

## Healing/Diabetes/Self Esteem

Paul Solomon Source Reading 9400

August, 7, 1991

Q-1. How can I get in touch with my inner light and unconditional love? I have been in touch for some moments, but I feel I have to break through something to get closer and to feel it more constantly.

A-1 Yes, we have the records of this soul and the entry into this lifetime, and the karmic record and the Witnesses. Now, as you have said, there has been the flash of illumination or flash of enlightenment. For a moment; at times perfect attunement and awakening, opening of the heart. Now, in order to maintain this as a condition of daily life and mind, you might need to understand it in this manner. You have a mind which conducts the functioning of the brain, a mechanical mind, if you will, which is filled with thoughts and experiences coming from the senses and the observation of the earth, from teachings and that which you have read, what you believe, and all that may be called the mind of the self, the human mind. It is filled with thoughts, constantly, constant activity day and night, in communication with yourself, passing thoughts through the consciousness.

Now, the experience of enlightenment, at-one-ment, and being filled with unconditional love and the presence of spirit, is not so much the functioning of the mind, as it is the functioning of the heart. The ancients were not incorrect when they spoke of the heart mind, for it is here at the heart chakra, the heart center of energy, the gateway, that is the key to thinking with the heart, thinking with the nature of love. In order to accomplish this, one must obtain control of the thinking mind and what it is filled with. There is an ancient commandment which says, "Be constant in prayer," or, as it could perhaps better be said, in a modern term, be constantly in communication with, in conversation with, the being which is Living Love, the Christ.

You have a Higher Mind, a mind that is not a result of the brain's function, and it is not the mind which uses the hemispheres of the brain for functioning. It does not communicate in conversation as the hemispherical brain does. It is a mind that is the Cause-Mind, that is the source of your brain and mind, and it rests naturally like a crown, as a cap, as you might express it, on the crown of the head. It is a pool of energy or light. The closest known energy you might describe as photons, though not quite so literally, but a pool of light.

Now, when the activity between the hemispheres of the brain is caused to stop, even for a moment, particularly when there is the crying out of the heart to know the source-mind, the brain may stop its frenetic activity and be filled for a moment with the light and the illumination and the peace of this source-mind, Living Love within you, which literally sinks down, you might even speak of it as soaking down, through the crown, and through the brain, into the body and the heart.

Now, in order to accomplish this, there are two factors which are extremely important. Now, one, we shall speak of a little further on in this discourse, for you have asked about your own talent, training, and ability for healing. As we comment upon that, we will comment upon the electro-magnetic forces, the healing forces, the prana, the kundalini, which must rise to facilitate this Crown of Enlightenment being constant, continuous, in controlling, maintaining the content of the mind.

Yet, remember it is the heart experience, not a mind experience that we seek. Give your heart. To give your heart is to give your love. Give your love to the Source of your being in such a way that you make a commitment, which says, "I do not belong to me. I belong to the Christ who made me. I love that Source which made me enough to give up my own thoughts, my own mind, my own identity, my body, all that I am I give freely, completely, without reservation to the Presence of Love to use me to do my thinking for me."

Now, in the thinking process, if you fill your mind more and more and more with thoughts of this Presence, invoking the Presence by asking the Presence of Love, fill me with your Presence, fill me now, guide me today. If you can begin, at the awakening of each day, asking this Source, Living Love, "Please control my thoughts of today, fill my mind with your Presence so that every thought that I think is a result of your influence." Ask that, request it every day.

When you make the request, it is essential that you make it with your whole undivided desire of the heart, that it be so. "Fill my mind today with your Presence."

Now, we have created through this channel, and through ... (Name) ... we have channeled a means of accomplishing this more easily, which we draw your attention to. But we will say also, if you should choose to use some such as "A Course in Miracles" for this purpose, you could accomplish it. You could accomplish it with your own writing of affirmations, which you would use in the same manner, or you may use the package that we have drawn these together [in], which has been called, A Survival Kit for Self Esteem.

Now, whatever it is called, whatever term you use for this collection of scrolls, and of listening, the point we wish to make here is, - if you will stop three times each day, during the day, to read the thoughts written there, for a 40 day period of time, until those thoughts become a litany of thinking in your mind and begin to run through your thinking throughout the day, they will [then] begin to dominate the thought, particularly if they are listened to passively throughout the entire night. During the period of sleep, they are absorbed by the mind so that you change the nature and the content of your thinking process, so that you accomplish that ancient command. "Let your mind be constantly upon Love, [so] constantly filled with the Presence, the thoughts and the activity of God, that you fill your mind with His Presence throughout the day, all day, every day."

