

A close-up photograph of a person's hand holding several pink daisy-like flowers. The hand is positioned on the left side of the frame, with fingers gently grasping the stems of the flowers. The flowers are in various stages of bloom, with some fully open and others partially open. The background is a plain, light-colored surface, possibly a table or a backdrop. The overall mood is soft and delicate.

The Spiritual Path
is the
Healing Path

Transformation is the Ultimate Medicine
(A Tea Contemplation & Meditation)

THE
SPIRITUAL PATH
IS THE
HEALING PATH

Transformation is the Ultimate Medicine

By GP Walsh

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A SPIRITUAL HEALING PATH

The spiritual path is the healing path, you can't separate the two.

Healing of all kinds; emotional, physical, psychological, has been an integral part of my spiritual journey since the beginning.

Early on I practiced metaphysical healing, like they do in the new thought churches and in A Course In Miracles. Although this was long before A Course In Miracles was written. It just seemed to me to be the way to go. Spiritual insight had to have a healing effect on human life. It just seemed like a given.

In fact, I had experienced it. My life changed dramatically after that fateful night

on the bridge where I had my first major awakening. At that initial stage, many things in my life fell away, in ways that would have to be called healings.

Healing was, and still is, a significant part of those traditions. It was the demonstration, the proof, the manifestation, that these insights were in fact, true. That was proven by healing all manner of ailments; physical, of course, but also, financial, emotional and relationships.

After a while though, I became disillusioned with it all. It was becoming all about the results. It was no longer about the transformation of character and perception that had been the shift that started me on this path. It was becoming more of a therapeutic than a transformative realization.

For me, spirituality had been a dramatic shift in perception. It was a shift of mind, body and soul. It was a total redefining of my view of what things really were, how this all worked and what the nature of existence and the nature of reality were.

But it had become more of a applied technique, like a skill you got good at. There are to this day professional practitioners of healing in the new thought movement. I did that. I had people call me for healing of different kinds of things. But I became became disillusioned with it for two reasons:

1. It didn't work all the time
2. The emphasis was always about getting to the results

After a while I would say to people, “What if there weren't going to be any results? What

if nothing in your life changed at all? Would you still be interested in truth?”

Needless to say they were not a little perplexed by the question. Not all by the way. There were a few that really got it and were genuinely looking beyond the mere benefits it might bring.

Eventually I just had to leave it all behind.

The fact that it didn't work all the time along with misplaced emphasis was quite disheartening. And I knew there was more to it. It was a conflict between my own inner spiritual life, and the external expectations that were being laid out. I needed to reconcile these.

So I put it all aside. It was then that I started looking into psychological and emotional healing. I was interested predominantly. In experiential psychology

like Gestalt, trauma release, AB reactions and things like that.

Those all eventually morphed into kinder, gentler modalities, like EFT and Inner Reconciliation, mindfulness and various kinds of trauma release that weren't as traumatic as the original trauma.

I checked out the now burgeoning world of self-help and some of the more out-there New Age things. But they too all had a primary focus on getting some kind of a result. I could find any kind of transcendent vision that was interested primarily in the true nature of being.

I always knew and that belief persisted, that there was a very deep connection, a very real connection between our emotional and spiritual state, and our physical state that manifests as the world around us.

This connection, in one form, exploded into the mainstream with the movie *The Secret* and suddenly everyone was raising their vibration in order to get what they want. It was closer but it was still confined to the personal sense of a separate self and all of its wants and concerns. It was still therapeutic, result oriented and, for me that meant not essentially spiritual.

COMING FULL CIRCLE

I eventually came around full circle. I knew that the outer was nothing other than the inner made manifest on the grossest level of consciousness. I also knew that, if you take care of the inner, the outer would have to follow... eventually.... Like looking in a mirror,, with a time lag.

But the fruit that followed couldn't be the priority. In fact, it couldn't enter into the

process as all if the process was going to be effective.

It was like the wake of a boat. You don't get into a boat in order to make a wake. You get in a boat to go somewhere. When you do, you will make a wake. You can't help it. It's what boats do. But that is not why you're there. It's just the natural consequence of moving forward towards your aspiration.

I saw the manifested shifts in the external experience like that.

As long as the focus was on the where the boat was going, then these consequence would occur. Now, obviously, if you're out there going somewhere, and you're always turned around and staring at the wake, steering the boat based on the quality of the wake, you're not going to get anywhere and you're probably even run into something.

But since you know that a wake is going to happen you can then forget about it.

Now, I do not want to demean this desire for results. Of course we all want and need more wellbeing in our lives. We crave more opportunities for growth, deeper relationships, more success and financial security. These are important. In fact, it is the lack of those that probably brought you into spiritual inquiry in the first place.

But they're secondary.

The depth of our spiritual vision is always reflected in our loving compassion for ourselves and all the other beings we share the planet with, human and otherwise. The real results are an increase of that loving compassion reflected in increased patience, tenderness, understanding and presence.

