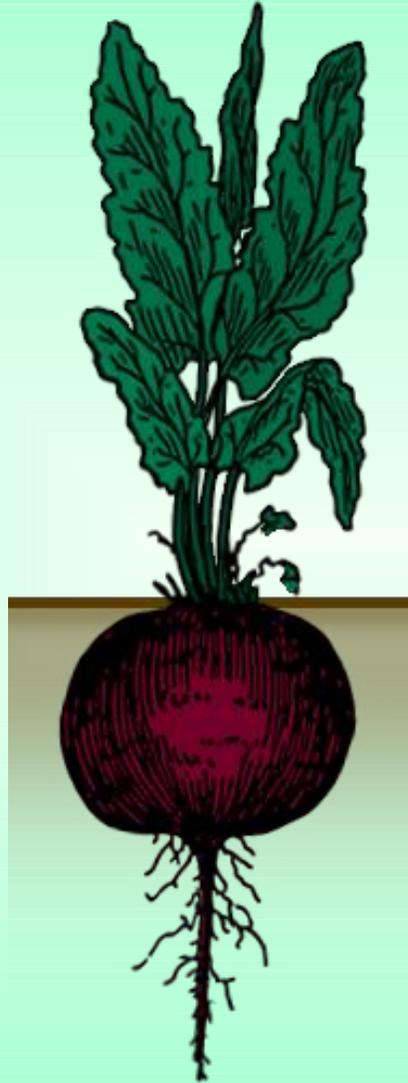




# Healing and Trust

*Alova*

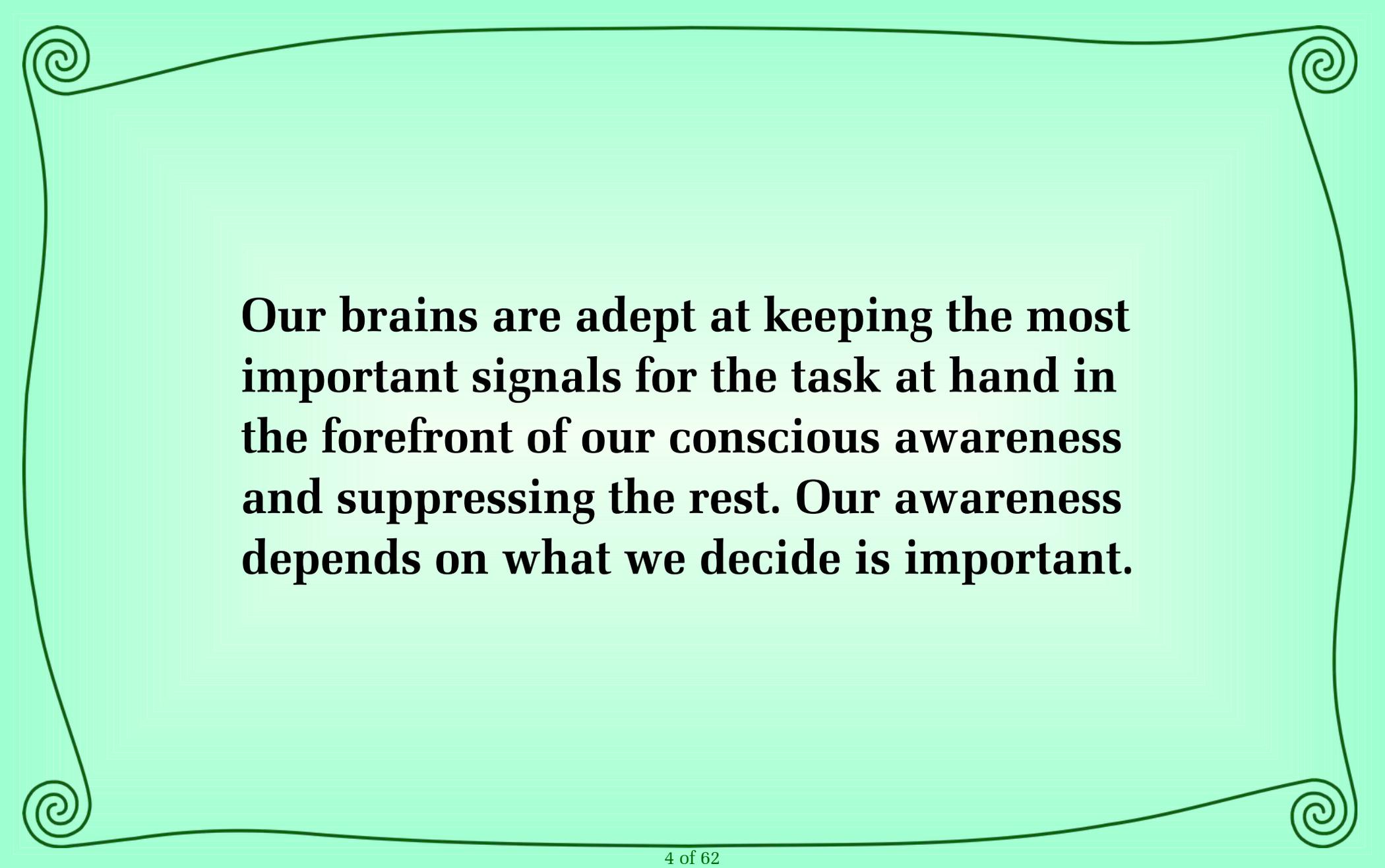
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# Part 1

