

"Heal Thy Self"

Hello from Rev. Tiger at Church of the Angels. Healing is a necessary comfort. If we can't seem to heal this temporary shell to our satisfaction, we can still heal our Soul!

This is a subject I have extensive experience with - through life long Hospice work and Red Cross Disaster Services; years of huge crowd management for public events like professional car racing, live concerts, and gala charity fundraisers. Also, after ushering all my Family to Spirit and in learning to personally renavigate after health trauma in my own life. I am so very grateful to be well grounded in my faith, to afford me the ability to sustain my momentum in so many times of uncertainty - to keep regenerating, to heal myself...

One of the four components of "Spiritualist Assembly" is healing - healing the collective, healing one another, healing ourselves! We preform and absorb (or repel) healing all the time - both consciously and subconsciously, physically, emotionally, spiritually...

At Church, "Hands-on-Healers" stand at the back of the congregation during Assembly to lay their hands upon another's shoulders as a conduit to boost healing energy from Spirit to the other person. Anyone can do this, it is not magic, just intent. If you have never experienced having this done, I hope you will. It leaves one feeling centered and peaceful. Those choosing to offer this service at Church have found it to be a way they can be of "Spiritualist Service" to their fellow parishioners - it is an act of love.

I know a large number of those performing healing during Church Services are Nurses, Metaphysicians, Reiki Masters and Massage Therapists but it is definitely not a necessary background. For at least one hundred and twenty-five years fundamental old time Spiritualism permitted only "Hands-on-Healing" on the grounds at Lily Dale! Eventually this limitation become a problem as world knowledge concerning other varieties of equally beneficial hands-on type healing came clearly into focus. Spiritualists do encourage continual growth. As our knowledge expands many wonders and new areas of knowledge become readily

accessible and eventually adopted into everyday practice.

I once asked a Gentleman I sat Hospice Respite for weekly if I could arrange regular Reiki sessions for his agitated comatose wife who was still in her own home under Hospice Care. He completely flipped out! Furious that I would suggest some foreign religion be practiced in his home! We had a lengthy discussion in hopes of calming his apprehension: I asked if any of his Wife's Doctors were perhaps an unfamiliar religion, as I knew her heart specialist was from the far east. He insisted that was completely different! I tried to help him understand the Reiki Master would be using only the physical technical touch part of Reiki as a licensed professional, working for Hospice in the exact same way as the Doctor or Nurse perform duties. The Reiki person would not be spouting any type of religious incantations over his wife because they are not taught any religious incantations. He was not buying the argument. He had googled and discovered all about Reiki's far eastern origins.

He finally agreed to a regular 'light touch' Massage Therapist and he expected to be shown their license saying so. I made sure Hospice understood the practitioners should be careful to not mention they might also be a Reiki Master. He did indeed inspect the Therapist's license and watched the suspicious light touch Therapy the entire first time to make sure there was never any hocus-pocus. He even questioned the Therapist as to where he went to church! I knew the Therapist, he was a practicing Catholic which would be tolerable in this particular home (he also just happened to be a Reiki Master).

Oh boy, drama and trauma just to hold someone's hand? It boggles the mind. He had found one tiny seed of information about an origin but then slammed the door closed to an entire 4000 years of evolved and celebrated beneficial treatment. I bet meditation would have been off the table as well unless we labeled it silent prayer - so much for labels.

I seem to ramble excessively about "Personal Responsibility". We are a connective part of Spirit every second, so we are expected to practice responsibility in the way we 'walk our talk' and honor Spirit always. Spiritualists believe knowledge is paramount to productive behavior and motivation - soaking info up like a sponge.

When I say 'Heal Thy Self' I mean to take the responsibility to explore the knowledge surrounding us, to choose and then utilize the healing tools that seem to fit best with our lives and for those we are immediately responsible for. Try things, research, regroup and sometimes resign to the fact that you are a new you!

Occasionally accept the lovely "Hands-on-Healing" gift your fellow parishioners offer. Research treatments available for your ailments and consult a variety of different Professionals and Doctors; read; ask everyday folks about their own similar experiences... Explore how you might take personal responsibility to enhance your healing yourself additionally at home through an adjusted lifestyle. There is a world of science out there to utilize. If something is not working after a while it might be time to try something different or reconsider your expectations...

I was given a death sentence 30 years ago after having an industrial accident as I was poisoned by 32 heavy metals, 3 of which were considered fatal! Oh well, write your will, put your house in order, wait for judgement day... After 2 years ineffectively consulting 11 MD's (as I quickly went downhill in deaths waiting room) I found a wonderful MD that actually brought me back from the grave (apparently just in the nick of time)! I asked him why no one else knew what to do. He said that "maybe they were too busy to learn new things"! Thank You Creator for showing me how to be tenacious and find him because I do like being here.