TRAUMA, IDENTITY AND HEALING

The relationship between childhood trauma and adult physical and emotional illness is an accepted scientific fact. It is not controversial. It has not entered into the mainstream of medical treatment but that is not because of a lack of substantiated evidence but simply because of an ideological bias. Read the books of Gabor Mate to get the lowdown on all that.

So let me, very meticulously, break down how spirituality and healing come together

- 🌀 The cause of illness is almost always emotional trauma
- 🌀 Trauma is a disconnection from your soul
- 🌀 It is a disconnection from who you really are

- 🌀 It is an inability to access your own beauty and love
- 🌀 This creates what we could call stuck energy and
- 🌀 These energy blocks are what disturb every aspect of our lives
- 🌀 They throw the whole system out of balance
- 🌀 We experience that imbalance as the presentation of symptoms; illness disconnect, depression, pain, financial struggle, relationship struggles

So at the root of all healing is soul reconnection or the realization and liberation of who you really are. Spirituality is the name for that realization and the name for practice that anchors it into your body and into your everyday life.

So the realization of who you are is accompanied by a opening of the heart to greater self-acceptance and other acceptance.

This doesn't happen all at once and almost always requires the guidance of a teacher to walk you through it. But this unfoldment is absolutely necessary

This relationship between our inner life and our outer life like that of a mother and her child. It is a relationship of love.

As these insights developed in me, I began to see that the transformation could only come about with deep spiritual experience and that was what opened the door to this an inner reconciling, an inner harmonization.

This inner reconciliation had to be fueled by compassion. It was only this kind of self-love that could create an inner environment, so

safe, that all of the ugly, difficult and painful material, that had been laying there under the surface wreaking havoc, could bubble up to the surface, in order to be healed.

For the express purpose of being healed, released, purged from the system, purified, so that you would stand as you have always been, your true nature.

BODY, MIND, SPIRIT ARE ONE

Unresolved traumatic events from the past, become stuck energy in your body. The most effective way to deal with them is not through drugs or any intrusive procedure.

While those methods can be useful and even necessary at certain times, they only deal with the manifestation. They only concern themselves with the symptoms that have already presented. They don't touch the underlying cause.

The real cause is clear to me. It was always some real experience, that we had, that created a disconnection from our soul. That is, who you really are. The actual event became traumatizing due to a lack of love and the absence of safety.

Recognizing this, the revelation of spiritual insight dives right into the heart of the healing. And this kind healing does address the cause and transforms our lives, our hearts and our bodies.

Ultimately we realize that body, mind and spirit are not different domains. And they're not merely connected. They are in fact, one continuous whole. They are 3 aspects of the same indescribable thing.

The manifest world is not the reality. It is the appearance.

It is no more the reality than the image in a mirror is the reality. It's only a reflection.

That which is seen is made of that which is not seen.

The visible world is merely how consciousness appears at one particular level

of perception. But what's creating that appearance and driving it into manifestation is the underlying unseen force.

That force is you.

That force is your true nature, which was obscured by our traumatic soul disconnect but not vanquished. It's still there.

Reconnecting with your soul or your true nature is how you get access to your spiritual power.

And that is the power of healing and transformation all rolled into one.

A MEDITATION

So let's do a meditation together and see if we can anchor this into our bodies.

Start by closing your eyes and

Consciously asking your body to just relax

Putting your attention into the body rather than into the mind.

Take a couple of deep slow breaths and

Just decide for a moment that

Your attention is going to be completely drawn inward

And that for a short time here

The thoughts and ideas that go through the mind

Are simply allowed to pass through
Without engaging you
It's just a decision to be made
A decision that this moment
Just spent being with your inner being
Is important enough that
You are going to devote dedicated time to it
And do your best to simply not engage
With the stories that are always recurring in
our minds
There's nothing wrong with the story
There's nothing wrong with your mind
We don't need to get rid of either,

We don't need to try to force them

We're just choosing for some time to not engage

And let our inner attention our inner eye

Just take in the landscape of feeling

Notice that you don't need any words or any concepts to just feel

To notice the energetic play that is your body

If you notice some tension arising in the body

Just take another breath

Just ask the body to let go and relax

This simple act of relaxation and

Disconnecting from the mind

Is the remedy for all stress and all anxiety

Which requires the thoughts in the mind in order to exist

Now take another deep breath and let the relaxation deepen

Let your attention turn more fully

Just towards the feelings of the body

Feelings don't need to be named

In fact, there are some feelings we have that are so subtle

We don't have names for them

Notice the various kinds of sensations that are there

Your arm feels different than your leg

Notice some parts may be more constricted
or tense others may be relaxed at the same
time

