

THE HEALING PRACTICE: "THE SANDWICH OF CONSCIOUSNESS"

Words are important pointers at the body/mind resistance. Whenever they disturb us, we can feel their impact in our bodies as a resistance somewhere: in the belly, on the face, neck, chest, legs, hands, etc. This healing exercise is useful to find the resistance and to heal it.

Resistance is simply an ego memory. The past does not need to be analysed when you can say "Yes" to all aspects of ego, and forgive everyone as there is the understanding that all the mistakes people make come from their ego programme: a part of genetic memories. Truly the people who have hurt you, are not responsible. This does not prevent the Law from operating and protecting but in truth you become responsible when you become conscious.

The past manifests in the present as a body resistance. Find the resistance and you heal the past.

The resistance in the body manifests as a wave of emotions. Do not be afraid to meet it. Sometimes it can be very strong. It eventually comes to a peak and then it subsides. Go through it without fears. It is only emotions.

First start with the forgiveness exercise. Do not forget that while doing these exercises you do not look for results: your forgiveness or feeling better. Simply feel the resistance in your body and results, healing, happen effortlessly by themselves. Have no expectations.

Repeat silently in yourself " I forgive myself". If you feel resistance somewhere in your body, breathe with it until it dissolves.

Do the same exercise for all the people who have hurt you. Repeat silently in yourself while thinking of a specific person : "I forgive you". Feel the resistance and breathe through it. Forgive all within and then keep being natural in daily life. Sometimes healthy boundaries are still necessary but the openness is definitely there and will guide you.

Basically, there are two types of resistance:

- 1) The resistance to Truth, the perfect screen within. For this, check within the impact of sentences in your body. Is there space or resistance to the following sentences?: "I am perfect", " I have no problems at all", " I am completely at peace with myself", " I am loving", " I am truly good", "I am honest", "I am happy", " I have nothing to prove", "I have nothing to pretend", " I have nothing to hide", "I have nothing to fear", " I have no fears", "I cannot die", "I believe in myself", "I trust myself", " I trust life", " I am safe", " I am totally healed".
- 2) The second type of resistance is resistance to ego. For this you can read my book <https://www.tilicho.fr/initiation-and-book.html> where all aspects of ego are described. Find the false ego identification that you resist, AS IT IS: i.e: "I am bad", " I am manipulative", "I am a liar", " I am weak", "I die", etc.

Practice the sandwich of consciousness:

Start with the all the layers of Truth: Repeat one sentence silently at a time in your mind and see if you feel resistance in your body. If there is resistance, breathe through it. Sometimes it takes time, a few days or longer, sometimes a few minutes or seconds only.

Then do the same with one or a few layers of ego. Feel how many ego sentences are useful for your practice. Make sure it is not too much.

Finish with the following layers of Truth: " I am completely healed", " I have no problems", " I am completely safe", " I trust myself", " I trust life", " I respect myself", " I respect others". " I have nothing to fear".

Please understand that I use words as medicine. They are temporarily useful, but once the resistance is no longer felt, you do not need to use them anymore.

Do not hold onto any type of identification once the healing is done.

I wish you a beautiful movie on your screen, which also means a beautiful life and a better world.
Peace, Love and Joy to all.