## Root Energy

**Our subconscious is, by definition, below our normal conscious awareness. Our brains are presented with so much sensory data that, in order to function, we must pay attention to certain data and “shelve” other data, ignoring it for the moment. While driving we must pay close attention to the sensations of our foot on the accelerator pedal and fingers on the steering wheel, and must ignore most sensations in our knees. While climbing stairs, however, the priority is reversed.**



**Our brains are adept at keeping the most important signals for the task at hand in the forefront of our conscious awareness and suppressing the rest. Our awareness depends on what we decide is important.**

**Our subconscious is very deep. Closest to our conscious awareness are fairly strong emotions and fairly strong bodily sensations. The weaker the sensation, the less likely it is to seep into conscious awareness.**

**Emotions usually have a subtle, corresponding bodily sensation, often in the solar plexus, abdomen, neck or lower back. Intuition is much more subtle than emotions. It is more mental and often occurs without a bodily sensation.**

**Many of our beliefs also lie in our subconscious. Young children who have not yet developed reasoning ability believe what adults say, especially when a statement is repeated frequently. These statements often become unconscious, core beliefs that remain throughout their lives.**

**Many people suppress their awareness of “gut feelings,” intuition, emotions, and many bodily sensations. We are trained (some would say indoctrinated) to believe that thoughts are superior, and to give priority to intellectual thoughts and ignore feelings. However, the most successful people in any arena from business to science to athletics use and make decisions based upon feelings and intuition, after considering data and reasoning if time has permitted.**

**Just because we're not conscious of something doesn't mean we don't act on it, however!  
People act based on unconscious feelings and sensations every day. Often one's underlying motives don't go through the conscious mind at all.**

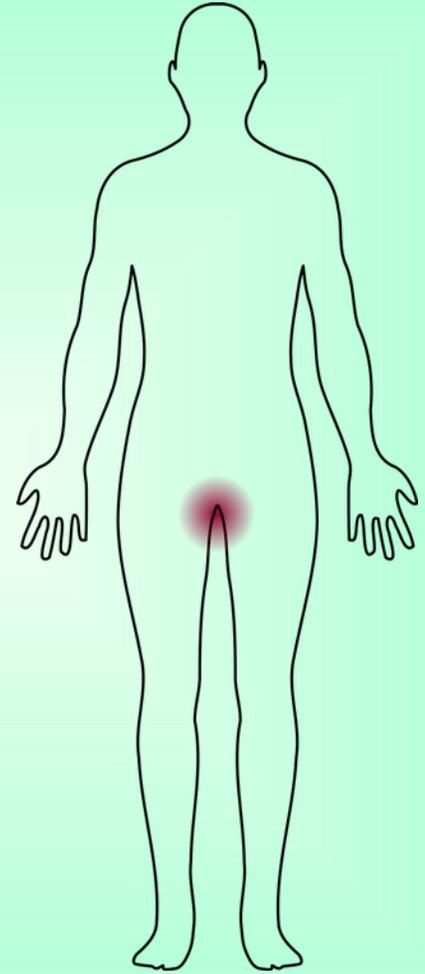
**When asked why one did something, most people come up with a rational-sounding reason on the spot, rather than actually looking inside themselves and determining what their real, underlying motives were.**

