

Article 220: Asava Massage -part 5

Several years ago, a short manuscript of Dr. Baker's writings came to light, ...and we'd like to quote the words he spoke to his patients about their lives and their illnesses.

Since the very beginning, every attitude, every thought and word, every action and reaction, every emotion, and every event and relationship you have ever experienced has been carried in consciousness in your soul; and from that, you have proclaimed your life, your body, your health, and your well being: or illnesses, disorders, and disabilities.

In each lifetime, you, through your everlasting soul's continuing attitudes and experiences, establish the pattern of your life and your physical body, and your soul precisely constructs that body through your inner-design [genes]. Your physical body and well being are patterned by, and you are a confirmation of, all you have ever thought or believed about yourself and others; your body and well being are shaped by your attitudes, emotions, convictions, and everything you have ever done; and they are expressions of all you hope to be. What is your self image? What do you appear to be? What is the essence of your body and your life today?

And as you look at yourself with new understandings and insights, do you regret the past? Are you fearful or disheartened? Is your self portrait encouraging? Everything you have today is because you have sincerely chosen that, and it has been lovingly granted to you by God. And everything you do not have is only because you have not chosen that. Are you happy with your choices and your self image? Do you like what you see; or would you immediately like to change things?

You probably have a tendency to say, "This is not the way I want to be. I'm not worthy enough. Forgive me, dear Lord, I'm sorry. Make me well. Make me better. I want more, for I don't like what I see and know about myself. Change my life. Please Lord, heal me, for I do not want to continue as I am." Then you come to me~your doctor~and again plead for me to heal you; you want me to ease your pains, comfort you, and change your life, because you are afraid.

Well, if you sincerely want to change, if you want to be different, if you truly desire to be healed and forgiven and live a new life, then you must be careful about your attitudes and the way you say and do things, the way you believe, what you put your faith in, and the way you are. For once things are thought or believed, or spoken, or done, it is too late to change them; too late to release them or heal them. They are yours for ever and they are for ever carried in your soul, and in your body. You cannot erase them, undo them, or pass them off; you cannot go back and give those old events a new start; and you cannot change the past. Those things are with you for ever. God protect and forgive you.

But you can, right now, begin creating anew. You can start over and develop different events and consequences; different thoughts; different attitudes and images; and a different picture of yourself, your body, your well being, and your life with God. You can do things that are much better and finer today, and more desirable for yourself and others. You can be more sincere and concerning, more involving and caring this time, and certainly more loving. You can be more complete, understanding, honest, and compassionate with all individuals and things; with your words and actions in every situation; and with your life and well being today. And you can carry all of that with you into your future.

*But, all too often, you still want to heal the past, to change and alter it; you want to correct or relieve or release the images, the feelings, the actions, and the events and relationships you have previously experienced. You have a tendency to do this in most situations and relationships in every part of your life. You believe you can release the past, or be released **from** the past. You expect me to provide a treatment that heals things...and yourself. You want forgiveness, yet you continue creating the same problems in your life~in the body of your life~and then, little by little, you expect me to cure them. You say of your errors and inappropriate behaviors, "They are minor little things. They are not important. And you hope that by ignoring or changing or healing*

matters one at a time, everything will be well, you will be forgiven, and all will be better.

But your soul carries these old events clearly within itself exactly as they happened, and they cannot be disposed of or changed or healed. And by constantly being concerned with the past, you continually limit yourself, your well being, and your life today; and you unalterably repeat the same mistakes, or make them worse, and carry them into your future. It is time to concern yourself, your life, your body, and your well being with today's new awarenesses and devotion, goodness, inspiration, faith, and blessings. Leave the past to heal its own wounds and bury its own dead.

To heal yourself today, you must leave the past, learn from your present life, and change your attitudes, words, and actions, your judgements and self images, and your life right now. Give your soul and your body new, greater, more righteously wondrous images and things to carry.

Well, that's all we have of Dr. Baker's words to his patients.