

***In-Depth
Guide to
World
Healing***

Owen Waters

In-Depth Guide to World Healing

Owen Waters

Copyright ©2011, Infinite Being LLC
Published by Infinite Being Publishing LLC

All rights reserved

ISBN: 978-1-932336-27-6



An Infinite Being In-Depth Guide

Best viewed using Adobe Reader at
'Fit Page' or 100% magnification.

Important:

Be sure to save a copy of this e-book
to your hard disk for future reference.

Click 'File' (top left corner of your screen)
then 'Save a Copy.'

You can save it into your 'My Documents'
folder or any other hard disk folder
of your choice.

You can later re-open your e-book by starting
Adobe Reader and clicking 'File' then 'Open.'

Introduction

The World Healing Technique presents a way to use today's emerging heart-centered consciousness to make a distinct and positive difference in the world.

This In-Depth Guide expands upon the World Healing Technique article, which should be read before this in-depth guide. It is contained in my book, *[Spirituality Made Simple](#)*, and also located online in the free article at:

<http://www.worldhealingnow.org/heal.htm>

In that article, the World Healing Technique is summarized as follows:

- * Sit upright with your eyes closed.
- * Make a spiritual connection, one which includes gratitude for life.
- * Intend world healing by visualizing the desired positive outcome.

- * Breathe in universal life energy with each inbreath.
- * On each outbreath, repeat your intention and send a beam of white light from the energy center of your heart to your intended destination.

This In-Depth Guide to World Healing includes the following topics:

How prayer, intention and healing work.

The origin of the World Healing Technique.

How spiritual energy stopped a war.

The nature of universal life energy.

The principle of spiritual energy generation.

Why healing energy makes all the difference.

A personal story of spiritual awakening.

An ancient spiritual cleansing technique.

How to amplify the effectiveness of your world healing.

Spiritual Upliftment

First, let's look at the spiritual upliftment that results from the sacred practice of world healing.

Coming to God and asking for healing energy is both a divine right and an opportunity for the sacred-minded person. By venturing into this act of communion with the Divine, one feels uplifted into the highest realm of possibility.

This sacred communion can cause one to stop and savor the delicate feeling of spiritual consciousness. It is a rare break from the hum-drum vibration of material existence. It is a reconnection with, and a reminder of who, you really are. You are a spiritual being immersed in a play-act of physical expression.

This world is far easier to change than most people realize. The world is not real, even

though it has the appearance of solidity. It is a fabrication of consciousness; nothing more. When you take your divine potential and apply it to healing the world, you invite the very essence of your self into this material world and, then... miracles happen!

You can envision a better world and part of the world will morph into that vision. You may never physically see the result of your intention and your healing work, but it happens and it is guaranteed, just as surely as reaction follows action in the ever-present Law of Karma.

Take a sacred stance in your healing work. Rise above the thoughts of right and wrong that can keep you locked into the material realm. Let the love of God fill your heart with sacred inspiration. Envision the world as a better place and your energies will bear fruit.

It will be a better world for your having been a

part of it; for your healing it; and for your taking action to make it a better place.

Every day that passes is an opportunity to raise your consciousness to the heavens and to bring down transforming, spiritual power into the world.

Make your life count. Leave your mark on this world, and make it a spiritually-inspiring mark.

The Origin of the World Healing Technique

The World Healing Technique is named in honor of the late George King, the world healing pioneer who single-handedly reinvented the ancient science of Karma Yoga.

Karma Yoga is a pathway to God-realization through right action. Prior to George King (1919-1997), this concept of right action was defined as taking action to perform one's duties while being detached from personal desires and interests. This meant that, if one avoided being distracted by basic emotions, one could serve others in a noble fashion and, therefore, progress spiritually.

In the 1950's, as tensions escalated during the Cold War between America and the Soviet Union and the prospect of nuclear annihilation became a distinct possibility, George King

designed a method of world healing that any individual could use to bring balance to the mental atmosphere of the planet. He could see the possibilities for a world transformed by the power of spiritual light and that people could make a radical difference by radiating spiritual light out into the world.

