

# HEALING HEART

*The peace of God is shining in me now.*



**Iwihub.com**

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## INTRODUCTION

Welcome to the HEALING HEART . This is a spiritual Healing Circle of the Pure Heart. References used in these sessions are to inspire a direct invitation to open heart and mind in order to experience healing of MIND – BODY – RELATIONSHIP – SUPPLY. By the recognition of the Perfection of Creation.

## HEALING HEART - BIBLE

Psalms 24:4

*He who has clean hands and a pure heart,  
Who has not lifted up his soul to an idol,  
Nor sworn deceitfully.*

Matthew 5:8

*Blessed are the pure in heart,  
For they shall see God.*

Matthew 22:37

*Jesus said unto him,  
"Thou shalt love the Lord thy God with all thy heart,  
and with all thy soul, and with all thy mind."*

Matthew 11:29

*"Take My yoke upon you and learn from Me,  
for I am gentle and lowly in heart, and  
you will find rest for your souls."*

John 14:27

*"Peace I leave with you, My peace I give to you;  
not as the world gives do I give to you."*

John 14:1

*Let not your heart be troubled: ye believe in God,  
believe also in me."*

Matthew 19:14

But Jesus said,  
*"Let the little children come to Me, and do not forbid them; for of such is the  
kingdom of heaven."*

Matthew 6:21

*"For where your treasure is, there your heart will be also*

## HEALING HEART - URTEXT

Lesson 200 A Course in Miracles

*"The peace of God is shining in me now.  
I will be still, and let the earth be still along with me.  
And in that stillness we will find the peace of God.  
It is within my heart, which witnesses to God Himself".*



Chapter 3 Urtext A Course in Miracles

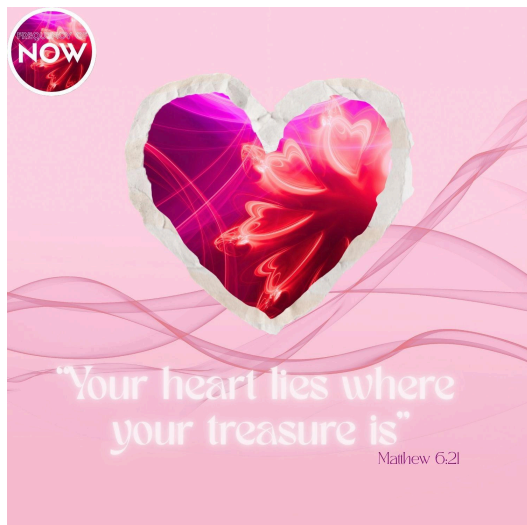
"The lion and the lamb lying down together refers to the fact that strength and innocence are NOT in conflict, but naturally live in peace".

T 5 F 17. How can you who are so Holy suffer? All your past, except its beauty, is gone, and nothing is left except a blessing. You can indeed depart in peace, because I have loved you as I loved myself. You go WITH my blessing and FOR my blessing. Hold it and share it, that it may always be ours. I place the peace of God in your heart, and in your hands, to hold and share. The heart is pure to hold it, and the hands are strong to give it. We cannot lose. My judgment is as strong as the wisdom of God, in whose Heart and Hands we have our being. His quiet children are His blessed sons. The Thoughts of God are with you.

T 7 L 3. Consider the Kingdom which YOU have made, and judge its worth fairly. Is it worthy to be a home for a Child of God? Does it protect his peace, and shine love upon him? Does it keep his heart untouched by fear, and allow him to give always without any sense of loss? Does it teach him that this giving IS his joy, and that God Himself thanks him for his giving?

T 7 L 4. That is the only environment in which you can be happy.

T 7 L 5. Every Son who returns to the Kingdom with this lesson in his heart has healed the Sonship and given thanks to God. Everyone who learns this lesson has become the perfect teacher, because he has learned it of the Holy Spirit, who wants to teach him everything He knows. When a mind has only light, it KNOWS only light. Its own radiance shines all around it, and extends out into the darkness of other minds, transforming them into majesty. The majesty of God is there, for YOU to recognize and appreciate and KNOW.



