

# What is Healing ?

- Dr. Vijaya Venkat

*“Matter shall reveal the spirits face”*

*-Shri Aurobindo*

We (body) are the matter. Spirit is the healing power. Healing is the power behind living - the invisible energy flowing all the time. Love of life is the reflection of healing power. Life gets expressed only through healing. Healing is always upward. Healing is simple. Is that so!? is the question we face and answer. We complicate it by our mind. Let's keep our mind simple. Healing is the desire, the power to grow through one's own nature into divine- the highest energy. When enough of us have this goal, the society reflects it. We don't have to know about healing. The power is flowing in us. All the power is but one power.

## **Result of understanding Healing Energy**

We understand life is for living, for interaction, for open communication, for enriching one another, for achieving and manifesting the nature of energies which is creative, assisting, creation itself. In other words love, ever expanding, free of violence and aggression.

With Healing Energy we understand that we are in this planet to live without violence.

Healing energy is not conscious energy. It cannot be improved. It is there just as the sun and the moon. Our energies are today conditioned. We are conscious of rules, systems, and therapies. We are motivated by measurement trained by human civilization. Healing energy cannot be manipulated or trained. It has its own awareness. It's in action all the time. It is moving. We can feel it. We can't catch it. Healing energy is oneness undivided, non-fragmented wholeness of life itself.

Our consciousness creates I, Me, Self, This or that choices, Right or Wrong, Good or Bad, Past, Present, Price, Force, Cure etc... When we remove all this through the awareness of healing energy, healing energy itself becomes evident. Joy is the result. Then there is no inner or outer. We can't meditate and improve healing energy. Healing energy IS. All is one. All is well. All is love. Awareness of this is the foundation of blissful living not existing. With Healing Energy awareness of our knowing is self-evident as limited, conditioned. We accept logic as limitation. Beyond all knowable and unknowable, power exists that is healing power. Maybe we can happily call it God. Power is healing power and it is with us. We are blessed to know this, to free our knowing to this knowing, to release ourselves from human doing to human being. Knowing this is to show us the being...the divine being. We come from that abundant energy and we will reflect that abundance in our thoughts, words and actions.

Food choice is the first visible action for this to open up the body to allow this flow of healing energy which will heal the individual, the community, the nation and nature itself. Self Care is Health Care is Earth Care. Healing Energy is Flowing Energy is Growing Energy. Healing energy is not thought energy. Healing can be expressed through feeling of love. So Feeling Energy is Flowing Energy is Glowing Energy.

Peace –Love-Harmony. Love-Peace-Harmony.