I have also, finally, resigned myself to accept huge changes in just about everything I do because I survived. I had to change what I can actually eat, how often I must sleep, what jobs I can physically do... I've even learned to actually ask for help sometimes. There are a few things I will never be able to do again, and it makes me grieve, but here I am! I am a whole new me! It has taken quite some time to get to know the new me and even longer to feel comfortable with the new me, as I am now almost completely Deaf and miraculously hold Blindness at bay due to my body's remaining metal accumulation. I will constantly keep having to readjust to a new me as the permanent metal toxicity in my body continually progresses to limit new points of physicality. I do, however, have important joyful

new tasks to accomplish every day that I might never have otherwise been led to discover...

Spiritualists believe science is simply another avenue of communication directly from the pool of collective Spirit energy and not in any way a competition with Spirit. Like anything else, a specific topic might sometimes spin us off in an opposing direction for ourselves personally, or a loved one, but we will eventually come back to the light > if we choose to.

The Covid Virus has been a horrid wake up call for all of us to endure. We most probably will never understand why it was that so many lives have been taken by it, leaving big empty holes in even more hearts. I think of course it is a learning experience like everything else but for masses to endure such a huge event together is a special wakeup call, I think. I find it ironic Covid has happened in conjunction with so many other global tensions, like on-going religious wars, climate health and of course political hostilities, although come to think of it history not corrected does repeat itself. We are being summoned to make calming sense in a world spinning out of control.

The Covid Vaccine rushes in to give us hope. It uses messenger RNA to instruct our cells to naturally repel the virus! It is not a manmade synthetic like prescription drugs. It instead uses a genetically coded fat that our body is already familiar with! This is the very first time this biocompatible messaging technology is being used commercially! The vaccine was created quickly not because they cut corners but because this RNA technology has been perfected over the last twenty years and was waiting in the wings to be used for the proper purpose - google "University of Pennsylvania, RNA messenger". This is just the beginning of purposely redirecting communication between our personal living cells. From a global perspective the Virus is urging us to help one another, teaching us to be more gentle, more natural, less dramatic, less traumatic... Will we listen?

Is new medical technology sci-fi unfolding or is it our physical shell finally communicating with our God energy more successfully? They are already printing 3D body parts in surgeries using living biomaterials as the foundation that are compatible for attachment to integrate with living tissue - to construct joint

replacements! They are hoping to develop this technology quickly to implant prosthetics - like the Bionic Man! (If I personally had an extra dime, I would invest it in 3D bio technology.) OMG is the world round instead of flat? Is the moon not made of green cheese?

Whenever I get a chance to visit Church occasionally, I notice more and more notes attached to food on the hospitality table identifying health concerns. I for one swear my juicer saved my life 30 years ago when my immune system was arrested. So yes Virginia, there is a Santa Claus if we take the time to find St. Nick or portray his benevolence in our own behavior and share our knowledge with the world. If we choose to eat in a healthier way then we learn to find and prepare food that will facilitate that. We can hone our bodies to do certain tasks. We can direct our minds toward goodness and love. We can feel healing within Spirit, even if our temporary body is not 100% cooperating...

We need to protect and care for our physical body, it is a gift we were given so that we might occupy this world, we must therefore be responsible for it's upkeep but we cannot rely upon our physical body to guard our essence, a body is only a container.

We are a luminous Soul that will continue on FOREVER, only briefly occupying this momentary shell. Taking good care of our body might certainly allow us a better chance at a longer life that might be physically easier, so I say go for it! Becoming well-grounded in our faith is what sustains us, no matter what state our physical body is in so I say go for it big time! Faith is something you can always count on if you 'choose' to embrace it. It doesn't come easily, like many things you need to keep working at it to maintain it...

I try to encourage folks to NOT dwell on the failings of their shell. Hospice is all about our waning shell. Our body is a part of this existence that we must respectfully tend but it is not the essence of who we will continue to be... A Family Hospice experience can be way more a wakeup call for the Family to put Spirit into perspective than the event for the person waiting to cross...

Occasionally a young person who is soon to pass from advanced body break down

asks me (or their Family asks me) why this has happened - how come their life is being cut short? That is always a thought-provoking conversation. Some of the things I try to help them understand are the greatness of things they have accomplished; lessons they are helping their loved ones understand; the possibility God has an important mission to return home for... Basically I plant as many seeds as I can muster to help them come to peace with 'themselves'!

There is never a pat answer as to why we are here and often not a clue about our purpose. I offer this - our purpose is to 'just be'... Be in the present, be in the moment. (Meditation can help us find this 'nowness' state.) What has passed you either learned from or you didn't, but it will never return. What comes next is not yet in your understanding. Only THIS very moment > NOW < is happening. What are you learning this second? Who are you this second? What are your dreams to manifest this second? Who might you comfort this second? What must you be changing now to facilitate the next second? How healthy is your faith this second?

Next week let's decide whether we are going to "Heaven or Hell"!

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Today's Invocation:

Divine Creator, thank you for this beautiful day, for loved ones with whom I share my heart space. Thank you for the ability to physically and emotionally explore the many glorious wonders you have set before me so that I may firmly heal in the faith of your living Spirit.

Safe Journey,

 Rev. Tiger