



**Welcome to Unity's  
Interactive Worship Service  
Today's Topic: *Spiritual Healing***

**Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)**

**Spiritual Healing**

It has been said that all healing begins within the person who seeks the healing. The person who is heart centered and seeks love, peace, and harmony will be able to heal quicker than one who is angry, anxious, and fearful.

In some practices of spiritual healing it has also been said and taught that we live in a world of illusion and therefore the need to be healed is an illusion. We are spiritual beings living in a "dream world of illusion."

**Spiritual Healing**

Webster defines healing as "Restoring to original purity or integrity."

So given this definition it could be said that all healing is of a spiritual nature since we are spiritual beings, made in the image and likeness of God, and we wish to be restored to our original design of spiritual perfectness.

As Truth students we try to understand the metaphysical aspects of applying the healing process to our lives.

**Spiritual Healing**

And like any process we undertake for ourselves there are steps that must be followed.

The first step in all spiritual healing is to believe;

The second step is openness and receptivity to the stream of healing life;

The third step is through the exercise of faith and our words, so that our spiritual quality is fused into unity with the power of God within.

**Spiritual Healing**

To activate the process we must fully realize that all spiritual healing comes from God. Jesus emphasized again and again that our part in healing is faith, belief, receptivity. We increase our faith, our belief, our receptivity through the practice of prayer. Prayer brings us into the presence of God. Prayer opens our entire being to the inflow of divine love, to the inrush of healing life, to the power of the Holy Spirit.

**Spiritual Healing**

There are many ways of prayer, not method but willingness of heart and spirit is what is important in prayer. There are no set formulas for effective prayer, no rules that must be followed in order to achieve results for prayer is not a form but a force. It is the need in us to find and know the healing, the answer, the reason for our being to know ourselves in God, to know God in us.

## Spiritual Healing

Jesus understood that prayer was the foundation to acquiring a connection to God and through that connection one could increase their faith, belief, and receptivity to the presence and power of God within themselves.

Truth students the world over have used the following steps to opening themselves to the "kingdom of God" within them:

## Spiritual Healing

### Step 1 - Relax - Be Still and Know that I am God.

The first thing to do is to relax. Sit quietly for a few minutes and then say to yourself, "Be still and know that I am God."

God is with you right now, right now you are in His presence. Right now His love enfolds you. Right now His peace surrounds you. Be still. Say to yourself, "I relax and let go."

## Spiritual Healing

### Step 2 - Denial that the disease has power over your thoughts and emotions.

True denial is not negative but a positive declaration of your faith in life, in God, in perfection. Denial is a way of saying to your doubts, your fears, your belief that this disease has now power over me, I have power over it.

Disease is not an illusion, but an expression of life energy found in the world of appearances.

## Spiritual Healing

### Step 3 - Affirmation of Truth

Affirmations carry you forward to a new awareness of the presence of God in whom you live and move and have your being.

Create your own affirmation like this one:

*There is only the life of God flowing freely through me from the top of my head to the soles of my feet, cleansing, purifying, healing, vitalizing, renewing, restoring me.*

## Spiritual Healing

### Step 4 – Realization.

Jesus came to the realization that he and the Father were one, and with that realization he was able to demonstrate perfection and wholeness in those seeking a healing.

The next part of the realization for healing came in his words, "It was your faith that made you well."

## Spiritual Healing

### Step 5 – Thankfulness.

Jesus constantly gave thanks to God for hearing him.

The benefits of an attitude of gratitude and a thankful heart projects a positive, life affirming energy into any challenge we face causing us to relax, affirm, and know the truth that God is always at work to bring about the right and perfect outcome. Thank you, God!