

## EXPLANATION OF THE HEALING TECHNIQUE USED IN SRF SERVICES

Our *Guru* originated the Self-Realization Fellowship Worldwide Prayer Circle to serve all who request divine aid - and to send out to the whole world the healing light of God to promote peace and harmony.

Master taught that when you want to help others through prayer it is vital that you establish your own contact with God by deep meditation. When your mind is interiorised and your whole being is filled with peace and devotion for God know that you are in touch with His omnipresent power. Your attention will then naturally be focused at the spiritual eye in which you would visualise the person for whom you are praying. Concentrate on his or her spiritual eye and send powerful healing vibrations to that soul. You can visualise that power as a celestial white light or just feel it as vibratory energy flowing from your spiritual eye to that of the other person.

The spiritual eye is like a radio with your spiritual eye as the broadcaster and the person's for whom you are praying as the receiver. If you learn to use this two-way radio of the spiritual eye you will find it makes possible much greater communication on the mental and spiritual plane than there could ever be by words, spoken or written. That was the way Master so often communicated with us and that is the way we kept in tune and communicated with him.

When praying for others and visualising the flow of healing light and energy pray deeply, "Lord help him. Lord heal him." But always add, "According to Thy will."

Be in earnest about your prayer. To pray half-heartedly is like trying to light up a vast auditorium with a tiny match, you can't do it, you have to bring in a light of sufficient wattage. Similarly, the way to bring the powerful healing light of God into a human being's body, heart and mind is by the tremendous voltage of your faith and will - plus the other person's receptivity. That must be there. As Jesus said to those who were healed, pointing out their role in the process, "Thy faith hath made thee whole."

During the practice of the special healing technique our *Guru* gave us we concentrate deeply on the cosmic energy flowing into our bodies through the medulla oblongata.

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We feel the life force concentrating and throbbing in our hands as we gather energy in them by rubbing them together or rotating them around each other. Then, we raise our arms and hands and mentally project that energy, that healing vibration, towards whomever we are praying for, sending it forth with the chanting of Om.

In our healing prayer services we use this specific technique Master taught us but as one advances spiritually the time comes when he or she constantly feels the life energy flowing from the hands. Do you suppose that every time Master healed anyone he first had to stop and rub his hands together? Not at all.

Sometimes there are karmic reasons of our own making why an illness or other trouble must run its course. While we should do our best to overcome any negative condition we also need to surrender in faith to God's wisdom. Through faith, we will in time see that all things are truly working for our good, in harmony with the greater universal scheme of God's love.

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