

To understand and experience divine healing-current we need to wake up. We need to turn around and adjust our mind-frame (paradigm) and our sources of information on a fundamental level. Information leads to transformation! Information which does not lead to a positive, healing and protecting transformation is useless or misleading. That's why: **"Now where you have been given human life, it is time to ask for the Absolute truth"** (Vedanta Sutra). If we are truly wise, we do not hang on to evil (in movies, television, gossip and so on), but we establish what is good. Goodness drives out evil in the same way that light drives out darkness. Light itself does not cast any shadows. That what comes into the light becomes a shining source of light.

According to Mahatma Gandhi, wisdom is in the service of truth – in other words: Altruistic (selfless, helping) action. We will realise that we share the same spiritual substance as all living creatures before we are ready to pursue our enthusiastic and continuous this path of transformation.

The seeking of the divine goodness in helping activities is a basic principle in our spiritual evolution. When we injure our "right" hand, our "left" hand comes to help straight away because both hands belong to the same body. In this same sense of unity we must help all of those with whom we live, using our all-embracing love and connect our self with the divine healing-current. Once we have understood this connection, then you will adjust our life accordingly. The roots of Christianity, Hinduism, and Islam and also of many other religions are actually that ... but they are often confused by an institutionalized blind faith and through an excess of rituals and centralised administration.

The teachings of Jesus and of Krishna in the Bhagavad Gita are both theistic and are against the disease of modern material impersonalism and monism ... Mahatma Gandhi made a nice synthesis of these teachings and Bruno Gröning, Mary Baker Eddy and many others teaching us an accessible path. **Healing-current is all-powerful and all-knowledgeable. Healing-current, love & trust in God is the path of all-embracing Love.**

On our web-site www.healing-current.com we name this PremYoga Spirituality ... PremYoga means connecting (Yoga) to divine goodness and divine, all-embracing love (Prema). **PremYoga** is for physical, psychological and spiritual healing and for spiritual self-realisation. **PremYoga** is sacred healing and uniting with the universal life force or healing-current. **All the good and lots of inspiration and healing-current!**

Spirituality is a research assignment of the heart! More Info on and more experience of practical nature, group-meditations on: www.healing-current.com ... Contact: ChrisATpremyoga.org



Meditative-Healing! Power of the Bright Side of the Force

The seven Gifts and nine Fruits of the Healing-Current

If we examine the issue and the results of the healing-current little more closely, we see that the healing power has similar (if not the same) properties as the **Holy Spirit:**

1st The gift of faith is feeling the force of the healing current in our own body. This state is the precondition of the following gifts:

2nd The gift of discernment and the recognition, separating and releasing all that burdens us and what does not belong to us. The student will gain experience is to distinguish in his own life, which leads to more love, more devotion to God or to greater service to the people and what not.

3rd The gift of power absorption is the charging of our internal battery with the healing current.

4th The gift of healing diseases is the washing away of the wicked and loads with the energy of good, full of the loving healing current.

5th The gift of asking (visualizing) and performing "miracles", this includes not only the effects on matter, the financial aid with the help of healing current and much more.

6th The gift of instructing between knowledge and wisdom is the pouring of the healing current in the form of love, for love and knowledge informed and believes and does transform!

7th The gift of prophetic speech is put on the initial stage of the interactive questions under the influence of the healing current, because the "healing power is omnipotence and omniscience" (Bruno Gröning)

The nine fruits of the healing power are: 1st love, 2nd joy, 3rd peace, 4th patience, 5th friendliness, 6th goodness, 7th loyalty, 8th gentleness, 9th self-control

There would be on this much more to say, but here we leave the public area ... the **ten helping guidelines of PremYoga** should help further in the meantime:

1. Let negativity go. The process starts by letting negatives go. Happiness, i.e. the release of all negativity (in thought and speech) **is a prerequisite for the acceptance of healing-current.** Regular mental release of all negativity and of everything that is depressing us (even negative institutionalised habits, fear, guilt, etc.) is the path of liberation. Mantra: **“NOW I can give everything away what does not belong to me!”** Mental release of all negativity opens us for health, since only with empty hands, we can receive it. To let go of all negative is our spiritual “birthright”. The Absolute as well as the soul of each living entity is in its pure original stage Sat, Cit, Ananda – an eternal, knowledgeable, enchanted loving individual.

