

“Healing as a Way of Remembering”

(T-7.III)

This section is about healing, which we don't talk much about in Course circles, but which is a major running theme throughout all three volumes.

“Healing is both an art and a science” (1:1)

This is usually said of medicine, and conveys the idea that medicine is a highly skilled profession gained from both rigorous study and practical experience.

How is healing an art?

This takes off from the idea that art is about inspiration.

Art stems from inspiration in the artist and aims at sparking inspiration in the viewer.

Here, he says that “Inspiration is of the Spirit” (3:2)—the Holy Spirit.

So the healer is someone moved by the inspiration of the Holy Spirit.

And someone who is awakens the patient to the Holy Spirit in them.

How does healing take place?

The sick are dispirited and depressed because they are “without the Spirit” (1:4).

This, however, is an illusion (1:4).

The healer recognizes “the Spirit that is already there” (1:6).

This awakens the mind of the sick to His presence, which heals them.

Inspiration (the Spirit) in the healer → inspiration (the Spirit) in the patient

Effect on you

Letting the Holy Spirit work *through* you teaches you He is *in* you (4:1).

How is healing a science?

This takes off from the idea that science is about understanding (2:3) and applying (2:2) natural laws.

“Science is nothing more than an approach to what already is” (2:5).

Here, healing is about understanding and applying the laws of God.

The laws of God say that that you are whole (5:2).

The laws of God establish that every part of creation is equally deserving of healing (4:3).

The laws of God establish that there are no real differences in the Sonship (6:5).

The laws of God establish that there is no order of difficulty in healing (6:4).

How does healing take place?

You heal by perceiving the patient “in accord with the laws of God” (6:6).

“When you heal, you are remembering the laws of God and forgetting the laws of the ego” (4:6).

You see the patient as under the laws of God, not under the laws of the ego.

The laws of God dictate that they are healed. The laws of the ego dictate that they are sick.

For you to see this reestablishes this truth in the patient's mind.

Effect on you

“Healing is a way of forgetting the sense of danger that the ego has induced in you by not recognizing its existence in your brothers” (9:1).

By not seeing the ego as possessing a dangerous power within your brother, you forget the sense of danger it has induced in you.

Exercise

Think of someone who is sick.

Realize they are asleep to the Holy Spirit in them.

This has made them feel “without the Spirit” and thus dispirited.

Now try to recognize the Spirit in them.

Know that the Spirit is a very real presence in them, a presence that carries all healing within it.

Likewise, realize that they believe they are under the laws of the ego, laws of sickness and death.

Your job is to not acknowledge this.

Your job is to know that they are entirely under the laws of God.

And since God is love, those laws impart only healing.

Say,

I recognize only the Holy Spirit in you.

You are under no laws but God's.

Know that as you do, you awaken their mind to these truths in them.

And know that as you do, the Spirit in you is magnified.

You forget the power the ego seemed to have in you.

And know that you are under only the laws of God.