



Healing Touches

Gifts from the Great Physician





Healing Touches

Gifts from the Great
Physician



Roland Trujillo

Copyright © 2023 by Roland Trujillo

The Great Physician

The great Physician now is near,
He speaks the drooping heart to cheer,
Your many sins are all forgiven,
Oh! hear the voice of Jesus;

All glory to the risen Lamb!
I now believe in Jesus;
I love the blessed Savior's name,
I love the name of Jesus.

His name dispels my guilt and fear,
No other name but Jesus;
Oh! how my soul delights to hear
The charming name of Jesus.

Adapted from the hymn
The Great Physician by William Hunter

This book is dedicated to truth speakers and truth seekers everywhere – those who love the truth enough to say it out loud and risk losing other’s approval and who sometimes suffer loss because of their forthrightness; and those who keep searching for truth and never give up till they find it.

DISCLAIMER

I am not a doctor. I am a pastor and spiritual care giver. The information provided in this book is for educational and informational purposes only. In no way should it be considered as offering medical advice. Please check with a physician if you suspect you are ill. You should always discuss any medical treatment with your health care provider.

The information in this book is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. The reader is encouraged to make their own health care decisions based upon their research and in partnership with a qualified health care professional.

CONTENTS

Introduction	11
Making a Fresh Start	21
Good Overcomes Evil	27
There's No Looking Back	36
Life at its Fullest	51
The Power in the Presence of God	57
The Soul, Mind, Body Connection.....	70
Beware of the Pied Piper	84
Believing Right, Living Right, Feeling Right.....	97
The Sick System is Founded on a Lie	107
Understanding Negativity.....	113
The Big Lie and How It is Overcome.....	119
Glory to God Instead of to Selfish Self	127
Good Things Happen When You Stop Trying.....	133
Understanding Pain	141
To Heal the Sin Sick Soul	145
On Your Knees Before God, Standing Tall Before Men .	159
Finding the Presence	165
Beware of the Big Lie	174
Re-Finding the Good Life	183
From Bad to Worse	187
From Anger to Poise, From Defeat to Victory.....	196
From Slavery to Freedom	209
Ready to Do God's Will.....	213

Introduction

While Jesus was dining at Levi's house, many tax collectors and sinners were eating with Him and His disciples – for there were many who followed Him. When the scribes who were Pharisees saw Jesus eating with these people, they asked His disciples, "Why does He eat with tax collectors and sinners?"

On hearing this, Jesus told them, "Those who are well have no need of a physician, but those who are sick. I did not come to call the righteous, but sinners, to repentance."

(Mark 2: 15-17)

Is there such a thing as a healing touch? There is. But as usual we look in the wrong places to find it. We look for it from other people—which is understandable, I suppose, because we tend to look for everything from others.

When we were little kids we were totally dependent on our parents, and this was good because it is so ordained by God. He's the one who invented the idea of parents and kids. He made it a great joy to have kids, but with the joy comes responsibility. They are dependent on us.

But all along the way, kids have to start doing things for themselves. They have to take their first step. And no one can do it for them—they have to take that step themselves. Soon

they are riding bikes, doing chores, going off to school, making their own friends. And the day comes when they move from home, get married, and soon they are parents themselves.

Just as kids are lovingly and gently weaned from dependency on mom and dad, they must learn to stand on their own feet and be independent in as many ways as possible. To the extent that a person can earn a living, perhaps have their own business, follow their intuition and conscience to make good decisions, form their own opinions, and basically handle their own affairs without being dependent on others, it is good.

There comes a time when you have to outgrow all your childish dependencies and become self-reliant.

We should not be dependent on comedians to make us laugh; on the government for food to eat; on pills to manage our moods; on someone to tell us right from wrong; or, for that matter, on another person to make us happy.

All of this is to say that somewhere along the line, many of us faltered, lost confidence, succumbed to put down, or through false allegiance and insecurity became dependent on others to an excessive degree.

