

# "TEACHINGS FROM THE HIERARCHY"

## Monthly Teaching Letter for the dedicated student/seeker

Channeled through  
Ralph Jordan

No. 1/III

January 1995

### *REALITY and ACTUALITY* *Healing, Natural Laws, Cause and Effect*

Today we will talk about some healing practices. In healing each of us is a magnetic cell very much like a battery and we project a certain amount of healing, according to our understanding of what we are doing, to those individuals who come close to us in every varied way. Now to verify this I want to remind you of something. Many times when a child is crying and the mother goes and picks it up and holds it close to her breast, the child will stop crying, just as a father goes and picks up a child and holds it close to his breast, it will stop crying. What actually is taking place is that you are calming the fears of that little child as it experiences life. And you are performing healing. But you are not aware of that.

Now, many of you mothers but not so many of you fathers will have experienced the healing of touch, for if your child falls off its bicycle and skins its knee, it comes to the mother and asks for healing. She simply gives it a kiss or she puts a little iodine on it and she says, "It's okay, you are all right. Go about your normal business." As we move through life we come to a place where we are recognizing some of our healing abilities. Some of us have recognized them because all of our friends and associates have come to us and always told us their problems, and we sometimes become what can be considered an unpaid psychologist because we listen to all of their problems, we lend a non-judgmental ear. You see, that is one of the secrets. There are two words I want to share with you and I want you to firmly implant them in your brain. One of them is "reality" and the other one is "actuality".

No one can deny a reality. It's absolutely visual, isn't it? We can see it in our families, we can see it in our business, we can see it in our personal lives, and we can see it in our personal growth. That's a reality. Only a fool denies a reality, but a wise person sees the actuality, because beyond and behind every reality that we experience in life there is actuality. Now I am going to incorporate the universal laws, more specifically the law of cause and effect. Reality is the effect, actuality is the cause, and because we are thinking human beings, we can no longer be distracted by rituals or mystique. We've decided that we must understand not only the reality but the actuality. Now, when we start working with healing we must always come to terms with that behind every illness, no matter what it might be, there is an actuality that brought it into manifestation. As healers, what we try to do in working with this law of cause and effect, is we try to view the physical expressions. It's kind of like seeing a painting. We must look at what the artist has drawn on his canvas and determine exactly what he is experiencing in life. Now, think about that for a minute. How many of you have gone through art museums and have looked at

various different paintings which are considered masterpieces, only to feel yourself turned off by them or being unable to relate to them? Well, the reality of the artist concept was expressed in his paintings and the actuality was his emotional, his mental and ultimately his physical expression which brought about his painting.

As healers we must be able to see the actuality. We must be able to see what has brought about this visual effect. It's just like in your families. It is easy to see when your youngsters are not behaving in accordance to what you know will be evolutionary for their growth. Then you question and wonder what you can do to cause them to behave more in cohesiveness or order with what would be best for their growth. Well, you just visualize the reality. The big step is to understand the actuality. Behind every reality, whether it is physical dissipation or whether it is mental dissipation, there is indeed an actuality. And if you become a healer, you must see beyond the reality into the actuality and understand why it is there in the first place. Now, psychology, psychiatry, stress management, positive thinking, positive speaking are all tools which cause us to become aware of where we have gotten caught in a reality and we haven't recognized the actuality that lies beyond the reality.

You can see it with your children, you can see it with your business. A very wise man, a poet, and I think he was from America, has coined a phrase: You can fool some of the people some of the time, but you can never fool all of the people all of the time. Then in metaphysics we added on to this phrase: ..., and the only one you fool is yourself. Unfortunately, that is what we are doing. We are fooling ourselves because we are being caught up in a reality instead of looking for the actuality and employing this wonderful awareness of the law of cause and effect. You see, I just brought two subject matters into a unity. I've brought the natural law, which can't be thwarted, and healing into unity so that I can assist you to become better healers. In order to become better healers you must throw out of your vocabulary three words: empathy, sympathy and pity. Empathy puts you on the same level they're on. You actually bring yourselves down from the level that you are creating on, because you are re-evoking or re-awakening the very experiences that you've already moved through. As soon as you do that you unfortunately lessen your effort. Sympathy gives you a feeling of superiority because it causes you to feel superior to the persons that you are healing, and pity puts them absolutely in a coffin because you just tied them to the very, very limiting physical experience that they are creating for themselves. But a healer who is able to see into the concept of reality versus actuality is able to go further in helping the individual to help themselves. America is a very great example of that because America has reached out in its feeling of superiority and has financially assisted every country which had appeared to be second or third world countries, only to find that those countries resented the obligations that they felt under because they have been assisted in those financial ways. They hadn't been educated, they had been assisted.

