

Energy-Matter, Healing, and Forgiveness

Contents

1. PRIMARY PREMISES	2
2. DEFINING A "PERSON"	2
2.1 TERMS	2
2.2 COMPONENTS	2
3. FOOD	3
4. RELATIONSHIPS	3
5. DIGESTION / ASSIMILATION / INTEGRATION	4
6. HEALING THROUGH FORGIVENESS AND APOLOGY	5
6.1 FORGIVE (RELEASE)	5
6.2 FORGIVING OURSELVES	5
7. TECHNIQUES	6
7.1 STEP 1: RELAX	6
7.2 STEP 2: FORGIVE (RELEASE)	7
7.3 STEP 3: APOLOGIZE (RETRIEVE)	7
7.4 KEEP AT IT	8

The following discussion is simplified; designed to facilitate practicing *spiritual* healing.

There are many professional practitioners and methods for treating physical and psychological disorders. *The ideas and techniques in this document are not a substitute for professional treatment.*

If you are currently receiving professional treatment continue to do so.

1. PRIMARY PREMISES

1. Matter and energy have an unbreakable bond.
2. Energy and matter exist in many forms.
3. Each form consists of "atoms" of matter corresponding to the energy.
4. Energy affects matter *and* matter affects energy

2. DEFINING A "PERSON"

2.1 TERMS

- Spirit ^{*1} GOD-Given Divine Flame, our True Self, Immortal
- Form the physical body and the senses, Mortal
- Psyche collection of physical, emotional, & mental perceptions

2.2 COMPONENTS

1. Physical Body

5 senses (sight, sound, taste, smell, touch)

6th sense: the brain is an integrating organ which creates perceptions

Forms, Physical Sensations and Perceptions

Physical Perceptions are in both the body and the psyche.

2. Psyche: Emotions and Thoughts

Triggered by perceptions and relationships with other human beings

Internal Perceptions are stored in both the body and the psyche.

Perceptions imply memory

3. Spirit

Pre-dates the body and exists when it dis-integrates (i.e. dies)

Designs, creates and maintains the physical form

Channels life-force to the body

Supplies capacities - physical, emotional, and mental

Has relationships beyond the body and the psyche

3. FOOD

The human body is a complex machine. Physically, it is biological, mechanical, chemical, and electrical. At the next adjacent level, it is an energy-matter receiver, converter and sender.

- The composition of the human body is a combination of:
 - Physical* food we consume in the form of liquids and solids (animal and vegetable)
 - Psychological* food we consume in the form of impressions
- Physical food builds the body and supports its energies
- Impressions build subtler energies : thoughts, emotions
- Digestion means integrating both foods into our overall being.
- Food is about Unity

When all of the "food" (physical and psychological) is appropriate, the body and psyche manifest their normal, natural state of health - harmony. In this harmony all aspects of the person are in good working order individually and in relation to each other. If the food is not fully digested, the physical form and psyche move out of a state of harmony, into dis-harmony. If dis-harmony continues over time, the result is dis-ease either physically or psychically - and sometimes both. ^{*2}

4. RELATIONSHIPS

- 1) Relationships with others are
 - a. Physical: primarily through the sense of touch and use of words
 - b. Psychological : thoughts, emotions, actions, use of words

Words are a mixture of physical (sound waves on the ears) and psychological (the meaning taken into the thoughts and emotions)

- 2) In all relationships we exchange (send and receive) energy-matter.
- 3) Digestion is integration of the results of the interactions
- 4) The qualities of each person in the exchange condition the energy-matter sent, received and integrated. Energy-Matter is built into the physical form and psyche.
 - a. We receive the other's energy-matter AND send our own. ^{*3}
 - b. In every relationship, the amount of energy-matter exchanged is proportional to the intensity of the relationship - both positive and negative.
 - c. Deep, intense relationships have more profound effects on us than casual relationships.

5. DIGESTION / ASSIMILATION / INTEGRATION

We build relationships into the body. The composition of our body and psyche is energy-matter. The psyche grows accustomed and even dependent on relationships as it uses them as an on-going source of "nourishment".

When relationships having an overall positive tone end, we may experience sadness, grief, listlessness, depression, even physical illness. Our body, thoughts and emotions are no longer receiving or sending the accustomed relationship energy-matter.

