

5th February, 2010
DR LANG
Channeled by Sohrab

Exercising Discipline in Healing

Trance Channeling begins

And to be the perfect healer you have to be truly disciplined.

Discipline is not 'punishment' by the Universe. Discipline is not being gagged, confined, leashed, or a slave to what you think you should be doing. *Discipline is finding out what self requires and creating just that.*

A true healer is not one who forces his or her energy upon another, but is one who resonates with the recipient's energies and facilitates precisely that. That is why we always say "do not force an outcome'.

When you heal, all you are doing is offering an **energetic opportunity** to the wayward structure of the person, or situation, or space receiving it, allowing it to find its own focus. You are not actually giving your power to anyone. You are not drawing universal energy and passing it on to anyone or anything.

You are simply embracing the person or situation with your love, so that they can find their own focus. That is why love is the strongest healing force in existence.

Unfortunately, it is almost impossible for you to offer healing without 'desiring an outcome'. You must acknowledge this, and heal that aspect of self, while offering another the force of love. So start disciplining your desire as you are healing.

Group Member: To have no desired outcome?

Dr Lang: To have no desired outcome.

[Sohrab picks up a plastic glass and cradles it in his hands].

If we ask you to hold this cup and give it healing, it's very easy for you to do that, as you know that if it accidentally slips out of your gentle grasp, nothing is going to happen to it. You are not really 'invested' in the clasp.

But now, if we were to ask you to gently cradle an expensive crystal vase with the same 'disinterest', you would be unable to do so! You know that it is expensive, and that if you drop it, it will shatter. Instantly, your clasp has changed. Now, you are not giving it 'uninvested' healing. You are in fear. The desired outcome on your part is that it not break.

So, to offer true healing, you have to be able to use the force of love to energetically embrace the other person, who has simply 'blurred' his energies, to offer him the opportunity to 'come back into focus' if he so chooses. You should be equally open to his using the energies to increase his experience as well.

Can you do that?

BLESSINGS FROM DR. LANG