

APPLIED META-PHYSICS:

FROM ET-ERNITY
THROUGH TIME AND SPACE
TO
ET-ERNITY

A COLLECTION OF ESSAYS

THIS ESSAY:

Lenten Season 2022
4th Sunday:
HEALING
(TO BE READ AUDIBLY)

WRITTEN & PRESENTED BY:
Stephen J. Serva Dei
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Lenten Season 2022

4th Sunday

HEALING

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APPLIED META-PHYSICS, THE SCIENCE OF BE-ING AND KNOWING

ESSAY: HEALING

“KNOW THYSELF”

Over the temple door of Delphi is inscribed the words: “**Know Thyself**” and they refer to a deep process of self-examination and investigation, each initiate was guided through to understand our nature and purpose as human beings.

For thousands of years the teachings were reserved for initiates only... and as each initiate proved him or herself worthy, through a sincere approach to living, they were taken through the various degrees of the mysteries and as they progressed, their characters were changed from ignorant strangers in a strange world into children of God in the Garden of Eden.

The Garden of delight.

This is what Eden means, and this world is a delight to he or she who is awakened and feels the Spirit flowing tangibly through their arteries and veins.



Without this spirit, life is a struggle, for it is by this spirit we are living, and when its flow is weak, we are weak, we are sickly, we feel diminished and do not have the strength and vigour which fulfils us.

Without being conscious of the Spirit flowing within, our energies are depleted.... And worse... people, a great many people are *strangers to themselves*.

As each generation brought more and more children into the world the ignorant use of life created more and more confusion, and darkness, as every ignorant thought-word and deed spoken and acted out, added to the dark psychic forces of the Race Thought Atmosphere, in which we all Live and move and have our being.

This Race Thought Atmosphere surrounds us, and permeates us, and is expressed through us via the thought-words sown into our minds before we were old enough to conceptualise... so, as we embody these concepts, we bear their fruit through us, and we ignorantly propagate them.

Looking around, one can see the results of this process. Each generation has heaped error on top of error until a vast majority of the human



family are entrapped in materialistic thinking, which is the source of all sickness, dis-ease, suffering and death.

Our liberation is within every one of us. It is “*closer than breathing*”, ***it is*** “*nearer than hands and feet*”. We each need to dwell on this divine riddle and find its answer. The words are included as a part of Alfred, Lord Tennyson’s poem:

The Higher Pantheism

The sun, the moon, the stars, the seas, the hills and the plains,- Are not these, O Soul, the Vision of Him who reigns?

Is not the Vision He, tho' He be not that which He seems?
Dreams are true while they last, and do we not live in dreams?

Earth, these solid stars, this weight of body and limb, Are they not sign and symbol of thy division from Him?

Dark is the world to thee; thyself art the reason why,
For is He not all but thou, that hast power to feel "I am I"?
Glory about thee, without thee; and thou fulfillest thy doom,
Making Him broken gleams and a stifled splendour and gloom.

Speak to Him, thou, for He hears, and Spirit with Spirit can meet- ***Closer is He than breathing, and nearer than hands and feet.***

God is law, say the wise; O soul, and let us rejoice, For if He thunder by law the thunder is yet His voice.

Law is God, say some; no God at all, says the fool, For all we have power to see is a straight staff bent in a pool; And the ear of man cannot hear, and the eye of man cannot see; But if we could see and hear, this Vision-were it not He?



The reality is that whatever scriptures or poetry one studies and considers the foundation of their 'faith', ***real faith*** is a living power, and imparts ***the ability to perceive the Truth directly for oneself***.

There is but one place we can seek for what is *closer than breathing, nearer than hands and feet*". And when we comprehend the riddles, the codes set for us, we have an 'aha' moment as the result of the Light of Spirit flooding our consciousness. And each 'aha' moment increase the amount of Light within every cell of the body.

The phrase "*I have seen the Light...*" is the fruit of an inner perception which illumines both heart and mind, and enables us to see and comprehend our connection to the Cosmos and to each other.

As the Light within us increases, and as we become more open to it, our minds are transformed, and our body, which is our 'Book of Life' shaped by our thinking follows.

We can all work consciously with this process, by investing the necessary effort to 'Know Thy-



self” and be assured that while getting to know oneself takes an investment of time and effort, to educate oneself into the Way of the Spirit and into an understanding and alignment with the Divine Law, and then “by their fruit ye shall know them”...

This “by their fruit ye shall know them *is an interior process of introspection. Whatever we are experiencing is the fruit of the thoughts sown into our minds, either by those elders around us growing up, of by the prejudices we form as we live each day.*

If we are in pain, this is fruit, if we are in joy, this is fruit, if we have fear this is fruit, if we are in lust, this is fruit, if we are prosperous or in poverty, these are all fruit.

EVERYTHING we experience is the fruit of thoughts established within our hearts and minds. When we *experience* the fruit, then we look beyond it to the concept or idea that we conformed to, which produced it, and then we speak the Words to dissolve the degenerative thought which has ensnared us.

The fruit, the experience we are having is the



result of the thought-words and deeds of our yesterdays. When we ask the Spirit to help us identify the thought-words and deeds we spoke and acted out, it will reveal to us the behave-i-our which produced the fruit of disease and suffering.

The suffering of the body is the projection of the concepts, the ideas, the words in mind, and all improvements of our health, are all first a change of mind.

In the world these words have been used to gauge other people's behaviour, and this is helpful if one understand that they first apply to oneself. So often, they are used to justify the condemnation of others, and justify division.