Groups formed and came together to practice this dynamic form of prayer and to send healing energy into the global mind atmosphere which humanity shares. Making a difference in the balance of human thought was never more critical than in 1962, when the Cuban Missile Crisis erupted and the survival of civilization was balanced on a knife edge. Sanity prevailed – just – and the superpowers of that time stood down instead of launching nuclear missiles against each other.

By the 1970's, George King had developed the science of world healing to the point where, as I

personally witnessed at the time, he succeeded in stopping a war!

The year was 1974 and war had just broken out in Cyprus. People of both Turkish and Greek descent inhabited that country and, amid escalating tensions between the two cultures, Turkey decided to invade northern Cyprus to claim one-third of the country as a Turkish Republic.

The invasion was a declaration of war and, as Greek generals planned their own counter-invasion, the clouds of war hung thick over Cyprus. News professionals fully expected this conflict to develop into multi-year bloodbath with huge casualties, both in the military and the civilian population.

At the time, I knew a journalist who worked for a major newspaper in London. He said that reports were pouring into the newsroom from news agencies and correspondents, all pointing

towards a conflict that could spread very rapidly and involve more countries.

At that critical point, George King took action by arranging the direction of 542 person-hours of prayer-induced energy to the peace negotiators from the United Nations Security Council.

It was a memorable day for me when this happened on the evening of July 21st, 1974 and I spent the next day waiting to see how much of an effect this would have. As I went to work in the morning, the front pages of the newspapers blared headlines of the previous day's war story reports. Greece had made an ultimatum to Turkey which seemed to be leading to an all-out war as the world stood by, fascinated with what might happen next.

What did happen came as a total shock to the news reporting community and the public. As I was leaving work later that day, I looked at the

headline on the evening edition of one of the London newspapers.

It had the word “CEASEFIRE!” splashed all over the top one-third of the front page!

My journalist friend later told me that, when the news came in that peace negotiators had succeeded in stopping the conflict, the entire newsroom was flabbergasted at the sudden turn of events!

Not only was a ceasefire established, but there were liberating side-effects as well. In succeeding days, political events moved ahead in both Cyprus and Greece. The Cyprus regime headed by a terrorist gunman was forced to quit, and a few hours later, the military dictatorship in Greece abdicated power.

Hundreds of thousands of people were out dancing for joy in the streets of Athens, cel-

celebrating the end of seven years of vicious, inhuman rule by the so-called 'Colonels.'

Spiritual energy is a power that can heal the world. I know from personal experience. I've seen it happen.

How Prayer, Intention and Healing Work

You can heal the world by any of these means:

Prayer – by asking God or the universal Spirit for assistance

Intention – by visualizing and creating a better reality

Healing – by sending spiritual healing energy out into the world

Or... you can make a *huge* difference by combining *all three!*

Let's examine each of these methods and then see how they can be combined for maximum effect.

Prayer

To pray for world healing in the traditional manner, you ask God, or your concept of the universal Creator intelligence, to heal the world in some specific way. By doing this, you, as a representative of humanity, ask God to improve the state of world affairs.

Faith is a prerequisite of prayer. A spiritually-minded person has the inner conviction that a Creator intelligence exists and that spiritual means can be used to make the world a better place. Through this inner connection to the higher realms of consciousness, the spiritual person gains from contact with the inspiration, love, and light that exist on those realms.

Faith in the effectiveness of prayer is also important. While the effects of prayer are often not easy to prove, we can gain great assurance from today's level of metaphysical understand-

ing of how spiritual practices work.

If you encounter skepticism, remember that skepticism is the opposite of faith. It comes from the ego-based fear that the skeptic does not 'know it all.' In that, they are right; they do not understand the spiritual basis of life.

While fear is the opposite of love, skepticism is the opposite of faith. Love overcomes fear and faith overcomes the destructive doubts that are propagated by the skeptic.

Intention

Intention or visualization is the changing of one person's reality in order to affect the environment in which they live.

We know that physical action generates an opposite physical reaction, but the reactive nature of the universe goes much further than

just physical behavior. The universe is a mirror of your thoughts and actions. You might quote, “As you sow, so shall you reap” or you might call it the law of karma. Either way, the universe was designed to perfectly reflect the energy of every thought and action.

This means that, if you change your view of reality, then the universe will adjust your circumstances to reflect your new view instead of the old one. By visualizing a mental picture of world peace, or by using words to intend world peace, you change your reality and you also affect the world.

