

The Art and Science of Unlimited Self-Healing



No Disease is Incurable



Extraordinarily Rapid
Physical Change is Possible

I Awake in Thy Light

I awake in Thy Light!

I awake in Thy Light!

I am joyful, I am free,

I awake in Thy Light!

I awake in Thy Love!

I awake in Thy Love!

I am joyful, I am free,

I awake in in Thy Love!

I awake in Thy Joy!

I awake in Thy Joy!

I am joyful, I am free,

I awake in Thy Joy!



Orientation

Introductions

Schedule

Sadhana

About Ananda



Program Goals for You

Understand your power for unlimited self-healing
as revealed in physics and spiritual science

Explore the healing power of emotion, belief, and connection to Spirit

Learn techniques to methodically use those transformative powers

Create your own self-healing plan



Begin Your Personal Self-Healing Plan

In your journal:

List your health issues and briefly
describe what you think is causing
them



The *Physics* of Unlimited Self-Healing

We must liberate man from the [physical]...in which, since the renaissance, he has been imprisoned. We now know that we...extend outside the physical continuum.... In time, as well as in space, the individual stretches out beyond the frontiers of his body.... He also belongs to another world.

—Dr. Alexis Carrel, Nobel Prize winner



Three Extraordinary Stories



Anita Moorjani

Mr. Wright

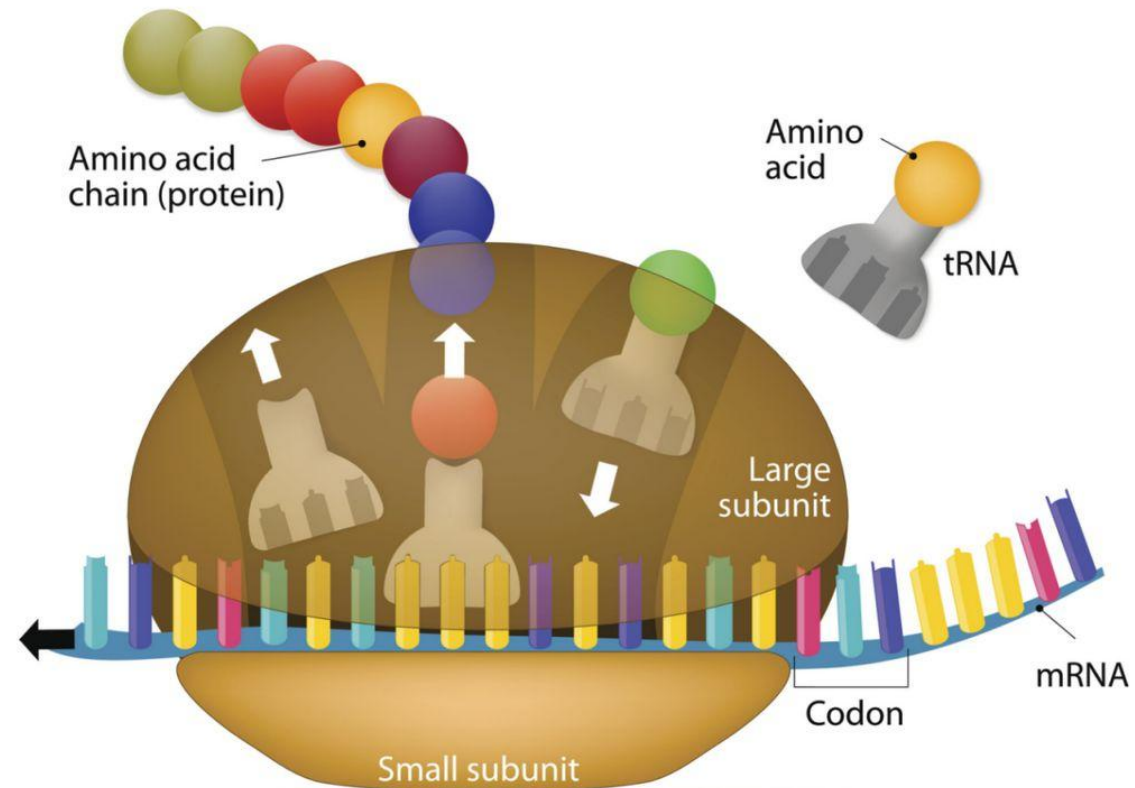
Barbara Cummiskey



Modern medicine simply can't
explain any of these stories
because its model of healing is
biomechanical