The problem is that with each attachment to the world, lines of communication and links are formed that replace a healthy dependence on God. Soon you become almost totally outer directed. You lose the independence from which you are free to search and reach within for intuitive answers from your Creator.

The truly independent person is free of debilitating dependencies and false allegiances precisely because he or she is dependent on God. Such people stand tall before men but are on their knees before God.

Unfortunately, many of us continue to depend on others to an unhealthy degree. Sure, we can get and give a helping hand. But the help should be to just enough to get a person on their feet but not so that they become forever dependent on it. Remember the old truism: it is better to teach someone to fish than to give them a fish. For if you give them a fish they can

feed themselves for a day; if you teach them to fish, they can feed themselves for a lifetime.

True freedom requires a commitment to truth, a loyalty to God, and a willingness to risk alienation from others in order to champion truth and what is right. But for most people, it's just too easy to look for some person, expert, institution, or government program to solve your issues.

Nevertheless, we all get away with this for a while, as long as we are young and full of energy, and as long as things are going reasonably well. When some little issue comes up, we can always call a friend, borrow money from someone, ask an expert, or search online.

But when bigger issues arise—relationship, marriage, health, and spiritual issues—we begin to find out, usually the hard way, that no one has real answers, and eventually we discover that we have nowhere to turn. To put it another way—nowhere to turn but to God.

For whatever ails you—you need the touch of God. He will heal you soul, make you whole, and dispel the darkness so that joy may return. He will restore the years the locusts have eaten, and give you true hope. Just how He will do these wonderful things awaits your happy discovery, as you see salvation implemented in your life.

He will also restore your independence and give you understanding, so that you may begin to see the wisdom of His ways and with confidence and courage lead a productive life, according to His purposes, and eventually find the pot of gold at the end of the rainbow. God promised all of these blessings and many more, so many more that you will hardly have room to receive them all.

God fulfills His promises. But remember that His promises mostly have an “if” clause associated with them: “If you turn from your wicked way, if you follow Me, if you obey My commandments,” and so on.

So the coming to be of all the good things depends on your finding God, keeping in constant contact with Him, and following what He inspires in your heart.

The important thing is to re-find and sustain contact with Him, and in His Presence find relief from your mental torments. He would give you the grace to stop worrying and complicating your issues. He would give you time, lots of time, to see your errors, sort things out, and right your course.

But as it now stands, most people are woefully far from God. Most don't even know it—they continue to rely on others. Sure, others may help, and with some misplaced faith in others, the worry process, which interferes with recovery, is put on hold, giving the body and mind the time to recover.

The natural self-healing processes may do the job for a while; but the secret cause of your ailments remains: the absence of God and His Presence, and conversely the presence of the intruder who entered the vacuum left by the avoidance of God, displacing God's place in the soul.

Some of us, thankfully, sense that there is something deeply wrong with us spiritually and we begin to sincerely seek for real answers. "Blessed are the poor in spirit," Christ said. They realize their sorry state and cry out for true answers. Their cry is heard by God and He responds.

The searching, the yearning, and the silent cry are the important things. God answers with grace, light, forgiveness, and time. And in the matrix of that beneficence, restoration occurs.

It is God you need: His Presence, His love, His involvement in your life, and His touch.

No matter what your problem is: God is the answer. Find Him and you have everything. Positive changes, restoration of wholeness, the return of joy, improved relationships with others, understanding, and many other gifts await. Find Him and you have found it all.

Over and over in the past, you have tried to make things better. First you tried imposing your will on circumstances or people. With people issues, you tried getting angry. Then you tried being nice, too nice, to win their favor. Maybe you begged and bargained. All you got was their contempt, an uneasy peace, or a hellish servitude to them for their approval..

When it came to health issues, you probably fell in line with everyone else at the doctor's office and at the pharmacy.

Even when the various experts did not really solve your issues, you kept clinging to your belief in knowledge to solve everything for you, so you may have tried becoming a knowledge authority yourself. You searched on line, read books, took a class or two, or perhaps got a college degree. The idea being that with such knowledge you could solve your issues and find happiness.

