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How could conscious awareness be a healing force?

When we bring light to a problem, it can totally transform. The power of conscious aware-
ness boggles my mind, even though I've been seeing the effects of it for nearly 20 years.
Indeed, conscious awareness is a very powerful tool for healing.

When we see our patterns, they are relatively easy to change. Very often, people have no idea
of their patterns, or the effect they are having on other people. If they could see clearly, they
would want to change. They just can't see the problem. They see that they have the same
experiences again and again with different people. Yet they have no idea what they might be
contributing to keep having the same experience.

We are all like this to one degree or another. Often we can see other people more clearly
than we can see ourselves.

The analytic mind is rarely able to shed the kind of light that we need to expand our con-
sciousness. But it can help us work things out, once we have the light.

How do we bring the light of consciousness into our lives? There are many ways. We can
pray. We can meditate. We can set our intent. We can have healings. We can hold a problem
gently in our awareness. Our higher self will begin to bathe the problem in light until the
answers filter down to us. All of these things will bring greater illumination.