

Living the Spiritual Principles of Health and Well-Being

THE STAGES OF HEALING

Stage One Peace

Stage Two Hope

Stage Three Joy

Stage Four Faith

Stage Five Certainty

Stage Six Wisdom

Stage Seven Love

“Problems are beautiful because every time you handle or overcome a problem, your wisdom and your knowledge grow. Every time you overcome something, you grow. The problems give you strength to go further. Your karmic situations are your stepping-stones.”

John-Roger

The Stages of Healing Exercise

1. What is an area of imbalance in your health that you want to work on?
2. How does this imbalance impact your life?
3. Is there a healing stage(s) that you resonate with at this time?
4. Now take the area of imbalance that you have described above, through the Stage(s) of Healing.

Peace p.189

- a. Realize that peace is present inside you, right now.
- b. If there is something you need to accept about yourself or others, do it now. If necessary, forgive yourself for any judgments you have been holding.

Hope p.192

- a. Move to your knowing that you can and will bring healing and balance to the area you are looking to improve.
- b. If you have any doubts, forgive yourself for any judgments you have been holding about them.

Joy p.194

- a. Realize that joy is present inside of you, right now.
- b. Come present with yourself right now and realize that joy is dynamically moving through your consciousness, changing altering, updating, making all things new.

Faith p.197

- a. What do you know you can do in relation to the area you are balancing and healing or looking into improve?
- b. Say out loud an example of how grace is in your life.

Certainty p.199

- a. Connect with the certainty that you are healthy, wealthy and happy, right now.
- b. If there is something you need to accept about yourself or others, do it now. If necessary, forgive yourself for any judgments you have been holding.

Wisdom p.201

- a. What guidance or counsel does your inner wisdom give you about your health and well-being?

- b. Forgive yourself for any judgments you have been holding about ignoring or overriding your inner wisdom.

Love p.204

- a. What kind words do you need to say to yourself right now?
 - b. If there is something you have not been able to love about yourself or others, forgive yourself for any judgments you have been holding about that.
5. See the Stage(s) of Healing radiate from your heart center into the area you are working on. See the cells joyful and relaxed and thriving and revitalizing in this positive, loving energy.
 6. Contact your basic self by placing your hand(s) over the lower stomach area. What does your basic self indicate to you now (in word, pictures, impressions) about the imbalance or area you are looking to improve.
 7. Take a moment to tune inwardly to your high self. Is there anything your high self is sharing with you?
 8. Place your hands over your heart and love yourself unconditionally.
 9. If there is one picture you can hold in your mind about having greater health and well-being for yourself what would it be?

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OPPORTUNITIES *For Next Steps*

When you go home today you may consider choosing a relaxed time to look more deeply at the Stages of Healing.

If you get clear information and knowledge about your situation, as you go through each healing stage take note of what is going on inside of you as this area of imbalance is being transformed, healed, and made whole.

1. Action

Choose a relaxed time to look more deeply at a key area of health imbalance that you are working on or looking to improve.

2. Ask for the Light

Ask for the Light for the highest good to begin.

3. Take the area of imbalance through each of the Healing Stages.

Take the area of imbalance through all the the Stages of Healing. As you go through each healing stage describe what is going on inside of you as this area of imbalance is being transformed, healed, and made whole. And at any time forgive yourself, out loud, for any judgments that surface.

Living the Spiritual Principles of Health and Well-Being

If you enjoyed today's John Morton Webcast and would like to learn more about MSIA, PTS, More events, or purchase study materials here are some suggestions of where to begin.

1. Next WEBCAST with John Morton

Easter Eve Seminar
Saturday, April 23, 2011
3:00-4:30pm (PDT)
2101 Wilshire Blvd., Santa Monica, CA

2. Purchase the book or PDF

Go to msia.org/store to purchase a copy or PDF of the book.

3. MSIA New website msia.org

a. PTS Classes

PTS classes are not only given in one-evening such as tonight, but also classes may be several weeks long and provide more in depth experience of the kinds of the things we worked with tonight. Visit pts.org for info on classes in your area.

b. New to MSIA & PTS?

If you are new to MSIA and would like to learn more, you can download a free e-book *Journey of a Soul* at msia.org.

For a hard copy please email:

Email to servicedesk@msia.org

Español 800-846-1586, informes@msia.org

c. Study Materials

We have study materials on the theme of *Living the Spiritual Principles of Health and Well-Being* available through our online store at msia.org/store.

Books

Living the Spiritual Principles of Health and Well-Being (J-R with Paul Kaye)

Fulfilling Your Spiritual Promise (John-Roger)

The Power Within You (John-Roger)
Dynamics of the Lower Self (John-Roger)

Audio/Video Materials

Factors Causing Dis-ease and Promoting Health 7950-DVD
The Three Selves 1208-CD (73)
Health from the Inside Out 3909-CD/MP3 *packet*
Health Is Loving Who You Really Are 7970-CD/DVD/MP3(82)
Getting More Spirit Through Breathing 7653-DVD (97)
Programming the Universal Mind 1828-CD (69)

d. Soul Awareness Discourses

Soul Awareness Discourses are MSIA's key course in Soul Transcendence, or becoming more aware of yourself as a Soul and as one with God as your day-to-day experience. Discourses come in a year subscription and contain 12 pamphlets - one per month - on a range of spiritual topics. They can support you with practical tools for bringing spirituality into your daily life. Purchase online at www.msia.org/store

4. Webcasts-Archived

If you enjoyed today's Webcast please feel free to view all the archived webcasts at msia.org.