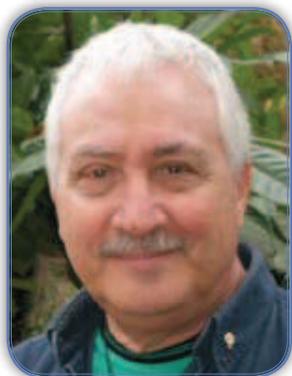


# Good Health *is* Real Wealth

## LOVE HEALS



### By Martin Brofman, Ph.D.

When I decided to heal myself of terminal cancer in 1976, I heard the idea that “love heals.” Everyone seemed to know this, and since healing myself was now a matter of life and death for me, I decided it would be a really good idea to add this to my self-healing arsenal.

I had been diagnosed with a spinal cord tumor at the level of the neck, and it had been declared inoperable and untreatable. I had been given one or two months to live (unless I coughed or sneezed) the year before, and by some miracle, I was still alive – perhaps because something in my consciousness had changed in terms of my attitude toward life.

I still had to find a way to get rid of the cancer, and the idea of using love for that sounded like something I could use. The only problem was that I was not really sure what love is, and I felt like I needed to be sure in order to use it for my healing.

I looked around at what people were calling love, and much of

it didn't make sense to me as a healing force. It looked more like domination (I love you, therefore now I tell you what to do) or slavery (You'll do this if you love me). Certainly, there were a lot of different ways of expressing love, but these were not the emotion itself that I needed to use. How would I know when I was feeling love, in order to use it for healing myself and saving my life?

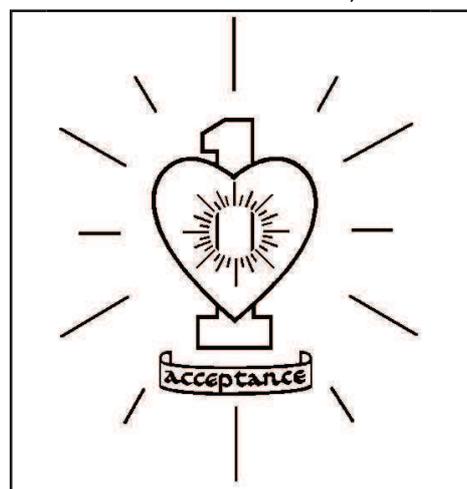
I went to hear a conference entitled, “What is love?” I thought, “At last I am going to find out.” It seemed as though the Universe was answering my quest and guiding me to where I would find the answer I was looking for. The person talked for two hours, and the conclusion of the talk was, “Love is.” Perhaps that made sense to the person speaking, but as for myself, I knew no more than I did before.

I heard of a kind of backward definition – love being defined by what it is not. I had heard it described as something without judgment, and without expectation. If you begin with a perception of someone, and remove the judgment – judging them as wrong about something – and removing the expectation – wanting something from them – you are left with a way of seeing them that feels good somewhere in the vicinity of the heart. I felt that must be a good clue. That might be love, but I felt I could use something a bit more direct, another way of getting to that place.

One evening I was alone at home in a meditative space, considering

the question of love, and a symbol appeared on the wall, which I understood as a message from my Spirit. It was a heart with light shining from the center, and the number “1” visible through the center and extending to the outside of the heart, with the word, “Acceptance,” written below.

For me, this was the key to the



opening of my heart chakra, understanding the true nature of love, and knowing when I was feeling that force that heals.

I used the symbol as a visual meditation, seeing different messages in it each time I looked, and understanding that this was because of the nature of my perceptual filter each time I looked at it, according to what I was feeling or going through that day.

One day it said to me, “Acceptance is Number 1.” Another day the message was, “Open your heart. Look inside. See the light.” Another time it was “Accept your individuality, and the individuality of others.” Sometimes I saw an eagle,

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I could relate to Acceptance as something I could use to raise my vibration from a solar plexus place to a heart space. Accepting “what is” allowed me to emotionally accept the situation that existed, to remove the emotions about what was happening in order to be in a clear space from which I could change the situation. Accepting people as they are, rather than deciding how they should be, allowed me to let go of control, which I understood to represent tension in the solar plexus chakra, and see them from a clearer sense of freedom in the solar plexus, and in fact, to see things about them that I could appreciate, at the level of the heart chakra.