**We can become conscious of  
what is usually subconscious  
if we pay attention and do  
not discount it.**



**Buried deepest in our subconscious underneath all our emotions, beliefs, and other sensations is the most subtle of all, our “root energy.” Everything we do or say goes through our root energy, although most of us are completely unaware of it.**

**Our root is energetic, not material, although it has a connection with the physical body. It resides beneath where we're usually aware—at the root of our trunk, not in front or behind but underneath. (If it were in front or behind, we would be more aware of it.)**



**If we are harboring emotions in our subconscious, as most people are, we won't sense our root because it's covered up—emotions overwhelm its finer, subtler sensations.**

**Beliefs also block anything that contradicts them—facts, emotions, reason, intuition, sensory data, and our root energy.**

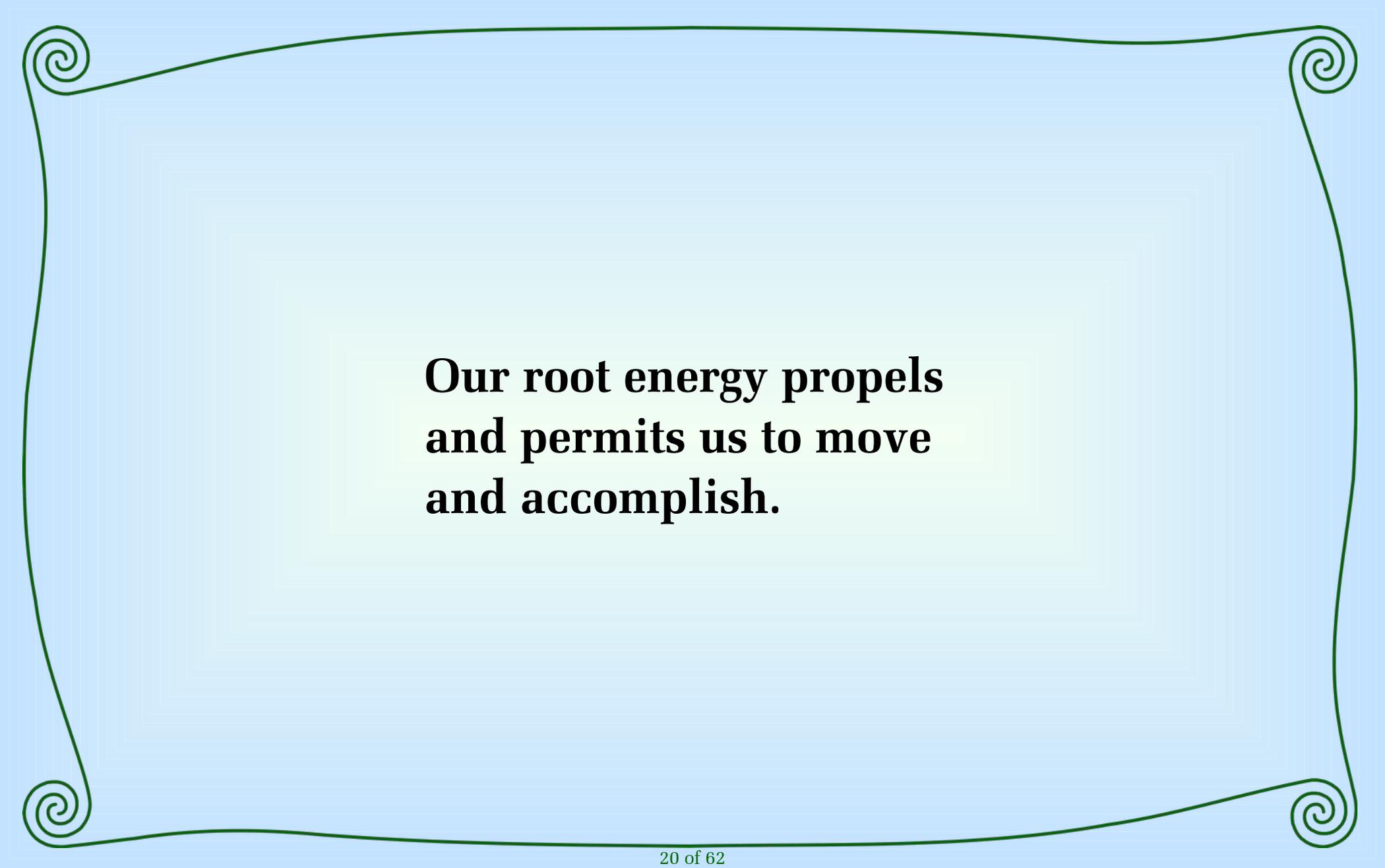
**Only when emotions and beliefs  
are clear and conscious can we feel  
our root and perceive it clearly.**