RIBOSOME



All Biomechanical Processes Have Speed Limits

The *maximum* number of *new* proteins that can be biomechanically produced *in a single day* by all the ribosomes in every cell combined: 10^{21} (1 sextillion)

While an impressively enormous number, it is roughly one forty thousandth ($1/40,000$) of the total number of proteins in the body: 400×10^{24} (400 septillion)



Cases of Extraordinarily Rapid Healing Smash Biomechanical Speed Limits

Barbara Cummiskey's body was healed in *minutes*.

- Brain, spinal cord, and nerve cells remade
 - Atrophied muscles reformed
 - Weight gained

Even just *one* pound gained in minutes meant her body had to have produced *thousands of times* as many proteins as can be produced biomechanically in an *entire* day



Our Precise Life-Process Coordination Also Defies a Biomechanical Explanation

Over 50,000 life processes occur in every cell, every *second*

Our DNA simply doesn't have enough genes to coordinate all life-processes

Epigenetics has shown that genes are routinely activated and deactivated

The nervous system is too slow to coordinate all life-processes



The Biomechanical Model is Incomplete

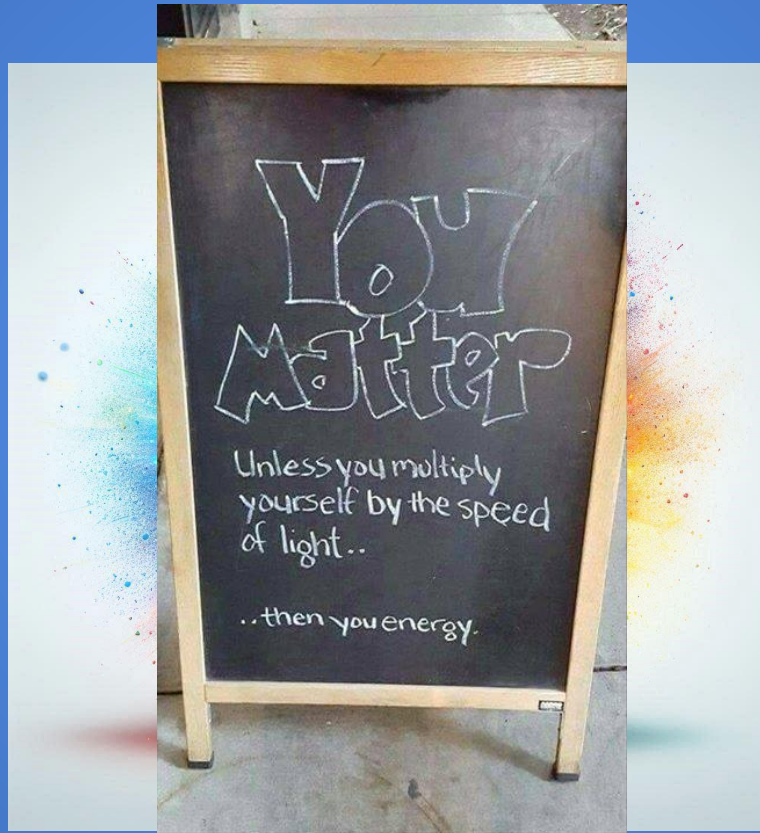
It can't explain these two key and known phenomena:

