential "good" or "bad" applications of it.

Likewise we agree that we have been blessed with being able to call upon, or to at least experience, some portion of that intelligence that we reference as governing all of creation (nature). The ambition we speak of is not to simply be as "smart" as the intelligence implanted within each cell, or microbe within us, but to learn to communicate with that intelligence at even that level.

If we start at the least of these, we will then learn much while shortening our journey to the greater. Even at the cellular and microbial level, existing intelligence yearns to express itself to us, and earnestly yearns to do our will, if we would only express ourselves to it.

We hear of many Yogis, Monks, spiritualist gurus, and other "enlightened" peoples, that spend entire lifetimes on a race or quest to connect to a "higher" intelligence, or to the "inner wisdom", through various forms of

expression, yet we rarely hear of those humble individuals that were willing to start at the bottom and work up.

Learning to trust the least of these constructs of intelligence - the intelligence expressed within our very own cells for example, begins a powerful training that enables us to dispense with all fears, which fears otherwise remain the only obstacles to communion with the higher levels of intelligence.

Our tiny little cells are the portal to all other intelligence. Communion with the "highest intelligence" - our Creator, is that place where we can indeed learn of all knowledge, and it begins with expression through this portal of inner wisdom.

This we can know, without knowing the how or the why of it. And this we can all do, without the unnecessary pretence that wisdom may only befall "special" individuals, or be the result of a lifelong burden for the rest of us. It is ours for the asking. Ask with faith through the least, and the greatest will respond.

The power to heal is nothing more than one expression of energy. All is energy. Energy exists and is expressed in myriad forms. Whether a thing is perceived as innate or living, it is merely a different expression of original energy. There is no thing, including "power" that is not made up of this same original energy that comprises all things, including thoughts that heal, and thoughts that disable.

The unique characteristic of the human construct within the creation of all things, is that humans have been endowed with free will. Free will simply means we have a conscious mind that is capable of making limited free will decisions regarding the organization of this same energy.

The conscience mind is also just another expression of the original energy or intelligence of the Creator. The original energy

can express Himself as innate or living things, or as living things with conscious minds endowed with free will, because the original energy has the free will to express Himself according to His will - all things provide proof of this, because all things exist.

We can of our own free will, organize our thoughts and keep them secret, or we can share them. The thought, as we give birth to it, becomes a very specifically organized pattern of original energy. Yet only when we express that thought, does the energy become a "thing" unto itself, and only as it is being expressed, does it have the power to influence other organizations of energy.

The power inherent to a thought, is not in using our free will to organize the energy to create the thought, nor is there any power in simply recognizing or knowing the thought (*or idea*), the power comes as a result of using our free will to express the thought conceived or stumbled upon.

For example, let's pretend I know your loved one has been harmed in an accident. I have already organized the original energy within my conscious mind, formulating this information into a thought, yet it has no impact upon you until I express it to you, then it has the power to drastically affect the way you feel, think and act.

Likewise healing. The energy organized and embodied as each cell of the human construct contains sufficient knowledge to create the entire human being, including replicating that vast creative knowledge innumerable times. That amount of knowledge is sufficient to heal the human construct and to maintain perfect health. Yet these cells are made obedient to our sub-conscious will.

Science has established this - it is no great mystery. Deliberately concentrated thoughts, like constantly repeated thoughts or behaviour over time, can drastically alter the

individual's cellular vibration, either positively, or negatively.

When you lose the science long enough to think about it, you quickly realize that when you change the vibration of your cells by "thinking", whether deliberately concentrating, or by accidental repetitive behaviour, it is because they are responding to the expression of your free will. You are communicating with them. Humans communicate, and everything humans do originates in the knowledge contained in each little cell.

To heal then, is simply to do more of that communication with a faithful purpose. Then to live and behave harmoniously and with good health, simply requires we do more of that. Billions of our cells work harmoniously together and are capable of communing with us, yet it is our own lack of acceptance of this simple reality, that restricts us and instils fear within us, so that we hesitate to ask them (*our inner self*) what they yearn for us to know.

Know thyself individually, and this is easy to do, for it is not far from you, then living in good health and harmoniously with others will become the collective reality.

