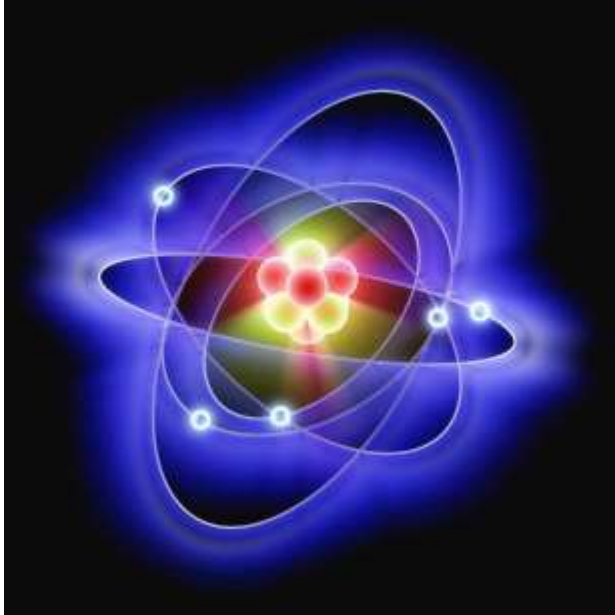


## My Long Journey (Part Three)

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Among the lessons I have learned from my near encounter with death (Part Two) perhaps the most valuable and enduring is the recognition there exist higher states of consciousness which can be attained if we are willing to undertake the inward journey of self-realization. These states not only bring us in contact with higher realms of the angelic world but can also lead to the permanent attainment of God-consciousness, or what Christian mystics termed the 'unitive state'.

There is also a very practical aspect to the attainment of higher consciousness that is as yet little understood. However once this aspect does become more widely known and implemented it will have the power to transform forever the quality of life on earth. I will attempt to explain what I mean...

The idea of 'higher' and 'lower' states of consciousness implies consciousness itself lies along a spectrum consisting of different levels we can progressively ascend. Yet what is it that marks off these dissimilar levels? Since consciousness is a manifestation of cosmic energy (universal prime force), what differentiates these levels must have something to do with the frequency at which elementary energy particles vibrate or spin. Thus when we attain a higher state of consciousness what actually happens is the vibrational frequency of the energy particles of which our consciousness consists is greatly accelerated.

What are the consequences of this? Since lower states of consciousness pertain to physical realities and the experience of having a body, whereas higher states pertain to spiritual realities and the experience of having a soul, when we ascend from a lower (body) state to a higher (soul) state, thus accelerating the vibrational frequency of the energy particles of which our consciousness is made up, we gain an increase in the quality and/or quantity of energy that is available to sustain us and allow us to function in the world and cosmos. We become saturated or immersed in energy, sort of like what happens when we replace a 25 watt bulb with a 500 watt bulb in the socket of a lamp. This is why saints who attain the unitive state, or bodhisattvas who experience enlightenment, are known for their awesome endurance and ability to withstand great privation without complaint or concern. It is because they have more energy to work with.

What is of essential importance to the quality of life on earth is that saints and bodhisattvas who function on higher frequencies of energy also acquire the capacity to heal people who are stuck on lower frequencies. When this is understood it is possible to look forward to a time when, as more and more people attain higher consciousness, we will witness a permanent decline in -- and eventual disappearance of -- chronic diseases such as cancer and dementia.

In the process of healing what is called faith plays a key role, for the ability of an individual existing on a higher energy frequency to heal an individual stuck in a lower energy frequency is to a large part due to the faith exercised by the recipient of the healing experience. What then is faith? It is simply our

willingness to let go of all resistance to the experience of the higher frequency levels characteristic of the spiritual life.



To summarize, the way a 'miracle' of healing occurs is through increasing or intensifying the amount of energy available to us through the attainment of higher consciousness. This sudden surfeit of energy will automatically dissolve all 'frozen' structures (such as in the case of chronic disease) which exist on lower levels of energy frequency. In the end no matter how much pain and discomfort the body is capable of producing, because the body itself exists on a lower energy frequency this pain must be dissolved or transcended the instant we attain a higher energy frequency or state of consciousness.

What is the long-term implication of this understanding? All mental and physical illness and disease – all forms of 'brokenness' conceivable -- can be permanently healed through ascending to higher states of consciousness or accelerated levels of energy frequency. Once we have learned the means for making such an ascent, for in truth it is quite simple, we will witness the dawn of a new age where both mind and body are healed and made Whole and Holy through the attainment of higher (God) consciousness.

*Photos: atomic structure; Saint Teresa of Avila; a bodhisattva.*