

## HEALING EFFECT OF THE TEACHER'S AURA

### EXCERPT FROM BOOK CHAPTER:

#### **The “Map of Consciousness”: A New Paradigm for Mysticism and Healing**

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#### **Introduction**

Do mystics and saints heal people? A recent article in the *Los Angeles Times*—“The Dalai Lama Has IT, But What Is IT?”—raises this age-old question. Interviewees described their feelings of joy and serenity when in the presence of people like the Dalai Lama and Mother Teresa. Dr. Paul Ekman, a University of California Medical School (San Francisco) professor, confessed that he experienced a profound healing when the Dalai Lama held his hands: “He held my hands while we talked, and I was filled with a sense of goodness and a unique total body sensation that I have no words to describe.” Though not a religious believer, Dr. Ekman’s lifelong struggle with anger left in that moment.<sup>i</sup>

This healing event was so provocative to Dr. Ekman that he conducted and published a series of dialogues in a book with the Dalai Lama. The dialogues, however, produced no scientific explanation for his personal transformation. Ekman concluded that the “radiance of goodness” that had healed him was scientifically inexplicable, yet true nonetheless: “As a scientist, I do not know how to explain it, but that does not mean it is not susceptible to scientific explanation; I just do not know where to start, and I suspect

we do not yet have the proper tools to examine this phenomenon objectively.” In the book, he emphasized the physical sensations connected to the “radiance of goodness” that he and others felt emanating from the Dalai Lama: “I think the change that occurred within me started with that physical sensation, whatever it was. I think that what I experienced was—a nonscientific term—‘goodness.’ Every one of the other eight people I interviewed said they felt goodness; they felt it radiating and felt the same kind of warmth that I did. I have no idea what it is or how it happens, but it is not in my imagination. Though we do not have the tools to understand it, that does not mean it does not exist.”<sup>ii</sup>

This chapter presents a way to understand what Ekman experienced. It seeks to answer three basic questions about mysticism and healing. First: What is the relation of spiritual inner consciousness to physical healing? Second: What is the benefit to our physical health and overall wellness to be in the presence of a mystic or spiritually advanced person? Third: How can individuals cultivate their own “radiance of goodness” and healing effect? Do spiritual practices facilitate this process? I hope to offer a perspective that is both theoretically illuminating and practically beneficial.

These questions are fleshed out in a particular framework of mystic awareness; that is, the “Map of Consciousness” developed by Dr. David R. Hawkins (b. 1927), a living mystic and medical doctor, whose contributions to the fields of physical healing and mental health have received numerous awards in the scientific arena. Most recently, he published *Healing and Recovery* (Veritas Publishing, 2009), and his expertise is featured in the 2010 documentary film, “Voyage to Betterment,” which explores “what is possible when the knowledge of the medical, scientific and mystical worlds are

combined.”<sup>iii</sup> The present chapter sheds light on something that is often ignored by the scientific community in its recognition of Hawkins’ pioneering achievements in medicine: Hawkins is a mystic and, in his framework, spiritual awareness (in particular, the state of unconditional love) is the key that unlocks the energy of healing.

“Mysticism and healing” is not only an academic question for me. I have faced pressing life circumstances that required investigation into a range of healing modalities. When my physical and emotional distress reached its breaking point many years ago, the encounter with David Hawkins and his writings catalyzed a healing effect that was surprising and dramatic—similar to Paul Ekman’s account of his encounter with the Dalai Lama.

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<sup>i</sup> Louis Sahagun, “The Dalai Lama Has It, But What Is ‘It’?” *Los Angeles Times*, December 9, 2006.

<sup>ii</sup> Paul Ekman, *Emotional Awareness: A Conversation Between the Dalai Lama and Paul Ekman, Ph.D.* (New York: Henry Holt, 2008), 23133.

<sup>iii</sup> “Voyage to Betterment,” (Toronto: Zenout Media, 2010).

<http://www.voyagetobetterment.com/aboutthefilm.php> (accessed December 8, 2009).