

The Four Qualities of Spontaneous Healing

Have you ever heard of a story of someone who had a life threatening disease and who cured himself? These stories always attract our attention and we wonder how did the miracle happen, and why is it that science can't prove nor disprove the phenomena? What we do know is that spontaneous healing does occur and that there are four unique psychological qualities that most miracle cures have in common.

Before we discuss the elements of spontaneous healing it is helpful to define what it is. According to the Institute of Noetic Science (which has a database of thousands of documented cases of miracle healing) spontaneous remission is, "the disappearance, complete or incomplete, of a disease or cancer without medical treatment or treatment that is considered inadequate to produce the resulting disappearance of disease symptoms or tumor." None of the people who experience spontaneous healing do it through any magical means. What spontaneous healers do is change their mind in four ways.

The first characteristic of spontaneous healing is faith. People who heal themselves all have faith in a power greater than their individual capacities. These people understand they are connected to a powerful source of loving energy that creates all of life. There is recognition that this power already knows how to heal their body because it is the source of power out of which their body was created. A realization develops that if they can just get out of the way and let this intelligence take over, they could possibly be healed.

The second characteristic of these patients is they have discovered the mind plays an integral role in the onset and development of disease. What spontaneous healers do is reverse negative thought patterns. They understand the way they have been thinking and acting must change. With a change in attitude from negative to positive is the possibility that the body can change as well. Science has shown that every thought you think is associated with a chemical in your brain. If you have an insecure thought, you will release an insecure chemical. Likewise, if you have a loving thought, you will release a loving chemical. We end up thinking the way we feel and feeling the way we think. Spontaneous healers realize they have to stop negative thinking because that is contributing to their illness.

The third psychological characteristic of miracle healers is the decision to reinvent their personalities. What this means is the decision to do something with their life they have always wanted, but for some reason, did not do. Questions arise in these patients. They ask themselves: What does my life mean? What vital acts do I have left to perform? What crucial words do I have left unspoken? What would it be like to play the violin? Is it too late? An amazing transformation in the body can occur when someone changes their life to include something they always felt destined to do. After they begin that process, illness may cure itself. Numerous examples exist of people who found the courage to begin painting, playing the piano, gardening, or other activity that they always wanted to do, and their body started to heal.

Lastly, in the process of reinventing themselves, spontaneous healers have long periods of losing track of time. While engaged in their new activity, hours become minutes. My wife explains to me that in her garden, she is unaware of time. She will say that she becomes so engaged with her flowers that normal concepts of time no longer apply. This type of engagement where time stands still changes the neurochemistry and even the neuroanatomy of your brain. Spontaneous healers become so focused on their internal picture of wellness and healing that events of the external world no longer have any detrimental impact. They literally heal themselves from inside, out.

Spontaneous healers are not supernatural. They are normal people like you and me. What they do is only make a decision to change. When you decide to have faith, to change your attitude from negative to positive, to reinvent yourself and to lose track of time you are walking through the door toward the miracle you deserve.

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