

CHAPTER 51

FINDING MEANING OF YOUR ILLNESS INDUCTION

Overview:

A Course In Miracles reminds us that all illness begins in the mind. I concur but also note the body is the unconscious mind. When one part of the mind, the ego is chosen to be a person's guide, it decides there is scarcity and uses this illness to "fulfill" its sense of lack and create a defense to hide behind. Illness can be looked at as a call for love, a forgetfulness of one's True Self, a separation instance and a belief in being disconnected from our Source. Heredity does pass down collective unconscious tendencies as ancestral guilt and fear entanglements from pervious generations can dominant one's state. Yet it's the present emotional and mental state that will determine how these past influences are expressed upon the present.

FINDING MEANING OF YOUR ILLNESS INDUCTION

Please find a quiet and restful place to lay back-(where you won't be disturbed for the next hour) rest in a relaxing position-feeling free-to shift your position at any time to experience even more relaxation, whatever pleases you. Please notice your breathing, as well as the sound of my voice-the feeling in your stomach, and your spine, as you are aware of any thoughts or images which pass through your mind. And you may find it relaxing to watch images come and go, emerging from the space and then dissolving back into the space. For as you watch the space-as the watcher of the space-like clouds drifting effortlessly in the sky or birds gliding on a wind current-a pleasant aroma of orange/lemon, or something else entirely-gardenias smell so nice-all moving through the space while the space remains unchanged-the changeless space of consciousness that you are-the watcher of the thoughts, the one who knows and interprets and is always there, unchanging, pure awareness, pure existence, the forever pure watcher of the space-relaxed and unattached-feeling the body's breath-slow and deep-just watching-relaxed-observing-being aware of any shifts in the breath-floating-drifting-deeper within-allowing your unconscious mind to discover the most desirable level of trance, formation you would feel is most helpful for you today, to learn and discover things, which will be of benefit to you, assist you and support you in reaching your goals...