**Our root is the seat of our will—  
not to be confused with a feeling  
of forcing which is emotional and  
mental. Will is deeper and more  
direct. It is silent and supremely  
potent.**



**It is our silent will that gives  
power to everything we do.**

**Our will is not “free” of consequences, free of past memory or history, or free of external influences. Our will is what enables us to implement our choices.**



**Our root energy propels  
and permits us to move  
and accomplish.**

**Our root energy is primal, primitive, raw.  
It moves. It does not feel, think, or reason.  
It does not restrict or regulate. It is  
powerful—the very root of our individual  
power.**

**Because it is powerful, we need to have self-discipline, to be able to control our emotions, appetites and desires and not act on them automatically even when they're strong. We need to utilize our intellect before acting. We need to regulate our own behavior.**

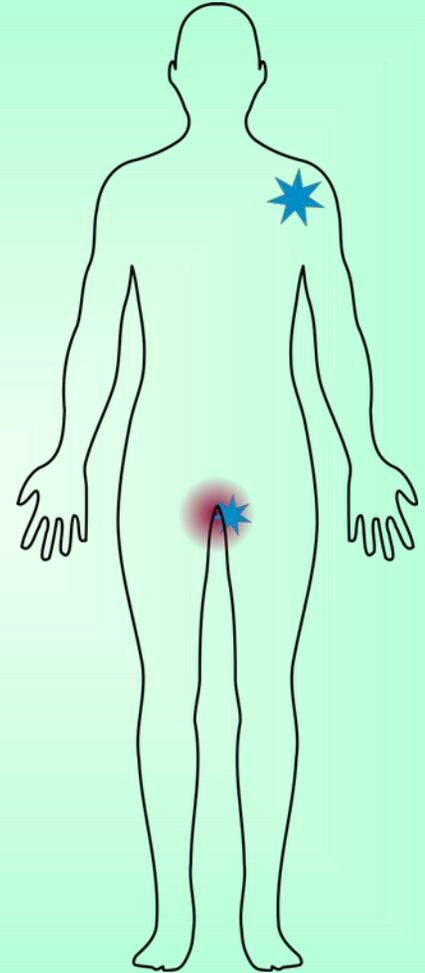
**If our self-discipline is inadequate, an energy can rise up from our root in spite of our attempts to suppress it, with possible disastrous consequences. This can also happen after people have attempted to access their root energy when their emotions, urges or desires are not under control. Wanting excess personal power is hazardous.**

**In extreme circumstances, our root energy can rise up and allow us to do something we could not normally do, such as a mother saving a child's life by singlehandedly overturning a car.**

**The more we focus our will, the more power we can devote to fewer goals. When we narrow our desires, we are much more likely to attain the few we focus on. When we are one-pointed, we can be unstoppable.**

**Some people have stronger root energy than others. Younger adults typically have stronger root energy than the elderly. Strong root energy is not, however, associated with aggressive personality types. A meek, mild-mannered person can have strong root energy or a strong will. A weak-willed person may capitulate easily, or act aggressively to compensate.**

**In order for a disease or debility  
to manifest in the body, it must first  
exist energetically in our root.**



**When we ingest or absorb a substance, its energy penetrates our root energy. When we are enlivened by sunshine, fresh air, enjoyable company, humor, or a favorite activity, our root is energized. When we are injured, the injury reaches our root energy.**

**Adults can either accept or reject an emotion, or thought, and its energy is absorbed or repelled, respectively. Children accept energies and ideas into their root energy directly, as they have not yet developed defenses to reject them. Children can be seriously harmed by words, denigration, and even looks, in cases where adults would not be affected.**

**When we open our “field” to another person, including a body-worker, a sexual partner, or a healer, we allow an avenue for us to be influenced at all levels including in our root. This influence can facilitate transformation and healing, or it can result in injury or disease.**

## Part 2

## Trust



**We are not, and should not be, open at deep levels to everyone. We don't allow just anyone to perform our dental surgery. We don't voice our opinions to people who might physically attack us as a result. We don't share our inmost fears or dreams with just anyone. We lock our doors in cities, we carry important documents in secure compartments, we watch what's approaching us from behind on the road.**

