

Harmonious Healing

& The Immortal's Way

Jasmuheen



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Disclaimer: The author fully recognizes and accepts the value of the traditional medical profession. The ideas, suggestions, and healing techniques in this book are not indicated as a substitute for proper medical attention. Any application of these ideas, suggestions, and techniques is at the reader's sole discretion.

For
Arnie
and
Brigitte

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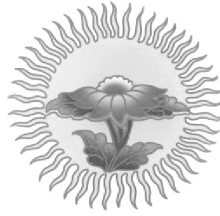
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PART 1



THE PERSONAL JOURNEY



Introduction

At the end of 2004, as I completed my Law of Love tour with its freedom agenda, I found myself back in Australia, confronted with an immediate need to have surgery to remove a very deadly carcinoma. Shocked at having manifested such a situation, I began an extremely interesting journey into the reality of harmonious healing, a path that turned into the immortal's way.

As the weeks unfolded, I noticed a rapid deterioration and aging of my biological and physical system that I seemed to lack the energy or motivation to stop. It seemed impossible that only weeks before, I had been fighting fit with great calibration levels and testing, with kinesiology, a biological age of seventeen. I had sailed through the 2004 tour high on divine love, riding a wave of grace and completely unaware that I was also opening a doorway to my own demise.

With my life spirit withdrawing and my system showing very obvious signs that it was literally moving into the death process, I stepped into the world of harmonious healing while a few thousand miles away a dearly loved friend struggled with this same journey. "How could she have created this?" someone had asked upon learning of my friend's cancer-in-her-lung-and-bone-marrow diagnosis. "She meditates, she is conscious of what she eats and treats her body like a temple, and she's doing positive and meaningful work in the world. How can this happen to her?" Everyone was shocked, confused or saddened by the occurrence.

The reasons for the part we play in the creation of such things are multifaceted and always provide us with powerful learning, and although I have always focused on preventive medicine through lifestyle, here I was finally being confronted with a need to address not just the above question but much more that so few ever touch on: the need for compassion and care for ourselves and others in the healing process, the ability to recognize when it is our time to die and being able to do so with dignity and the ability to die without even succumbing to one of the seven deadly diseases now rampant on our planet.

And there were so many more questions. What about information overload, where people get so overwhelmed with advice regarding how to handle their health care that they simply shut down even further and lethargically surrender to their prognosis? What about the power of prognosis and the power of statements like, “You only have a few months left to live,” statements that are made by those whose opinions we may respect? Just how damaging and how self-fulfilling can these statements be?

What about our physical, mental, emotional and spiritual nutrition and its role in the healing process? What about causative factors and the problem that surgically removed cancers often grow back? What about the role of holistic education as a tool for preventive medicine where people understand the true nature of their being and hence adopt lifestyles that prevent illness? And how much suffering will this prevent? What about the growing percentage of people who are now striding into their one hundreds full of health and vitality for life, radiant, fulfilled and positive? How do they achieve this example of harmonious health? What exactly is harmonious health, and how does it relate to the journey of those seeking to be filled with light? Does the journey of enlightenment demand harmony and health within before it can successfully complete its cycle in time?

All of these questions and more began to bounce off the walls of my mind during the early hours of each morning as I awoke to face another dawn, confronted again by my own mortality.

So many questions that I had heard over time now came back and seemed to be demanding answers, and for every question, stories would flow and research would magically manifest itself at my disposal. I had no idea where my journey would lead me or if I would even choose to stay—all I knew was that the warning had come and I was standing at the crossroads of choice. I knew that even nonaction was a choice, as allowing a potentially fatal disease to run unchecked through a body will bring a definite result.

Motivated by the desire to save my own life, more and more questions arose until it felt as if I was being prompted to research and find answers to so many questions. For example: Can a person become too detached and spend too much time in silence as the watcher of the worlds, even though the yogi’s espouse that desirelessness and nonattachment are required states for the journey of enlightenment? What happens when a

person loses her passion for life and what happens if a person chooses to leave her body, knowing her work is complete, via the process of bilocation? Will there be someone on the other side waiting there to meet her?

Is it okay for a spiritual teacher to leave this plane via the creation of a deadly disease rather than by sitting quietly in meditation and leaving a healthy body and not coming back, just like the lamas can do? What right, if any, do any of us have to judge how a person chooses to leave, and are all death scenarios chosen or determined by unresolved past issues?

What drives a person and gives him passion for life? Is it just the need to survive, or is it a higher calling to contribute something to the evolutionary process of life? What happens if passions are fulfilled so that there is no longer any real drive in life? Can a person buy time and stay even though his work is done? Is there a formula to create such a flow in life that the struggle and questioning ceases, and if so, then what? What happens when it becomes too easy so there are no desires or goals left in life?

