
I · Discussions with Eric: Healing

“Good for the body is the work of the body, good for the soul the work of the soul, and good for either the work of the other.” - Henry David Thoreau

Healing is one of the most beautiful gifts you can give to another person but that does not mean it is without its pitfalls. In *Discussions with Eric: Healing*, Eric describes some of the issues that arise from healing others and how to mitigate them.

For a Navigator, Eric says, *“Healing comes as naturally as breathing, walking, eating. To you, it's something that you exist for. A healer has a calling inside of them. It's a maternal instinct. There's no getting rid of it. They feel the need to heal those who are in need and they can't help themselves.”*

The problem is that, while a person may say they want to be healed, sometimes deep down inside they really prefer to remain ill.

“I think it's very important for that person to truly be ready for that very deep gift from your heart because you're really giving a piece of yourself. Any healer who heals someone else is giving a piece of their soul.”

A person who does not really want to be healed will filter out energy that's meant to help them – essentially throwing your gift away. How does the healer know if the other person truly wants to be healed?

“Sit down with them. Clear your mind, and simply put your hands outward, in a sense, to feel without touching, or breathing them in. Ask yourself through your navigator, through your inner knowing, 'Is this person really ready to be healed?' You're going to know the answer. The question is, 'Will you listen to yourself?' You have to trust your inner knowing.”

As part of the healing process, healers often sample the illnesses of the people they are healing.

“A lot of really good healers who do exceptional work unfortunately do it at a price. They mirror the illness of the person they're working on. They literally almost create the illness within them, in order for them to sample it, to experience it, to come up with a solution, to come up with the cure, to come up with the cellular decoding information, that must be projected back into the patient so that their cells can go, 'Oh, we understand how to start resolving this problem.’”

The consequences of that decoding process can be quite uncomfortable. Eric refers to a

“reverberation” effect where the body reacts to the echo of the other person's illness.

“It's not to say you get cancer, but it's to say that your body, in the process of decoding that now has still taken on some intensity from that and that intensity comes out now in your own physical illness or purging.”

So how can the healer reduce the uncomfortable side-effects of healing others?

“Start communicating with yourself what the game plan is... instead of surprising your body by taking on the mirror of this person's illness, so that your body can solve it. It's saying to your body, 'This is what we've got to do, but I want you to understand in no way am I trying to harm you also. So don't get sick. We're just going to study it. We're going to find an answer. We're going to send it back and then clear it.'”

Discussions with Eric: Healing Objectives

- Appreciate why it is often more difficult to heal yourself than to heal others.
- Know when it is not appropriate to attempt to heal another person.
- Understand the concept of “decoding” as it relates to healing others.
- Participate in a guided healing session by Eric.

Preparing To Listen

Put this workbook down. Switch off your cell phone and any other distracting devices. Go to a place where you will not be disturbed. Listen to the module and then come back for the review questions below.

READY...SET...LISTEN!

Additional Insight

Eric points out that many immune system illnesses originate in the brain, rather than the body. As described in *The Art of Healing: White Fire*, growth and development of the systems and organs of the body follow a blueprint imprinted in the brain. When the flow of energy in the brain is altered or impaired, messages containing the blueprint may be garbled or lost altogether, resulting in illness.

Practicing energy movements, such as the “Prana Pull-ups” described in the Core II Module *High Guard* and the “Brain Rake” in the Core IV Module *Warriors Wanted: Apply Here*, is a great way to maintain the circulation of energy in the brain and keep the lines of communication between the brain and the body open. When healing others, keep in mind that while an illness may be felt in the body, the cause (and the cure) may be located in the brain. Projecting the feeling of the free flow of uncorrupted data among the neurons in the brain, and

between the brain and the cells of the body, helps in the healing of immune system complaints.

Review Questions

- What is Eric's position on using modern medicine to heal yourself and others?
- How does Eric feel about using other alternative healing methods such as *reiki*?
- What state of mind is optimal for undertaking the healing of yourself and others?
- What lessons can you derive from the story of Eric's "Plus Four Regenerating Shorts"?
- Why is healing yourself more challenging than healing others?
- How does the method for healing yourself differ from the method of healing others?
- What role does the brain play in the healing process?
- What is "decoding" as it relates to healers and healing?
- What can healers do to prevent taking on the symptoms of illnesses of those they are healing?
- How can you tell when a person is ready to be healed?
- What underlying issues might prevent a person from truly wanting to be healed?
- What should the healer do when sensing resistance from the person to be healed?
- Why are diseases such as cancer often easier to treat than illnesses such as diabetes?
- What are some of the different origins of illnesses?
- Are you ready to be healed?