Your doctor visits, your appointments with various experts, your online searches, your college degree, and your involvement with some organized religious or spiritual group kept you busy. So busy, in fact, that you didn't have time to worry. With complicating worry temporarily on hold and not complicating things and upsetting your tummy, you experienced some improvement. Your goal kept you focused, so you set aside your doubts and fears, and again thing appeared to improve for a while.

If your involvements were so emotional and captivating that you believed wholeheartedly in them (like you should be believing in God) then you may have become what the famous water front philosopher Eric Hoffer can a "true believer," like a cult follower, evangelizing and seeking to covert others over to the treatments, organization, or education you believed in.

From that point on, such a person never looks back, never allows a doubt to enter, refuses to hear other opinions, and defends to the death their dogma and leaders. Like devotees of Hare Krishna, Marxists, or like Jim Jones cult followers, such types are almost beyond hope.

But if you are reading this book, chances are you are not one of the aforementioned. You too got caught up for a while with what you thought would solve your problems, but you could not shake the hunch that something was still missing. Plus with the student loans, treatment costs and side effects, servitude, broken marriages and ruined relationships—the evidence continued to pile up that something was amiss. Your experts and outside groups didn't solve your problems, and

most of all they didn't take away the inner darkness, confusion, anxiety, and depression that seemed to follow you and resurface over and over.

You used to rage and blame, but the day came when all you could do was sit there dumfounded and oppressed. You wanted to redo it all, start over and make things right. But it never worked before. And you didn't know how to make things right.

Nothing really worked. Each tactic and each manipulation only made things worse. Sure, for a while things seemed better on the surface, but deep down, nothing had changed. So you were left with seething resentment—toward others for having failed you, toward yourself, toward life, and most likely toward God.

You might even have thought of doing away with yourself. But that would be just another cop out; and definitely not the answer.

You didn't start out to mess things up. But that is what happened.

However, there is a positive side to reaching rock bottom. Now the person may be ready for a dose of truth and finally searching for real answers.

So here we are again, back to square one.

Well, take heart. Things may yet change for the better. The problem looks complicated, but the solution is simple. At this point I would like to share something with you that I wrote in a previous book. It is so relevant that I would like to present it here for you. It states the problem and most importantly, the solution quite clearly I think. Here it is:

It's not the experts, educators, writers, or organized group leaders that are to blame. It's not your parents that are to blame.

It's not your partner. Nor is it that you are not trying hard enough. The problem is that something is missing. The solution is finding what is missing.

Now I will give you a hint (both about what is missing and about where you can find it).

But first an analogy. It is well known that really hard core drug addicts will never change until they see their wrong, are truly sorry about what they see about themselves, and really, really, really want to change.

Often this only happens after they see, without trying to deny it, that they have caused total devastation of their life and other's lives around them. Finally they see the extent of their wrong and have to admit it with sorrow.

Now they can change. Prior to that, it was all denial, excuses, blame, and manipulations to fool others. Generally the moment of truth—and that is what it is—comes when they hit rock bottom. They wake up one morning in the gutter and ask “why am I here?”

Now perhaps you see where the magic is: believing instead of denying the truth about oneself, followed by real searching for answers to sincere questions, real desire for the truth, and really seeing the need for change.

Another way of saying it is—the person sees that there has to be more to life than selfish pleasure seeking and pain relief. The person starts to really search for the purpose for their existence.

The missing ingredient is truth. Truth is the leaven that leavens the entire loaf.

The truth is like sunlight—it contains both light and warmth. It is so good that it makes you feel bad. It is both tender and stern. It brings new life and hope for the willing soul, and it devastates and destroys the old way of living (dying, really).

Of course the truth was always there, but the stubborn ego was not ready to receive it. Most people find a way to accept truth on a shallow level so that it does not penetrate.

