

Sanacion Book

Sanacion - The Art of Healing

CHAPTER FIVE

True Healing

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There is a profound misunderstanding about Healing¹ that pervades much of our culture. We tend to think of it as something one person does to another—the doctor heals the patient, the therapist heals the client, the healer heals the sick. But this understanding, though common, misses something essential.

The healer does not heal.

This statement may seem strange, even contradictory. If the healer does not heal, what does the healer do? The answer transforms our understanding of the entire healing process: the healer creates an environment, an opportunity, a catalyst through which the one who suffers may recognize their own capacity for wholeness. The healer offers; the one to be healed chooses. The healer opens a door; the patient decides whether to walk through.

True Healing¹ is simply the radiance of the self causing an environment in which something can shift—in which the one who suffers may suddenly glimpse, at some level of their being, that they are not defined by their illness, that wholeness is their birthright, that the body knows how to restore itself when given the proper conditions. The healer's presence, love, and intention create the space; the healing itself happens within the one being healed.

This is why Jesus so often said to those he healed: *"Thy faith hath made thee whole."* He was not being modest or deflecting credit. He was stating a precise truth about how healing works. The woman who touched the hem of his garment, the blind man by the roadside, the leper who returned to give thanks—each of them participated in their own healing through their faith, their openness, their willingness to receive.

To understand healing more deeply, we must recognize that you are not simply a physical body. You exist simultaneously on multiple levels. There is the dense physical body that can be seen and touched. But there is also what might be called the Energy Body²—the electrical or etheric aspect of your being that interpenetrates the physical. Some traditions call it the astral body, others the subtle body, still others speak of the aura or the biofield. The name matters less than the recognition: you are more than flesh.

Healing can occur at any of these levels, and the different levels interact in complex ways. Sometimes healing works primarily on the energy body, and the physical body follows. Sometimes physical intervention is needed. Often the most profound healing involves both levels simultaneously—a kind of bridge or blend between the physical and the energetic, where changes in one realm ripple into the other.

This explains why the same condition might respond to very different approaches in different people. One person is healed through prayer alone; another needs surgery. One responds to laying on of hands; another requires medicine. The healing that works is the healing that reaches the level where the imbalance actually exists—and that level may not be obvious from the outside.

A true healer often perceives intuitively where the real problem lies. Someone may come complaining of one symptom, but the healer sees that the root cause is elsewhere entirely. The pain in the joints traces back to the kidneys. The chronic fatigue stems from unprocessed grief. The recurring infections reflect a depleted spirit. This diagnostic intuition—seeing past symptoms to causes—is one mark of genuine healing ability.

This understanding liberates the healer from an enormous burden. If you believe you are responsible for healing others, you will inevitably feel crushed by the weight of those you cannot help. You will take credit for successes and blame for failures. You will burn out, lose heart, perhaps abandon the work entirely. But when you understand that your role is to offer—and only to offer—everything changes.

The healer is like a window. Light passes through a window, but the window does not generate the light. The clearer the window, the more light can pass through. A dirty or clouded window blocks the light; a clean, clear window allows it to flow freely. The healer's work, then, is primarily upon the self—clearing the obstructions, purifying the channel, becoming a cleaner window through which love and light can pass.

This is why those who wish to heal must first heal themselves. Not that they must become perfect—no one in this life achieves perfection. But they must be engaged in their own process of growth, balance, and clearing. They must know their own shadows and be working with them. They must have faced their own pain and be learning to transform it. A healer who has not done this inner work is like a clogged pipe trying to deliver water—very little gets through, and what does may be contaminated.

The process of becoming a clear channel involves what we might call Crystallization³. Just as a crystal has a regular, ordered structure that allows light to pass through and be refracted in beautiful patterns, so the healer develops an inner structure—a balance and regularity of energy—that allows healing light to flow through clearly. This crystallization happens through consistent practice, through meditation, through the steady work of balancing one's own energy centers.

Within you exists a system of Energy Centers⁴—sometimes called chakras in Eastern traditions—that receive and process the life force that animates your being. When these centers are blocked, energy cannot flow freely. When they are open and balanced, you become capable of channeling tremendous amounts of healing energy. The healer's ongoing work is to recognize where their own blockages lie and gently, patiently clear them.

The first center, at the base of the spine, relates to survival and the basic acceptance of being alive. The second, in the lower abdomen, relates to emotions, sexuality, and personal identity. The third, at the solar plexus, relates to will, power, and our place in groups. The fourth, at the heart, is the center of love—the crucial gateway that must be open for true healing to occur. The fifth, at the throat, relates to communication and self-expression. The sixth, at the brow, relates to inner vision and the gateway to deeper consciousness. The seventh, at the crown, relates to connection with the infinite.

For healing to flow through you, the heart center must be open. This is non-negotiable. You may have great knowledge, powerful techniques, impressive credentials—but if your heart is closed, true healing cannot pass through you. The heart is the gateway. Love is the carrier wave upon which healing travels.

This is why the path of the healer is inseparable from the path of love. Every act of genuine forgiveness opens your heart a little more. Every choice to see another as yourself—as a fellow expression of the One—clears the channel a little further. Every time you release judgment and offer acceptance instead, you become a cleaner window for the light.