This is not their purpose, their purpose is to teach us the nature and the product of thinking-speaking and acting. Then through understanding the nature of the fruit, dissolve the ideas, words and concepts which produces suffering.

If each reader can remember that a Garden is Pure potential, producing whatever seeds we sow, then we have the Key to total self trans-



formation, from the lower mind, into the Higher mind and beyond into the intuitively Wise mind, then into the conqueror.

Our experiences tell us which mind or plane of mind we are living in. When we are suffering, we are in the lower mind, no matter how much our intellect insists it is of a higher magnitude. The fruit of our body tells us.

Our health and or lack of it tells us the Truth every time, as our body is our Book of Life.

Healing is the result of all the departments of being working in harmony, in synergy.

Religion is the process of defragmenting the mind and restoring wholeness.

Wholeness is health.

Health is peace of mind.

Where the body is in some way infirm, we are still carrying within us remnants of the lower mind, and we can overcome them by invoking the Light, by invoking the Christ.

Christ is the Light which manifested in varying measures and intensity through the great poets and healers and teachers throughout history.

Christ is the principle within each of us, who is the Supreme **I AM**.

When we participate in the ReGeneration, we are looking at ourselves, we are getting to



know ourselves, and we are, when we are sincere in the process, drawing more and more on the INNER LIGHT OF CHRIST.

Again, I remind the reader, you are not breathing. God is breathing through You. YHVH, Jehovah and Christ are names for the Same principle and as we invoke the power of the Spirit, we are invoking the name of God to flood our consciousness with an increase of light, of understanding, that we come to know ourselves more deeply than ever before.

Our process of self-inventory needs to be complete. We are to identify in the Garden of Being, every 'weed' idea which creates degeneration and dissolve it at the roots.

As we do so, we are freed from the formative thoughts which each 'weed' idea embodies and liberate the energy which supported it, reproducing dis-ease and we are healed to the measure we dissolve the thought-forms which had sustained the dis-ease.

As our Book of Life, our body is an analogy... our eyes and ears, our hands and feet, our legs and the functions they perform represent an



aspect of the mind. If we have issues with parts of the body, this is telling us what we need to pay attention to... and transform.

Unfortunately we have lived on the surface of life for so long, we are like the onlookers surrounding Jesus telling Jesus that Lazarus has been dead four days and there's nothing can be done. Likewise with the vast majority of the hu-man family having been led astray by 'teachers' and 'leaders' and all sorts who assume titles to deceive.

The POWER locked within us is illimitable, through ignorance it flows into consciousness as a trickle, when we have Niagara Falls right at the gates of consciousness waiting our recognition of its to pour through us and heal us.

As we are each the inlet of this mighty River of the Water of Life, we are to be its outlet in the world, speaking the Words of Spirit which sustain the flow through us, and which dissolves the darkness in the Race Thought Atmosphere transforming it into an atmosphere of LIGHT.

THIS is the Healing transition the whole hu-



man family is going through, and we are each like a cell of the one Body of the Cosmic Christ, and as we receive the Light and live by it, we radiate it and raise the whole.

Sunday is a 'Sabbath', and symbolises completion—rest... and we are complete when we are whole and the Spirit is flowing through us, in a deep repose... The repose of the Spirit is not inactivity, it is the dynamic action of Spirit without force, and it is the healing impulse within each of us. It is as gentle as the sunrise and it carries healing in its rays.

As we identify each of the thought-forms growing in our garden and dissolve them with the power of the word, persevering each day, nurturing and loving ourselves, that which is the essence of our being is made manifest in our bodied. This is true healing, this is health, this is at-one-ment with our Spiritual blueprint, and restores us to a state of Self-Knowledge, which strengthens us and brings great joy:

“Till now have you asked nothing in my name: ask, and you shall receive, that your joy may be full”.



Applied Meta-Physics is the oldest Science in existence. It is the study of who we are and why we are here.

It is sometimes called 'The Science of Making the Ideal Real', because it identifies in concrete terms the abstract workings of the mind, and teaches the steps every eternal idea passes through in transition from the plane of the eternal spiritual world, to become manifest on the earth plane.

The sacred writings we have inherited are metaphysical in nature. This means they have been written through the inspiration of the Paraclete using words, which have varied meanings, interpreted accordingly, depending on which level of consciousness the reader has achieved.

The *art* of Applied Meta-Physics is to 'conceal, to reveal'. The Wisdom the writers concealed protects it from those who would destroy the writings, *and therefore destroy themselves*, until a time when the human family matured and awakened and realised its need.

The scriptures are like an offer to an addict deep in the throes of ad-diction, rejecting what they really need most, and lashing out, because they have lost control of their own minds. In the height of the loss of control the addict attacks those seeking to help them and would destroy them.



The parables, analogies, codes and koans in the Helios Biblia have preserved these writings, as the power of the Word concealed within them has worked in the hu-man consciousness to do exactly that.

Applied Meta-Physics is the Key opening the way to comprehending their riches and applying the Wisdom revealed in one's life and proving the truth thereof.

There is a simple fact of life:

We are all created equal, in that we are all the offspring of God, and we form our lives by the thoughts, words, deeds we think, speak and do. The equality is that the Divine Law is no respecter of personalities.

We are all held responsible for everything we do, and our body either regenerates or degenerates according to the motives of our hearts. If we seek to rule others, we are using the life we have been given to express ourselves contrary to the Divine Law, and this is slow and definite suicide.

If we submit to the will of another, this too is slow suicide and contrary to the Divine Law.

The LAW IS!

It is the Doorway to Everlasting Life.

PEACE.