T 8 F 12. Truth can only be EXPERIENCED. It cannot be described and it cannot be explained. I can make you aware of the CONDITIONS of truth, but the experience is of God. Together we can meet its conditions, but truth will dawn upon you of itself. What God has willed for you IS yours. He has given His Will to His treasure, whose treasure It is. Your heart lies where your treasure is, as His does. You who are beloved of God are wholly blessed. Learn this of me, and free the Holy Will of all those who are as blessed as you are.

T 9 K 7. Your Father has not denied you. He does not retaliate, but He DOES call to you to return. When you think He has not answered your call, YOU HAVE NOT ANSWERED HIS. He calls to you from every part of the Sonship, because of His

love for His Son. If you hear His message, He HAS answered you, and you will learn what you are of Him, if you hear aright. The love of God is in everything He created, for His Son is everywhere. Look with peace upon your brothers, and God will come rushing into your heart, in gratitude for your gift to Him.

T 9 K 8. Do not look to the god of sickness for healing, but only to the God of love, for healing is the acknowledgment of Him. When you acknowledge Him, you will KNOW that He has never ceased to acknowledge you, and that in His acknowledgment OF you lies your Being. You are not sick, and you cannot die. But you CAN confuse your self with things that do.

Remember, though, that to do this IS blasphemy, for it means that you are looking without love on God and His Creation, from which He cannot be separated. Only the eternal can be loved, for love does not die. What is of God is His forever, and you ARE of God. Would He allow Himself to suffer? And would He offer His Son anything that is not acceptable to Him?

T 9 K 9. If you will accept yourself as God created you, you will be incapable of suffering. But to do this, you must acknowledge Him as your Creator. This is not because you will be punished otherwise. It is merely because your acknowledgment of your Father IS the acknowledgment of yourself as you ARE. Your Father created you Wholly without sin, wholly without pain, and wholly without suffering of any kind. If you deny Him, you bring sin, pain, and suffering into your OWN mind, because of the power He gave it. Your mind is capable of creating worlds, but it can also DENY what it creates, because it is free.

## HEALING TARGETS

In this Spiritual Healing Circle we make use of Healing Targets. To mention a few of the “targets”:

- overthinking,
- conflict,
- codependency in relationships,
- bodily ills and pains,
- anxiety and fear,
- Self – worth
- lack and limitation

- loneliness

The 'targets' are not to be confirmed and treasured. In an atmosphere of Love and Light these "issues" can be put down to rest and be healed in a moment of rebirth and truth-recognition.

## SOME WORLDLY DEFINITIONS

### 1. OVERTHINKING

"Overthinking, also known as rumination or excessive worry, is the process of repetitive, unproductive thought. It involves dwelling excessively on the same thought or set of thoughts, often negative ones, without reaching a helpful conclusion or solution".

### 2. CONFLICT

"Conflict, at its core, is a **clash or disagreement** between individuals or groups that arises from opposing interests, goals, viewpoints, values, or needs. It's an inherent part of human interaction and can manifest in various forms, from subtle tension to overt arguments or even physical altercations".

### 3. CODEPENDENCY

"Codependency is a learned behavior and relationship pattern where one person, often referred to as "the giver" or "caretaker," excessively relies on another person, "the taker" or "enabler," for their sense of self-worth and identity. In essence, the codependent person's well-being and sense of purpose become intertwined with, and often dependent on, the needs and behavior of the other person".

### 4. PAIN

"An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage."

### 5. ANXIETY

"Anxiety is a feeling of fear, dread, or uneasiness, often in response to stress or perceived threats".

### 6. SELF-WORTH

"Self-worth is a deep, internal sense of your own value and inherent goodness, independent of external achievements, failures, or the opinions of others. It's the fundamental belief that you are worthy of love, respect, and belonging simply because you exist as a human being".

## 7. LONELINESS

"Loneliness is a complex and often distressing emotional state that arises from a perceived discrepancy between the social connections one desires and the social connections one actually has".