**Trust is based on a belief that something or someone will not harm us. When we eat or take a medicine, we believe it will help us and not harm us. When we allow someone to sit with our children or pets, we believe the person will protect them and feed them. When we allow other people to control our resources, we believe they will safeguard our assets and return them to us in full.**

**When we decide to trust something or someone in a particular way, we let down our guard and open a gate that is normally closed. There is a risk. We try to minimize our risk by using discretion about whom we trust in what way, but some risk always exists.**

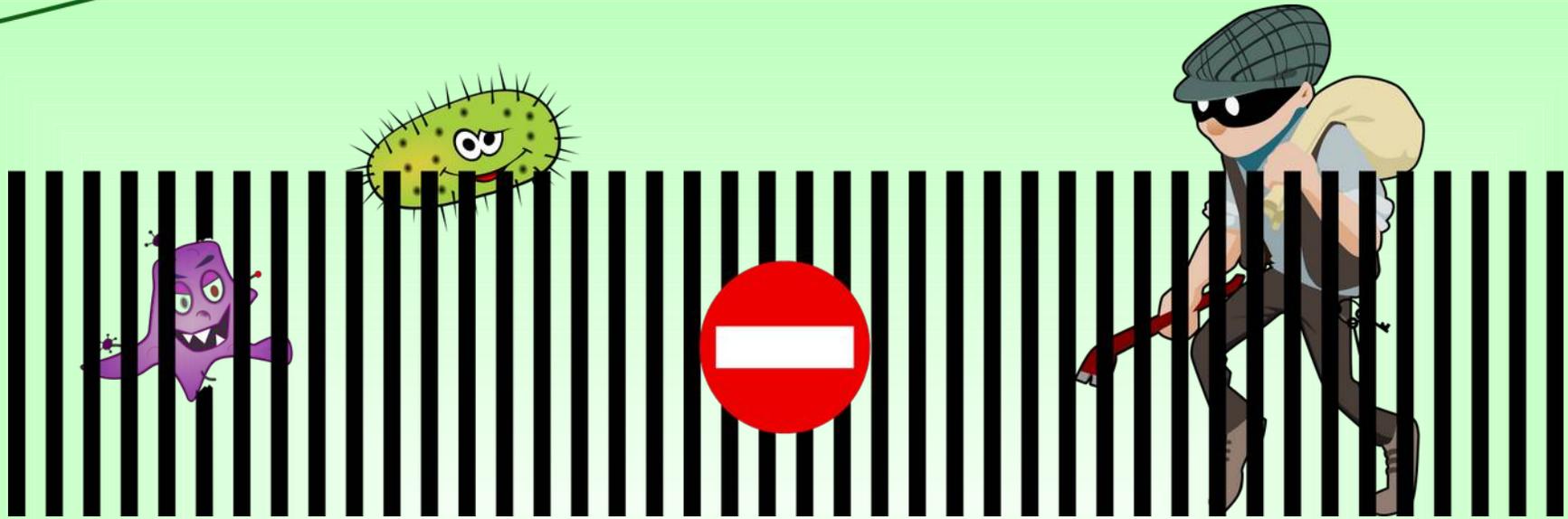


**People often think that if we “trust” someone, it means we trust them in all ways—that there is a single yes-no determination for trustworthiness.**

**However, we can trust one person to be on time, and we can trust that another person will be late! We might trust the latecomer with our money, but not trust the person who arrives on time with our child. Trust means that we have confidence that someone will behave in one way or another. This ought to be based on past experience rather than on wishful thinking, promises, or the person's behavior in a different arena.**

**There are some ways in which we trust ourselves, and other ways in which we know we can't trust ourselves. If someone isn't trustworthy in one way, it doesn't mean they're a "bad person," or can't be trusted in other ways.**

**Everybody has strengths and weaknesses, and trusting people to act according to their own natures and skills is wise and loving. When we realize someone can't be trusted in a certain way and we give the job to someone else, we are accepting everyone fully, with their weaknesses. No one can or should be trusted in all ways, nor should anyone be expected to be trustworthy in all ways.**



**Illness or injury occur when something harmful gets past our guard. Our immune system is weak, we drink bad water, we don't notice a snake, we ignore signs that someone is dishonest, violent, or predatory.**

**Since an illness or injury exists energetically in our root, in order to let it go we must open our root energy long enough for us to release it. Another person is not required, but opening our field is required.**

**If we dwell on our malaise unnecessarily, we strengthen it. We should not ignore it to the point of dismissing treatment we might need, but we need to give time and weight to wellness. If we hang on to illness, or derive a benefit from it, it is less likely to go away.**

**When we open our root energy,  
we are the most vulnerable. This  
temporary opening is nevertheless  
necessary in order to heal.**

A decorative frame with a light green background. The frame consists of a dark green outer border with spiral corners and several concentric, lighter green square borders in the center. The text is centered within this frame.