The "other" slowly fades as our everyday life continues. The older structures dissolve as they are no longer being "fed". Newer food builds a newer structure. With the previous sources of impressions, being unavailable, we learn to live without them; or perhaps find a substitute or a similar relationship. Ideally, these relationship energies are harmoniously integrated and the excess released. We accept the change and work on understanding how the relationship affected us and the "other". We assimilate (digest) the experiences. ^{*4}

When relationships have had an overall negative tone, the ending may not complete. In the energy-matter exchange deep seated feelings like anger, resentment, hatred and fear may persist for many years, especially if the relationship has been abusive. Integrating and overcoming the effects of such relationships may require professional assistance.

In either case, positive or negative, residual energy-matter from the relationship lingers. We may have unresolved (undigested) thoughts, feelings and sensations from the relationship. The perpetuation of these residual impressions lock that quality of energy-matter into the body and psyche; somewhat like putting possessions into long term storage. We may not visit the storage facility often, but the items are still there; incurring an on-going cost.

When physical food is not fully digested, the waste is not fully excreted. Blockages form, impeding the natural actions of the body. The blockages lead to dis-harmony; malfunctions occur in the skin, muscles, bones, organs of digestion and perception etc.

Similarly with impressions that have not been fully integrated into the psyche. The residual energy-matter is "locked in" and affects newer impressions, tainting them. The tainting impedes and distorts the inflow from new experiences. The new energy-matter passes through a filter of blocked energy-matter, assuming some of the qualities of the blockage.

This is especially so when we have a new experience similar to one that is already "locked in". The similarity of the new to the old causes an almost involuntary association between them, dragging the new toward the old and increasing the strength of the blockage and even undermining the possibilities of the new experience.

In time, these blockages manifest as dis-harmony in the psyche: depression, anxiety, fear, anger, resentment and other similarly difficult states. They can also lead to physical dis-harmony like disrupted sleep, loss of appetite, listlessness and other the psycho-somatic effects.

6. HEALING THROUGH FORGIVENESS AND APOLOGY

Healing is bringing the physical body and psyche into their natural harmonious state.

The immediate concern is about relationships

- Identifying the residual energy-matter (Blockages)
- Reharmonizing it and returning it to GOD-Source (Violet Flame)
- Forgiveness for the "stuff" others left behind (Release)
- Apologizing for the "stuff" we left behind (Retrieve)

When we forgive another for their "leavings" in us, we free that energy-matter. It becomes fluid again, flowing, moving. When we apologize to another, we assist that person in releasing negativity we "stored" in them through our misguided activities. THAT process also helps us to forgive ourselves.

Don't be concerned about the other person's willingness to accept your forgiveness / apology. The power of GOD will guide that Love and Light appropriately, When that person is ready to "receive you", your forgiveness and apology will be a beautifully wrapped gift sitting on their doorstep.

6.1 FORGIVE (RELEASE)

Forgiving - "for the giving". Give it back to GOD-Source. Forgiveness is letting everything and everyone be what it is naturally without the imposition of values or judgements. In this state, the flow of energy-matter operates naturally and continually. When we do not for-give, the flow is impeded. *5

Forgiveness is an on-going, continuous practice.

6.2 FORGIVING OURSELVES

It is important to forgive ourselves. We all have memories of times when our behavior has been less than ideal and the remembrance causes a twinge of conscience - remorse. We need to forgive ourselves and apologize to the other.

If it happened in the past (more than a year say), remember you are a different person now - not the person that behaved *that* way. The twinge of conscience is a reminder you are now a different person. Now, even the memory of that behavior is uncomfortable because it is not something you would do as your present self. If it is something that has happened recently, vow to yourself not to behave that way in the future.

If the person is still in physical form, seek them out and apologize. Face to face if possible; otherwise, use another form of communication: phone call, letter, e-mail, video, a text. Sincerity is the most important part.

7. TECHNIQUES

7.1 STEP 1: RELAX

Enter a relaxed state of mind and body.

- Close your eyes
- Feet flat on the ground, legs and ankles uncrossed
- Hands relaxed on the top of thighs : palms up or down, no particular finger position
- Back straight, but not rigid - curve of the back is naturally present
- Feel the breath at the nostrils – each inhale and exhale

On the inhale silently count 1

On the exhale silently count 1

Next inhale silently count 2

Next exhale silently count 2

Continue counting the breath to 10, then return to 1.

Just counting and feeling the breath.

Besides counting from 1 to 10 each time, several experiences are typical:

1. Counting past 10
2. Falling asleep
3. A dream-like state
4. Forgetting the next number

These are common occurrences. Don't judge yourself about success and failure.

Simply note that the experience happened. Start again from 1.

After a few minutes you should be feeling very relaxed.

From this calm, relaxed state....

Surround your body with Violet Flame ^{*6}

- See it in front and back, left and right, above and below and inside the body
- Make it at least as large as the body. It can be larger.

