

HEAL IT NOW

WEEK THREE

Topic: the Law of Polarity and the Law of Relativity

Books referenced in this audio:

1. Working with the Law by Raymond Holliwell
2. The Breakthrough Experience by John F. Demartini
3. Tao Te Ching by Lao Tzu

Notes

Everything is energy - it trends towards growth and expression

Burning desire - something you want to do, that makes you feel more alive/complete

Ask: What do I need to change or become to come into resonance with my desires?

Never expect something you do not want, never desire a thing you do not expect

The law of Polarity

Everything in the universe is created as a whole, it has two sides - those two sides are always connected.

Our senses are designed to pick up differences

Law of relativity

Long and short depend on each other, need to have before to have after

Relativity is always engaging our thought process

Notes

Non-resistance - Resistance is the subconscious defense mechanism to change. The modus operandi of the subconscious is safety, or returning to a comfortable and safe place. As we approach changing a belief the subconscious will create resistance in the bodymind, which may manifest as pain, illness, disease, fatigue, confusion, and the like. Remember a time when you've been in a meeting and left with a splitting headache. Chances are that you were resisting things that were happening or being proposed in the meeting. Resistance causes tension resulting in pain and fatigue.

Detachment - must detach from "how" change has to happen. We can't know how things are going to change if we haven't experienced it before. Changing isn't going to feel safe.

Commitment is what moves us back to the center. We must to commit to whatever shows up. Maybe you desire to experience deep peace in your life and your ex-spouse shows up. Maybe you want to experience healing and your wife leaves you on the floor in severe back pain.

When your mind is polarized based on a set of beliefs, everything that you want looks like something else. Accurate thinking based on the laws: If you have pain then you must also have relief, or whatever the opposite is for you. If you have illness then you must also have health, and the cause of the 2 are connected.

Homework

What are you resisting doing in your life right now? What changes are you resisting? Keep a journal, and jot down EVERYTHING that comes up. What truth are you not willing to reveal? Is there something that comes up in your mind on a regular basis that you work diligently to repress? Are you in a situation that you desperately want to get out of but not willing to expose that?

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