

Intent and Attitude in Healing

by Jim Fallon

Whenever we talk about the techniques of healing, we must talk about intent and attitude. These are extremely important factors.

Intent is foremost in importance, followed by attitude. What you do is important. How you do it, is important. But more important are the deeper reasons why you do what you do.

It is the intent that conditions the nature and the force of the healing technique, and it is intent that produces the magnetizing and movement of the healing energies in the area of concern. But this is not so simple either. There is conscious intent by the Lono. There is subconscious intent by the Ku. There is superconscious intent by the Kane. Nevertheless, the most important of these for healing is the conscious intent of the Lono, because this is a creative act. Subconscious intent is based on memory and superconscious intent is based on acceptance, while conscious intent always exists or is created in the present moment for a specific purpose.

Attitude is a state of confidence, anger or fear, and intent can be present in any of these states. However, a strong intent in a fearful attitude is based on a desire to escape from something, without dealing with what is feared. And a strong intent in an angry attitude is based on a desire to hurt or destroy something, which tends to produce tension that increases or distorts the intent. A strong intent in a confident attitude, however, is more likely to result in positive change.

In regard to healing, the duration and intensity of the problem depends totally on the intent and attitude of mind at the moment of the healing.

When you are thinking a thought or doing a deed, the intent and attitude of the mind during that event will influence the energetic outcome (when it finally manifests and is neutralized). The state of mind combined with the intent as a positive intensifying force determines the duration and the intensity of the disease in the person being healed and the success in healing it.. Intent and attitude are key factors in determining the outcome of that healing. It is not what you think, it is your intent that shapes the effectiveness of the healing technique. It is the real intent—why you really did what you did in an attitude of confident expectation—that makes a difference in the outcome.

Next in importance after intent and attitude are the “tools” you use in a healing. Of course, what tools you use depends on whether you are healing the body, the mind, a relationship or a situation.

There is, though, one type of tool that can be added to any other set of tools for any condition or situation. It has been and is being used in ancient and modern cultures around the world. This type of tool is called a symbol. What follows is a very simple example.

You may have heard a great deal about visualization, and using healing symbols to visualize what you’re trying to do. Let’s assume you are trying to heal a situation. The question to ask your Ku is: “What color is this situation?” Rather than visualizing the situation, you allow a color to come to mind. Be aware of how that color makes you feel. If it doesn’t feel good, which is probably if the situation itself doesn’t feel good, you ask your Ku or your Kane, “What color will make this better?” Then you use the new color to make the other color disappear (with your imagination, of course) and fill that color with a happy feeling. Depending on the situation, once may be enough, or you may need several repetitions over several days to get good results. Remember, this is a tool to be used along with any other tools or behaviors or help you may have available.

This is a very powerful secret, really. It doesn’t sound like much, but it’s a very, very, very powerful secret.

As for symbols, one could also meditate on the Tarot keys related to certain kinds of healing energy. For centuries people have turned to the cards of the tarot to gain clarity about life's challenges and to help solve problems with relationships, finances, health, and spirituality.

You can use these cards to energetically support the entire process of healing, so that what is indicated by the cards can be implemented, resulting in a way to quickly help you get better results from whatever else you are using.

The Magician is related to the power of the sun, or fire. The Angel is related to the power of movement, or water. The Star is related to the power of stone, or strength. Imagine the power of your choice flowing into your body to assist the healing.