Remind yourself why you want to work with the person.

This may bring some emotion - remain calm.

Don't sink yourself into the feeling, just "touch" it lightly.

See the person as you remember them. This was their appearance at the time of the experiences.

7.2 STEP 2: FORGIVE (RELEASE)

From your heart, forgive the other person for the "wrongs" they have done to you. Let them know that you are going to return their energy-matter to them in its pure, natural form as a gesture of this true forgiveness. You are returning the part of them left behind to pure GOD-Source Light.

1. Offer heart-felt forgiveness - *to the extent you are able* - saying something like:
 - a. I know we have had our differences in the past.
 - b. I forgive you for [*the issue / behavior / experience*]
 - c. I return your energy-matter to you purified and harmonized.
2. Take a deep, slow breath. Release the breath slowly, as you do so:
 - a. See the negative energy-matter exiting your body in streams of smoky colored light from the solar plexus area.
 - b. This is all the negative energy-matter you have received.
3. As these streams of light pass thru the Violet Flame surrounding you
 - a. The negativity imposed on the energy-matter is dissolved.
 - b. The energy-matter is reharmonized (transmuted) to its original, natural purity and returned to GOD-Source.

Repeat several times at each sitting.

7.3 STEP 3: APOLOGIZE (RETRIEVE)

From your heart, apologize for the negativity you have directed toward the "other".
Generally, for every forgiveness there will need to be an apology since the dis-harmony we stored up about the "other" has also caused us to direct negativity toward them.

1. Offer heart-felt apology - *to the extent you are able* - saying something like:
 - a. I know we have had our differences in the past.
 - b. I am truly sorry for [*name the issue / behavior / experience*].
 - c. I retrieve the energy-matter I sent to you and leave purity and harmony in its place.
2. Take a deep, slow breath. Release the breath slowly, as you do so:
 - a. See the negative energy-matter exiting their body in streams of smoky colored light from the solar plexus area.
 - b. This is all the negative energy-matter you have sent and are now retrieving.
3. As you retrieve these energies they pass thru the Violet Flame surrounding you
 - a. The negativity imposed on the energy-matter is dissolved.
 - b. The energy-matter is reharmonized (transmuted) to its original, natural purity and returned to GOD-Source.

Repeat several times at each sitting.

7.4 KEEP AT IT....

Patience and persistence are key.

You have carried this energy-matter in your body for quite a while (sometimes a lifetime or more). It may take some time for the release to complete.

Continue for as long as it takes for you to feel at peace with yourself and the other. Know that each time a little bit of the negativity has been reharmonized and you and the other are in a better state than before.

Soon enough you will begin to *feel* the negativity in you and the negativity you have left in the other. When you feel THAT, forgiveness and apology are much, much easier. As you continue this practice you will begin to feel a lightness come over your body and some comfort and freedom in your emotions.

<end>

Notes

*1 I prefer the term Spirit over Soul. To me, soul is too often thought of as simply an extension of the physical – it has a similar personality, may experience rewards and punishments in this or the after-life. While Spirit is the GOD-Endowed Divine Flame : the part of us that is a part of GOD.

*2 As noted on page 1, this is a simplified explanation. This approach does not address genetic disorders, poor diet, eating disorders, mental illness, damage to the physical body from injury and so on.

*3 A good metaphor is electrical plugs and sockets. The socket and plug must be connected with each other. The socket sends electrical current and the plug receives it.

*4 In the words of Samuel Johnson: Time has the same effect on the emotions as distance has on the eye.

*5 If we float down river in a boat, we follow the current. The boat moves along freely. If we install a pole in the river and tie our boat to the pole, the boat can only go as far as the length of rope before progress stops. Our stuck energy-matter is the pole, our lack of forgiveness (attachment) is the rope.

*6 [Wikipedia on the Violet Flame](#)

The "Violet Fire" is held to be a raising, transforming, purifying action of "Divine Love" from the "Heart of God" in the "Great Central Sun". It acts to transmute and consume human creation that is not worthy of becoming Immortal, and all negative karmic causes, effects, records, and memories, without the need to individually balance that karma face-to-face with each person back to the earliest beginning of one's individualized manifestation on this or any other world

Use of the "**Violet** Flame of Divine Love" is considered to be the **7th Ray** aspect of the Holy Spirit and the "Sacred Fire" that transmutes and consumes the "cause, effect, record, and memory" of sin or negative karma. Also called the "Flame of Transmutation", the "Flame of Mercy", the "Flame of Freedom", and the "Flame of Forgiveness"...