**To open our root,  
we need to feel safe.**

# Part 3

## The Healing Process



**Since a disease or injury begins when something harmful gets past our guard gate into our root, in order to heal we must open our root and release it, allowing it to go away. We must release not only the “energy,” the imprint or thought, of the physical condition, but also any resentment, shock, or emotional wounding (whether attributed to another person or to life itself). Physical pain might remain, but the energetic hurt must be released. We must be willing to be fully happy.**

**When we release the energetic imprint of an injury or illness, any resentment we have goes along with it. Forgiving in the sense of releasing any ill feeling is essential in healing. (Forgiving a guilty party of consequences is not healing, however.)**

**Forgiveness and “Karma,” p. 6-7,10; video 4-5**

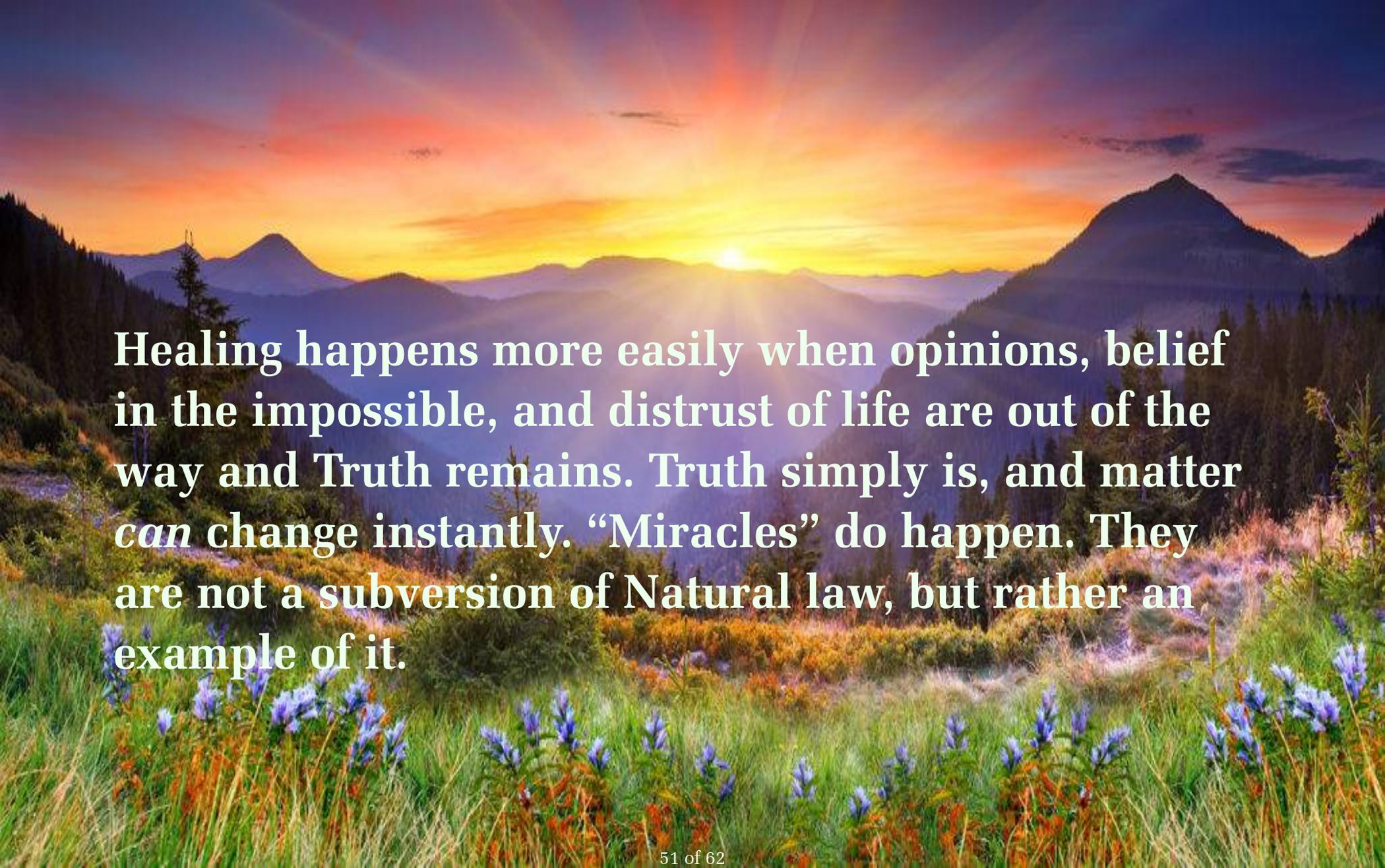
**In order to release a dis-ease, sometimes we need to recognize and accept the source. If someone acted maliciously, we need to accept that fact and act accordingly in the future. If we got sick from what was sprayed in the air on an airplane, we need to accept that fact and act accordingly in the future. Our healing process can be inhibited if we avoid learning a lesson.**