Healing in a physical sense is pre-programmed into each of our cells; we can do very little to change the program. For example, we slip and cut ourselves, the damaged cells automatically initiate a healing process. We can aid this process with intervention to clean and dress the wound, and if we accept it, we can stimulate a faster healing process with the proper expression of our thoughts and beliefs.

Thoughts are simply a specifically organized pattern of energy; that energy which is the essence of all that exists. Beliefs are nothing more than a slightly more complex grouping of thoughts, meaning beliefs too, are simply specifically organized patterns of the same energy. Neither thoughts or beliefs hold any power, simply because they exist as

thoughts or beliefs. Power, is merely another name for that same energy that is the essence of both the thought, or the belief pattern, once either are expressed.

When the energy pattern(s) that is the thought or the belief, is expressed, by being stated, written or even visualized, it then has the ability to change or to alter other things. (*Things being energy patterns also.*) It is by this "communication", or expressed communion of organized energy, that we can cause things to be changed, influenced, improved or enhanced, whether for good or bad, and whether individually or collectively.

Therefore the elusive "power" that humans erroneously seek to heal themselves with, is not found within their puny little minds, it is found already existing within the intelligence of each tiny little cell. Thus learning to commune with this source of virtually unlimited knowledge is key, and quite simple actually.

These cells commune with one another continually, and they yearn to commune with us at our conscious level. In fact they exist in a manner that is not just contingent upon our behaviour, they are obedient to our conscious behaviour in recognition of their being solely purposed to commune with and serve us, otherwise they would use that near infinite intelligence to do something other than serve us.

We are each free to commune with our cells' collective; our inner self, yet most are unwilling to accept this simple and easy reality, and rather persist with futile beliefs in struggling to learn "unique" abilities held only by a "special" few.

The power to heal does not lie in the thoughts *per se*, but there is a field of energy and intelligence that is moved by thought. We would simply add that the influence of thought, or the ability of thought to cause a positive

influence on health, is contingent upon the thought being expressed or visualized with a proper and faithful intent.

Thoughts (*or even actions*) that are negative can often block the body's ability to maintain healthy "energy fields". This is because the negative thought energy causes a harmonic interference with the body's collective cellular energy, which is typically expressed and measurable in multiple energy fields within a whole. Likewise the energy of positive thoughts can help maintain a harmonious balance of these same energy fields.

The same negative (*or positive*) influence of the harmonic balance of the body's energy fields, is most often unwittingly accomplished by repetitive (+ or -) thinking patterns, or repetitive (+ or -) actions, which can and do lead to many common dis-eases. This influence of our body's energy harmonics by the nature of our thoughts and actions occurs automatically, thus learning to pay attention to ourselves is paramount.

We find English language to be limited. In this discourse, we have used the word "energy" to denote whatever it is, that is all things. For example, we know that "mass", virtually regardless of what the substance is, has a root component of energy, nothing more, nothing less - just energy. And this energy that is the mass, like the mass itself, because it is the mass, cannot be created or destroyed, but only transformed from form to form.

The energy obviously preceded the mass, because the mass in its various forms, is comprised of it, not the other way round. The perceived mass of everything that is, is speculatively perceived as having its beginning as a concentration of energy, yet there are many possible forms of this energy that we do not yet fully perceive, notwithstanding that whatever these forms may be, they also have

their beginnings from that same concentration of energy.

Thoughts and beliefs, including our faith, are constructs of this same energy. Consciousness is also a specific construct of this same energy. In the strictest sense, the energy that is all things, could be labelled intelligence, and this intelligence, simply expresses Himself through myriad forms of organized energy. If the original energy is not intelligence, then the energy Himself is sufficiently intelligent to express Himself as all things.

The specifically organized patterns of energy that are thoughts, may be expressed with the intent to help in the healing of one's self or to help with the healing of another. And yes, there absolutely is some form of power, or energy embodied within all thoughts, which is why a thought can be both expressed and perceived - it is a known thing within the realm of all things.

There are other subtle but nonetheless actual limits to our thoughts. We have limited free will for example. We are not free to create more life energy or intelligence, we merely have the free will to re-organize some aspects of the life or living energy that exists in our temporal realm, and that is expressed as all things we perceive.

