

case studies

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Healing 1.0: Spanda: The Expanding Universe

I have worked on many different personal challenges in the process of becoming a healer and in the process of expanding my abilities.

Some of these challenges went on for years. For instance, if you read *A Call to Heal*, you will see that there was a long period of time in which my journalism career was dissolving, setting me into a terrible panic. I didn't know then that I was being re-ordered for the better, and that I would eventually be helping others as a healer.

My panic was terrible and all consuming. The very ground of my life was being dismantled and I didn't know what would become of me.

Then, by some mysterious force of Grace, I had a special meeting with my meditation Teacher. Afterwards my worry and panic simply disappeared. My Teacher literally zapped that state of worry out of my consciousness. It was like magic!

As a consequence of this shift in my consciousness, the spanda, the things that unfolded for me in my life, got infinitely better. In fact, the change was immediate and dramatic. First, I got offered a great part-time job at *Variety* magazine, the Hollywood Bible. At almost the same time, I finally got a publishing deal to write my first book, *How People Heal*.

This is how the spanda works. If we change our consciousness, our world changes. It can be dramatic and magical. This is how we know that we have truly healed something. The world outside literally changes. As the great sages tell us: It is all just a play of consciousness.