

Healing, how we can stimulate the right side of the brain was discussed on 79-09-01, the 67th Trance.

In this interchange between a questioner and William LePar's spiritual source, The Council, they discuss ways to stimulate the right side of the brain.

Questioner: What are some ways that we could use to stimulate the right side of the brain?

The Council: The simplest way to begin to stimulate the right side of the brain is begin to think of peaceful things. Think of peaceful and serene pictures. Begin to visualize beautiful things. Look at photographs in the reverse position, especially those photographs that are of a pleasant or beautiful nature, either of scenery or religious figures, what have you; anything that is uplifting; anything that is touching to the heart.

Questioner: You spoke of looking at them in a reverse position. Could you please clarify?

The Council: Upside down.

Questioner: Why?

The Council: Well, study the activities of the eye connected to the brain, and you will see that by doing this you create a certain confusion to that nasty, nasty side that you must overcome. Now, we say this, again, tongue in cheek.

Questioner: Kind of sneak it by the censors?

The Council: Well, you might say that. Now, if you wish to practice healing, exercise the right side of the brain. That is the first step. Visualize things of great beauty, and practice this so that you can hold a picture in your mind. Now, to you this may not seem as though anything is transpiring. Do not worry about your right side or your left side of the brain. Simply visualize pictures of beauty, of peace, of harmony. Start with simple things. If a particular flower holds your fancy or if a particular shape holds your fancy, then start with these, and the more you can bring that picture into your mind

clearly and sharply, the more active the right side of the brain is. Now, as far as viewing a serene photograph or painting in the reverse position, we would not suggest that this be done all the time, because this has a tendency then to create a laziness beyond a certain point in the activity of the brain. This can be used on occasion and then only for short periods of time; hold the picture right side up and then reverse it, and concentrate on the picture in the reverse position. Do not just look at it in a general sense. Look at it intently, then put the picture right side up, and do this, say, three or four times, and then put the picture aside and practice the visualization. When you get to the point that you can hold a good picture for a period of time, then you have strengthened the right side of the brain. You have pronounced its activities or have made its activities pronounced. The key is to keep that visualization for a period of time. Try to increase the period of time. Do not become anxious and set goals that are ridiculous, but increase that period of time, slowly. Now, when you pray for a person, utilize that activity. When you pray for a healing, utilize that activity. The physical properties that transpire in the body by activating the right side of the brain increases the body's ability to transmit the electrical impulses or the electromagnetic fields in the body to assist as a triggering device in the body of the person needing the healing. If you can encourage the other individual to visualize some activity that can be related to healing, this would help. Possibly, with some people you may suggest that they visualize a washing flood of light through them; or they may attempt to see the ailment begin to glow and be surrounded by a bright light. Any form of activity such as that that is dependent on the right side of the brain will allow the spiritual forces to be activated or to flow more freely. Also, what transpires during these activities is that a spiritual insight also comes through. When one attempts a laying on of hands, one should also place the hands on the head, after the one who is laying on of hands has visualized or activated the right side of the brain, allowing some of these fields of energy then to stimulate the organ itself. Then, if one chooses, one may proceed to lay hands on the ailing part.

Information and Inspirations Part 3

Healing, an experiment for us to attempt was discussed on 79-09-01, the 67th Trance.

In this final posting on healing William LePar's spiritual source, The Council, give us an experiment to try.

The Council: In order to learn to control the right side of the brain as a healer or as one who is being healed, if one were to attempt it on their own in order to help you sense the activities of the right side of the brain, you may try this experiment. Sit very quietly and close your eyes, and try to vision something very simple. You may choose something like a number, 1, 2, or whatever. Keep it to a single digit. Or you may choose the initial of your name. Close your eyes and envision this letter or numeral, whichever you choose. Take note how you are seeing it. Now, this will take a little effort on your part. You must construct this vision. Then, with your left hand, as you are envisioning this numeral or letter, with your left hand place it on your left temple. Place your left hand on your left temple, and then visually move this letter or number to the left side of your viewing screen or however you are seeing this. Concentrate on that. Hold that image clear and as sharp as you can. Then take your left hand away from your left temple, place your right hand on your right temple and move that figure, that letter, or that number, to the right side of your screen of vision. Do this a number of times until you can very readily move the figure back and forth. Now, the desired objective is to actually see this letter or number on one side or the other side of your line of vision. Now, this is with your eyes closed. You should be able to see this figure, this letter or number, on the left side of your inner viewing screen and on the right side and you should be able to see it move from side to side as you will it. Practice this so that you can do it without touching the temple or the head. Now, we simply say, place the left hand on the left side of the head simply to give you a means of motivation, not that it will draw this figure over there, but it helps you to concentrate and utilize the activity of the brain or the function of the brain. In other words, it is simply a support system in helping you switching from the right to the left side of the brain. As we said, be able to do this with some ease. Then make the effort to be able to do it without touching either side of the head. In the process of this moving back and forth, you should also attempt other

activities. Make the letter grow bigger or smaller. Move it closer to you or further away. If you are attuned to what you are doing, you will feel a very definite change. It will be hard to describe, but you will notice something different when you move this figure over to the right side of your viewing screen. In this process then what you are achieving is utilizing the ability to function or activate one side of the brain over the other. Maybe we will continue with some other instructions later on.