

ACTION

The last of the five elements to achieve healing is action.

A first possible action, for example, is to purchase The Complete Dictionary of Ailments and Diseases, 2nd Edition. This is a joke I often make when delivering a conference, but is it really only a joke? In fact, by purchasing such a book, I am indeed taking an action that will enable me to find new knowledge, experience more openness, let go of my old thought patterns and replace them with new approaches and work through all that into acceptance??. I find, assembled together in a single book, all the elements presented in this book.

There is an American³⁰ spiritual master who used to say: “It is not what I know that makes the difference, it is what I do with it.” Yes, what am I ready to do with what I know now?

To be in acceptance??. in openness, is to go in search of knowledge, make tentative approaches, or simply do something. Among these 5 elements, that are stepping stones toward healing, namely knowledge, openness, letting go, acceptance?? and action. Sometimes any one of these elements can be enough to obtain a healing, sometimes it is necessary to use several, two or three, and sometimes all five of them. I am always the one who chooses.

I will now tell you a real-life story that concerns me personally.

In Quebec, many people dream of going one day to Europe, as in Europe, many people dream of going to America. I remember the time when, as a child, I saw movies concerning Lourdes³¹, which seemed so marvelous and fantastic to me. And one day, in 1993, I found myself in Lourdes. When I got there, I said to myself: “Oh my God, I am in a place that I dreamed so much about when I was little, and here I am now.” First I saw the shops with their medals, statues and rosaries... but where is the sanctuary? I told myself: “After all, the people who want medals, rosaries and statues, if that pleases them, then why not?” Then, at last I entered the sanctuary, and I was fascinated! It had been so many years that I wanted to go there and I was there today, but I felt such a heaviness. How could it be so heavy here? I was stunned. Then suddenly, I understood what was taking place.

I was in a place that permits purification.

Those who come here hope to be relieved of their whole burden, all their sorrow, all their sadness, all their solitude, all their dismay. The image I will give you is not very pretty, but it is the one that came to me. People come to “dump their whole trash cans here”. It is like a spiritual cesspool that, over time, will absorb itself, clean itself, purify itself, eliminate itself. That is its purpose.

Then I asked myself what it was that enabled people to heal in such a place.

I may be a little simplistic in my explanation, but there is often a lot of truth in simplicity (that too is a fruit of my experience) and therefore in what I will write here.

I know that a conflict originates from an interpretation of a lack of Love, and I must therefore put some Love back into the situation. If I present myself in a place such as Lourdes (it could also be anywhere, in my home, in my living room, but a place like that may be more propitious), which is a place of healing, Mother Mary appeared there and if I am in a mind-set of openness, what will happen? Yes, if I am in a state of openness, of letting go and of acceptance?? and that all I am wishing for is healing, then what can happen? The energy of Love will descend inside me down to my heart? and until the healing of the conflict takes place. Once the conflict is healed, the brain will transmute the cells and the physical healing will take place. It is possible that a divine intervention may have occurred, but I am telling you that this is the process.

I know someone who performs healings; he may even do more of them than those that take place in Lourdes and in Saint Anne de Beaupré³², but this is only because he knows how the brain works. He is not the one who does the healing. One might say that he does miraculous healings; but in fact, there is nothing miraculous about it. It is because he knows how it works, how the brain functions with all the feelings and all the interpretations of the conflicts at the root of the illness.

And those who go to Lourdes, or go and see a “healer”, or consult a therapist and choose a therapy have undertaken an action toward their healing, They have opened a door toward their healing.

I imagine that I fell asleep 500 years ago, I wake up today and I see an Airbus 380 up in the sky. I will certainly say that it is a miracle, an object heavier than air that is flying high! Such a mammoth up in the air! And I still believe that the earth is flat and that the sun rotates around the Earth! But today, I know very well that there is nothing miraculous about that. It is the knowledge and the application of the laws of physics and aerodynamics that enable this aircraft to fly up in the sky, and even when it is flying at an altitude of 30, 000 feet, it has the same weight as when it is on the ground, but another force is also in action, which enables it to be up so high. There is nothing miraculous in that, it is the application of the knowledge of physics.

Then I only need to be open, to let go, to be accepting?? and to take action.

In the biological decoding workshops that I, the author, attended, I was often a little stunned: at the end of a workshop or series of workshops, several participants would lay down their eyeglasses. It was because they no longer needed them. What had happened? They healed their conflict involving myopia or farsightedness. Their eyes corrected themselves. They only listened. They accepted?? what they heard. They resolved the conflict involving their eyesight. Their action was to attend that workshop, listen and open themselves up.

Thus, each of us has the job of finding the best way to integrate any of these steps as best we can, while knowing very well that there may be inside of us an important part of it that is subconscious.