Now, a healer's process is to assist by relieving the obvious physical pain, but the only way they touch into reality is by determining the cause of why the pain is there in the first place, and that takes education because we can't just simply say, "Poor thing, you have a cancer, let me remove it from you," and then you remove it and the victim as well as the creator go about and reproduce it again in another organ, and then the victim says, "Goodness gracious, you weren't a very good healer because I have the same thing all over again." So you see, a healer must recognize his responsibility to not only heal but to educate so that they can alter the very cause which brought about the effect of the physical disorder. You do that in your life, don't you? You know, you are all healers. Stop and think about how you heal your children. Stop and think about how, through your healing processes, you have searched for the cause which has brought about the effect of disobedience, the disobedience of your children, and you have begun to alter the action, the cause, which has brought about the effect of disobedience and self-destruction. The law of cause and effect. That's how I can say, "You are all healers in various different degrees." Just think about how you had to heal your own business and how you had to recognize the

basic cause which has brought about a lack of excitement, direction and purpose in your business, and ultimately you must heal the cause if you are going to heal the effect, don't you?

Seeker: But many people don't want to realize the cause.

Jordan: Well, that is actually the truth, but so it is with your children. You can see how their thoughts are creating problematic experiences for them in their future life as they continue to live it and you can sit down and tell them about it, but that doesn't mean that they are going to listen, does it? As a result, once they have elected to experience the illness, be it emotional, be it mental, or be it financial, it is your job to let them experience it because the reality is that they will suffer. The actuality is that they don't have to. They can give it all up by simply being obedient and following the plan of evolution. Just let her as a teacher sit with a group of students, which are all her children. She can see the potential of each and every one of them, but if she has a very self-indulgent child who is dealing with its own feelings of inadequacies and inferiority and limitation, she will try to work with that child as much as she possibly can to heal it through education. But the teacher must eventually decide to let the child choose for itself, just like all of you parents... You are all teachers and healers and you all have precognition, but you also have already experienced what we call hindsight, and you don't want your child to experience the physical, mental or emotional distress that you have experienced, which has brought about hindsight. After all, you can look back at anything and say: I should have done, I could have done, I would have done, but I didn't do. So here I am. What am I going to do with what I've got now? Then we have to put the action of healing into practice, don't we? That's called reality and it is called in sensitive training and in mind dynamics recognizing the financial situation and all of its aftermath and producing your way out of it. Now, that is a very important statement: -producing your way out of it- because we can actually never put anything into action, especially if it's balanced unless we intend to produce our way out of it. That means we must recognize the reality, know the actuality and decide not to be limited and to become master and captain of our own life. Now you are teachers to your children, aren't you? Your attitudes, your actions, your words are all the teaching tools that you express to your children. Your attitudes, your actions are the teaching tools that you present to your peer group. Your actions and your attitudes are the very essence of the expression of yourself. So you can see quite clearly that all that you have created for yourself is yours. It hasn't been created by anyone else, and so we have to deal with our need to heal our own emotional body, our mental body and ultimately our physical body because no one else, absolutely no one else is responsible for what we are encountering. So we enter into the action of self-healing through the process of reality and actuality and we come to terms with why we are creating this for ourselves anyway.

Tell me, Sir, I am watching your aura since I walked into this room and I am delighted with it, but tell me, why are you having business concerns right now? Now, you are blushing and you know I am right. Now, why? You are a perfectionist in what you do, you are a highly moralistic young man, and most of the time you put a hundred percent effort in everything you do. Isn't that true? (Seeker: It is true.)

Jordan: Now, do you know how you mess it all up? It is because you have not healed yourself and you have not recognized all of the potential that is there inside of you. You feel it but you haven't recognized it. And these next five days are very important to you. So I suggest that you start being a little bit more aware of your extended potential and heal some of the wounds in the profession. Is that true or not? (Seeker: It is true.)

Jordan: It is really quite easy. I have never seen you before, have I?

Seeker: That's right.

