

My dear Friends,

One of my correspondents has asked me to write about healing. I think that numbers of people are interested in what is called "spiritual healing." A famous exponent is Mr. Harry Edwards who has healed many people.

I have met many spiritual healers about the world. Some of them were clearly in need of healing themselves, but were kind and rather sentimental people who wished to do wonders for their fellow-men. A friend of mine who is an unorthodox healer himself, compiled statistics of the results of all forms of healing including drugs, and found that the percentage of cures in all of them was about the same. This leads one to suppose that one becomes healed by the method most suited to one's temperament, or could one say, by the one most suited to one's fundamental "Ray"? For instance, Ray 1 heals by sheer will-power, Ray 2 by following a method patiently, Ray 3 by the use of astrology, Ray 4 by magnetic healing, Ray 5 by orthodox drugs, Ray 6 by prayer, and Ray 7 by ceremonial use, invoking angelic help. One of my sisters, lying ill in a hospital, saw angels come in and surround every bed.

I have known examples of all of these. I once knew a naval officer who cured himself of cancer by prayer. The faith healers have cured some but only a small proportion. Whilst I have known phenomenal cures by this means, I have also known a large proportion who were totally unaffected. I will be told that it was because they lacked "faith." Probably that has a great deal to do with it. The Christ said to one whom he cured, "Thy faith hath made thee whole." H.P.B. said that "Half, if not two-thirds, of our ailments and diseases are the fruit of our imagination and fears. Destroy the latter, and give another bent to the former, and nature will do the rest." Modern doctors are discovering the truth of what she said. The trained imagination is the creative power in us. The untrained imagination can play havoc with a man. The great Indian sage, Patanjali, called it "fancy."

It is a very potent factor in our lives. It means the image-making faculty. When we inwardly picture something we really build a thought-form which has a re-acting effect upon ourselves. If we believe and picture that we are getting well, we are half-way towards it. Many people are afraid of getting cancer, but that is the best way to attract it. Fear is an attractive force. Our attitude of mind, created by thought and imagination, is a very potent force in illness or health. I have known people cured by Christian Science. I remember one lady whom the doctors had given up. Someone told her to go to the Christian Scientists. She went and was cured at once. There is the well-known case of a girl who was cured by an angel and who afterwards became a healer herself.

So let us guard our imaginations. Imagination is also the ground work of the process called meditation. An Adept once said that we could all create a "Guru" for ourselves in the astral light around us., by picturing an ideal figure. That figure, he said, could be inspired by a true Adept or by our own "Higher Selves," what St. Paul called "The Christ within, the hope of our future glory." That does not mean any clairaudience, but a vivid impression. Some people will say, "I do not know what an adept looks like." It does not matter in the very least. Create a thought-form like a picture of the Lord Christ you are fond of. Create it the same, morning after morning. One day it will become "alive," which means that it has become the channel of inspiration. A similar happening takes place when a picture of some loved one is long dwelt upon. It becomes "alive", which

means that a magnetic link has been formed with the original of the picture. And it makes no difference whether the original is here or on another plane of being. Picture too, not only what He looks like, but try and feel what are His supreme qualities.

It is well to begin a short period of meditation with dwelling in thought upon some beautiful passage, either from some scripture or some great poet. This "tunes the mind," and done faithfully creates an "atmosphere" which goes on into the following day.

Not only should we think and use our minds, but what is even more important, we should let our hearts glow and shine. For our hearts are nearer to God than our minds. So if our "image" evolves feelings of love and adoration, let them shine. For feelings are the motive power in all of us. The very word "emotion" means the moving force.

We can close our little period of meditation with thinking of all those we love or would like to help, and sending them loving good wishes. They will very surely receive them. For we cannot think of anything in the universe without being at once in touch with it, for thought transcends time and space. Yes, even when we think of some one who is no longer upon the physical plane. I remember once going to see a play by Maurice Maeterlinck. It was about two children who met their grandfather and grandmother upon the other side. And the grandmother said to them, "As long as you remember us we are still there!"

I wonder if faith healing has anything to do with a person's Karma. For often the Christ said to one He healed: "Thy sins be forgiven thee," which I think meant that his particular "Karma" was exhausted.

Beautiful thoughts are a healing force and create a happy atmosphere around us, and others. One result of meditation is the creation of a beautiful atmosphere which will remain with us a long time. I once wrote a little booklet called "Meditation: Its Practice and Results." If any of you are interested in what I have said about meditation, do get that little book. I know this sounds like advertising my own writings, but I honestly think it is the simplest and easiest to understand of all the books written on this subject.

And always remember the influence of lovely thoughts. St. Paul evidently knew the truth of all this for he tells his people: "whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." And the Proverbs say that, "as he thinketh in his heart, so is he."

With these beautiful words I will close.

Your affectionate friend,

Clara M. Codd

From your secretary: In a little note to me, Miss Codd says she is "suffering from a most unpleasant and painful complaint called shingles." And a friend who saw her a few days ago reports that although the shingles are better, she is definitely more frail and less active. Her note is dated May 21. It is now June 7. So perhaps we can try some "loving good wishes" on her!

R. D.