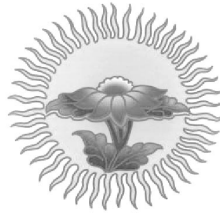


And so, armed with a mountain of questions, I began to walk a new journey, feeling sidetracked, away from my focus on the freedom agenda and its law of love and yet realizing that it was all part of the same game. All I knew was that time was no longer on my side and the choice before me was critical.

The journey into harmonious healing is a complex one at best, and the months soon unfolded for me in my journey of discovery. I needed to discover why I had created such a thing; I needed to discover the bigger picture behind it; and I needed to discover how to move back into, and permanently maintain, a state of optimal health.

All of it was also to lead me into such an amazing journey of merging deeper with my DOW—the Divine One Within—the One who loves me enough to give me life. Yet as the months moved on, my journey ended up branching completely into a new direction, a direction that allowed me to discover the door to the immortal's way.

So the first part of this book details my personal journey, beginning with the discovery that I had created a potentially terminal disease within my system, which, if left unchecked, would allow me perhaps another eight or nine months of Earth time. It was a journey that culminated in my discovery of how to reset our exit choices, how to choose to die in the most dignified way—when we are ready and not before. Beyond that I also discovered how we can repattern ourselves into the immortal's way. The second part of this book reveals the magic of meditation plus pragmatic tools to reenergize and find the perfect healing program to heal ourselves. The last part offers research on alternative diagnostic and treatment systems.



Compassion and Care: Experiencing Empathy

Christmas Eve 2004

Close your eyes,” the doctor said. “Most people get squeamish when they see scalpels and needles. I don’t think you’d like to witness this.”

Directly above me hung a huge overhead light, and as I lay on the operating table, I could see my image in its reflective casing. No matter how deeply I breathed, all I could feel was the beating of my heart.

Walking into a clinic, as I had done, and offering my face for mutilation seemed such an absurd thing to do, yet, according to the doctor, if I didn’t, then the cancer would quickly spread and reach into my lymphatic system. Hopefully we had caught it just in time.

Slowly the needle penetrated into my mouth and, stinging sharply, began to release the numbing liquid that would allow the surgeon to cut out a large section of my mouth, to excise the cancer that had so silently been growing there.

A byproduct of childhood sun baking in the virulent Australian sun whose seed was planted while roasting myself, the cancer had first appeared as a small, scaly, brown spot just above my top lip that I had eventually burnt off using the usual dry-ice method. Fifteen years later, it returned as a pimple-like apparition that refused to heal and began to quickly grow. I had no idea what it was until a small inner voice told me to investigate it further, for no matter what I tried, the sore on my upper lip simply would not recede.

As I never get sick, I have no need of a regular doctor, so I made an appointment to see a lovely woman who had doctored my daughter throughout her pregnancy. Concerned by what she saw, she phoned the local plastic surgeon and asked him to rearrange his busy schedule to take me in immediately.

“It could be fine,” she said reassuringly, “but if it’s not, then at least he’ll excise it neatly and the scarring will be minimal. He does this all the time. Unfortunately, it looks to me like a squamous cell carcinoma, and although it’s not quite as deadly as a melanoma, if left untreated, you will die. So the sooner it’s removed, the better.”

The next day, I found myself in his clinic, nervous and yet relieved as I remembered the scaly brown spot that had first appeared so long ago and listened to stories of cancers whose roots had grown spreading like wild-fire to fatally disable so many. “Once it’s in the lymphatic system . . .” they’d say with a knowing look of helplessness and concern.

The initial diagnosis was not good, and surgery for removal of the growth was booked without delay. A second opinion and my research on the Internet confirmed that the growth was potentially fatal, and if it was not removed immediately, huge problems could follow. Through kinesiology my body confirmed that the right course of action was the quickest—and the scar would be a reminder of a lesson that needed to be learnt. After six weeks of looking at the spreading growth, I was silently relieved that it could be removed so quickly and effectively.

As I sat in the stillness of my meditation the day before surgery, my mind drifted to France and my close friend Brigitte now surrounded by loving friends and healers. A few days before our retreat in November, when my own growth had first appeared, Brigitte had been diagnosed as having dark shadows in the X-ray of her lungs, and a biopsy performed suspiciously looked like cancer. By the time of my scheduled operation, it had entered her bone marrow, and her family was pressuring her to begin chemotherapy. Most days she spent lying in a morphine-induced semi-coma, unsure of her desire to go or to stay.

Having had cancer once before, I knew what she was confronting and I wished that I could wave a magic wand and save her from her pain. Confusion, doubt, anger, disbelief, courage, questioning, surrender, compliance, acceptance—all of it reveals itself along with a heavy dose of sadness when someone is told she has cancer. I had felt it all, and so I watched as Brigitte journeyed through the pathways of her own emotions. As reports about her progress continued to flood in via email from our mutual friends, all I could do for her, as I now sat thousands of miles away, was pray and trust that I would see my friend again.

“You need to write more on this,” an inner voice said as I contemplated it all at that moment. “So many are suffering, and there is more you can do and discover to ease their pain.”