

Benefits of changing shadows to wholeness.

“A broken body shows the mind has not been healed. A miracle of healing proves that separation is without effect. What you would prove to him you will believe. The power of witness comes from your belief. And everything you say or do or think but testifies to what you teach to him. Your body can be means to teach that it has never suffered pain because of him. And in its healing can it offer him mute testimony of his innocence. It is this testimony that can speak with power greater than a thousand tongues. For here is his forgiveness proved to him.” T.27.II.5-9

SICKNESS’S TESTIMONY	HEALING’S TESTIMONY
The thought of separation came true.	The thought of separation caused nothing.
I can attack and be attacked.	Oneness of God’s Son is unassailable.
I am a separated self, alone & imprisoned.	I am not alone and have not lost the Power of God.
Illusions are true therefore guilt is true.	Illusions are not true therefore innocence is true.
I am under the laws of the world.	I am under no laws but God’s.
Body is more solid & real than the mind.	Mind is more solid & real than the body.
God has abandoned me. I have abandoned God.	I am forever joined with others and with God.
In my separateness I have changed what I am.	In my delusion of separateness, What I am is unchanged.

Exercise:

Four Levels: Physical (Form), Mental (Thought), Emotional (Feeling), Behavioral (Acting)

1.What is broken, unhealthy, unsound?

Level: _____ What is the condition? _____

2.Where is healing needed? _____

3.How does this affect the other levels?

Physical: _____ Emotional: _____

Mental: _____ Behavioral: _____

4.What caused the unsound condition?

5.How does healing happen? To heal is to mend or make whole; to restore well-being, health, peace. List the remedies used for healing:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____