The mechanism by which your thoughts affect the world occurs because all of humanity shares access to a global mind atmosphere. Like fish in the sea, we cannot see the water in which we swim. Humanity is immersed in what the Swiss psychologist Carl Jung called the *collective unconscious* or what the French priest

Teilhard de Chardin called the *noosphere*, as in 'mind-atmosphere.' My primary spiritual teacher, George King, called this global mind atmospheric belt, simply, the *mind belt*.

At an unconscious level, we constantly receive, process and transmit thoughts and feelings to the mind belt. It is little wonder that your intentions for world peace have an effect on other people; in particular, they affect those who are receptive to such ideas. For them, your intentions bring renewed inspiration.

Healing

Spiritual healers achieve miraculous effects by transmitting spiritual energy to others. In the case of world healing, the destination for their healing energy will more likely be a large area or a large number of people.

There are many forms of higher energy. Spiritual energy is universal life energy conditioned by spiritual intent.

The Nature of Universal Life Energy

The term spiritual energy refers to universal life energy conditioned by a spiritually-inspiring intention. Universal life energy is the primary form of the energy that powers the physical world.

Although not yet understood or mastered by contemporary physical science, it has a long tradition in many philosophies, spiritual practices and healing modalities around the world.

Universal life energy has also been called:

Prana, the vital life energy in the Vedic philosophy of India, which is applied today in the practice of Ayurvedic medicine.

Chi or *Qi* – (both pronounced *chee*) the life energy in traditional Chinese philosophy, as applied today in acupuncture, Chinese medi-

cine, and the wellness practices of Tai Chi and Qi Gong.

Ki – in traditional Japanese philosophy.

Bioenergy – etheric energy associated with the subtle energy structure of human bodies.

Tachyon energy – a term based on a theoretical, faster-than-light particle called a *tachyon*.

Vital life force in the philosophy of Vitalism.

Odic force – by the 19th century science pioneer, Carl von Reichenbach.

Orgone – the energy used by weather-control pioneer Wilhelm Reich.

Elan vital – French philosopher Henri Bergson's vital force.

Animal Magnetism – by the hypnosis pioneer Mesmer.

Bioplasmic energy – in the Soviet psychic research program.

Psychotronic Energy – in Czechoslovakian research.

Cold electricity by Nikola Tesla, the inventor of today's alternating current power systems, who

recognized that this form of energy behaved quite differently to regular electric energy.

Dark energy – an unseen energy in modern cosmology, known only by its effects. It is given the strange term *dark energy* simply because physical eyes don't see etheric light.

Etheric force – by practitioners of Radiesthesia.

The simplest name for universal life energy in the English language is *etheric energy*, which distinguishes it from electric energy.

Etheric energy is the primary energy of the universe. In its secondary, more dense form, etheric energy becomes electric energy. Electric particles make up the atoms of physical matter. It is etheric energy which provides the energy to maintain the constant motion of electric particles within each atom.

It is less than 200 years since the key principles

of electric energy were discovered. You might be surprised to hear that, in those days, most people regarded electric energy as mysterious and metaphysical. When the principles of its big brother, etheric energy, are mastered, the door will be opened to a wide variety of new technology including abundant clean energy and advanced healing technology.

The constant supply of etheric energy comes from the center of the universe, through the Sun, and fills all of the space around you. On a sunny day, when its presence is especially intense, your eyes can often faintly detect globules of this energy floating in the air as you look up towards the clear sky.

Also, although etheric energy is essentially non-physical, you can often detect it as a faint mist surrounding your fingers when you spread your fingers apart and look at them against a light-colored background.

Universal life energy fills the air and even your food and water. It is the primary energy radiated by the Sun and you can't live without it. Some yogis have demonstrated that you can even take it into your body energetically without having to breathe it. They arrange to be buried for several days with no air and then emerge smiling, demonstration accomplished!

As a non-physical form of energy, universal life energy responds immediately to applied mental pressure. This means that you can use your faculty of imagination to apply mental pressure to attract, condition, and radiate this energy. You can use life energy as a carrier energy for the transmission of your mental and spiritual intentions.