2. Focusing on the good, goodness and beauty. I am interested and have faith in the good. “God is good, from God comes only the good and the good comes only from God”. The negative indirect extension of the Absolute only exists within the temporary material world i.e. as the destructive energy of time, evilness and violence etc. The destructive energy is here as a necessary alternative to the eternal good in order to guarantee our free will (the karmic radius of free will) in this school of life. Only with free will are choice, love and loving exchange possible at all. **Negativity is an indirect temporary material energy, which we have to give away, so we can turn into the good.** The so called fear of God (spiritual guilt) are an illusorily contradiction in it self. The original and personal aspect of the Absolute (God) is always loving, all-good and non-violent. The good is always to be found somewhere if we tune in and direct our consciousness towards it.

3. To absorb the healing-current on a regular basis – To experience the truth in your own body. 1. We open our self and receive the healing-current by “spiritual in-the-body-listening”. Our body is a cherished tool and gift of God, which we need for that. In order to absorb divine healing-current, the person seeking help sits with his hands open, palms upward (not touching). His arms and legs are not crossed, for this blocks the free flow of the healing-current. Thoughts about something divine and pleasant are beneficial (Thoughts about illness and problems have an inhibiting effect). 2. Recognize: The healing-waves are ALWAYS around us and we can absorb them at all times and recharge our “battery” on them, if we accept them and tune into them. The cleansing shower of goodness, the healing-current heals physically, mentally and spiritually: “There is no incurable!”

4. To become personal. To know that the personal aspect of God always listens to us and waits for our interactivity. "Prayer is asking!" – for physical, mental, and spiritual health, guidance, protection – even for small things, which are good for us ... If the Absolute is to be absolute then it must contain a personal loving aspect apart from its impersonal aspect also. Our everyday **Life force in the form of healing-current originates not from the impersonal, but the personal i.e. helping aspect of the Absolute!**

5. To begin to see in each person the image / reflection and the potential of the healing-current of God ... inclusive in us! There is no evil or sick person although evil or illness may act through or on a person. For a healing we separate them first in our mind. Then, when we put all prejudices and our own false identifications aside, we become a transparent, strong i.e. unresisting media for the healing-current: “It’s not me who heals – it’s the divine healing-current which heals!”

6. To believe in the good in our self and develop self-confidence! We build up self-confidence with the success-reports of other people, since nothing is incurable e.g. all diseases, bad habits (Anarthas), astrological charts, and wrong identifications with karmic reactions and the karmic causes.

7. To believe in “Regelungen” (adjustments). We understand healing-pain, depression, etc. as a part of the healing process. We put with strong faith consequent all diseases, etc. mentally and verbally in to the past. “Mind over matter ... Wer klagt – verzagt!” (Lamenting paralyses!)

8. Spiritual mindfulness ... to train the spiritual muscle i.e. the 6th Sense of healing and transformation. Frequent reconnection, pray with each other and for each other. Tune in and receive the shower of goodness, accept under it the divine guidance, ask questions and receive divine orientation.

9. Truthfulness, greatest possible non-violence, i.e. universal, all embracing love (sattvic lifestyle) ... Towards others and towards ourselves (don’t cheat yourself). Towards all human beings, animals, plants, etc., in deeds, words and mind, no gossip, no negative chatter. “God is Truth and Truth is God” (Gandhi). **All people and creatures are part of a universal whole** and we need to constantly remind ourselves that we are all members of one and the same family, the spiritual family of all living entities. According to Gandhi, non-violence (all-embracing love) is "the greatest force in the world." It is the supreme law of life. "All society is held together by non-violence as the earth is held in her position by gravitation". The positive expression of non-violence is all-embracing love. **All-embracing love is the principle of life.** It gives us a higher taste, much stronger from all the joy we expect from physical objects (including drugs, etc.). All-embracing Love and the all-pervading Spirit of Truth go together hand in hand. All-embracing love means care and care means action - Where there is no care – there is no love! All-embracing Love will be achieved more and more by spreading all-embracing love. So, spread the word ... **We are supporting a timeless, natural and universal scale of ethics which leads us towards truth and all-embracing love.** Mahatma Gandhi recognised the timeless, natural and universally applicable scale of ethics which is outlined in ancient Indian literature (see our Website on that).

10. None-mechanical mantra-meditation ... (Contact us for that ...)