I found that if I thought of someone I judged, and the quality about them I thought was “wrong,” I could ask myself if I could remember a situation in which someone else could have used those words to describe me – and I always could. Of course, I could easily tell myself that when I was in that situation I had a good reason for doing what I was doing – and then I could understand that perhaps, that other person might have the same good reasons – and then I could see the other person with compassion, and perhaps not so different from myself. Where there had been a wall between us there was now a door, a possibility for a communication.

I recognized when I was feeling the love, by the sensations in my heart, and I felt I had something to work with, something I could add to the other tools I was using to heal myself.

I decided that in a meditation I would surround myself with people who I know loved me, and to feel the love, the connection I felt with them. I could then take the feeling, the physical sensation that I recognized that went along with the emotion, and direct it to the part of the body that needed it, feeling that part opening to the love, accepting it, and feel something happening there, a little more each time I did it, until I felt no more symptoms.



Eventually, when I went back to the doctors for a new examination, they decided they must have made a mistake.

Many symptoms and diseases are considered as “auto-immune” problems – difficulties with the immune system, and therefore with the person’s perceptions of love, and the symptoms themselves show how the person has changed their way of being, not being themselves because of these perceptions (or misperceptions).

We know that a strong immune system protects the individual from many diseases, and that

strengthening the immune system is a way to release the symptoms. It is the perceptions of love, what love really is, that will strengthen the immune system.

We are surrounded by people we love. An interesting question to ask ourselves can be, “How much time do I spend during my day feeling the love that I have in my heart?”

Do we focus on the love, or on other issues that we have allowed to get in the way of the perceptions of love? If we have been filling our consciousness with the fears, anger, insecurity, and issues that are, in the final analysis, not really that important, we can choose instead to hold our attention on the love, and feeling the contact, reminding ourselves if we need to that this is really the most important thing in our lives, and what we need to do to remain healthy.

The more time we spend feeling the love that is always there, the more we strengthen our immune system, making it easier to release any symptoms, and maintain our natural state of health and balance.

Love really DOES heal!

**Martin Brofman PhD**, Founder and President of the Brofman Foundation for the Advancement of Healing, and architect of the Body Mirror System of Healing and A Vision Workshop. These classes are taught world-wide and based on his experience and research while healing himself of terminal cancer in 1975, and the resulting insights into the body/mind interface: [www.healer.ch](http://www.healer.ch)

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Love.

Love is such a precious special gift to have,  
many do not possess such a sweet gift,  
but I know that in my heart,  
you have the gift so many find hard to gain.

A love so special, a kindness beyond words, an understanding when no one else understands;  
like a warm fire glows in the darkest of nights,  
the warmth of such kindness is healing to the heart,  
the glow of such kindness, kindles hope in the hopeless heart,

Blessed are those who bless,  
peaceful are those who give peace,  
loving are those who give love,  
kind are those who give kindness,  
most precious are those who bestow such gifts to those who need them,  
as there is nothing more precious than love, peace, joy, faithfulness,  
kindness, peace, understanding, patience.

A glow fills my heart,  
a warmth when such kindness is received...as there is something so special  
about such a person as you.

I am never good with words,  
I am no scholar or intellect,  
but in my simple life and simplest of words,

I say thank you from a heart that has been broken many times.

Thank you for the healing care,  
for the times you have shown your love,  
thank you for understanding  
all these attributes are worth more than earthly possessions,  
I have not much to give,  
just gratitude from my heart,  
my body may fail  
but my love will not,



I love those who have shown me true love,  
a few friends who have stood by and kept me in their thoughts and lives,  
to be there and to share.

And 2 members of my family,  
one who shines so bright,  
who have understood to a part,  
the trials and the troubles,

that have tried to plague my heart.

That where ever I may find myself,  
I will always keep your care within my heart.  
Thank you aunty Liz  
for being such an amazing part of our lives.  
One day I will be a shining star bright above the world,  
one day I will be in a place of peace  
where no one can hurt me.

I hope I will be able to ask a higher being to shine down upon those who are kind,  
I hope that those who have been a blessing will too be really blessed.

## **One day I will be a shining star**

by Lisa Ghent.

Lisa Gent wrote this poem in 2010 at a time of constant physical pain (which she kept hidden from her 4 young children and others) while awaiting a third cancer operation in January 2011 which, despite a growth the size of a small melon (to quote the surgeon) being removed, she thankfully pulled through.

Editor's comment: Lisa lives in England and as I e-mailed Martin Brofman's articles to her recently, she e-mailed me some poems she had written. His articles have been a great inspiration to her and I felt that this poem complements his article *Love Heals* so beautifully, I would include it.