The Principle of Spiritual Energy Generation

As people become more interested in spirituality and how it can change the world and improve their lives, the understanding of spiritual energy becomes a key factor in their growth and development. This article explains the nature of spiritual energy and how it can be used in, for example, distance healing, world healing, or simply for enhancing meditation.

Like the principle of electrical generation, the principle of spiritual energy generation shows how a specific type of energy flow may be generated. In the case of electrical generation, a flow of electricity is created in a certain direction. In the case of spiritual energy generation, a flow of spiritual energy is created in a certain direction.

Spiritual energy is etheric energy conditioned by spiritual intent.

Etheric energy is also known as universal life energy. It is the primary energy of the universe, while electric energy is a secondary, more dense form of energy.

For the last 5,000 years in traditional Chinese medicine, the vital pathways of etheric energy in the human body have been balanced using the healing modality of acupuncture. More recently, the electrical genius Nikola Tesla produced vast quantities of etheric energy using very high frequency electricity as a method of attracting etheric energy out of the atmosphere.

Just as the atmosphere is filled with electrons, ready to be channeled through an electric generator, so is it also filled with etheric energy. All energies are supplied and replenished by the Sun, including the mental energy that

forms the global mind atmosphere or mind belt around the Earth.

The mind belt is conditioned by the thoughts and emotions of humankind. Each person constantly attracts mental energy, conditions it by their thoughts and actions, and passes it back into the mind belt. Every one of us affects everyone else. A spiritual act – one which expresses unconditional love – by anyone anywhere upon the planet improves the mind belt of the whole planet. A destructive act by anyone anywhere upon the planet degrades the mind belt of the whole planet.

Etheric energy is a more subtle energy than electricity, and a more dense energy than mental energy. However, because of its vibrational proximity to mental energy, it responds readily to applied mental pressure.

The human mind can, through visualization

and intent, attract etheric energy, condition it in any way desired, and then direct it towards any desired objective.

In 1831, at the dawn of the electrical era, visionary scientist Michael Faraday published his discovery of the law of electromagnetic induction. This law, or principle, states that an electric current will be induced in a conductor when it is moved across a magnetic field.

At the time, it seemed like the strangest thing in the world. Moving a conductor forward across a magnetic field would invoke an electrical current sideways in the conductor. This discovery showed that, with electrical generation, nothing happened in the same direction as anything else. All three directions in space were involved – a metal conductor that ran forward through a magnetic field that ran vertically, producing an electric current that ran sideways. It was truly awe-inspiring to those who saw this

phenomenon clearly demonstrated for the first time. This discovery then opened the door to the generation of electricity in large quantities. As the idea was developed, electricity went on to replace steam as the working medium of the Industrial Revolution, and later gave birth to the field of electronics.

Today, the new frontier of discovery is etheric energy. Realizing that this energy exists, and understanding how it can be attracted, conditioned and transferred, opens up a whole new realm of possibilities in humankind's use of all types of God-given energies.

Both electric energy and etheric energy respond to pressure. In the case of electrical energy, voltage is the measure of electrical pressure. The more voltage you have available, the more electrical energy you can move through a circuit. In the case of etheric energy, the application of pressure via mental intent is similar to

the principle of voltage. The more intense your intent, the more etheric energy you will move toward your intended objective. For example, if you are sending distance healing energy to a friend at another location, the stronger the pressure of your applied intent, the more healing energy you can generate and transfer to them.

There is a key difference between plain, unconditioned, etheric energy and spiritual energy. Spiritual energy is etheric energy conditioned by spiritual intent. In order to achieve the spiritual conditioning of etheric energy and transform it into spiritual energy, the individual's consciousness has to first rise into the frequency range of spiritual consciousness.

In the human heart lies the doorway from material consciousness to spiritual consciousness. As explained in my book , [*The Shift: The Revolution in Human Consciousness*](#), there

are two levels of heart-centered consciousness, and they resonate at different frequencies. It's a yin and yang situation. The lower, passive level is heartfelt consciousness, where the person adjusts to the awareness of unconditional love. The higher, active level is heart-powered consciousness, where the person puts that heart-centered awareness into action.

