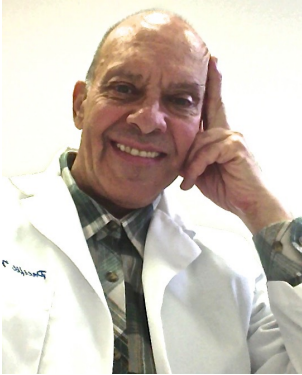


Manifestation of Your Highest Vision



There are so many energetic or invisible influences on health that for many days after Dr. Connie and I chose this topic I didn't know which direction to go in. Should I address the controversy surrounding electromagnetic fields? (We will be attending the first international conference focused on this topic in September, so I will wait until we return from the conference to sum it up for our readers.) Should I address the energetic interchange between humans that lies at the core of our daily experiences? How about the questionable manner in which our minds sometimes operate in response to external events? None of the above motivated me to write.

Then I thought, the greatest invisible influence on our health is how what happens in our own consciousness filters down into our daily experience and expression of life.

We all have an innate awareness that something greater than our individual selves provides guidance in every situation we encounter. If you have a spiritual focus, this guidance comes from God. If you have trouble with the "G" word, you know that the natural world provides a structure and coherence that often inspires wonder, and we seek connection with this invisible force. Like standing at the base of a giant redwood or watching waves break on a Big Sur beach. Since God's energetic presence is made manifest in the beauty of the natural world, I have never seen a separation of God from his creation. Spirit and nature dance together in a never-ending cosmic waltz.

We know that expressing gratitude provides positive energy. We know that love may be expressed in a number of ways. We know that service to others brings immense satisfaction and joy to all involved. We know that compassion and understanding can banish anger and resentment. We know that kindness towards others is the virtue that all great spiritual teachers (like the Dalai Lama, Swami Kriyananda and others) emphasize when asked what message they would communicate to fellow humans. If you are reading these words, you can add your own positive attributes, or truths, to this list. How will we respond when what we know to be true is challenged?

Whatever is going on in the external world, no matter how intimately you are involved, must be responded to from your highest vision – what you know to be true. Anything less and we are not being true to ourselves.

What is fascinating is that what we know to be true expands as we consciously open ourselves to discovering the truth of our own intimate connection with all creation. This is spiritual growth I am talking about. This is the growth that occurs with inner connection and self-realization. And we must be taught how to make this connection, we must be given the keys to unlock the doors that bring us into vibrational alignment with the structure and coherence of

creation. A teacher, or guide is needed. It may be a priest, a rabbi, a minister, an imam, a guru, a wise person -- someone whose dedication to the truth that underlies all creation has not been uncompromised. If you have found your guide, plunge more deeply into your path. If you are still seeking, never give up. Your desire for inner connection will be realized.

How does this relate to health? Simply stated, when on the spiritual path of self-realization, you are a happier person and whatever happens with your body is handled with less anxiety and stress. When a friend or loved one has a health challenge, you are able to offer them compassion, understanding and unconditional love from a higher level of truth and purity.