1. Extraordinarily rapid physical change
2. Incredibly precise life-process coordination

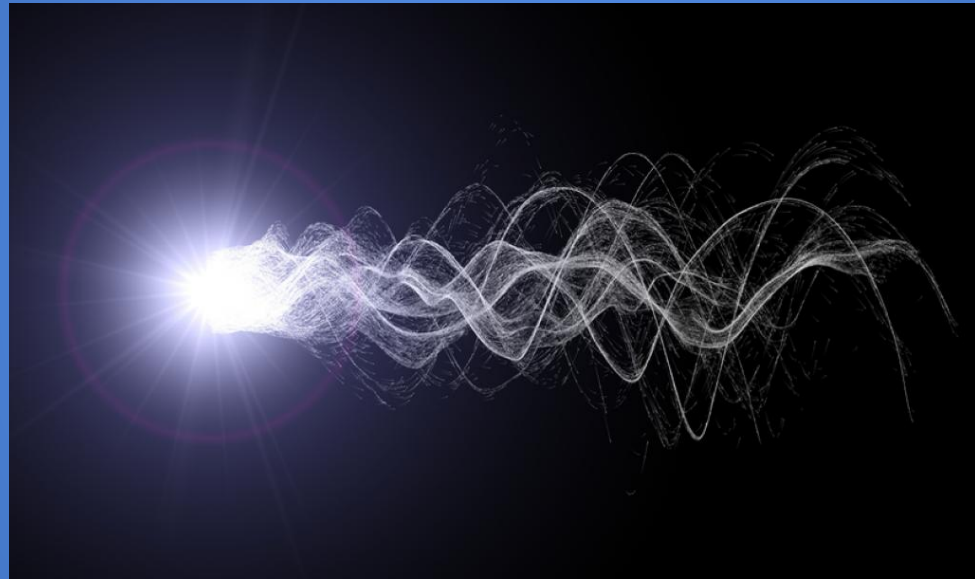
Modern energy physics and spiritual science, however, do have explanations for these phenomena