The doorway to spiritual consciousness is between those two levels of heart-centered awareness. There are two major tiers of human consciousness, each tier containing six stages. The basic tier has a materialistic focus and ranges from the earliest historical expression of human consciousness, all the way through the evolution of empowered action and achievement, and into heartfelt awareness. In this heartfelt state of consciousness, humans shift from supporting, for example, mindless commercial expansion into an awareness where the environment becomes an important issue.

Humans then progress into the second tier of six stages of human evolution. This is the spiritual tier and, by stepping into it, humankind today is making a quantum leap in awareness. This is the essential nature of The Shift that is transforming today's society. As each human spends more and more time in the spiritual tier, they engage in more and more heart-powered action, changing the world through applied unconditional love.

The average person in Western society today is still in the commercial expansion stage of consciousness, and yet with one foot very much planted in the heartfelt consciousness of ecology issues. Meanwhile, today's pioneers of The Shift are spending more and more time venturing into the spiritual tier of consciousness and, as a result, expanding the awareness of all of humanity.

In conclusion

The generation of spiritual energy is carried out through spiritual intent applied to the universal supply of etheric energy. The spiritual tier of consciousness begins with heart-powered consciousness and is entered through the doorway of the heart. The degree of intent determines the amount of etheric energy that will be conditioned into spiritual energy. Intent is also used to direct the spiritual energy towards the desired objective, such as distance healing, world healing, or simply for enhancing meditation.

In summary

The Principle of Spiritual Energy Generation states that spiritual energy is generated by the mental direction of etheric energy, conditioned by spiritual intent.

Why Healing Energy Makes all the Difference

You might wonder why you would attract, condition and radiate universal life energy to improve the mind belt of the earth instead of directly working with the mind belt at a mental level. Surely, visualizing world peace and enlightenment would change the mind belt more directly than achieving it indirectly by conditioning and transmitting energy.

I once asked George King that very question, “Why do we condition universal life energy with spiritual thoughts and send it out into the world when we could just think spiritual thoughts and affect the global mind atmosphere directly?”

“Because,” he replied, “it would go right over their heads.”

By that, he meant that people don't routinely tune into the spiritual frequencies of the global mind atmosphere, so your spiritual thoughts would dissipate unused and drift away into the higher realms of the planet. The point is to get such inspiration recognized and used on this physical realm and, to do that, you send it on a carrier wave that everyone uses.

Imagine, if you were standing on a mountain top and you shouted to a friend on another mountain top several miles (or kilometers) away. They wouldn't hear you. The energy of your voice wouldn't carry that far and it would dissipate unreceived.

However, if you both had walkie-talkie radio sets, you could transmit your message using radio waves as a carrier energy and your friend could receive your message.

It's the same with the World Healing Tech-

nique. The bare signal will go unheard and unappreciated unless the people who can receive the signal receive it on a carrier energy to which they are attuned. Most of them won't be tuned into pure, unadulterated, spiritually-inspired thoughts. More likely, they'll be busy with routine thoughts like planning their next shopping list! However, everyone lives and breathes universal life energy, so that's your carrier energy.

When you use universal life energy as the carrier energy for spiritually-inspiring thought, you guarantee its reception. If you direct it out in the world with no specific target in mind, it will inspire those are ready to absorb your contribution to inspired thinking. Over a period of several minutes, one transmission of inspired energy can inspire dozens of people and the world becomes a better place, one inspired smile at a time.

If you focus on a specific target, the results are,
naturally, more focused.

A Personal Story of Spiritual Awakening

I first learned how to send out world healing energy in 1972, just before graduating from college. I was already a regular practitioner of meditation and I was becoming used to deeper states of consciousness, but the first time I tried 'Dynamic Prayer,' as it was called, it had a profound effect on me.

The short, one-sheet instruction sheet that I held in my hand showed me how to condition universal life energy with the intention of world peace and enlightenment and then radiate it as a beam of white light from my hands and heart chakra out into the world. I tried it, and sent out energy as best I could for world peace and enlightenment. Nothing happened immediately, but, over the next three days, I was absolutely transformed by the reaction of that which I had started.

It was as if a spiritual doorway within me had been flung open and an energy of love and light had started to flow through me. It opened up a whole new avenue of spiritual experience, one where you first give spiritual energy, and then become a recipient of the beautiful energy that you receive as a reaction.

