



## **Reveal Your Own Wholeness, by Carol Carnes**

All mental healing is based on the awareness of the presence of pure Life, or wholeness, at the center of the patient. It is a calling forth, if you will, of that wholeness into visibility. It is not a "repair" of something broken, but an act of transcendence. It is the One that is always wholly at ease, taking precedence over the temporary manifestation of dis-ease.

We get better because there is something in us that is not sick. There is something about us that is not in lack. There is an aspect to us that is never confused or addicted or damaged. If that were not so, no one would ever recover or make changes in their life. Human life is a collection of stories of how we are constantly interacting with the higher nature of our own being! We get great new ideas and act on them. From where do they arise? We decide to clean up our lifestyle and find a great resolve in us, the will to stick to our decision. Where was that all the while we were succumbing to the addiction? Who goes to the AA meeting, the alcoholic or the One who is already clean and sober?

As we focus on what is True about us, we see the weakness of what seemed to be true. We only thought we had to be sick and poor and unloved. We believed we were powerless over our addiction. We decided we had to protect ourselves emotionally and could never have real love. These are mental states based on the illusion that we are at the mercy of effects. Then one day someone, perhaps, shows us how to tune in to the Cause that lives within us. That is the moment we take charge of our life. That is the beginning of transcendent living. That is when our mind is restored to its natural condition; that of formulating thoughts and ideas which automatically reveal our own wholeness in all areas of our experience.

Stay tuned in.