

*Spiritual Healing* - January 1950

Unrevised Lecture by Willi Sucher

Spiritual healing is employed, as a rule, by people who have no knowledge of karma or reincarnation, and therefore they have no knowledge of the background of the patient. I believe that this knowledge must first be accepted and worked with before we can achieve any lasting benefit, and that is why I consider a renewal of this “star-therapy” and its further development that is so essential; otherwise, whether medically or “spiritually”, we only heal the symptoms and not the cause. This can possibly either drive the symptoms out, as has been suggested elsewhere, into another arena, or more likely suppress the illness temporarily, or merely displace it so that it eventually appears in another organ.

What we have to remember is that our physical body is built up out of the past—out of our past and largely out of our deeds, as well as those of others. The right medicine should primarily heal the soul. There should be inner development and preparation on this Path, if we would heal the cause and not merely the outer manifestation. We must seek the cause in an organ’s illness, because we have built up every organ ourselves out of our past karma.

I also believe that if we discover psychological traits, or errors, in ourselves, a frontal attack or an argument is not much use. However, through positive meditation, we are more likely to build up a moral resistance to the trait or error, than by tackling the evil head on, which could only add to our depression. Taking up suitable meditations, on the other hand, can steadily alter our inner makeup.

Nor is it easy to help another by prayer or meditation, in the way of absent healing, unless we have their cooperation and acceptance. We are in the age of the independent consciousness soul, which must stand alone. Interference is impermissible. It is also much more difficult in our time than in the old days, when we were less self-enclosed. We have slowly been pushed into our own selfhood, and we now have full self-responsibility.

The reason why modern injections, for good or ill, often seem to have so few results in those who are “developing” is, as Rudolf Steiner has indicated, because a powerful esoteric life neutralizes them. When the man who first discovered the “cold glue”, in his factory in Germany, asked Dr. Steiner whether he should undergo an advised surgical operation in London, at the hands of orthodox medicine, Steiner replied, “Yes,” for he said that the man’s powerful esoteric life, as an anthroposophist, would see to it that the effects would be neutralized.

In these days, if we are developing, we all go through phases of inner spiritual tension too, but I would emphasize that the true healing and protection lies in the realm of meditation alone. For this clears one karmically. We are then really dealing with the basic causes of our physical or psychological tensions. We are creating a new body of strength to deal with our present and our future, especially in the spiritual realm, which is paramount. Five minutes of meditation a day, on a carefully chosen meditation suitable to our present difficulties and their soul cause, can work wonders if persisted in. It is intensity during meditation that matters more than duration.

Just as with spiritual healing, we can also override karma with medical interference. If we vehemently dismiss the outer manifestation with either of these sudden and violent methods, we are merely delaying the soul’s necessity to deal with this externalizing of its own karma in order to dissolve it or “repay” it for all time. Therefore, a crisis will continually return in differing manifestations until such a time as we do face up to it and not seek the easy way out.

However, the soul does need strong, inner support to prevent it from being overrun by the body, or “double”. Therefore the necessity of meditations, such as those indicated by Rudolf Steiner in *Knowledge of Higher Worlds and Its Attainment*, are the true and lasting therapy.

There are many people in these days with weak egos, or no egos even, who are an easy prey to adverse forces. They should be dealt with using affection and firmness, for if we arouse their antipathy, we lose the battle. The ego can be driven out of a child, or even an adult, so that there is a vacuum for adverse forces to enter in. If two people are living together, the one with the stronger etheric can dominate the other, even suck

out the vitality or etheric of the other unconsciously. Sooner or later, though, there is generally a realization and an inner tension that brings things to a head or clash.

In view of the reference to the fruitlessness of merely sending the evil away, as the Essenes did, there have been questions about Christ's act in sending out demons into the Gadarene swine. But the water into which they dashed represents the etheric element, and we have to remember that the animals have taken the astral forces from humans in the course of evolution. For this, we have cause to be grateful to them, and Christ simply returned the demons to their own element, the astral world, for they were out of place in the sick man.

One hears much in justification of spiritual healing, from the injunction by Christ to the "laying on of hands" and healing in His Name. Christ sent the disciples out, and they performed such miracles both before and just after His Death. However, we have to remember that to use Christ's Name was not what was meant. We know that the "name" really stands for the true quality of the Being, and Christ's Name has an incomparable Majesty, such as we can barely comprehend. The miracles done in His Name were those done while His Powers rested on His Disciples, even after death. It will be a long time before humanity acquires such powers through spiritual development, so that we can employ them in true spiritual healing and insight such as Christ did. What is done in these days is an unconscious force streaming into its exponents from the spiritual world. However, it is a blind force, and it is therefore rarely a lasting one. Those "illnesses" will return in this life or the next, if they have a karmic origin that has not been dealt with inwardly at the same time by each person. We are acquiring new forces unconsciously, and this is the great danger, according to Rudolf Steiner; for if we are not also prepared by inner development, in the future we will be able to use these powers whether we are morally prepared or not—"And many will come in My Name." But they will not be valid. Such powers will be used for evil purposes, too. This is why we should prepare ourselves in this life as far as possible, so that in the future we can stand with true knowledge and moral rectitude against what will be thrown against us. We have to transform ourselves first, before we dare use Christ's Name, or claim His unique powers. For we can only truly heal through our higher ego, and we are still ruled, as a whole, by our lower ego—the astral.

This will be the great future mission of the Manichean—to heal by true occult means. We shall be able to use the spiritual forces of matter rightly, which have solely been strengthened by the entry of the Christ Impulse.