Soon after that, I learned that the most profound reaction occurs when you send your love and gratitude to the highest possible objective – to the highest idea of God, or, better yet, to the Divine Mother and the Divine Father, creating a triangle of inspiration between yourself and the two aspects of Father-Mother God.

By sending your love and gratitude to God, you transform the simple act of prayer – of communion with God – into a profound spiritual experience.

How to Amplify the Effectiveness of Your World Healing

There are several ways to increase the effectiveness of the World Healing Technique.

Hands-Up For Best Effect

As it stands, the technique is suitable for use anywhere; at home, at work, or even on a train to work. All you have to do is close your eyes and focus on your healing work. However, in a private setting, the transmission of spiritual energy can be enhanced by raising your hands, palms facing forwards, to around the level of your shoulders. Imagine energy being sent out, not just from the heart chakra, but also from the palm of each hand. There are energy chakras or gateways in the palm of each hand which are well-suited to the transmission of

spiritual energy.

An Attitude of Gratitude

An attitude of gratitude is key to raising one's mind into the higher realms of inspiration. When you allow your heart to open to the universe's natural flow of love, gratitude comes easily as it flows unimpeded from an open heart.

When you simply allow it, it flows as freely as the sunshine, so give gratitude for the Sun that gives us life. Gratitude for the Earth that gives us our home in the cosmos. Gratitude for the people that you love, and for those who share your journey through life. Most of all, feel gratitude towards the Creator for being alive, for just existing, and for being in the flow of the adventure of life.

Preparation: The Cleansing Practice

In 1972, along with world healing, I also learned of an ancient cleansing practice that you can use before any type of spiritual practice. It has served me well ever since and I highly recommend it. As a preparatory practice, it dissolves the cares of the day and cleanses and prepares your aura for spiritual action.

1. Sit up straight with your feet placed on the ground and your hands resting on your knees, palms facing downwards. Breathe deeply until you become relaxed and fully present in the now.
2. See a brilliant beam of white light come down from the space above you, filling and charging your brain with its purifying power. Let it continue down through your head and neck, then fill the heart chakra in your aura, six inches (15 cm) in front of your breast bone. Let

this white light charge and activate your heart chakra.

3. Think deep into the center of Mother Earth, feel gratitude for her support, and request her violet flame of transmutation. Visualize this violet flame coming up through, and surrounding, your body and its surrounding aura. Project the violet flame way above you, thirty or forty feet (ten meters) above your head. Hold that visualization for twenty seconds while relaxing as it cleanses your aura of the cares of the day.

Note: If you have difficulty visualizing energy, just set the intention to direct the energy in words (e.g. “White light is passing through me now”), and then feel the energy as it passes through you.

The Effect of Feeling

Once an intention is set, you have one side of the equation in place. The other side is feeling. The more intensity you can use to condition life energy and propel it to the target, the greater the effect.

So, to supercharge your intentions or prayers, give them depth of expression by focusing your feelings into them. The combination of clear intention and the energy of spiritual passion together bring about miracles.

A Balance of Opposites

There must be a balance in all things. How much passion can you apply to world healing and still maintain a balance? This question was cleverly addressed by lifelong prayer expert Richard Lawrence in his book, *Prayer Energy*. He counsels people to make their prayers or

intentions, “a balanced symphony of opposites, a melody of yin and yang, each bringing the other to life.”

He goes on to explain that your prayers and affirmations should be gentle, yet firm; passionate, yet focused; determined, yet detached from the results; and that you should seek to be humble, yet very aware of the power of your inner, divine essence.

World Healing Now

Infinite Being Publishing is the sponsor of the [World Healing Now](#) website, which is a bulletin board site where you can see the latest suggestions for places to send world healing energy and also post your own suggestions for others to see. You can comment on suggestions, and this is very much a community-supported site.

You are invited to visit and support the [World Healing Now](#) website and register as a member so that you can make your own postings and also be able to choose to receive email updates on new postings as they happen.

The site is divided into three forums:

Current World Crises, such as floods, fires, earthquakes, and hurricanes.

General World Healing, such as world peace and enlightenment.

Special Healing Projects, such as events that are set for specific times.

World Healing Now is at:

<http://www.worldhealingnow.org>