Jordan: Now, in healing, what we try to do is we try to understand this difference between an actuality and a reality and we don't deny our reality because only a fool does that. Now we start using certain tools and they are called affirmations, they are called proclamations and we put an affirmative into action so that all of our little cell bodies will respond to it. That means we have to discipline our brain and our self-image, because those are the two destructive forces which continue to cause us to suffer with pain. And we start by using affirmations. Now in psychology we call it psychosomatic effect upon the body. We have books written which say that you are what you think, that you are what you eat. But what you eat and what you think is determined by this illusionary concept of yourself because you haven't dealt with the actuality. Isn't that true? We all will say we are GOD, but we don't believe it. Now the actuality is that we are the breath of and we are the spark of GOD and we are the extension of GOD who created us in his image and likeness, and since he created us perfect, the only imperfection must come from our understandings of reality, mustn't it? Now life is supposed to be the grand teacher and illness is supposed to assist it. So obviously if we get an illness in the bowels, in the lower back, in the kidney or the bladder or the elimination tract, we are dealing with an incomplete understanding of an actuality. Now we are going to incorporate positive thinking, positive affirmation, projection and visualization and all of the tools that we use to create a financial success for ourselves. Now, anyone who has started with nothing and has achieved a great deal has learned the necessity of this affirmation, of viewing the reality and seeing a small portion of the actuality and beginning the discipline of saying, "I am wealthy, I am a success, I am well, I am whole, and I am fine." Then they entered into the action of doing each thing which became visual in their lives to bring about the concept of the actuality so they could stop being limited by the reality. But you decide to get caught up in the reality of your self-created existences.

No one is saying you have to get married. No one is saying you have to have children. No one is saying you have to quit school. No one is saying you have to be a farmer. No one is saying you have to be anything. You are saying it. That's your reality. The actuality is that you are giving in to the expectations of everybody else and you are not listening to your own heart, your own Godself and being your own man. No one says you have to perform in a certain way, you choose to perform in a certain way. So that is your reality.

Your body becomes the television screen upon which all of those imbalances reflect themselves. Now think about that. Think about this body as nothing more than a television screen and it is reflecting all of your realities, all of your assimilations of the many energies that you experience in life, and it shows itself. That's why we have the books that say: You are what you think, you are what you eat and you are what you do. That's why we develop sciences, such as graphoanalysis and body language. Anybody who is advanced in the understanding of body language can give you an absolute accurate reading just like this young man can. He says that he is a very good judge of character and that he can see almost instantly when someone is trying to give him a snow job. And he praises himself on being a good judge of character. Isn't that true?

Seeker: Yes.

Jordan: Thank you. Okay, healing. We are what we think and we are what we say and we are what we do. In America we have a concept which we call the Alamo (According to Webster the Alamo is a Franciscan mission in San Antonio, Texas, besieged by Mexicans on February 23, 1836, during the Texan war for independence and taken on March 6, 1836, with its entire garrison killed) Now what it simply means is that the concept of health and the concept of freedom experienced the onslaught of dictation and supremacy and those individuals fought to the death for the freedom to express themselves in this total self-awareness, self-control and freedom. Now you are the creators of your own bodies. I think that is the point I want to bring out to you. You create your own bodies, you create your own lives by your acceptances or your

rejections of what you have brought into expression in life. Now in each of us are those Christed cells which has been proven genealogically and philosophically by all of the great literatures that have been written as documentations for us. And we can choose to either tune into and be affected by our Godself or by our human self, and the word I am going to throw in here now is our karmic self, and it is our choice, isn't it? We can be limited by the known and recognized philosophies, concepts, behavior patterns, or we can be explorer like Columbus and listen to our heart and become the explorer which explores new vistas and shows us greater realities, and the actuality which brought this reality into effect is that Christed self, that Godself which said there was more. And now we must find it.

Seeker: Why is it so difficult to find the cause?

Jordan: It is so difficult because we are chained to the effect.

Seeker: Sometimes I thought I found the cause and then I realized it wasn't the cause at all.

Jordan: It was part of the cause. But we must explore and chip our raw diamond in the degrees that we want to. Let me prove that to you. Who do you want? (Seeker: You.) Who do you want to be with? (Seeker: You) Who do you want to be just like? (Seeker: You) You have taken the three basic principles which will get you to see all of the causes which have brought about your effect. It is the same thing when we see the symbolic image of wealth and we say: I want that wealth in my life. I want that freedom in my life. I want that power in my life. I want that understanding in my life. It brings us to the reality of what we have created through our choices and to the actuality of why we have created it. And it must be up to each individual to determine the reason and the causes for why they created the distractions which bring about the effects that they experience in life. Because if you got down to the actuality, you might have to make great changes and you are not ready to do that. That's why it escapes you. That's precisely the concept when Christ was baptized in the river Jordan and he said to the disciples of John the Baptist, "Come follow me, I'll make you fishers of men." A light comes by with all of its healing energies and it says, "Come follow me," and then you must listen to what you say which are your limitations. They are your limitations. They are not mine. Actuality, reality, and in-between is the cause. Now, how long do you want to deal with it? Healing is to recognize that this beautiful Lady here has a slight problem in her body. It is caused because of her frustration, because she has never done in life what she has wanted to. Now she can continue indulging that and what could possibly happen is that she can lose an organ and the doctors will say that it is cancer or that it is something else. And the doctors will be perfectly hundred percent correct in removing this organ, but the reality is that all of her frustration gets right into that organ in her unwillingness to be loved because she is afraid of rejection. As a result she creates a stagnation for herself in that organ and then she creates a swelling and she creates a solidification which is tumorous. Now what the doctor will do is through surgery remove the whole thing, give her a prosthesis, but he will not have straightened out her brain. He'll only have compounded her feelings of inadequacy and the results of cancer will appear perhaps in the bowels or perhaps in the liver. Now what we do in healing is we see the actuality. We know the great necessity to be loved, to be accepted, to be appreciated and understood. And then we find all of the resistance because they don't trust. What we try to do is we try to show that it is not a body we are loving, it is not a face we are loving, it is the soul we are loving, it is an identity, and we try to enlighten through education so that this can be released and let go of.