Just allow that to be

Remember, we're not here with any agenda

We're just here to be present with ourselves

For the express purpose of simply being with
yourself

Just see if you can take in

The most subtle of all experience

That is your own presence

Notice that it's more subtle

Than even the sensations of the body

It is very quiet very still

It's motionless, silent

Don't try to hold it like it's some object that
you can know

Just feel the simple fact of your own being

Notice that you didn't create it

You're not maintaining it

There's nothing you need to do to be present

This is your essence

This is your soul

Everything in your life arises from here

This is also love

Now, whatever may come up in your mind

Just allow it to be there

If your mind has been intruding this entire time together

Just let it

Or some uncomfortable feeling, physical sensation or emotional

Just say, Okay you can be here

And simply relax into your presence

That you are not maintaining

That remains completely still and quiet

No matter what

The sensation that is in your body

The emotions that are running through you

Or the thoughts gathering and dissipating in your mind

They don't touch your essential being

They move through it

So, let yourself just say yes to all of them

Rest in the presence

The undisturbed presence

The undisturbable presence

Now, notice that this is eternally so

Even though our attention

Has been so absorbed in the experience of

Our thoughts

Our emotions or sensations

Our memories

All of our experiences

That it has always been just this play of
images and thoughts and feelings

Being witnessed by this unmovable presence
Which is your true nature

And so, even the idea of reconnecting to
your soul is not quite accurate

You've never been disconnected

You only thought you were

Your true nature has been

And always will be this unchanging presence

Now, I'm going to just be quiet for a few
moments

And let you just be here with the music

Which will gradually fade out

And when it has finished

Just remember this is who you really are

You always have been

You always will be

There you will find your rest

And your freedom and your healing

And your heart

About the Author

The son of a schizophrenic mother and an absent father, GP's earliest memory is being tied to his bed to keep him from wandering.

The years of abuse, neglect and emotional deprivation were offset by a natural gift for and love of truth as well as an unquenchable curiosity about how it is that people really heal and awaken.



“My experience as a child made the search for truth and healing more than

philosophical curiosity. For me, it was a matter of life and death."

At the age of 19, he was on the verge of suicide, addicted to drugs and at the end his hope. At this dark moment, GP had an extraordinary spiritual experience that was so penetrating that, within a few months, his entire life had turned around. He refers to that day as his "Night on the Bridge," where he experienced, as he puts it, "Original Innocence".

Since then, he has spent his life learning, studying, researching, experimenting, practicing and creating practices that liberate the soul from unnecessary and self-imposed suffering.

Author, Speaker, Master Spiritual Teacher, GP Walsh is known as the Irreverent Sage who

delivers a delightful mix of insight, divine inspiration and humor where wisdom meets earthiness to help people with their ongoing spiritual growth and inner transformation.

“GP Walsh is a master spiritual teacher teacher full of playfulness and compassion. He is a dynamic storyteller, and his message goes beyond self-help to deep and lasting spiritual transformation” - Marci Shimoff, Bestselling Author, Happy for No Reason.

GP is Master Spiritual Teacher as well as an Author, Speaker and EFT Expert who delivers a delightful mix of insight, divine inspiration and humor.

In him, wisdom meets earthiness to help people with their ongoing spiritual growth, transformation and inner healing.



"I have had the privilege of hearing some of the best storytellers and speakers in the world. GP Walsh is one of those. It is a rare talent that can keep an audience absolutely mesmerized while delivering teaching and insights that are profound and life changing.

GP will take you on a journey you will not soon forget and will touch you in ways that will effect everything you do."

Jack Canfield ~ The World's #1 Success Coach and Co-Author of "Chicken Soup for the Soul" and "The Success Principles"

Other works by GP "The Tao of Allowing", "Not 2", "Tapping on the Buddha", "The Healing Power of Touch", "The Chakras - Archetypes of Consciousness", "Just Allow It", "Your 4 Amazing Power of Creation", "The Deep Energy Cleanse" and many, many more. You can find all about all of those by visiting his web site GPWalsh.com.

About OM School

GP is a prolific writer and course creator. People are often amazed at the sheer volume of his output. He needed a place to house and distribute this large volume of work.

This led to the founding of OM School with his producer, his student and now his business partner, Lisa Berry.



OM School is GP's online teaching platform. Here you will find dozens of courses, workshops, live events, meditations and books. All of his courses are always in

response to the needs of his students. So his programs are always fresh, relevant and timely.

The flagship course series is called Inner Reconciliation™ and in that collection he covers in depth the whole nature of his way of not only revealing your trues self but also also how to heal numerous emotional, psychological and physical ailments.



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The motto of OM School is We Teach Love and that sums up its purpose which is a direct reflection of GP's extraordinary life.

Come visit us at OMSchool.ca, where you will not only find all his courses but you can also get help from GP's team.

Lisa herself will help you choose the courses that are best suited for you. You can reach her directly at lisa@OMSchool.co.

We also can give you referrals to facilitators that have been trained by GP or book a private session with GP himself.

Whenever you may be on your spiritual journey, GP is able to guide and encourage you on the path he himself has walked and now teaches to others.

May all beings in the universe end suffering and be happy.