A process of nine months of reprogramming your mind to think in this way constantly is sufficient to instill in both heart and mind a presence of Living Love, and you will experience this.

As you think now, your own thought process dominates the brain, for most of the day. When you give a few moments, or an hour or so to meditation, your thoughts are on the Christ. What

we would seek to do is expand the period during which your thoughts are given to the Christ until more and more the input of thoughts from Living Love, from unconditional love, will fill your mind until your mind, itself, will change. The very process of thinking, itself, will change, and unconditional love, Living Love, will literally do your thinking for you, which means that the Source of your body and mind, which made you, will do all your thinking for you and will fill you with the Living Presence.

Now, you can experience this to the extent that every holographic cell of your body is filled with the Living Presence of Living Love and lives bathed in that Presence. If you so completely immerse yourself in this fire baptism of Living Love, the Christ, it will burn away all that is unlike itself, and only by literally remaking every cell of your body, can you overcome the dis-ease process, a malfunctioning process in your body of diabetes, as it occurs right now.

It is not a function singularly of the pancreas, or of the liver, or of the hepatics. It is more the necessity to restructure every single cell of the body, including the bone tissue. Now such total healing would naturally take, by natural process - if you replace every cell, cell by cell with a new living cell born in the presence of pure spirit, pure Living Love - it would take a period of seven years to totally replace every cell of your body, so that not one single holographic cell of your body contains a cell memory of the diabetic experience, then you will have made the self new in every part, totally and completely healed.

This does not mean that it will necessarily take seven years for the symptoms to disappear. It only means that it takes seven years to replace the entire human body, cell by cell, to build a new vehicle, totally filled with unconditional love, with no room for any presence unlike unconditional love.

Now, there may be several approaches to accomplishing this, but there is little you will ever find that could be as effective as using some such as these scrolls several times a day, minimally reading them three times a day, and listening to them during the sleep when there is no resistance to it at night, all night, until you have completely restructured your thinking process.

The heart will follow as you tell the heart what to do. As you commit the heart to the Christ, the heart, then, will open. And as you are so filled with love, the barriers that you speak of about yourself will come down. You will radiate love from your being and the intensity of your ability to heal and to influence the bodies, minds and lives of others, will be increased.

Now, it is quite understandable and possible that you might just translate each word of the scroll for yourself, for the reading of it, for the listening to the tape, you may want to use that which already has subliminal sound in it, or you may receive instruction and re-record the tape in your own language, that you may make that available to others as well. If you wish to take on such a project, discuss it with others who might want to join you in your home area and produce it that it might more easily be available to others. However, you have sufficient command of English that you may use it in the form in which it now exists. There is not a better opportunity now, aside from, as we have said, the use of "A Course in Miracles," - if the instructions were followed.

You notice in "A Course in Miracles," there is instruction to think a particular thought several times a day, each day, - slightly more difficult for remembering to fill the mind, fill the mind totally with that thought. For the secret is to fill the mind, not just think the thought, but to overwhelm the old mind with the new thought, and the best means of doing that is during the period of the night when there is no resistance to it. This can help you break through to a constant presence of that inner light, that you may communicate with it.

It is helpful as well, of course, to learn to build the techniques of all the subtler senses, to be able to listen to the inner light, to see, to have images. Some of this you already have, particularly when you are attuned to your healing work. It can, however, be fleshed out and improved by techniques, but it is not a technique that is so much the key, as it is commitment of the heart.

When you give the heart to the Christ, the Christ is faithful and true to accept that which you turn over to Him, and to take it over and to make it over with His consciousness. Your only challenge is to be certain that with all your heart, without reservation, you have truly sought to make this commitment and follow through on it every day, every day for a minimum of 40 days, just to form a new habit of thought, another 40 days to overcome programming from earlier in life; a period of 9 months is virtually perfect for remaking the whole of self in His image. Follow it in that way, and you will find yourself rather completely in touch with the inner light.

In addition to all we have said here, reading the scrolls three times a day, this is sufficient, and yet between those times, every time you have an idle moment, every time you stop for a rest break, every time you have a moment to think, do stop for a moment and speak, speak to Living Love and say, "Love, take control of my mind and my heart. I want to belong to you. I want to know you. I want to function through you, in all times, at all times, for all purposes. I want to be with you, filled with you, completely immersed in your presence."

Q-2. I often feel separated from people and things about me as if there were a wall. How can I feel one with the world I create?

