

THE HEALING PRACTICE: “THE SANDWICH OF CONSCIOUSNESS”

Words are important pointers to 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 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 bringing justice and protecting but in truth, you become responsible when you become conscious.

The past manifests in the present as a body resistance. By finding the resistance, 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 emotions only.

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 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 here and will guide you.

Practice the sandwich of consciousness:

- 1) Check within the impact of the following sentences in your body. Is there space or resistance to them: “I am perfect”, “I have no problems at all”, “I am completely at peace with myself”, “I am loving”, “I love myself”, “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”? 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 until it dissolves. Sometimes it takes time, a few days or longer, sometimes a few minutes or seconds only.
- 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 identifications that you resist. Do you feel resistance to the following sentences: “I am bad”, “I am selfish”, “I am manipulative”, “I am a liar”, “I am arrogant”, “I am homosexual”, “I am a pervert”, “I am a pedophile”, “I die”? Feel how many ego sentences are useful for your practice. Make sure it is not too much.
- 3) Finish with the following layers of Truth: “I have nothing to fear”, “I have nothing to hide”, “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 am free”.

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 Peace, Love and Joy.