Thus, at the end of a conference, a lady in a wheelchair came to tell me: “I have healed my conflict, I know my conflict and it is healed.” And I told myself that she was not healed, because she was still in her wheelchair and her limbs were still deformed. She was not healed. She thought she was healed, but she still needed to go a little further and look deeper. I often place such important and unconscious barriers in my way because the suffering is so intense, and that is why it’s often a good idea to get help for myself. A request for help is also an action.

One day, I went to a place of retreat in the South of France, and stayed there for a few days with some persons who are called the ‘awakened’ (these are people who have had spiritual experiences of awakening and call themselves the ‘awakened’). I don’t know the precise definition (what exactly constitutes being awakened or not?), but this is how they call themselves. They are people whom I found extraordinary. Among them was a lady with whom I felt very comfortable. She told me that a saint from India – Ma Ânanda Moyî³³ – when an illness came into her, she welcomed it (Mâ Ananda Moyî lived for 86 years).

I see myself, I with my rational side, after working for years on The Complete Dictionary of Ailments and Diseases, busy explaining the emotions, the thoughts, the feelings, the conflicts, the stress, the illness and all that, and here she was, telling me: “An illness arrives, that is OK; we will wait for it to go away, that will be OK.”

This challenged me: there may be some little things that I ought to readjust in myself. But in any case, it confirmed for me that I always have a free choice. I may find myself with an illness, but I decide that this is OK. I have no obligation to work through or exert myself to change that. If I want to keep it, that is OK, it leads me to diminish my stress instead of thinking that something is not OK and I must absolutely resolve the conflict.

And how do things work out for those who are in this dynamic of conflicts in order to heal their illness? People often tell me: I have an illness, I find the conflict, I resolve the conflict, I heal. I have another illness, I find the conflict, I resolve the conflict, I heal. But does life bring me illnesses just to find the conflicts and heal? What is the point of all that?

The point of all that, what is important to understand, is that once I have healed, I find myself with more Love, more wisdom, more Freedom, because illnesses often originate from an interpretation of a lack of Love.

There was some Love but I interpreted that there wasn’t any. That is what created a stress. So when I work on myself, I put some Love back into the situation and I therefore become more aware of the Love that is in me. Maybe that is what life wants to teach me, what life wants to show me: to have more Love in me, first of all for myself, because then I can have some for others too.

And Mã Ananda Moyî who was Love, who permanently bathed in Love, simply welcomed illness, while remaining in Love; she had no special work to do, she was Love and remained so. Her message may simply be that.

So far, I have mainly mentioned or discussed illness in adults, but what about illness in children?

In my opinion, it is impossible for a child to have an illness without the parents having the same conflicts. What happens is that the child also, at some point, will find themselves in over-stress. Let us suppose a child with leukemia. A boy aged 10 with leukemia.

I open The Complete Dictionary of Ailments and Diseases and look up the article corresponding to Leukemia. The father and the mother both also have the same conflict, but they are not over-stressed. It may be that they have the conflict at 20, 30, 40 or 50% possibly, but not 100%. Therefore they may never develop the disease, whereas the child did become over-stressed and developed the disease³⁴.

Therefore, if my child has an illness and I really want to help her, I will have to work on myself as though I were the one having the illness. I may have the conflict at only 40%, but if I heal that 40%, I will be sending my child 40% less information to feed her conflict. And yes, unconsciously, I feed my child's conflict. Thus, when I heal myself from this conflict, my child has a better likelihood of not contracting the disease.

Now, will he or she heal totally or not? That, I do not know; but at least, I will have done everything in my power to help my child in this process. I have taken action.

I have noticed that recombined couples often tend to attract the same situations as in their previous couples.

Why?

Because they did not understand, they didn't ask themselves any questions about what happened in their previous couple.

By contrast, other couples experience difficult situations, separate, then each meet new spouses and everything goes well thereafter, everything runs like clockwork, it is marvelous.

Why is it so marvelous? What made things change?

Often, between a separation and the beginning of a new relationship, there has been some reflection about the previously experienced situation. Some decisions were made, sometimes inside of oneself. Some integration work was done, and some work on accepting?? situations. Then when I find myself with a new partner, I am now different. It is therefore normal that I now find myself in a different situation. Between the two situations, I changed.

Why am I speaking here about couples, and how do they involve ailments and diseases?

Obviously, everything I experience may create some stress for me in a couple as well as with my children and, at some point, it can trigger an illness.

When I live in a couple, I usually have the same conflicts as my partner. That doesn't look obvious?

The woman does not drink and the husband drinks. They have the same conflict. Seen from the outside, I don't get that impression. I often use this example because in fact it looks more obvious that it's the person consuming alcohol who has a problem to resolve, not the one who doesn't drink any. But in fact, they both share the same conflict.

The woman gets beaten; the man beats up his wife. They both have the same conflict. And so on...