Further we are limited to a set of pre-programmed instructions within our DNA. Some that affect lifespan, physical or behavioural characteristics, general health and well being, and many more things beyond our level of comprehension. No matter how effectively we may be able to use our thoughts to improve or enhance our health, we will all still have this temporal life experience come to an end, undoubtedly as a consequence of health related issues, not the least of which is simply old age.

You cannot have an intent, without first having "thought" of it. Intelligence, is energy in motion, and energy in motion is intelligence, or at least it is intelligent enough to express itself as all things including thoughts, intents and the free will to engage any of them.

Commune with your true inner self, not your inner ego, and it will reveal these things to you, It has no agenda aside from revealing all truth to you as fast as you are able to accept it.

Of course we can deliberately, accidentally, and even wilfully change our DNA in moderate amounts, but you cannot for example, change your DNA totally to what you want - you cannot suddenly become "superman", or a duck, there are any number of very real and actual limitations that are pre-programmed into what and who you are, regardless of belief.

There is much nourishment found within the wisdom willing to be revealed to you from within one's inner self. This Spiritual refreshment of the temporal mind and body is perhaps the most powerful and easily evidenced method of improving physical health and maintaining a healthy temporal body. *(There may be better things to focus on than health of the temporal body - perhaps the health of the eternal life essence, or Spirit within us for example.)*

When you commune with your true inner self, you will then learn from that source of all knowledge, what is truly healthy and beneficial for your temporal body. We tend otherwise to waste tremendous time and energy relying on our puny little minds, trying to second guess what is good for us.

Each thing that exists, exists as a distinct pattern of organized, intelligent energy. Whether the thing is the thought, the belief, the intent, the moon, or the particles that make up the moon, the earth, or gravity, etc., everything is an expression of the same intelligent energy,

and every-thing is expressed as a variation of patterned organization of that energy.

This energy is also intelligence, but it is the expression of the intelligence, or you might say, it is an intelligent expression of the energy by Himself.

A key to comprehending why thoughts, when coupled with intent and belief, appear to have power to cause other things to change, or bodies to heal for example, is the knowledge that all thoughts of healing are of this intelligent energy that is connected to all things, because all things are an expression of the same intelligent energy that is the healing thought.

It is unnecessary to have a "definition" of energy, to know that He exists. Matter is NOT total rest energy. All things that we perceive as matter are in motion. The smallest known particles, when magnified sufficiently, are first, never stationary, and second, of no quantifiable or measurable substance, and third, completely invisible. The only detectable difference between the energy found and stored in a chip of cedar wood, or in a fragment of brain matter, is the specific pattern of motion that the energy maintains while in that form of substance.

Physicists have descriptions of this patterned energy, and know that only the variation of the patterns of movement of this energy, determines the way the energy is perceived, or what the energy is perceived as being. This applies to the energy patterns inherent to everything known to exist within the universe. In gold the energy patterns are denser than in air, but they are clearly evident as being organized patterns of the same invisible energy.

"Life", is known to exist in the universe. It presents itself as an inherent component of otherwise inert mass, rendering that mass "alive". The main apparent difference between the living matter and the dead matter is the change of the pattern of motion that the energy

is expressing while being perceived. When the "life" leaves the matter, the pattern of motion of the energy changes, but does not stop.

For example, the patterns of motion of the energy in a living plant cell, change, but do not stop - ever, even when that plant cell is dried out and long dead. For further example, the weight of a fertilized chicken egg changes as the life within the egg matures and just prior to hatching. This is measurable, yet nothing measurable can either get in or out during the process, except life energy.

Thoughts, beliefs, and emotional feelings are also patterned energy expressing itself in both measurable and perceptible

manners. Doctors possess many means by which they can observe the changes in brain energy patterns simply by evoking certain thoughts and feelings, or by having those thoughts or feelings expressed.

We can observe these variations of the energy patterns in all things, whether those things are of apparent material substance, or whether they are of non-material substance, such as thoughts, beliefs, or emotions.

Thus the state of being healthy, is an outward expression of our inner beliefs. Therefore the state of faith we hold for our own inner beliefs must also be "healthy".