A-2. Please do understand that this wall is a wall of fear. Not afraid so much of danger, the fear has more to do with the fear of rejection, a fear of abandonment, a fear of disappointing others, a fear of being unacceptable and so on, and so on. Please do understand that when you are filled with a love for yourself, and your Source, and others, no such wall will exist. This will be empty and gone, and without hesitation you will feel the ability to extend yourself to feel the living presence of beings around you, whether it be trees, or humans. You will be able to open yourself freely to sensing and feeling the Presence around you at all times.

In the physical it will help in this manner, for you see - understand here, if you have, for a few years in your life, in earlier life, if you have built a wall of hesitation or fear, this will embody itself in the physical body and result in physical imbalances, which you have.

Now, restore these, the physical, with using a metal mineral supplement particularly containing chromium and zinc, zinc and chromium in traces. Now, the chromium will facilitate the ability of your body to manage sugar. Zinc will leech away from the body heavy metals and restore the integrity of the auric field.

Now, at the same time, the redoing of your mind through right thinking, through filling the mind with unconditional love, Living Love, this will take down the wall, the shield, the barrier of fear and hesitation, which can separate you from the sense of feeling others. You might also simply use your hand to rub and soothe the area of the T'an Tien, the solar plexus, every day asking it without fear, to be more sensitive to the presence and the feeling of others, so that you are not shut off in the psychic center of self, but you must be so full of love that you are not afraid to experience the emotions and the uneasiness of other people who are around you. You must be strong before you open that center of psychic sensitivity.

Q-3. What are the things about myself that I am hiding from me?

A-3. Well, perhaps we have said that to some extent. Perhaps we can best describe the greatest barrier to your growth, which you might to some extent hide from yourself, is a fear of letting go completely, a hesitation, sometimes clinging to a security, an old way of life.

There is not yet developed within you a total commitment to release all that has been security and the old life, and go without reservation as is sometimes said, to go fully forward without hesitation, a fear of change, it might be called, partly. A hesitation, not quite completely throwing open the door to functioning as a healer, and a communicator, one who would write and teach of the experiences of growth and enlightenment.

Now, obviously in order to give yourself completely over to writing and teaching of growth and enlightenment, you must feel that you have something to teach about, you must have some experience behind you, you must learn a great deal in order to teach. At the same time it is true that in order to learn, you must process through you what you are learning, that is to say, you will learn it best when you attempt to explain it and to share it with others. No one will ever learn the truth so well as those who teach it. Therefore overcoming hesitation, a bit of shyness, reluctance, fear of change, fear of absolute and total commitment, these things might be most of what you could be hiding from yourself. And we will say further as we talk about healing.

Q-4. You mentioned some dietary supplements already about diabetes; he is asking particularly, "What holds me to the diabetes at this moment? Is there still something that I have to learn about it or from it? On what should I focus to break this habit, and is there any more remedy that he might take?"

A-4. Well, particularly keep in mind that you have already had such a great understanding in your own mind and heart of why you experienced this, a reluctance to be able to receive and contain, and maintain love within you. Now, why would one be afraid to receive and contain and maintain and welcome love into self? Only because one is afraid of a commitment to love. You see, if you are afraid that you will lose love, then you are afraid to become committed to receiving it for fear that you will make yourself open and vulnerable to it, that you will build a

need for it and then it will be withdrawn. You see, a fear of letting yourself go to be completely loved by self, Source and others, prevents you containing and maintaining a sense of being loved at all times. Then, if you cannot retain, maintain, the sweetness of life that is love, you will express it through the inability of the liver to store the sweets, the sugars, and thus to maintain energy and vitality.

The commitment to love at every level, both giving and receiving, filling yourself with love, and without hesitation, without reservation, without doubt or fear, without holding back, without waiting for someday to make a complete commitment, total, this hesitation will keep you chained to a means of managing this in body, mind and spirit.

Q-5. Please comment on my talents and abilities, both known and unknown. How can I incorporate my profession and my spiritual interests? How can I use the talents that I know of more fully?

A-5. Well, should not be any mystery at all that as you have the ability to write already, if you write about the things of the heart and of spirit, you will have the things of the heart and the spirit flowing through you, through your hands, through the writing. You will be what you write about, and if that is journalistic, if it is of reporting goings on around you, you will contain that. If you write about the things of inspiration, of truth, of teaching, of helping, of assisting, of creating a map and guidance to others, if you make all available through you, in communication to the instruction and the upliftment of the others, then you will have it flowing through yourself, giving to others at the same time, and growing.

And what you do with your talents and with your life will be the same thing you want to do with your relationship between self and Source. Be whole in what you do with your time, in your life, and let's go further to say that you have not only a talent for writing, you have also a talent for speaking, and even for entertaining, some sense of charm which you can use in a sense of sharing with groups of people.