One of my greatest friends was a fantastic American healer by the name of Kathrin Kuhlman, and if you really want to look, you'll learn that Kathrin has been recorded as performing miracles similar to that of what the Christ did. She has taken away drug addiction, she has taken away blindness, she has taken away lameness, but she always knew psychically the actuality of a reality which was in action in an individual's life. So she caused them to anticipate and to want,

to want the healing so badly that they would give up all of their limitations of family expectation, societal expectation, sexual expectation so that they would be birthed again as a new baby, brand new. Who do you love? (Seeker: You.) Who do you want? (Seeker: You.) Who do you want to be just like? (Seeker: You.) That's a new baby that can be shaped, because he has recognized his own family expectations, career expectations, sexual expectations and he has found out that they are derived from reality, not actuality. He is prepared to direct himself, and he'll direct himself now as a light, as a healer, as a teacher, and as a great physicist, and the only part I play in his life is to cause him to come to his actuality. That is quite beautiful, isn't it? That's all Christ played. That's all Buddha played. That's all any of them played. But you don't come to any healing until you are ready to lay down the past, understand why it is there and make the future, because the future is all right here in your hands. What are you going to make of it? You think I am fooling you? I am not. This youngster (points to student in the audience) is living proof of what I just said. He looked at the reality of his financial situation, turned a failing business into a multi-million dollar business while he has pursued his spiritual evolution. He actually incorporated it and took all of his spiritual knowledge and incorporated it into his business, and now he has everything because he is also one of the guiding lights of our center in America. Isn't that true?

Seeker: Yes.

Jordan: And I haven't exaggerated one sou. It takes work and it takes a willingness to lay down poverty. It takes the willingness to lay down limitations and it takes a willingness to look at actuality and to view reality and to decide what you are going to do. Per example: Right here in this room, unseen, Christ could be baptized by John and he could come out and say, "Come follow me. Leave your wives, your children, your nets, your boats and I will make you fishers of men." Now, stop, hold, coagulate it right there. Now let's look at actuality. What prohibits you from doing it? What will be your reason? That's what you need to know. That is absolutely what you need to know. Your intellect, your emotions and all of your words are the realities that you create and that chain you to your illnesses. There should be nothing that should stand in your way, not money, not family, not job, nothing, because if you trust GOD, GOD provides everything, doesn't he? I had to trust GOD when I came here and spent much money to get here. I didn't know how many people would be here, I didn't know who I'd see, what I'd see, but I spent it. Now think about that. Christ is right here in this room. You can't see him, but he is saying, "Come, follow me." You want to heal yourselves? Think of everything that you create as a limitation. That is called self-realization to healing. If we trust GOD, we have everything. It's only when we wear ourselves out trying to do things our way that we end up not knowing GOD. Don't we?

Now, I am leaving you with a dynamic thought. Christ is right here and he is saying, "Come follow me and I'll make you fishers of men," and I want you all, if you want to heal yourselves, and this is very essential, to write down everything that you feel is a blockage that keeps you from following. It will show you what you bought into. Oh, I am terrible. I'll get you all the way down to your soul, but you will end up knowing yourselves. Now tonight you all go home and you think that Christ materialized himself here and said: Come follow me. Give up your pain, give up your discomfort, forgive, forget and love. Let me take away all that you created for yourselves. Let your kidneys, your bowels and your breasts and your feminine regions and your masculine regions be cleared, cleaned and made whole. You have nothing to fear, you have everything to gain by living life with me. Lay down your sticks, lay down your crutches, recognize your realities and learn from them. Stop blaming everyone else. You created them, you must live with them, until you decide to lay them down. Life will show you what your choice is. Come follow me.

Om Shanti.

We'd like to take this opportunity to say

**HAPPY BIRTHDAY**

to our **January** birthday children.

May all your wishes come true, as the love of Christ guides you through your life's adventure.