We must look more deeply into what each of them did not accept?? between 0 to 12 years of age.

Again, I can say: I attract or I become what I did not accept??between 0 and 12 years of age.

And be careful of pointing a finger at someone else. Because when I point a finger at someone, three of my fingers are pointing in my own direction – and yes, watch out! Often, I don't want to see that I have the same conflict. It's the other's fault, the other is the guilty one.

What do you mean, I have the same conflict? But it's my husband who is unfaithful. I am faithful, I don't sleep with anyone.

Oh, you think so? Maybe he sleeps with someone else, but are you faithful to your own inner voice, to the messages you receive intuitively? If you hear that you should do this or that, are you listening faithfully to that? It is not possible to have an unfaithful husband and be a wife who is faithful... to her own thoughts, desires and ambitions, etc., or the reverse. Simply, the fact is that faithfulness does not apply to the same things in both cases, but it is always a matter of faithfulness. And before I accuse the other, I must go and see what is going on in myself. Why do I attract such a person into my life? Because suppose I leave my spouse because he was unfaithful, then I will find a new spouse – who will then do what? The same thing over again! And yes, I will not have resolved my own conflict, so I will have simply “changed four quarters for a buck”, as they say³⁵.

I want to mention a last case that is less familiar.

In California, some cases were detected where people who were seropositive (and therefore had the AIDS virus, HIV) were diagnosed as seronegative (and therefore no longer had the virus in their blood system) sometime later. Now, between those two diagnoses, they had followed no chemical therapy, no treatment of any sort. Something must have happened.

In most cases, what happened was that these people worked psychologically or emotionally on themselves. They resolved the conflict of great guilt involving Love, a conflict that is related to the AIDS disease.

I just want to mention that whether one is seropositive or has AIDS, in any case the virus is in the body and having AIDS means that the disease has developed. But in both cases, one has the virus. Certain seropositive persons, who therefore have the virus, will never develop the disease. On the other hand, going from seropositive to seronegative is medically impossible³⁶. If the virus cannot be detected, it is because it is hiding somewhere. So my thinking is as follows: if it's hiding somewhere, that is good; it may hide for 50 years, so much the better. The important thing for me is that I will never develop the disease if I am freed from the conflict.

In some couples, it has happened that one of the two partners is seropositive and that, after a year of unprotected sexual relations, the other partner is still seronegative. Why? Because the second person did not have the conflict.

However, take care! Someone may say: "Oh I don't have any conflict, therefore I'm OK. I don't need to protect myself." That is where I say: Watch out! I may think I don't have the conflict, but am I sure I don't have it in my subconscious? That is another matter. So let us not take any risks.

I open the door

to healing

by taking action.

THE INTEGRATION THROUGH

THE HEART? TECHNIQUE:

IHT

We have now covered the five stages to achieve healing. And I would like to finish off with the following observation: these five stages do indeed apply to the healing of ailments and diseases, but they also apply to my spiritual progress, to my spiritual progression; when I want to move forward spiritually, the five stages for advancing will also be knowledge, openness, letting go, acceptance?? and action.

And these five stages can probably apply to many other things too.

In the early 1990s, I, Jacques Martel gave various personal growth workshops. One day, I noticed that while I was engaging with the participants, I would see images appearing. These images could be located at less than a yard from me, at the level of my head, and changed their form when I brought my hands closer to my body. I also noticed that a form of energy emanated from

my heart? and covered these images, as if a flashlight inside of my heart? was lighting them up; and when I moved closer to them, they automatically came closer to my heart?, which triggered certain modifications in them³⁷.

I also sensed that the negative elements transformed themselves and that an integration was taking place in this regard. That is how I became aware of the process of alchemic³⁸ transformation of the heart? that consists in transmuting the negative elements into positive elements.

My only fear was this: by so doing, was I running the risk of programming my cells negatively by this amplification of negative elements transiting through my heart??

I spent some time and several nights pondering this issue before calling upon my guides to reach the certainty that this work would prove useful for others.

A paramount principle then came into play: I cannot change what I have not first accepted??. I would then use assertions such as: “I accept??³⁹ to abandon⁴⁰_____ because I have something to understand”. Of course, in this context, it involves understanding with the heart?, not with the head.

That was how the Integration through the Heart? Technique (IHT) was born, a technique that was soon taken up in regular practice with results that spoke for themselves. It is important to know the elements I use for this work. In fact, as with traditional alchemy, the more lead I use, the more gold I get. Thus, the more my feelings are impregnated with negative energy, the more positive are the results. That is what practice has demonstrated.

