



Healing in the Now

Diagnosed with terminal cancer in 1975, **Martin Brofman** PhD was told he had a month or two to live. Remarkably, he cured himself and has been teaching his self-healing techniques around the world, with miraculous results, for 26 years. **Kay MacCauley** interviewed him for *Kindred Spirit*.

It's a strange thing about human beings who are ill. They want a 'magic bullet' to cure them immediately and go to doctors for pharmaceutical or surgical procedures in an attempt to return to 'life as normal' despite the debilitating side effects associated with such a choice. Yet when they hear about 'instant' healing that demands they look into why their 'life as normal' led to their illness in the first place, they become dubious and suspicious, when in actuality if they were open to change, it can be a real option.

For some there is no luxury of choice: there simply is no time left. This was the case for Martin Brofman: 'I was terminally ill in 1975 with a spinal cord tumour which had been diagnosed as terminal, untreatable and inoperable. The doctors told me that I had one or two months to live, unless I coughed or sneezed, in which case I could die immediately.'

Soon after this diagnosis Martin met a teacher of Zen meditation who suggested to him that the cancer had begun in the mind and that he had to use his mind to get rid of it. He decided to live without compromise, to do whatever he enjoyed and to work on himself in earnest.

'I began to use alpha techniques that I had learnt through the Silva Method, and involved myself in research into the body/mind interface, studying Eastern philosophies and esoteric teachings. I took responsibility for the cancer, knowing that I had created it, in order to create it going away.' Physical sensations like electric shocks in his body, which had

reinforced the idea that the tumour was growing, he began to perceive as evidence that it was shrinking. He stayed away from those who insisted on seeing him as terminally ill to maintain his positive attitude toward his own healing process. Despite a doubting voice inside his head, he was able to maintain an encouraging voice that acknowledged that positive changes were happening. 'I remember thinking about how I had got myself into that state and realising that I had not been paying attention to the importance of being happy. I saw that the illness I was experiencing was the result of the stressful lifestyle I had been living. I had let my priorities change from what I now knew as true values – primarily being happy – in favour of values encouraged by society – being successful in business, earning money, living by society's measure of success. I could draw a direct parallel between the physical symptoms I was experiencing through my illness and the tensions and restrictions I had imposed upon my life at that time. I was not living in a way that was true to my inner needs.'

He realised that the cancer, located by his throat chakra in the spinal cord in his neck, represented something held in and decided it was imperative to express all his thoughts and feelings, and whatever was in his consciousness. He began to gravitate to new friends with whom he could express himself more honestly. His life changed radically and two months later when he went for another medical examination the tumour had disappeared.

After my healing, I decided to develop a system of transmitting this model using the ideas of system theory and modular design I had used to develop computer systems on Wall Street. Only this time I applied them to the body instead of to machines. Thus the Body Mirror System was born. About 50,000 graduates have learned these techniques over the past 26 years.

Before the illness, he had felt living for happiness was somehow irresponsible, selfish, but he came to realise that it was the most responsible thing he could do in terms of his own health and well-being, as well as for society. In creating himself as a positive energy centre, he has a positive effect on the world around him. So now he does what makes him happy and if he feels unhappy doing something, he stops doing it. 'I have a little alarm clock I use – my feeling is that I should always be able to say, "I love where I am, I love whom I'm with, I love what I'm doing." If at any time I don't feel comfortable saying this, I know I have to change something. If I don't love where I am, I know I need to be somewhere else – and I leave. If I don't love being with that person in that moment, I know our vibrations are not compatible for that moment and I know I must either be alone or with someone else – and I act on that. If I do not feel comfortable saying, "I love what I'm doing", I know I must do something else, and I do. I spend time with those I feel good with, not living by social obligation. My friends are those with whom I feel a

personal connection, not those whom I feel I "should" be with to further a career.

Martin is passionate about the growth of compassion and the importance of love in our lives. Negative judgements are regarded as something that needs to be healed. One person who attended one of his workshops discovered the emotional reasons behind the severe eczema she had suffered since she was three months old and by the end of the course she was healed. I asked him about any dramatic healings that stood out in his mind. "One man in Switzerland came to heal his heart. He was carrying a bleeper, waiting for a call from hospital, because he was next on the list for a heart transplant. He was told that three-quarters of his heart had died. This happened within days of his wife leaving him for another man, taking his daughter with her. He recognised how he had been killing himself with the difficult emotions he was feeling. I reached inside him to wake up the heart that hadn't died, but was just sleeping, and he was able to switch channels to emotional acceptance of what had happened, and in doing so began to feel different sensations in his heart. He returned the bleeper to the hospital where they decided that, surprisingly, he no longer needed a new heart."

"One woman came on crutches for a healing. She told me she had been on crutches for eight years because one hip was "bad", and that recently the other had begun to hurt, and she hoped she could leave with less pain. She was very open

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and she left carrying her crutches. Her symptoms began after a break-up in a relationship, and she doubted herself and her ability to "stand on her own two feet."

Being available to heal others gives Martin a constant reminder of how things work and the unlimited nature of who we are. He describes it as a "constant process of confrontation with self-imposed limitations that can be surpassed". He believes that when someone really wants to be healed they want to be healed now, and he creates that expectancy that it can happen now. Amazing results can occur. He spoke of one revelatory experience using this process of self-confrontation.

"I never know who will volunteer for the demonstration and what sort of symptom they will present for healing before the group. In one class, a participant arrived on crutches, walking with great difficulty. As I was discussing "white light" healing, I noticed he was hobbling painfully toward the front of the class until he was standing next to me. I had to stop speaking

and ask him what I could do for him. He said, "I want to be healed now." It became obvious that he was the one on whom I was meant to demonstrate the healing techniques that day. If I were healing this man privately, I would have used thought forms, worked with the chakras, and other techniques I had not discussed in the class, but since this was to be a demonstration of the effectiveness of the white light healing, I had to limit myself to this technique only. I suspended all thoughts of doubts and limits and decided to send white light through him and to see what happened. I was quietly amazed when he opened his eyes after the brief healing, stood up and walked around the room without his crutches. I covered my amazement and said to the rest of the class as casually as I could, "So now you see how easy it is. It's your turn now." The participant placed the crutches against the wall in the front of the room and he danced that night at our evening party."

Some healings seem to happen under the direction of cosmic orchestration. During a lecture in Texas, at a time when the quality of energy was particularly good, Martin asked everybody to stand up with the intention of asking each of them to give their neighbour a hug, when his eyes were directed to a woman in the front row who was in a wheelchair. The look in her eyes was pleading. "What do I do?" I found the words coming from my mouth. "Well, if you're going to stand up, now is the time to do it!" She seemed a bit shocked but she went for it, raised herself to her feet, and hugged her husband. It was a very moving moment."

After telling this story Martin looked me squarely in the eyes and said healing is his greatest teacher because it throws him back into himself, reminding him that all answers are inside himself, all limits are self-imposed and unnecessary, and love is what it is always about. "Healing someone is the greatest self-therapy I have found, a meditation which constantly shows me the nature of the physical universe as a co-creation between beings of infinite ability, and the importance of keeping my attention on the present moment where everything is happening."

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Power to heal: Martin Brofman says healing happens fast when people want to heal.



more information

*Kay MacCauley is the general administrator of The College of Psychic Studies.

*Martin Brofman will be running an intensive workshop in association with The College of Psychic Studies, at Oxon Heath Retreat Centre in Kent.

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