Matter is Energy



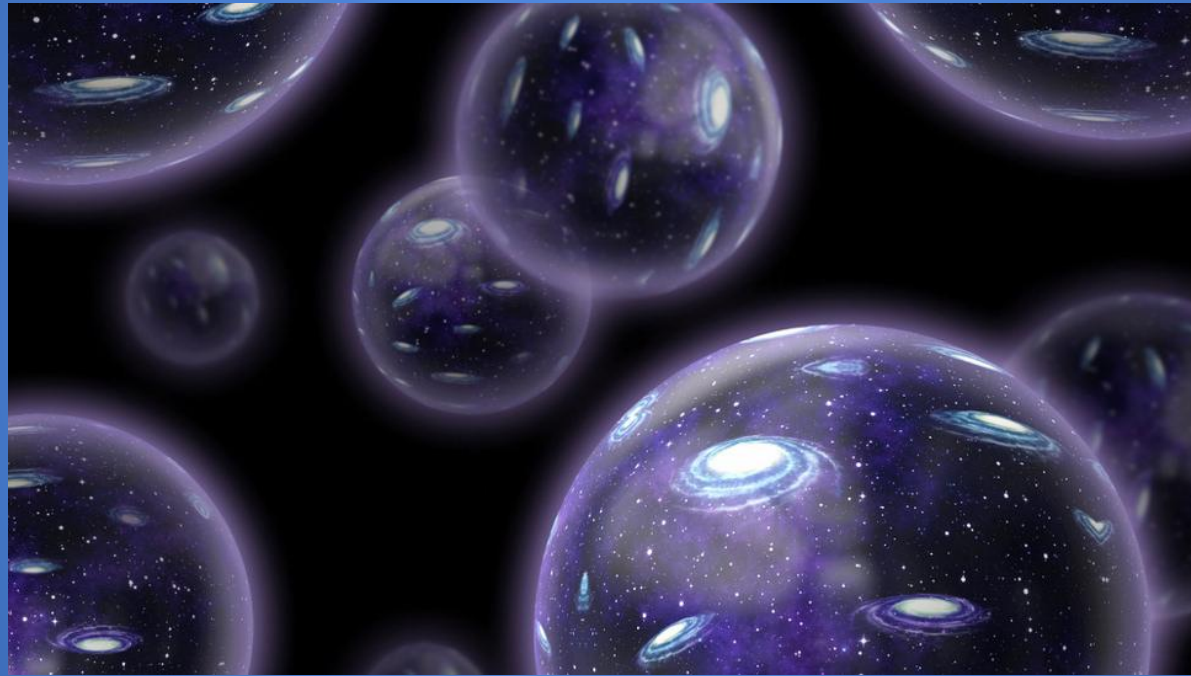
Energy Can Behave as Particles or Waves



Energy Exists Both Locally and Nonlocally



Nonlocality is Vast



Nonlocality Has a Structure



The Universe is a Holographic Projection

The three-dimensional world of ordinary experience—the universe filled with galaxies, stars, planets, houses, boulders, and people—is [contained in] a hologram, an image of reality coded on a...two-dimensional surface.

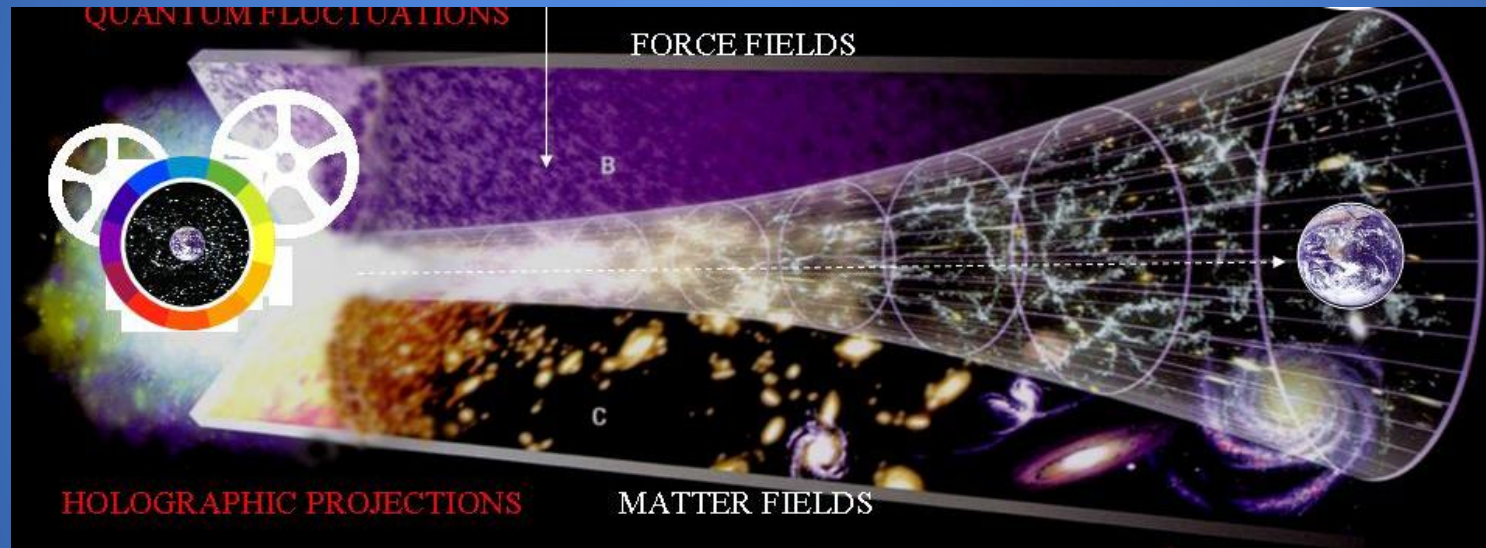
—Dr. Leonard Susskind, Stanford professor and leading M-theorist



The Lowest Brane Layer Contains the Hologram for the Universe



The Universe is Continuously Created



What does all this mean for the
human body?



