

ALPHA'S PAGE  
HEALING

This is a sample

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## **An introduction to Alpha's Page: Healing**

*by the editor and channel*

In the years since I began channelling Alpha, I have always sensed that he has a deep interest in our wellness and that he is trying to teach us things which will give us good health. In one of his messages published elsewhere, Alpha begins by saying,

*"I am the resolution for a great many ills in your heart. Once you have found the time and patience to listen to your heart, then you can show me the troubles within and I can lift them from your astral body. You only need to ask me for my spiritual healing and I will give it."*

Looking back over his material, however, I find there is a lack of any specific healing techniques. He does not talk about healing tumours, fighting infections or rebalancing chakras. He doesn't talk about using tools such as gems, aromas, colours, visualisations or healers' hands. This says a lot about Alpha's attitude to healing. Alpha is all about understanding the truth. He believes that correct ideas are the key to promoting our spiritual and mental, and therefore physical, health.

One gets the impression that Alpha sees our health as only partly under our control. He consistently teaches that we need to accept the vagaries and

destructive aspects of nature. He also accepts that there is a limit to how quickly we can develop spiritually and even to how much we want to relinquish control to the grace of God. These things place limits on our health in a lifetime. Yet he also encourages us to open ourselves as much as possible to the help that is available from God and he provides extensive teachings to help heal our attitudes and beliefs. This particular book brings together a variety of messages received between 2006 and 2013 which bear on these topics.

According to Alpha, we would be a lot happier and healthier if we really understood how the universe works. There is a lot less to worry about than we think there is. If we really understood things, we would have no hesitation in opening ourselves to God and receiving grace. Alpha claims that there is some possibility of miracles but they are rare, relying on certain conditions, and it is better not to set one's heart on trying to get a physical miracle to fix one's health. However, if you make yourself transparent to God and are willing to let go of your regrets, you can receive great improvements in your astrality, which can then be expressed in your physical health. There is also a lot of comfort and inspiration that can be received from God while you have to cope with poor health.

This book deals with various topics related to mental and physical health. It covers some practices such as letting go of pain, reconciliation with the past, and tuning into loveliness. Also it covers some

attitudes which are part of a healthy state of mind – learning not to worry, acknowledging the limitations of this world, and putting physical pain into perspective. It deals with some particular health issues such as craving and anxiety. There are passing references to eating habits, depression and anger.

Later in the book I have included six writings which touch on the role of other astral creatures on our health. Alpha refers to astral life-forms in various ways, including antiquated astral forms, astral bugs, follies and false mentalities, which can apparently be nested inside our auras and messing with our minds and bodies. We should perhaps see ourselves as being quite a zoo of astral forms, in the same way that our bodies are actually seething with other life forms such as gut bacteria, viruses and dust mites. Alpha suggests that we can learn to recognise the lack of truth in these astral parasites and thereby cleanse ourselves of them. Those who already practise entity-clearing as a health practice will probably have some sympathy with this view.

If you come to this book with a concern about healing yourself or someone you love, I guess that Alpha's first desire would be for you to pause and send God a mental snapshot of all your anguish. Always take the time to show him what you are thinking and feeling. Don't hide any of the anger, frustration, fear or helplessness that you feel about your position. According to Alpha, this openness is always the first

step towards being closer to God and receiving his grace.

I wish you all the best for your journey.

Ed.

∞ Blame ∞ Pain ∞ Release ∞

## 1. Let go of your pain

*“Just because there is a solid reason for your pain, doesn't mean you should keep your pain for permanent storage.”*

If you could feel the full extent of my sympathy, you would not be able to bear it. Like my love for you, my empathy for you when you are unhappy is limitless and resonates across the universe. What comfort you would feel just by knowing the huge impact of your sadness on me. Never assume you are alone in your troubles. Know that your feelings are also going off like a gong in me.

When you feel wretched, there is a very good reason. I never belittle the nature of your misery, even if I think it comes from your misunderstanding of the way things are. Why don't you accept the validity of your feelings, but be willing to expose them and release them anyway? Just because there is a solid reason for your pain, doesn't mean you should keep your pain for permanent storage.

The reason was.

The pain is.

The pain melts.



The world goes on.

This should be the default cycle. Not storage of pain in order to prove its existence and to score points.

How you humans like to store pain in order to prove to each other that you were hurt! This is a fool's game – firstly because you deepen your own ills by storing pain, and secondly because you make unfair assumptions when you assume who caused your pain in the first place. There is no one starting point for the sequence of events. Perhaps the chain of causality even flowed through you, then impacted on your 'enemy-to-be' and then this results in the 'enemy's' action towards you. Better to admit that you are not qualified to blame anyone in particular and be determined to put an end to the pain cycle whenever you get a chance. If you are determined to rally against pain, don't rally against the person who you perceive to be at fault. Rally against the perpetuation of the pain. Like stopping the flow of disease, concentrate on fixing the disease germ, not on killing the people who have infected others. "The pain cycle stops here with me," can be your macho motto, if you need one to replace your previous desire for revenge. This is how you should direct your anger – to the expulsion of hurt from the astral layer, not to the perpetuation of hurt.

You will have to accept certain other things if you are going to let go of your feelings as a victim. You will have to accept that you and the perpetrator might be friends again in a few minutes. You will have to

accept that there will be no compensation pay-out from the perpetrator, to apologise or thank you for your clemency. You will have to accept that being hurt, and releasing your pain, does not make you a hero. It is something that, one day, we hope everyone will do as humbly as washing your hands. Perhaps the first people who learnt to wash their hands for hygiene thought themselves to be very clever and heroic, but you can see now it is just good common-sense that can be expected of anyone.

Imagine if everyone got into the habit of excreting their pain without taking it out on anyone else, revenge or otherwise. How much the pain levels in society would drop! Harmony would reign. Imagine if you each had a sense of global altruism that made you think, "Let's all get rid of our grudges and feelings of offence, so that we stop bouncing pain off each other." What a massive change that would be! It all starts with the individual realising the futility of fostering their pain and being determined to let it go, on principle, lest a greater good can therefore be created.

God speed on that one.

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