We would highly encourage you to develop your ability to teach the techniques of development of spiritual abilities, of Inner Light Consciousness, of self-love, self-worth, self-esteem, that which you have learned. Practice not only in the healing practice and in your own growth and in your writing, but also in sharing with groups, for you do have the personality, the charisma, the ability to express yourself clearly, the charm, the ability to communicate with people. Don't waste those talents.

Q-6. How can I develop my healing technique, and how can I incorporate it into my life's work?

A-6. Keep in mind that the healing technique that you use is particularly dependent upon the building of the energy of the T'an Tien, or kundalini, or what also is called the vital life force, or sexual energy. You must, in fact, learn a form of tantra, or of Taoist yoga, which will teach you to cause a concentration of energy in the base chakra, the genitals, to build it to a point of intensity, then draw it within and bring that energy up through the centers until you are empowered with fire from within, the Greater Heavenly Cycle, as it is called, or the raising of the kundalini to the crown of fire.

For you see, in the healing technique you use already, you bring the fire from the loins through the body for the healing of the body. This will be intensified by learning such Taoist techniques as recognizing that for every 100 times of being stimulated, allow an orgasm, or ejaculation only one time in 100 times of stimulation. The building of the intensity of creative force, healing energy, this is the energy which can reproduce a body, and which can remake the cells of the body, it is one and the same force, the regenerative force is the force of healing in the human body. Where it is mastered, when you own it yourself, own your own mind, your own heart, and your own vitality, including your sexual force, let it be yours and in your control, to be used at your command. Then you will gain a greater, much greater intensity of heat in the hands. For this is the vital force that you will use to lift the kundalini energies through the body of another, and through yourself for your own healing. Learn to master those techniques and you will have a more powerful result.

As to incorporating it in your daily life, begin to let it be known through groups you communicate with that you are available for applying your ministry of healing.

Q-7. What is the most important next step for right now?

A-7. Well, we would set before you the intensity of commitment to such a technique, as we have spoken of in the first question, of the application with sincere and utter devotion, absolute devotion to the scrolls of love, esteem, internalizing Living Love and giving yourself totally to that force. Nine months of absolute commitment to revolutionizing your relationship with yourself and your Source of Living Love, and filled with the fire of that energy.

Go on in your writing, begin to write of the beauty, the power of the spiritual experience, of transformation, of miracles, of that you have encountered in that way. Begin to write. Communicate perhaps with Ankh-Hermes, with Prana Magazine, with others who might use the work, and make yourself useful in that way.

Also, bring together a group of people around you who also will participate in the growth of self-esteem, so that you have a group of people, a support group for building self-worth, self-esteem, self-love to the extent that you can, then prepare yourself to go on and teach at some point when you are ready, when you have made yourself ready for it, and know that it is the right time for you, then get yourself to the School of the Prophets, the Seminary, to train to go out and teach, and make these things available to the world. It will be a much more satisfying use of your time and your life. This will bring joy to your life and fulfillment.

No further questions.

Well, yes, we have not a lot further to say. We have read from these records according to these questions which have been asked. We only can perhaps add that one who develops diabetes early in life, this lifetime, is always one who overtook of the sweets in an earlier time, was self indulgent. You cannot allow yourself to be self indulgent in this time. This is a time, lifetime, which will require discipline. The lack of discipline allowed for the self-indulgence, which built a body that was particularly prone to a diabetic response in this lifetime.

For you see, for a lack of experience in love, you substituted for love by indulging in what you thought of as the sweets of life. Sweets in a literal sense of sugar as such, but also sweets in the sense of partaking of sexuality and alcohol and many other forms of self indulgence in an earlier time. This built a proneness towards that in this time.

In this time you must learn to give yourself the love that you need, you must learn to accept the love already given to you by your Source without reservation. Do not let yourself doubt for a moment, ever, not for one moment, that you have and can maintain the love of your Source, the love of Christ within you, that you are loved. Feel loved, dare to feel love at all times, and do not seek it outside yourself, - from others, to give you love, although you may accept the love of others, be not dependent upon it.

And discipline, by all means is a key factor in overcoming the body's proneness to addiction and allergy to the sweets of life in this time. And you have already known that a functional illness is an habitual response of the body, it is the overcoming of habit. Nothing can help you more than the reprogramming of your mind and consciousness in terms of love, self-worth, self-love, self-esteem, self-confidence and absolute commitment to love.

That is the theme and the key for this lifetime. Devote yourself to it and you will have the value of that experience and the joy of life. You can have the sweets of life in this time, but they will be sweets quite different from those you were dependent upon in a past lifetime. Now that is sufficient to the reading of these records for now.

Therefore we are through.

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