The truth must penetrate, and for it to penetrate deeply enough, the person must be willing to accept it.

Truth spoken with love from a friend can wake a person up. But only if the person is willing to accept it and accept it deeply without resentment will it do much good.

What the truth spoken with love does is it wakes a person up to the light of truth *within*. If the person then continues to

stay awake because they want to be awake and know the truth - then the light and love of truth will change them and also extend through them and change for the better the world around them.

All you need is to want this light of truth and have a willingness to yield to it and allow it to shape you, and soon your problems will be over.

Bear in mind that this does not mean that all of your issues will disappear immediately. Though some will!

Some issues will remain for you to see, understand your error; and then you will be given a second chance to handle the same situation that gave rise to the issues, but this time with wisdom and grace. Things will be different now - you'll see - because you'll have the inner light of intuition guiding you moment by moment.

So where does this truth come from? It comes from within. In its light you know without knowing how you know, you intuit, you realize, you regret your errors, your hard heart is softened, and you are chastened.

The truth can do what no one else can do and what you cannot do for yourself - it can change you for the better.

Of course, it goes without saying that this Truth of which I speak cannot be gleaned from books or experts. It cannot be found out in the world. It can be found only within, and it is from God.

When you accept this truth, love this truth, yield to this truth, wait upon this truth, and trust this truth - you are thereby yielding to your Creator. You are accepting and wanting His truth in your life; and since truth only comes from Him, you want Him in your life too.

But now here is the beautiful part - it counts with God that you accept the truth when you see it.

You probably won't, in the early stages, even know that it is from God! You may not even at that point be sure if there is a God. All you know is that you are sick and tired of being sick and tired. You see the truth and are sorry about what you see about yourself. You also see that you cannot change yourself. And you also don't want to blame or resent anyone anymore.

Your conscience has caught up with you. This time you don't try to run from it. That is enough.

Now just go about your life and see what there is to see. Wait for the truth to dawn. Most of your insights will come at odd moments during the day. See, realize, feel a bit of embarrassment or pain over what you see about yourself. Then sigh and feel the burden lifted from you.

One day you will come to know just who is taking the burden away. You may even find long held guilt suddenly gone and be puzzled by this. For now, just be grateful and move forward boldly to meet your new life.

Don't try to change your partner. Don't try to make anything work out. Just see the need for improvement and wait for the inner light to show you just what your error is. There is little more to do than to just sigh a sigh of relief and press onward.

When you see an error in the light, that error (your resentment of someone or something for example) is highlighted so that you can see it. In the light, the error is seen to be at variance with what is right. There is nothing more for you to do at that point. Any efforts you make to roll up your sleeves and try to fix things only interfere with the action of the light.

When you get your ego out of the way, the light itself will rectify and make things right.

In fact, just seeing the error is already enough in many cases. God is like a good parent. When a child has done something wrong, the parent is happy and perfectly satisfied when the child sees his wrong and admits it. Mostly, nothing more is needed.

This book contains lots of information. Just read what interests you until you get an insight and then put the book down and ponder what you were awakened to. Or just open the book to any page and start scanning. Chances are you will quickly see something meaningful. Don't study the book. Scan the book for clues until something is highlighted for you.

At that point you may close the book and end that reading session to go about your life, carrying with you that which

you realized to later see it again even more deeply. Thus you grow day by day, realization by realization.

As you read this book you will note that I sometimes make mention of a little meditation (which is free to download at the Shedding Shackles website). I have found that it helps a person calm down, get centered and then be attuned to receive delicate insights. Mostly people are so upset all the time that they are lost in thoughts and negative emotions. The meditation simply teaches you how to stand back from worry, doubts, and upsets, so it is easier to see clearly and act wisely.

- 1 -

Making a Fresh Start

We all want to recover from our afflictions. We want to experience joy again and peace of mind. We want relief from the negative thoughts and emotions that rise to ruin every beautiful moment. We also want to restore our relationships. We wish we could undo the past and start all over. We want others to understand and forgive us and we want to forgive others.

