

An Excerpt from Roland's New Book: *Healing from the Inside: the Mysterious Power of Christian Meditation*

by Roland Trujillo

How do we become sick in the first place? When we resent other people, we cut ourselves off from the inner font of life. When we become excited at other's wrong or weakness, when we become excited about taking advantage, or when we become so excited about anything that we forget about what is right—we move away from intuition and love. We come under the influence of someone or something else.

We are drained and led into error under the other influence. We make mistakes in terms of relationships, finances, and health. We literally serve others and their god with our money, life, and energy.

By having denied intuition for some selfish advantage we become wrong—in conflict with God—and in order to avoid seeing this truth, we seek the assurances of those we serve. This seeking assurance, reassurance, and eventually gross comfort from these types makes us more wrong. We also give up more energy and money to those who provide us comforting reassurance.

All the while, we are separated from the life that comes from God. Eternal life literally means at-one-ment with God. Adam could have lived perpetually even as God lives eternally. Perpetual living is the reward of living each moment according to principle and what we know is right in our heart. This attitude places us close to God Who refreshes, revivifies, energizes, enlightens, and guides his child.

Find a rapport with the Creator and your problems will be over. Old sins and their physical manifestations will come forth one by one for review and healing in the Light.

We also become sick through our wrong relationships with everything. Improper attachments bring sickness and infestations. Sick relationships with others are draining and corrupting. When you relate to God properly, then you will learn how to relate to others properly. You will also learn how to relate to objects and substances properly. When, for example, you become friends with your conscience, you will no longer need external stimulants to dull awareness and take away conscience. You simply won't need your booze, drugs, or marijuana anymore.

We also become sick through a lack of commonsense, through lack of cleanliness, and through improper associations. When you meditate for awareness, you will get your commonsense back. Slowly but surely your practices and your hygiene will improve, including your eating habits.

***Healing from the Inside: the Mysterious Power of Christian Meditation* will be available soon in e-book format.**

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The Center for Common Sense Counseling