Our Body Exists in Multiple Realities

[The body is] rather like a beautiful, exotic flower,
flickering in and out of many dimensions
simultaneously.—Mae-Wan Ho, quantum biologist

We, and all things in the universe, are non-locally
connected with each other and with all other things
in ways that are unfettered by the hitherto known
limitations of space and time.—Ervin Laszlo



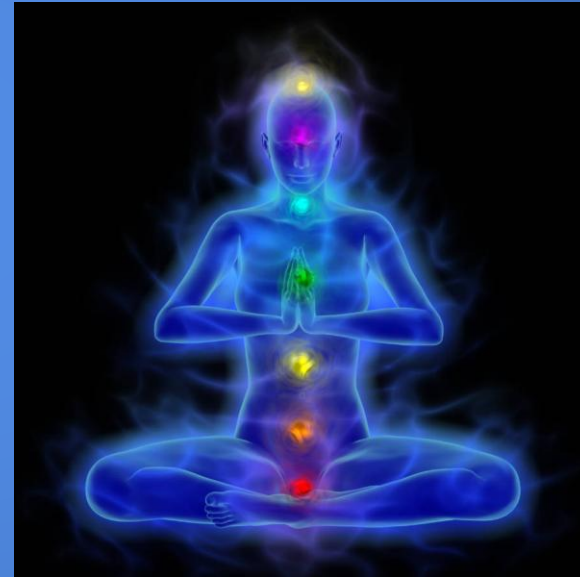
The Physical Body (Like the Universe) is Continuously Holographically Created



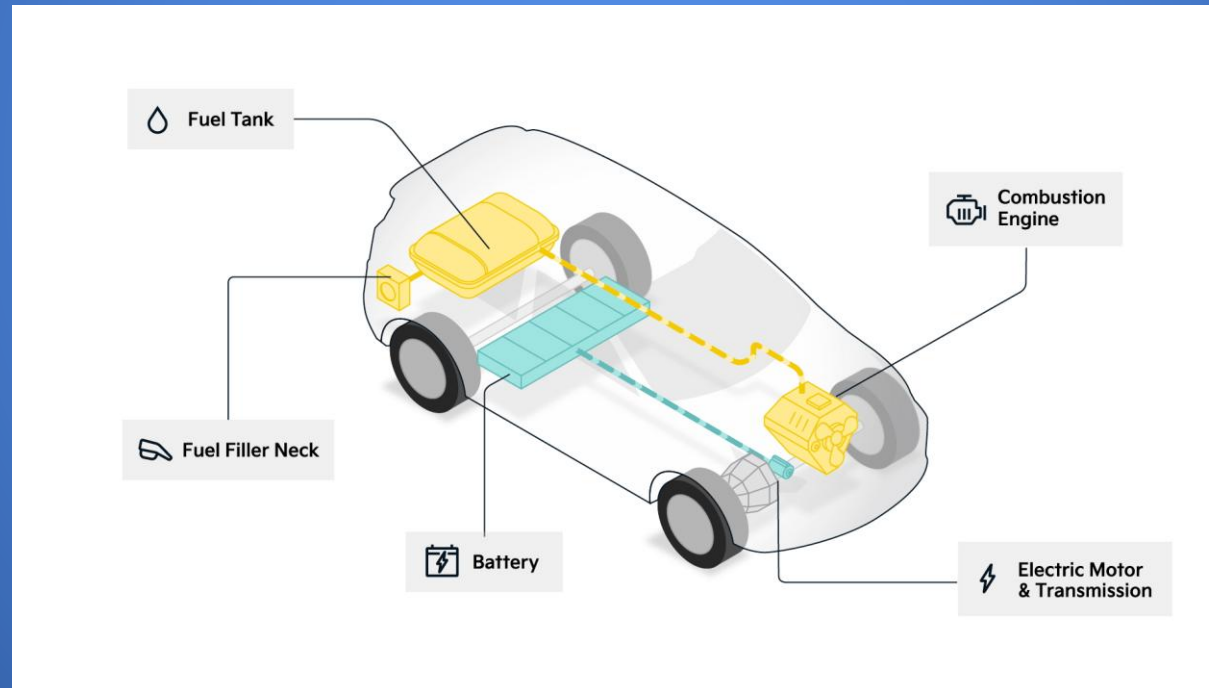
The Physical Body (Like the Universe) is Projected from a Nonlocal Hologram



