

“What is Spiritual Healing?”

By Mike Brown

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Let us begin with the term “healing.” Healing is the process of seeing through the veils of illusion. The illusion is the veil itself, which is the thought, belief, or idea that we needed to be healed in the first place (Like when Dorothy un-covers the Wizard of OZ by pulling back the curtains). It is seeing “the truth.” Behind the veils we see that we are whole, healthy, abundant, and radiant beings of light and love. Once we see this in ourselves clearly – we will automatically see it in every living being we encounter. Our work then, is to see it in ourselves first and foremost.

To begin the process of healing we must be committed to un – covering (or seeing past the false beliefs, ideas, and thoughts about ourselves) to see the truth. When we see it, healing happens in an instant. It can take a lifetime or one second to get to it. It’s entirely up to us and the agreements we have with our souls that determines how long it will take. The most important thing we can do is set the intention for healing to occur, and the second most important thing is to allow it to happen. By “allowing” I mean that we get out of our own way. We make the choice to trust that we will see through the veils and know for certain that we were whole in the first place. If you’re “willing” to see it, then you will.

Now let me address the term “spiritual.” Spiritual can be a tricky word in today’s society. It brings up many different things for many different people. I see spiritual as going within to un-cover the veil (the false beliefs and limiting thoughts we hold about ourselves), and see the divine essence that is present. You may call it God, Spirit, Energy, The Universe, Allah, Buddha, Krishna, Yahweh, Vedanta, Vishnu, and the list goes on. It matters not what you call it, what matters is the essence of what “it” is. Words only point to “it.” “It” being the all that is, that resides in all of us, that contains all “the stuff” that we are all made up of. We are essentially made up of the same stuff. Energy is never destroyed, it only changes form. The energy that is currently you will never be destroyed, it will only change form. This is a scientific law of the universe. So, spiritual is quite literally everywhere, whether you believe it or not.

This brings us to Spiritual Healing. Spiritual Healing is the process of going within to un-cover the veils of illusion to see our divine essence as the light, beauty, and love that we already are, and always were. We can choose to acknowledge it, appreciate it, honor it, and bless it, within ourselves. It begins within. There are many ways and many paths on this journey. No one path is the “right way.” It is “right” according to your agreement with your soul and the lessons it came to learn on this

planet. Spiritual Healing will occur when you and your soul agree, together, to make the choice to see it. "IT" being the divine loving essence that is within us and without us. It happens in an instant. It can take a lifetime, or a second to get there, but once you see it you will never see yourself, other people, places or things the same again.

Mike Brown is Your Personal Spiritual Life Coach. He specializes in Life Coaching, Spiritual Counseling, Intuitive Guidance, Spiritual Healing, Spiritual Growth, Using the Law of Attraction, and Advanced Manifesting to assist You in Breaking Through Your mental and emotional challenges and moving You Forward towards getting what You really want in your Life, Business, and Relationships. He is a practitioner at QuietStar Center for Transformation . You can get more Free Coaching Tips to Breaking Through Challenges and Moving You Forward Towards getting what you want by visiting www.ChangeYourLifeCoaching.com