**When we ask a healer for assistance, we must allow the healer access to our field in order for the person to help us. A therapist must look, ask questions, palpate, acquire images or obtain samples.**

**The chances that a remedy will be effective escalates with our trust in our healer. When we have total faith and deep trust in our healer (which might be God), miraculous recoveries can occur instantly, especially if our healer has the capacity to facilitate our healing.**

***Reference:* Jesus often said people were healed by their faith: Matthew 8:13, 9:22; Mark 5:34, 10:52; Luke 8:48, 17:19, 18:42.**

**The well-known placebo and nocebo effects can arise as a result of faith that healing will occur, or belief that disease will occur. Both involve opening our root energy.**



Healing happens more easily when opinions, belief in the impossible, and distrust of life are out of the way and Truth remains. Truth simply is, and matter *can* change instantly. “Miracles” do happen. They are not a subversion of Natural law, but rather an example of it.

**True joy (not just pleasure or satisfaction) encourages opening of our root energy and thus facilitates healing. When we feel joy, it is easy and natural for us to let go. Joy and resentment are incompatible—we can't feel them both at the same time.**

**Joyful laughter also facilitates opening of our root energy (as long as it's just funny, not scornful). This is why laughter is healing.**

***Reference: Norman Cousins, *Anatomy of an Illness: As Perceived by the Patient* (W.W. Norton, 1979).***

**When we're in the throes of an illness or injury, we don't naturally feel joy. We must deliberately direct our minds to dwell on joyful or funny thoughts. It is said that Viṣṇu the Preserver of Life comes more readily to people who are happy—which seems rather unfair until we realize that feeling happy actually promotes wellness.**

**It is beneficial to keep a repository of joyful thoughts and memories so that when needed, we can dwell on them and hasten our healing. Relaxing, breathing,**



**communing with Nature, and joyful activities can also help us to open our root energy and release illness.**

**Joy goes beyond positive thinking. Positive thinking is beneficial but is not magic. What happens in our root energy, which is normally unconscious, can produce “magical” results.**

**A trusting relationship with a healer significantly improves one's prognosis. This fact, known by commoners for millennia, is ignored and disputed by people who think of a human being as a mechanical instrument that can be repaired by a technician.**

**Human beings are fond of certainty. There is much uncertainty in “energies,” “root energy,” and trusting. These cannot be measured precisely and reliably with instruments. Even our perception of them has fuzzy areas and individual differences. That doesn’t mean these things are unreal or unimportant, however—only that we can’t reduce the healing process to techniques or robots alone.**

**The role of trust—opening our root energy—  
in healing has been ignored by modern health  
“experts,” as the medical profession sells  
certainty based on instrumentation and  
technicians.**

**A true healer is not just a technician, and not just someone with specialized knowledge. A true healer is someone who inspires trust and thus helps people to release dis-ease from their root energy. A true healer is able to facilitate this release, through awareness of unity with the patient. A true healer provides safety, educates with facts and perspective, and also uses techniques and specialized knowledge.**

**Ultimately, we are the primary person responsible for our health. Although we do not deliberately cause our dis-ease, we are the ones who must energetically let it go. We have more control than we have been led to believe.**



# Healing and Trust

*Alova*

*March 2020*

**Artist acknowledgements: Warszawianka (beet root), J. Alves (purple germ), and Unknown (green bacterium, burglar) @ openclipart.org; Leonid Tit (sunrise over mountains) and Johan Larson (waterfall) @ 123rf.com.**

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