

Brother Satyananda
Healing By God's Unlimited Power
Lake Shrine Temple
Sunday, April 22, 2012

From the Book of John in the New Testament, John tells a short story of a healing for a nobleman's son performed by Jesus that he witnessed. This healing is important because Jesus did not actually come in contact with or even in the approximate presence of the first person that he healed. The nobleman's son was in a distant city and merely by the request of the father, Jesus healed the son. So Jesus was able to heal remotely and in our mobile, remote society, we can be comforted that Jesus was also mobile and remote.

John writes: *"...there was a certain nobleman, whose son was sick at Capernaum. When he heard that Jesus was come out of Judea into Galilee, he went unto him, and besought him that he would come down, and heal his son: for he was at the point of death.*

The nobleman saith unto him, "Sir, come down ere my child die."

Jesus saith unto him, 'Go thy way; thy son liveth.' And the man believed the word that Jesus had spoken unto him, and he went his way.

And as he was now going down, his servants met him, and told him, saying, "Thy son liveth."

Then enquired he of them the hour when he began to amend. And they said unto him, "Yesterday at the seventh hour the fever left him."

So the father knew that it was at the same hour, in the which Jesus said unto him, "Thy son liveth": and himself believed, and his whole house."

Brother explained that he found the last part interesting. It is an interesting detail and if we look closely we'll find these kinds of details throughout the New Testament. People needed confirmation then just as we want confirmation now. The nobleman believed in the power of Jesus and that the healing would take place but he wanted confirmation, so he enquired as to the very hour of recovery. He got the proof that it was the same hour that Jesus had uttered those words.

Our guru, Paramahansa Yogananda, has an extensive commentary on the Books of the New Testament and he has a teaching that surrounds this story of the healing of the nobleman's son. He explains that faith is required

to prepare the consciousness and that once the mind, on all levels, embraces the truth of the potential of healing power, it becomes a conduit that releases healing energy or *prana* into the physical body system. It is the actual *prana* or life energy that does the healing.

Our Guru says: *“Man does not realize the power of God that has been implanted by Him in the mind. It controls all the bodily functions, and when its power is properly exercised it can promote any condition in the body. In divine healing, first the mind receives the suggestion of healing through positive thoughts, affirmation, or prayer. Then, through the superconscious conviction of the soul, the latent power of God in the mind becomes manifest. Finally the brain releases the divinely recharged life energy to heal.”*

We have a dynamo of healing power right within us...this healing energy given to us by God...but we must first repair the consciousness with a deep conviction of that truth in order for that actual energy to be released and healing to take place. The message in the teaching this morning is awaking our inner power of divine healing. Our Guru teaches that we, as human beings, suffer at three levels. Although, we know them well, Brother said he would list them. There is the physical, of course. When we hurt physically, the body doesn't function well or the body parts go south on us as we get older or we have accidents in which the body gets hurt. So the body is susceptible to injury and on the physical level we need healing.

On the mental and emotional level, we also have suffering caused by anxiety, depression, trauma. We can experience these and suffering emotionally and mentally can be great. Also, on the spiritual level, our Guru says that, in fact, suffering on the spiritual level is some of the most acute and can be some of the most painful. It is our ignorance of the purpose of life...our sense of isolation from our Source, our Creator, and also, the fear of death...the annihilation of consciousness at the time of passing.

Because we suffer on these three levels healing, that is true divine healing, must be holistic. In a sense it addresses all of the levels of suffering of our human nature. To illustrate this, Brother shared three real life scenarios... true stories...of three young men as told to him:

There was a young man in South America who was walking along the street in his city. He was reading metaphysics and thinking about spirituality but he didn't know where he was going to find the truth. Then he saw the emblem of SRF [Self-Realization Fellowship], the lotus, on one of the

buildings across the street. He felt attracted, like he should go in. He said, "I felt this attraction, like I should walk in that door." So he went across the street and went in. There in the foyer was a very friendly woman. She told him that there was a meditation going on in the sanctuary but that if he went in very quietly and remained quiet after he sat down he could enter. So he walked into the darkened room with the altar illuminating the Masters there. He said that he just stood there in that room and looked at the altar and this wonderful wave of peace came over him with the feeling inside: "I am home." He said that at last he felt at home. He quietly took a seat in the back and just sat there. Everybody was sitting still and quiet, including the leader in front. He said that he sat there in the silence for a few moments and then he heard a voice in his mind that said, "Sit up straight!" This overwhelmed the young man and he explained that he had been born with a spinal defect, a curvature of the spine, and that he had never walked or sat up straight in his life. He suffered, of course, from acute back pain. He ignored the voice since he thought it was crazy. He continued to sit with his partially hunched shoulders as he normally did and a few minutes later the voice came again very strong inside: "Sit up straight." The young man said that it was said with such a command and it brought with it a surge of energy inside that he thought: "Maybe I can." So he started to force himself. Although it wasn't painful he said that he just pushed in a way that he'd never pushed before and as he pushed he could feel himself straighten. He said that soon he was sitting straight up without pain and realized that he'd been healed.

The second story came to Brother from a father who asked for prayers for his son, who had just been incarcerated. He said: "My boy has been angry ever since he was a baby. He was constantly mad, angry and reactive and nothing but trouble. Finally he got into trouble with the law and now he's serving a jail sentence. I'm just really worried as his father. I'm worried about a violent death. Brother, could you please pray for him so this anger be healed?" So we offered prayers. The father called back later and shared that those prayers worked. His son is still in prison but his sentence has been reduced. His son told him that at the time he was lying in his prison cell and found himself at a dead end, having no where to go. He was just locked up with his anger when he felt this impasse in his consciousness that he'd never felt before. He realized that he was being tormented and this prayer came: "Lord, remove this anger. Release this anger from me. I don't want to be angry anymore." He told his father that immediately he started to feel this sense of peace. It took several days but he felt a

cleansing going on right in the middle of the prison environment. He said: "Dad, I don't care. I'm not driven by this anger anymore." So the son was released for good behavior within a year.

The third story is about another young man's healing...himself. Brother said that he had a darkness about him from the time he was born. It was like he was blindfolded and was unable to see something really, really important. He knew he had something important to do; that he had a mission in life and there was something vital for him to do but he didn't know what it was. He felt as though he was really totally blindfolded. Finally he came across his guru and he prayed: "Master, take away this darkness. Let me see the light." And that was a beginning of an illumination or a light that entered into his consciousness and the darkness began to recede. Brother started to see the things that had longed to see, realize and understand. Since then there has been a continuing unfolding and the chant with the words: "...darkness like a dark bird flies away..." is one of Brother's favorites because that's what happens within our consciousness.

So we have miraculous physical healing from genital scoliosis; we have emotional healing that comes out of the prison crisis; and we have the spiritual epiphany that brings light to the darkness of our consciousness. Healing on three levels of suffering and what is the common denominator here. There is something common here. What Brother sees is a personal moment of truth. A moment of truth so powerful that it creates a shift in consciousness and precipitates healing and this follows exactly the metaphysical explanation our Guru gives. That is, if we can embrace with deep conviction the truth that there is a healing power within us, then it releases those forces that can heal us on all three levels. It is very holistic in that sense.

Brother reiterated that the common denominator is a personal moment of truth and that if he was to offer us a healing hotline it would be a soul call...making a soul call...to sweep away all of the obstacles of habits, complications of karma, which are oppositional forces. Just sweep them away so that we might make that profound personal connection. "Lord, take this away. I don't want it anymore." This is the way we create personal epiphanies. This is the way we release holistic healing energy on all three levels. We make that soul call, sweep away all the obstacles and make that personal connection knowing within our hearts that the healing power is there for us. That is the way that the energy flows.

The comedian, Steven Wright, has an audience request standup routine. He says: "Do you ever wonder how young you can die of old age? No one lives forever. So far, so good! I know when I'm going to die. My birth certificate has an expiration date! When I die I'm leaving my body to science fiction. I know! I know! I have an inferiority complex but it's not a very good one." It's funny but you know, we are complex, multidimensional beings and healing energy does have oppositional forces of karma, negative thinking, habits. We may wonder why when we offer a prayer or use an affirmation that it doesn't quite give us the results that we need. Paramahansa Yogananda says it is because there are these oppositional forces and our efforts need to be equally as strong or stronger to overcome them. That is why Brother advocated a deep, simple soul call.