It's been so long since everything has been all right that we can hardly believe that such a state even exists. We are also afraid: that God hates us, that others will hate us before and after we have gone. We fear that our loved ones, especially our kids, who are messed up from what we did or failed to do when they were growing up, will come to something bad.

Well, take heart. Though you can't unscramble an egg, God can. Remember what Christ said: "with man it would be impossible, but with God all things are possible."

All good comes from God. Real and lasting recovery and restoration begin with the soul. The words of the old hymn say there is a balm in Gilead to heal the sin sick soul. All is made right when the soul finds a bond with its Creator.

Christ said that He was sent from the Father. Christ promised us that he could set us free and told us that His yoke is light. He said "My peace I give to you."

Christ has peace for you. All you must do is find it. He has forgiveness for you. All you must do is receive it. Christ wishes for you to know Him and to know the Father. All you

need do is yearn for truth, search for it with all your heart, and welcome it and yield to it when you find it instead of fighting it and defending pride.

If it were complicated to do, then as confused and messed up as most people are, it would be too hard. But it is not complicated. All you have to do is one thing. One thing. Return to the state of mind you had just before your first big upset long ago. In that state, you have access to all the good that is waiting for you. And in that state you have separation from the hell into which you have fallen.

If you are like most people, you are currently down there in the miasma of your thoughts and emotions. You fight one thought with another and one emotion with another. But no sooner do you close the door on one horror, than you find yourself in another.

It's like being in a swamp of quicksand where each move you make only entraps you more. But even while you are down there, God takes over and leads you out of your bondage.

God sent His servant Moses and gave him power over the Pharaoh. God freed the people and led them first through the waters of the Red Sea and then with a pillar of cloud by day and a pillar of fire by night He led them through the desert for forty years, providing for their every need along the way. Now in an analogous way, He sent the Christ to redeem you and Who has power over Satan, to lead you to freedom. God sends His light so that you might see and understand. His light leads you out of slavery, through the washing of regeneration, through the desert to the promised land.

This blessed state of mind, where it all begins, is where light leads to light. Insight to insight. Freedom to freedom. You are progressively freed. And even as you are freer, you are readied to become even more so. As you gain understanding, even just a little, it permits you to find more understanding.

All of this and much more is available in the blessed state of consciousness.

So you must come up to awareness: where God is, where light is, where answers are.

Now perhaps you can see that the key to your recovery is to return to the aware state of mind—the non-hypnotized, non-psychotic state of mind—and stay there.

When you are not hypnotized, when you are not high, when you are not in a psychotic state, when you are not daydreaming or lost in past scenes, and when you are not emotional, you are close to reality. You are awake and the awake state you can also be aware, functioning from your God given intuition.

And if you should discover that something that is not you resides within, do not be alarmed. You are seeing it in the light, and your right intent insures that God will give you the grace to bear what you must see, while He holds the dark side at bay so that you can continue on the discovery path to freedom.

Prior to meditation and God entering your life you were not even free to want to change for the better. You see, the thing controls your “want to.”

When a person yields to temptation, they are responding to the will behind the temptation. It is this invisible will that they are obeying, and its will takes over your will. To the extent that its will operates in and through you, you do not even have a will. That is why you can't even will to (or want to) to right.

In this state, the invasive will is the only will active, and you are further held in bondage by the things it tempts you to reach for. The alien will (which you take to be your own) controls you mind, the control center of your being; and things you have responded to act as stimuli to cause emotional and physiological response.

Now when the temptation object beckons, your body responds, you can't say no. And soon you yield to the lusts of the flesh for what respite there may be in satiety and all passion spent and sleep.

When the will that is not your will controls you, you have no will. Its will operates, then temptation objects take over to

compel you with animal impulses, emotion, and the hypnotic effect on the mind.