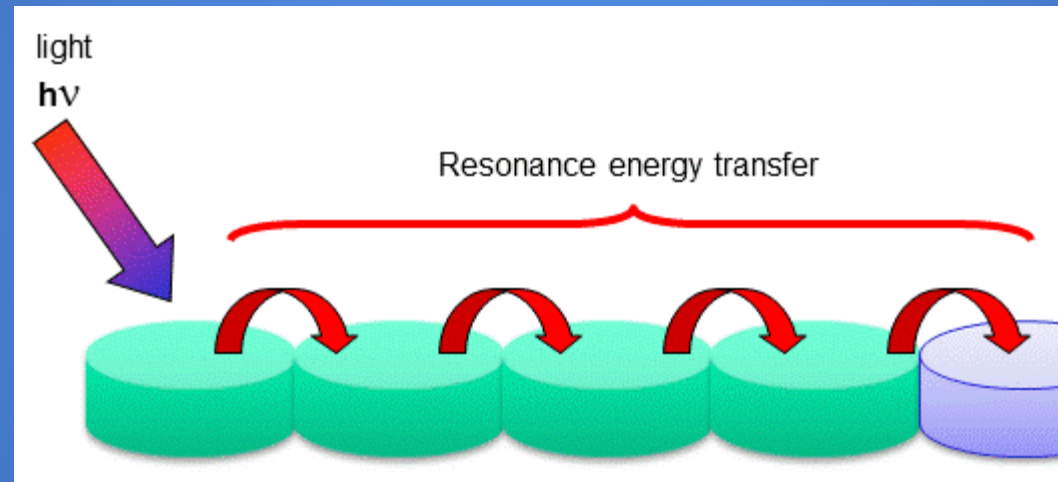
Our Body is *Simultaneously* Biomechanical and Holographic



Like a Hybrid Car: *Simultaneously* Internal Combustion and Electric



Hybrid Behavior in Nature



Hybrid Behavior in the Human Body

Billions of neurons in the brain change firing frequency routinely and simultaneously

Biophotons are emitted in the same phase and frequency

More or less of the body can behave biomechanically or holographically at any given time



Hybrid behavior gives us an explanation for
extraordinarily rapid physical change:

Because our body can simultaneously behave both
biomechanically and holographically, biomechanical
limits, such as the speed of protein production, can
be augmented or superseded by instantaneous and
unlimited holographic change

But this doesn't explain incredibly precise life-
process coordination. For that we need to turn to
spiritual science



Intelligently Guided Life Force

[There is] a kind of superintelligence that exists in each of us, infinitely smarter and possessed of technical know-how far beyond our present understanding.—

Dr. Bernie Siegel, author of *Love, Medicine, and Miracles*

The astral body/hologram is a minutely and responsively changing movie-like pattern of *intelligently guided life force*

Life force holographically creates and biomechanically maintains the physical body according to that intelligently coordinated pattern



We Deeply Experience Our Astral Body

The seat of our mind's eye view

Where we experience emotion

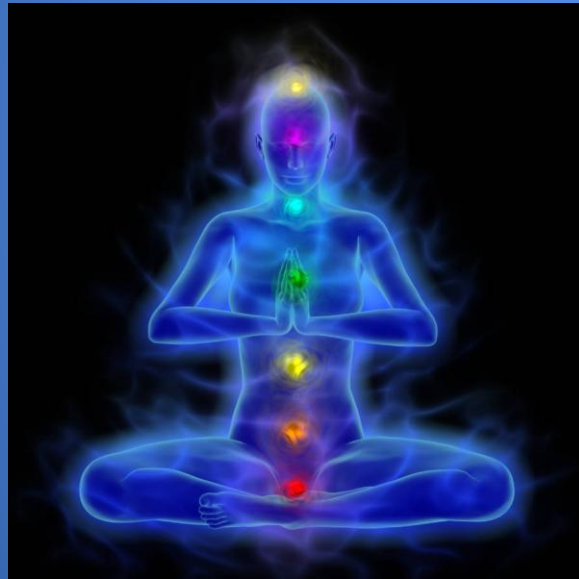
Where we "think"