The last time Brother was in Europe he gave a presentation at a United Nation UNESCO conference. "It was a very cool conference entitled: *Religion, Science and Consciousness*." Watch, these things are happening mainstream and they are going to be increasing because there is a dynamic interest among professionals of all disciplines. Scientists and researchers are verging on consciousness. It is not just the very public thing between science and religion but it is on actual consciousness and what it is. In Brother's presentation, among other who also gave some, the talk was about life energy, *prana*, because it is like a bridge, a scientific bridge, between religion and the understanding of the science of metaphysics of consciousness.

In the commentary our Guru offers in the Second Coming of Christ...a wonderful teaching...explains that in the foundation of physical creation there are sub-quantum God-particles. He doesn't call it that..it's the physic's name for it. Our Guru calls it life energy or *prana*. So *prana* is universal omnipresence. It is everywhere. It has its energy. It is within us. We are like a fish swimming in an ocean of omnipresent cosmic energy and the metaphysics of India brought to us by our Guru says that is drawn in through the back of the head, which is called the mouth of God. It flows down the spine through the chakras and out through our bodies, sustaining them. Not only is this *prana* everywhere omnipresent but it is an effulgence, imbued by God with an intelligence. It knows how to function. It knows how to perform operations in creation so our hearts can beat. Our blood pressure doesn't vary; if it varies too much we die. The temperature is set; if it varies too much we die. There is at the foundation level of our being an intelligent *prana* that has enough smarts to know how to sustain our lives.

In quantum physics they see these kinds of quantum behaviors that suggest patterns and order and intelligence that these particles know how to not only act in their realm, but how to interact. So at the core of our being there is this intelligent force that sustains our biology and is the secret to our health and wellbeing. There is a power that not only is intelligent but it is responsive. It can be directed. We can direct *prana*. We can learn how to direct energy and this is the heart of *pranayama*. That is, the ability to direct life energy...life energy for healing, for renewal and recharging or for ultimately uplifting our energy and consciousness and offering it to God. *“Love the Lord thy God with all thy heart, all thy mind, all the soul and all thy strength...”* So yoga, union, is the art of learning to work with our life force, our energy.

Another story Brother told was of a woman who had an accident and was paralyzed from the waist down. The doctors did what they could, along with physical therapy, and told her that medical science has gone as far as it could go. Also, that she may recover some movement but it was not likely. She was now a paraplegic and in a wheelchair. She said to Brother, “I was at home and I wasn’t giving up. I’ve been a yogi for a long time and I’ve done Guru’s energization technique, [*which involves sending life force to body parts by tensing and relaxing*]. I was determined to send healing energy to my paralyzed body.” So she began doing that by sending it to her toes and her feet. She was very specific starting with the toes and the feet and a friend started massaging her to help the process.

One day, as she was sending energy with all her will to my feet while her friend was massaging them, the friend said, “Your toe just wiggled! Do it again!” She did and the woman felt it wiggle. Her friend was dancing around the chair, exclaiming: “Your toe wiggled! Your toe wiggled!” The woman gradually regained sensory contact and control over her feet and once out of the cast she felt that there is a progression of restoration taking place within her by the power of God and by directing her internal life energy. She said, “I have no doubt that the *prana* that I am sending is restoring life to my feet and legs. And more than this, I feel my will power growing stronger and, Brother, my meditations are becoming deeper than ever before.” Holistic healing on all levels...physical, mental, emotional and spiritual.

So we ask ourselves, why do bad things happen to good people? As a minister, Brother’s answer is: “So that good people can become better.”

That is the testimony of so many. There are tragedies but they only appear tragic to the outsider's view. On the inside, to the person who is experiencing, it becomes an opportunity to demonstrate and grow spiritual strength. Brother sees so many people doing that. It is courageous! Brother indicated that it would be great to write a movie script telling these stories.