Have you ever woken up during the night and felt a bit chilly. An extra blanket is nearby, but you would have to get up to get it; yet somehow you can't rouse yourself to get up and get it. In this example, you just don't have the will to rouse yourself, and the only thing that will move you is when you start shivering and are driven by that.

When it comes to something good or useful that a person could do, sometimes they don't do it because it's just not in them to do it. Don't be surprised to discover that fact in others (and in yourself). That's why, for example, many people don't vote.

But sometimes something else is afoot. For example, you know that you should meditate, that you should become aware and stay out of daydreams. But something won't let you. It's will is stronger than your will. This is the alien presence, the shadow government, your own deep state.

There are four ways it controls you. First, you have yielded to it so often that, as I said before, you can't say no. Its will is your will (especially if you agree with what it intends). Second, it controls your *want to*. As I said earlier, having yield to it so often its will has displaced your will, so it won't even let you want to.

You know you should meditate, but somehow you don't want to. You know you should quit smoking but somehow you don't want to. You should stay away from that bad influence person but you don't want to. You should go and apologize to someone that you did wrong to, but you don't want to. Or to put it another way, you can't rouse yourself to want to enough to do it.

The third way it controls you is through influence on the mind. It whispers suggestions, ideas, seductions, and threats to the mind in order to dissuade you from doing what is right. You may want to meditate and seek truth, but it tells you "that it's too late, that the meditation doesn't work, that you're not ready," and so on. It suggests some other type of self-improvement practice; it tells you to wait; or it says that

something bad will happen if you try to meditate properly. It is desperate. It will try anything that works. It wants to keep you from meditating, from doing what is right. It fears being observed for what it is, for then it will lose power.

The devil has more tricks up his sleeve. Should you begin to rouse yourself to do what is right and start to come to the light, it becomes alarmed—it fears that you will come to the light and it will be cast out into hell.

But since you have identified with its secret whisperings and images, and since you have often gone along with it, you think that its feels are your feelings. This is very common error.

Understand that it fears the light and fears that you will come to it. It is not your fear. It is its fear in you. Separate from it. Observe it. Realize what is not you. Then God's light will come steaming in and exorcise the things of darkness.

So should you come up to full awareness, if the yearning of your soul is toward wanting to know the truth, then God will give you the grace to be able to drag yourself to a chair and start meditating. He will give you the grace to quietly say no to what previously you could not say no to.

From now on, with God's grace a constant accompanying factor, when temptation pulls on you, your soul is awakened, and your true yearning is permitted to stay clear. You see, the devil can't control your yearning for truth. He has had control of your will but only because your yearning was insincere and because you were lost down there in the machinery of your mind and in emotions.

From now on when dishonest appeals seek to pull you into them, your soul is wakened and you are given the power to stand back.

So you see it really a process of waking up more and more to God and His beautiful reality. There are higher states of consciousness which you will rise to as you progress, always with God's help and grace. But it begins with proper meditation followed by basic realizations, as you awaken to the truth.

You see things as they are and yourself as you are. It's not a pretty picture, but now you won't over react to what you see because you realize that the light is showing you. You no longer identify with the wrong, so when you see how you once went along with wrong, you groan and marvel at how misguided you were. But now you see it with objectivity, as you cleave to the light, identifying with the truth about the wrong.

You were once very naïve and emotional. So you were easily misled into committing wrongs that you thought were in your best interest. Now you see the truth about the lie that misled you. Eventually you will see the source of the lie in all its hideousness, giving you all the more reason to shrink from it and cling to the light.

When you have found the blessed state of mind, your mind is flooded with light. As the days, weeks, months and years pass—errors, subtle misbeliefs, lies, and what stand behind them surface for review. Each time, light overcomes darkness. Old illnesses may seem to return, but they are only being brought forward for healing in the light.

You will be able to relax. Now you know that God is responsible for saving you. No more effort and struggle are needed. Good will come to pass in its own time, without effort on your part. This will give you even more time to marvel at God's handiwork and await the good that will come to pass. Now your future is filled with hope because God makes it so.