

## Healing & Spirituality

Hello, my name is Tony McNeile. In my meditation for April. I have been reflecting on the power of the mind to heal the body and whether it is just the mind or something that is also more than the mind.

I had given a talk on healing and spirituality to a local group where I live.

What is at work when healing comes from somewhere other than the doctor's prescription. Some said it is all in the mind and the mind is part of the brain. Being happy and content opens pathways in the brain that send repair or overcome signals to parts of the body that are ill or hurting.

Others thought the power to heal came from beyond ourselves. Some religions say prayer can heal. Some therapists say they simply channel the energy of the universe into the patient.

I have known a lady who was a healer. She was a natural healer. She didn't claim any supernatural power. She simply said it was something she could do, and she could see pain in people. I used to think sometimes that she must be an advanced soul who came on this Earth with extra gifts.

In our discussion after my talk, people spoke of examples of healing. A mother can calm a baby with pure love. A counsellor can heal a person's emotional hurt. One person mentioned a healing prayer group where they focussed their prayers on individuals in their group who wanted help. Another said the meditation group they attended was healing.

When I ran a meditation group we used to say that each person had not one body but four. There was the physical body, the thinking body, the emotional body and the spiritual body. To be properly healthy and happy, all four of these bodies had to work together and be in harmony. The most vulnerable is the emotional body. The spiritual body protects it.

One lady spoke about the healing property of food. The body is a self-healing machine. Natural foods help but processed foods do not. The body needs to be alkaline not acidic. There are so many theories.

We have a natural power within ourselves which some call The Knowing. We just know what is right and what is wrong. It is more than the life force. It applies to health as easily as it applies to wisdom and it does seem to be a spiritual power.

We are born with it. The ways of the modern world can suppress it with its customs and influences but never totally destroy it.

If we are to lead healthy happy balanced lives that power to know has to be functioning properly.

If things don't feel right perhaps it is time to rebalance those four bodies physical, thinking, emotional and spiritual.

It is all in the mind and maybe beyond.

We at the National Unitarian Fellowship wish you a happy and healthy April.