

# Body Mind Spirit Expo

Portland, Oregon: Saturday, April 18<sup>th</sup>, 4–6pm

## Developing Healing Power:

**Radiating high energy Power of now**

**With Jane Katra, Ph.D.**

In 1928, spiritual teacher Alice Bailey predicted that at the turn of the century, humanity would undergo a rapid shift in their evolution. She wrote that we would develop into an evolved species wherein: *“All that we can know of a person is the quality of his or her energy as it demonstrates in force and activity.”* She said that part of our purpose here is to “learn dexterity in the reception, handling, and transmission of energies.” My role as a radiatory spiritual healer is to help people to do this.

Spiritual teacher Eckhart Tollé also tells us that our species is now awakening into another dimension of consciousness. His books *The Power of Now* and *A New Earth* have popularized and disseminated the notion that something shines through us that goes beyond our physical form. He calls this something *“a field of alive presence,”* or our *“power of now.”* He says that becoming aware of the space or field that emanates from us is *“living in alignment with our inner purpose,”* and is the *“foundation for fulfilling our outer purpose.”*

What I come to share at the Mind, Body Spirit Expo is all about power. It is about our untapped power of being human. In the early part of the 20<sup>th</sup> century, the Indian saint Sri Ramana Maharshi proclaimed that the greatest psychic ability available to humanity was our capacity to radiate a palpable power called peace. This is the same power of now or field of aware presence that Eckhart Tollé talks about.

The quality of the power that we radiate in our fields is dependent upon the power of our developed attention. Now, more than ever before, is the time when our survival as a species, as well as the survival of our planet and all its life forms, depends upon our learning to radiate a palpable power called peace.

Our evolution as a species depends upon our enhanced attention, or awareness. Eckhart Tolle tells us that awareness is *“the space in which thoughts exist when the space has become conscious of itself.”* The gift I have been given in a near-death experience is to help people to become aware of this conscious space, and to feel their own and others’ radiating fields of the power of now, and develop the power of the field that they radiate.

High-energy attractor fields emit power that can affect undetermined outcomes and influence the behavior of living systems. Attractor fields promote organization and coherence among disorganized, undecided, and random fluctuations. The energy fields of people who have developed their radiatory power attract, strengthen and refine other people’s fields, and infuse them with healing life energy. We are all on our way to becoming radiatory healers. It is our mandate as humans.

A change in a person’s level of being is the reason for spiritual paths. What I share relates to the concept that changes in our ways of being, or the evolution of our consciousness, is the essential purpose of our lives. All humans are natural spiritual healers waiting to discover and develop their highest capacities, nurture evolutionary changes in their way of being, and become conscious centers of high vibrational outward-flowing healing energy (which has been called the power of now). This evolutionary change in our way of being depends upon our capacity for developing our will and cultivating disciplined steady attention with intention. Though we are not all at the same levels of developed sensitivity to perceiving vibration and the energetic fields that we radiate,

we are all now urged to evolve our way of being to lift the consciousness of the world.

## **How to Become Spiritual Healers:**

People tend to seek healing from a spiritual healer to terminate illness in the body, but in actuality, the purpose of illness may be to initiate in us an awareness of the aspects of ourselves that are nonphysical, or spiritual. In addition to appearing as bodies, we have the potential to discover that we are intelligent energetic fields of consciousness expanding, evolving, and extending higher vibration light out through the body and into the cosmos. This truth is waiting to be discovered by each one of us. We took incarnation in a body in order to develop sensitivity and receptivity to vibrations that are more refined than those of our physical bodies. The body is designed to disintegrate. It can become sensitive to energy of higher vibration than its own – something higher than itself.

Spiritual healing is a developed form of attention on the part of the healer that allows people in different physical bodies to directly experience that there is higher vibrational energy available to us, and that there are no boundaries separating our energetic fields. A spiritual healer does not do the healing: Through attunement to a universal field of active intelligent consciousness as well as with a patient, and with open-hearted caring intentions, a healer allows his or her body/mind to act as a transistor or tuning fork of a higher vibrational power that infuses and boosts a patient's own healing capability.

In this meeting, I will help participants stabilize their attention in a state of alert expanded awareness which enables the outflow of palpable healing energy. I will interact with attenders and give feedback that helps them to sense and intensify their own and others' energy fields. Participants will directly experience the effects that their thoughts and feelings have on the quality of what they radiate: their power of now.

In truth, our task is not to learn how to become spiritual healers, because that's who we naturally are. Our task is rather to learn to recognize what it is that we do from moment to moment with our attention that impedes the natural out-flow of healing energy through us, extending high vibrational power as beacons of light and peace, lifting the consciousness of the world.

Please join me to realize the power of being who you are.

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**Jane Katra**, Ph.D., in a near-death experience in 1974, was given the gift of being able to transmit high vibrational healing energy to others, which promotes experiences of profound loving and peace, emotional and physical healing, and spiritual awakening. She taught health courses at the University of Oregon in the 1980's, and has practiced as a spiritual healer for 35 years. Dr. Katra is listed in Marquis' *Who's Who of American Women*, and has coauthored with physicist Russell Targ the books *Miracles of Mind: Exploring Nonlocal Consciousness and Spiritual Healing*, and *The Heart of the Mind*. Her work has been featured in *Reinventing Medicine* by Larry Dossey, and in *Science of Mind, Natural Health, & Spirituality and Health*.

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