The storehouse of memory

The origin of our ability to perceive through the senses
and use the body



Our Life Force Continuously Coordinates Life-Processes at All Levels—Atomic, Cellular, and Systemic



Crystallization
Circulation
Digestion
Procreation
Elimination



Causal Body

Powerful, intelligent, causative thought, contained in the causal body, determines what the astral body can do, which in turn determines what the physical body can do



The Soul

Our Soul, an individualized expression of Spirit, uses the powers of Spirit to create and enable all three bodies

Our Soul-originating, free-willed choices, actions, emotions, and thoughts—positive or negative—reverberate through all three bodies—causal, astral, and physical



Summary Points

The physical body is not physical

The physical body is not independent

Our multiple bodies are a seamless and minutely responsive whole made of energy and thought

Soul and Spirit's innate intelligence coordinates all life-processes

Our body is a continuous miracle



The *Art* of Unlimited Self-Healing

When we begin to understand the total being that is man, we realize that he is no simple physical organism. Within him are many powers whose potential he employs in greater or lesser degree in accommodating himself to the conditions of this world. Their potential is vastly greater than the average person thinks.

—Paramhansa Yogananda



Soul Powers

Most of our health, good or bad,
is the result of three Soul powers:

Emotion

Belief

Connection to Spirit



Emotions Can Kill or Heal

Anita Moorjani—Fear killed her and love healed her

Stress—the result of a potent mixture of negative emotions—is believed to be the primary cause of *85% to 95%* of all ill-health, disease, and premature death from illnesses including cancer

The decades long Grant Study showed a conclusive connection between negative emotional health and poor physical health and premature death



What is emotion?

Emotion is the movement of life force
in the astral body

Moving upward or downward

Moving in consistent patterns

Which affect, positively or negatively,
consistent areas of the physical body



Negative Emotion v. Positive Emotion

Negative emotions are negative because we don't like how they "feel" but they are also negative because they *disrupt* our life force's ability to coordinate and execute life-processes

Positive emotions not only feel better but they *support* our life force's ability to coordinate and execute life-processes



Short-Term and Long-Term Effect

Strong negative emotion powerfully disrupts life-process coordination and execution

If short-term, any disruption can be reversed by the return of steady, positive, harmonious emotion

If long-term, however, continuous disruption leads to cellular breakdown

Cellular breakdown is the beginning of all disease and can lead to terminal illness



Negative Emotion and Mood

A habit of strong and *frequent* negative emotional responses to life situations, such as fear, anger, anxiety, or hatred leads to cellular breakdown and disease

Mild but *continuous* negative emotion, otherwise known as mood, such as sadness, depression, despair, shame, or grief (often harbored in secret or not even recognized) will also lead to cellular breakdown and disease



How to Overcome Negative Emotions

Most people think they must change the life circumstances that they believe are causing their negative emotions

Many people try to “release” negative emotions

The most effective way to overcome negative emotions, however, is to create or cultivate positive emotions



Lift Your Energy

Energy and joy go hand in hand. –Yogananda

Work *directly* with life force

Increase your flow of life force by energization

Say “yes” to life



Lift Your Heart

Joy and energy go hand in hand. –Yogananda

Consciously lift your heart through singing and chanting

Get a positive “sound track” going every day



I Awake in Thy Light

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I awake in Thy Light!

I am joyful, I am free,

I awake in Thy Light!

I awake in Thy Love!

I awake in Thy Love!

I am joyful, I am free,

I awake in in Thy Love!

I awake in Thy Joy!

I awake in Thy Joy!

I am joyful, I am free,

I awake in Thy Joy!