And the same thing goes for the positive energies: if I pass some positive into my heart?, what comes out will be even more positive; but the results are even more conclusive when I use some negative energy as transformative material. It is important to understand that the negative character of situations or objects seems more real to my human consciousness in the worlds of matter, energy, time and space. That is the reason why persons who work at developing their negative powers will appear to obtain results more quickly than those who strive to develop positive powers or who work with Love. In the negative worlds, it is possible to obtain results faster, but of course there is a price to be paid for that, even if the “bill” arrives later...

In 1996 and 1997, I followed a training program on biological decoding, which dealt with the functioning of the brain in relation to the conflicts that trigger illnesses. I had then offered to the therapist to give him a private demonstration of this technique, but he asked me to proceed with the demonstration in front of the 40 therapists who were in the room, which I accepted??.

Among the persons who volunteered, there was a woman whose first name was Lucille. I did not have the time I usually devote to preparing a consultation, which is an hour and a half (1 hr 30 min), that I use to fill out the questionnaire to identify the negative feelings related to events that occurred between birth and the age of 12 and that the person wishes to modify.

I then began my intervention on the theme of anorexia because this person's dominant feeling was related to it, though she had also alluded to other negative feelings that I don't recall exactly here.

Even if the feelings or emotions are surely related to events, it is not necessary to know those events in order to change the negative feelings into positive feelings. However, I've had the opportunity to observe that it's easier to proceed if I know the event at the root of the feeling; it gives me access to information on the inner image that modifies itself throughout the integration process.

I then told myself that I could start out with the negative feeling already identified and make it travel through the heart? using a special technique I had developed over the years. The exercise takes place with the eyes closed and, as the therapist, I use an approach where I make suggestions and perform certain gestures designed to foster integration. After completing a part of the work, I asked Lucille to tell us, with her eyes still closed, what she was seeing: "I see myself as a little girl with a pretty dress and I am dancing. I'm feeling well, but I have no arms".

I then informed the therapists present that this certainly pointed to something significant, and that I would now pursue this integration process. So I continued the intervention with the same technique while intensifying the Light, and then again I asked Lucille what she was seeing. Here is what she answered: "I see myself again as a little girl with a pretty dress. I am dancing in the fields filled with flowers and I'm twirling around with my arms raised in the air." By directing my question in a certain way, I obtained from the person the indication of the change experienced, rated here at 90%.

After asking her to open her eyes, I asked her how she had weathered the experience. "I found it interesting and, even though I experienced some difficult moments emotionally while integrating them, I felt that you were there to accompany me with your suggestions, though I felt that I was the one doing the work."

She continued to speak with a very detached tone and then, finally, shared this confidence with us: "I felt great seeing myself as a little girl, dancing so freely in the fields. I felt happy, and above all, I know now that I have freed myself from what I experienced as a little girl when my grandfather held down my two arms and forced his penis into my mouth."

We were astonished at these words, because nothing had led us to suspect any such situation at the outset of the conversation, but now we better understood why the image of the 'armless' little girl had appeared. We also understood where the anorexia had come from, by making the event to which it was linked reappear. What most astonished me in what this woman said was noting the absence of emotion expressed about the event experienced with her grandfather. A healing appeared to have occurred, because even the fact of mentioning the event no longer seemed to affect Lucille. She later reported to me that after the end of that exercise, several changes occurred in her life.

After that intervention, the therapist suggested that I teach this technique so that other therapists could use it. This idea made its way and led me, in October 2000, to go to Switzerland to give a special workshop for therapists. I gave that workshop again in December 2002 in Seyne-sur-mer, in France, to a group of 25 participants, and then several other workshops followed.

About this technique, it is interesting to note the modifications undergone by the images that appear to the subject, throughout the integration process as well as at the end of it. In fact, the image is transmitted by the subconscious and corresponds to the change produced in the heart?. The person then knows that the image they see is only a representation of the feeling they experience. The feeling experienced in the heart? and the image are but the two facets of a same reality. It is not the therapist who suggests the image that will appear. The therapist's role is to foster the acceptance?? of the situation and of the negative feelings linked to it, to focus more white Light on the situation, etc.

The question raised about the percentage of change between the first image and the final situation guides the person so that they will perceive the response that originates in their heart?; the person then feels a current of energy that goes up to their brain, which will interpret the response in terms of a percentage. This represents the degree of change experienced and usually varies between 80% and 95%.

However, the degree of effectiveness of this technique depends on the therapist; which is why it is important to have taken the training workshop where it is taught.

This workshop also makes it possible to integrate several notions involving the healing process using Love. Thus, some persons took part in the workshop without necessarily intending to put the technique into practice as therapists, but rather as a means of personal growth and for the purpose of doing some work on themselves. To give a better understanding of what can be gained from such a workshop, I will share further on the comments from some persons who took part in it in October 2000. It was a group of 25 participants and two assistants, George Wright and Lucie Bernier, two psychotherapists and friends from Quebec who were already present in the early 1990s throughout the development of this technique.