Master says: *“No cure of disease is possible until the healing power of God has directed, from within, the imbalance of intelligent life energy in the body.”*

Recently Brother was talking with SRF's president, Sri Mrinalini Mata, and the conversation included healing. Brother told her that he had had experience with self-healing and self-massage. That is, massaging the body part that was ailing or had a problem and in need of healing by sending life energy through his fingers to that body part and actually experiencing the healing. Mrinalini Mata said that Master taught that the willful flow of life energy cannot only be sent to others but that it can be used for healing ourselves.

This is something we can do for ourselves but faith is required. This seems to be the catch because we're not quite sure how much faith is required. The truth is that faith can grow stronger as we apply our will. Jesus said: *“Thy faith has made thee whole.”* Our Guru wrote that we must prepare the consciousness and he gave us an illustration of how a farmer growing crops has to make his soil fertile so the seeds planted might be fruitful. Our Guru says: *“The spiritual method of healing by God's power is the greatest and it can be instantaneous. If your faith is lacking it will take time for the spiritual methods of God to work on the body and mind. Even if you think you are receptive, that does not necessarily make it so. Only when the consciousness is convinced do you have sprouting of healing of God.”*

So the best healing strategy is holistic. The best application, Brother believes, is simple. One can be the simple soul call: “Lord, remove this sorrow, remove this darkness. I need healing. Release this issue whatever it is.” Sweep aside all of the obstacles that might get in the way and make a direct soul contact sincerely with God.

What if we ask what is the best prayer to offer for ourselves and when we're praying for others? The prayer Brother has prayed a lot, especially when others ask for prayers is: “Let there be healing at their greatest level of need.” Because if they receive healing at their greatest level of need, the

other levels are also going to be healed. So this prayer can be offered for others and it covers holistically. God knows and they know their need, although sometimes they don't know their need. They may think it's one thing but actually it is something else. How often do we receive help and benefit to our surprise in an area that we were not aware of but there it is. It precipitates and benefits on other levels of our being. This is why we want to have a holistic approach.

Brother's spiritual homework today that was very specific because it is good to take these principles and practice applying them. He thinks it's probably the easiest homework he has ever given because it can be done lying in bed. After describing what he is suggesting, Brother had everyone do it together so it could be practiced at home every day this coming week. First of all, an affirmation should be repeated to prepare the consciousness with faith and truth. Then that is combined with tensing and relaxing and deep breathing. While repeating the affirmation mentally, inhale and tense; then exhale and relax.

The affirmation is: God's healing energy is flowing through me. I am whole. I am well. Brother had everyone repeat the affirmation with conviction until it became a whisper. He then had everyone tense the body gently starting with the feet all the way to the neck; inhaling deeply; then everyone exhaled and relaxed. While tensing and inhaling, everyone was to mentally and strongly affirm that God's healing energy was flowing through each one, respectively. He suggested repeating the first part of the affirmation while tensing and inhaling and the second part while exhaling and relaxing. Brother had everyone repeat the affirmation, while inhaling and exhaling, about six times.

The homework is: first thing in the morning while awake but still in bed [if needed, put a reminder by the bed] practice the above five or ten times or as many times as you like because we can never over do something like this. The consciousness is very receptive when we first wake up and before we start thinking about what the day will be like. Another good time to do this is after meditation when our consciousness is also most receptive and when we strongly impose on our will power this truth. With each repetition we increase our conviction and we will feel that something is taking place. Our Guru has said that: *"No cure of disease is possible until the healing power of God has directed, from within, the imbalance of intelligent life energy in the body."*

So we are applying metaphysical science in a holistic way and we are preparing ourselves, not only for current healing and the balancing of our energy, but we are preparing ourselves with our limited consciousness now because we all know doing it when we're feeling well is one thing and that doing it when we're not feeling well is like the demons of fear and doubt are there big time. Overcoming those can be a challenge but if the field is prepared now, it will be fertile...it will remain fertile...and that power of conviction will be there when it is most needed. God's healing energy is flowing through me. I am whole. I am well.