Next Step for Your Personal Self-Healing Plan

In your journal:

List the practices or techniques for cultivating positive emotions, just shared, that appeal to you.

Include other practices or techniques for cultivating positive emotions that appeal to you which you already know or practice.

Increase your flow of life force by energization

Say “yes” to life

Consciously lift your heart through singing and chanting

Get a positive “sound track” going every day



Belief, Too, Can Kill or Heal

Mr. Wright

Placebo effect

Multiple personality disorder sufferers

Belief activates or deactivates genes

Belief shapes and directs your astral body, the astral
body, in turn, directs your life force



Cultivate Unlimited Beliefs

Convince your mind that all human methods of cure are limited in their healing power, and that only God's all-permeating, all-healing power is unlimited.

—Yogananda

Read uplifting books, watch uplifting videos:

Spiritual teachings, biographies of saints, moving life stories, near-death experiences, stories of cancer survivors, stories of miraculous healings



Practice Unlimited Affirmations

General help or specific antidote:

My body cells obey my will: They dance with divine vitality! I am well! I am strong! I am a flowing river of boundless power and energy!

I accept with calm impartiality whatever comes my way. Free in my heart, I am not conditioned by any outward circumstance. Whatever comes of itself, let it come.



Practice Unlimited Visualization

Visualize your physical body or specific parts of your physical body whole and well, shining with astral light

Visualize healing taking place

Add visualization to your affirmation

My body cells obey my will: They dance with divine vitality! I am well! I am strong! I am a flowing river of boundless power and energy!



How to Practice Affirmations

Out loud

More and more softly

Silently

More and more inwardly

Connect to your superconscious

“Feel” the inspiring truth of your affirmation



Let's Practice Together

My body cells obey my will:
They dance with divine vitality!
I am well! I am strong!
I am a flowing river of
boundless power and energy!



Keys to Successful Affirmation or Visualization

Consistently practice just one affirmation or visualization (or affirmation and visualization combined) over a period of time—be patient

Practice your affirmation or visualization at the end of your meditation

Practice your affirmation or visualization until you feel a divine superconscious connection to its truth

Practice your affirmation or visualization until you *believe it or feel it*



Next Step for Your Personal Self-Healing Plan

In your journal:

List the practices or techniques for developing unlimited beliefs, just shared, that appeal to you.

Include other practices or techniques for developing unlimited beliefs that appeal to you that you already know or practice.

Read uplifting books, watch uplifting videos

Practice unlimited affirmation

Practice unlimited visualization



Connecting to Spirit

Barbara Cummiskey

Spirit is ever-existing, ever-conscious, ever-new Joy!

Connecting to Spirit supercharges your positive emotions and
overcomes all fear

Connecting to Spirit transforms your beliefs through
direct experience



Ways to Connect to Spirit

Meditation

Devotion

Chanting

Prayer

Service



Let's Chant and Meditate Together

I awake in Thy Light!
I awake in Thy Light!
I am joyful, I am free,
I awake in Thy Light!

I awake in Thy Love!
I awake in Thy Love!
I am joyful, I am free,
I awake in in Thy Love!

I awake in Thy Joy!
I awake in Thy Joy!
I am joyful, I am free,
I awake in Thy Joy!



Final Steps for Your Personal Self-Healing Plan

In your journal:

List the practices or
techniques for connecting to
Spirit just shared that
appeal to you.

Include other practices or
techniques for connecting to
Spirit that appeal to you
that you already know or
practice.

Meditation

Devotion

Chanting

Prayer

Service



Prioritize Your Personal Self-Healing Plan

In your journal:

From all your lists, choose the top five to seven practices or techniques for cultivating positive emotions, developing unlimited beliefs, or connecting to Spirit you think would be the most effective for you.



Choose just one new practice!

Be methodical in establishing your practice

What, when, where, and how

Practice it until it becomes a habit

Then choose the next practice or technique from your list



Review and Improve Your Plan

Regularly review your progress, at least weekly, for one year

When you review, write in your journal:

What has been working

What hasn't been working

What you will do to improve your practices



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