When healing energy flows through a crystallized healer to one in need, something remarkable occurs. The energy does not simply transfer like electricity through a wire. It creates a field—an environment of possibility—in which the recipient's own body-mind-spirit complex can reorganize itself toward greater wholeness. The recipient's energy body receives the offering first, and if accepted, the effects ripple into the physical body.

Some conditions have no emotional, mental, or spiritual charge—they exist simply due to chance, genetics, or physical circumstance. These conditions often respond most readily to healing, because there is no deeper attachment to the illness. The body simply accepts the invitation to restore itself, and the restoration holds.

Other conditions carry significant emotional or spiritual weight. The illness may be connected to unresolved grief, chronic unforgiveness, deep-seated beliefs about unworthiness, or even choices made before this life began. In these cases, the healing works differently. The opportunity is offered, and something may shift at the energetic level. But unless the underlying emotional or spiritual material is also addressed, the condition may reassert itself. The body received a new pattern, but the deeper causes recreated the old one.

This is why lasting healing often requires inner work alongside any external treatment. The healer can offer the environment for change. But if the recipient continues to hold the same resentments, the same fears, the same beliefs that contributed to the illness, the change may not endure. True healing addresses the whole person—body, mind, and spirit together.

Much illness—perhaps most illness—has roots in unprocessed emotional and mental material. The grief we would not feel, the anger we would not acknowledge, the fear we would not face: all of this, when not processed by the mind, is eventually given to the body to carry. The tension, the numbness, the chronic conditions—these are often the body's way of holding what the mind refused to address.

When healing energy flows to such a person, it does not force anything. It simply offers the opportunity to release. It creates a space of such love and acceptance that the person may feel safe enough to finally let go of what they have been holding. The blocked emotion may surface, the held tension may release, the disconnection may begin to heal. But always, the choice belongs to the one receiving. They may accept the invitation or decline it. They may release partially or completely. They may need many sessions or only one. The healer offers; grace flows; the recipient chooses.

There is another aspect of healing that must be understood: not everything is meant to be healed in the way we might wish. Some conditions were chosen before birth as part of the soul's curriculum. Some illnesses serve purposes we cannot see from our limited perspective. Some limitations are teachers that have not yet finished their teaching.

This is not an excuse for passivity or fatalism. We should always offer healing, always hold space for transformation, always believe in the possibility of wholeness. But we must also release attachment to outcomes. The healer who needs to see results, who measures their worth by cure rates, who takes it personally when healing does not occur—this healer will suffer, and their suffering will cloud the channel.

Jesus healed many, but not all. He could do few miracles in his hometown because of the people's lack of faith. Some who came to him were healed physically; others were healed in deeper ways that did not show on the surface. The healing that matters most is not always the healing we can see.

What, then, does the healer actually do? The healer loves. In the crystallized purity of that love, they create an opportunity for the one who suffers to choose differently—to release the illness, the blockage, the pattern of holding. The healer holds space. They maintain their own clarity and balance so that their presence itself becomes therapeutic. They trust the process, offer what they have to offer, and surrender the rest to wisdom greater than their own.

Perhaps the greatest healer is within each of us. Through meditation, through honest self-examination, through forgiveness of self and others, we can access this inner healer. We can learn to create for ourselves the conditions under which our own body, mind, and spirit can restore their natural balance. The external healer, at best, helps us remember what we already knew—that we are made for wholeness, that love is our nature, that healing is always possible.

James wrote: *"Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick."* Notice what saves the sick: the prayer of faith. Not the oil, not the technique, not the credentials of the elders—though all of these may serve as catalysts. What heals is faith: the healer's faith that love can flow through them, the patient's faith that they can be made whole, the shared faith that opens the door to grace.

If you feel called to the path of healing—whether through Reiki, through prayer, through laying on of hands, through counseling, through any of the many forms healing can take—know that your first task is your own inner work. Clear your channel. Open your heart. Face your shadows. Forgive what needs forgiving. Become, as much as you can, a pure window for the light.

And then offer. Offer without attachment. Offer without need. Offer with love and then release. Trust that what needs to happen will happen. Trust that you are part of something much larger than yourself. Trust that the same love that created the universe flows through you when you open to it—healing you, healing through you, healing the world one encounter at a time.

This is true healing. This is the path Jesus walked. This is the invitation extended to all who have ears to hear and hearts willing to open.

Notes

- ¹ **Healing:** The restoration of wholeness and balance in body, mind, and spirit. True healing is not merely the absence of symptoms, but the alignment with one's divine nature and purpose.
- ² **Energy Body:** The subtle, non-physical aspect of a being composed of vital life force. This includes the aura, chakras, and meridian systems through which healing energy flows.
- ³ **Crystallization:** The process of clarifying and strengthening one's spiritual essence through practice, choice, and dedication. The refinement of the soul through intentional living.
- ⁴ **Energy Centers:** Points in the energy body (chakras) where spiritual, emotional, and physical energies converge. These centers process and distribute life force throughout the being.