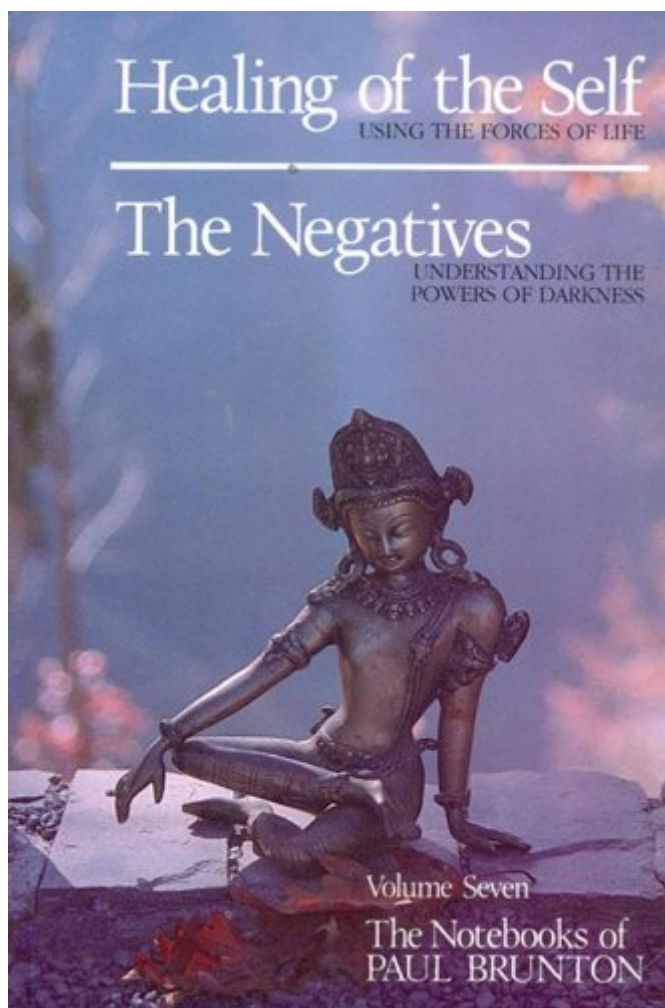


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Healing Of The Self & The Negatives (The Notebooks Of Paul Brunton)



Synopsis

Part 1, Healing of the Self, explores fundamental principles of healing. It strikes sharp contrasts between surface, psychic, and spiritual methods, recommending a synthesis of conventional and alternative approaches to well-being. It also offers a variety of tested and proven techniques for self-healing and assisting conventional treatment. Part 2, The Negatives, is a shocking look into the nature and roots of evil in both the individual and the world, with powerful tips for how to deal with them. It traces the activity of sinister forces in previous and possible future world war, emphasizing the urgency of recognizing and responding to the intensification of these forces both within and around us.

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Customer Reviews

This is a book that is a must read for any serious student of spiritual matters. It not only covers areas that hhave seemed to be off limits but covers a morality that is not pious and overwhelmingly

This volume, able to be read independently of the other books in the NOTEBOOKS OF PAUL BRUNTON, is just one of an amazing collection of life works. The NOTEBOOKS were published following Brunton's death in the early 1980's; the author was initially a British journalist whose explorations into Eastern philosophies resulted in travelogues and books of philosophy and mysticism, starting in the 1930's. His works are entirely relevant for today, giving us the roots of any Western seeker's approach to an Eastern-influenced path. This practical volume's first section, "Healing of the Self," is devoted to an integrated perspective. Brunton looks at karma and the origins of illness; the concept of spiritual healing; natural laws and the "universal life force," pain and mortality. Most important is the section called, "Healing Power of the Overself," covering the benefits to be gained from turning to the "infinite source" within. These short, uplifting paragraphs are hopeful, inspiring and realistic (like so much of Brunton's work). An example from this section: "An honest healer can say healing depends on two conditions being fulfilled: the faith of the patient and the permission of the higher powers." In this section, PB (as he's known by those who read and study his many books) also looks at the drawbacks of "mental healing." The second portion of this rich and insightful volume is called, "The Negatives," another of the categories outlined by Brunton as essential for understanding the spiritual path. This section is packed with information, material which isn't unnecessarily dramatic or frightening. "Their Presence in the World" is a long segment with focus on such topics as human history's darkest periods. Brunton talks about concepts such as hatred or pacifism, rather than entities to be vanquished or cultivated, when discussing "the negatives." He's speaking of human nature and the effects of our own destructive thinking. The later sections, dealing with "thoughts, feelings and violent passions" and negativity's "visible and invisible harm" are succinct and grounded. I can only give this book the highest recommendation. While reading, it's important to keep in mind the period in which Paul Brunton was writing; he'd lived through World War II, plus many advances in science and medicine weren't made yet. But this writer gives an enlightened view of the spiritual journey overall, and this particular volume is a "must read." I love it!

Many who have wondered about or aspired to become healers will find the notes included in "Healing of the Self" both inspiring and most useful. Even though health professionals may find Paul Brunton's writing somewhat "dated" as far as terminology, his meanings are fresh and vital and his conclusions confirmed by more and more modern research. His illumined writings provide both information and inspiration for the reader. Brunton tells us, "There is a single source of Life which

envelops the universe and pervades man. By its presence in himself he is able to exist physically and function mentally."He stresses that the physical body, the material world and the suffering in life cannot be denied or ignored, as Jesus and Buddha both taught and that God provides many forms to heal us, both orthodox and unorthodox. In "Healing of the Self" Paul Brunton's notes cover 40 years (starting in the early 1940s) of research and personal experience exploring human health and healing, shedding invaluable light upon many serious questions that have been raised about the close and indisputable connection between body and mind. This volume contains numerous comments on the power of the Overself to heal us. However, in order to accomplish this we must learn to push aside our egos to allow that higher power to come through us and he provides careful direction on how to proceed. Readers will not only find specific exercises and meditations to prepare them for mental and spiritual healing, but cautions as to how to avoid any dangers or negative effects. Brunton points out that illness or disease may come from many sources including the physical world or germs, our psychology, our behavioral mistreatment of the laws of nature or our individual karma. He stresses that healing may come through the many traditional as well as alternative methods that man has discovered through the ages but that none of them works all the time. He points out that, indeed, in some cases healing may require a combination of several methods. He defines the characteristics of physical, mental and spiritual healing. He clearly distinguishes mental healing from spiritual healing. Whether for oneself or another there must first be faith in the higher. He clarifies that mental healing is usually temporary, because, though it may be effective, it is more superficial, normally dealing only with the symptoms of suffering, while spiritual healing is much deeper, dealing with the origin of the suffering and involving deep self analysis and complete willingness to change one's thoughts and behavior. While any method of healing may be desirable, true spiritual healing is permanent.

If you have never read any of his other works, this man is the master of writing. He is articulate, powerful in his clarity, and transformative in his message! I love reading his work. He has 25 volumes in all. I recommend reading "Hermit in the Himalayas" and "Discover Yourself " as a premier. Once you get hooked, you will want to read the others! Five-Stars! Haji Mahmood

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