

Creating a Fertile Field for Healing

by Nicole Rose

Last weekend during a lecture on detoxing parasites, Herbalist and Metaphysician, Matt Hammond, mentioned the Fertile Field Theory. The Fertile Field Theory basically says that for dis-ease to occur, we must first have created a fertile field within ourselves in which that dis-ease can grow and manifest. During the lecture we were mostly taking a look at physical illnesses, many of which are being linked to parasites by cutting edge researchers, such as Hilda Clark, who wrote "A Cure for All Diseases." What interested me most, however, was the mention and focus on the Fertile Field Theory and how we create the environment for dis-ease to occur within ourselves. It's not too far a leap from there to realize that if we create a low frequency environment that subsequently attracts to us low frequency entities, such as a parasite or virus, then we can also create an environment within ourselves that is Fertile for Optimal Health.

One fascinating study that was mentioned during the lecture was one in which live bacteria were observed under a microscope while being targeted by a very high frequency of light vibration. In this experiment a machine was designed to send the high vibration of light directly to the harmful (low frequency) bacteria. When the high frequency of light hit the bacteria, the bacteria exploded. The bacteria was unable to exist within that high energy field. When speaker, Mathew, shared that with the audience, I felt myself suddenly shot back to a statement made by Jesus and so many great teachers since his time: "Ye are the light." And I felt struck by the utter simplicity of the situation. It was a powerful reminder that we certainly do create our own dis-ease, by forgetting what we really are, and by believing in something else that honestly has no real part in our inherent make up. We forget that the true power behind all apparent levels of reality is God's Light. We forget that when the purity of that Light is focused with great intensity and meets something less pure, the less pure will vanish.

When we receive information like that, it's like a coming home to ourselves and all the other stull that we're doing to try to get healthy suddenly appears to be trite and missing the mark. As a people, we keep looking "out there" for the solution to our ill health. This is the case, many times, even in alternative fields of healing. Yet the message has been available to us for hundreds of years that "healing comes from within." It's a message that goes hand in hand with "ye are the light." God's light is within us; that's the stuff we're made of. All the other material is like merchandise that we purchased along the way to dis-ease and dis-harmony. This is a very important message for those of us working with energy modalities and higher consciousness practices for healing purposes. Such methods assist us in the loosening of all the gunk that we've created, which is presently blocking the clear knowing of our essential essence. The Light is there, even if we can't see it and aren't aware of it, and our practices as healers and students of Higher Consciousness, assist us in clearing the way for it to shine through.

This is important to understand when it comes to creating a fertile field for healing, because a fertile field for healing is one of high vibration with a highly concentrated degree of Light activity. When we come back to the basics of remembering that everything is energy, we can become more conscious of the energy we are cultivating within us and around us. We can begin to take note of what sorts of vibration we tend to associate with and we can be very honest with ourselves as to whether or not our choices of association or inner-cultivation are truly supporting the healing we say we want.

In my own life I see the significance of this everywhere, from the vibration of the food I eat or the music I listen to, to the vibration of the words I speak and the thoughts I think. What kind of a fertile field am I creating? It all

starts right here with me, within every conscious choice for harmony or disharmony, for freedom or limitation. We can choose high frequency stuff in our lives to support us in breaking free from limiting patterns. We're free to make that choice and every little bit helps. When we say, "yes," to living from a higher octave of existence, we find ourselves faced with a process of breaking old alliances with patterns that are not serving our greater good. This can often be very uncomfortable. As life works to bring us into greater energetic balance, we often begin to notice things that we were previously unaware of, and in many cases, unwilling or unable to see. What people sometimes don't consider is that greater awareness might mean discomfort or giving up the familiar lifestyle they've been living, in exchange for one that will affect and maintain optimal health and wellbeing. The process of allowing those changes to occur is key and its importance is often overlooked. With a little bit of willingness, what A Course in Miracles calls "the little willingness," we can begin to consciously create a fertile field of being that naturally magnetizes the love of God and optimal health. We can re-align ourselves with the Purifying Power within our own lives by asking for assistance, being available to receive it, and by giving ourselves to an alliance with it. We can address each area of our lives one moment at a time. That is how we can create a fertile field for permanent healing. When we serve the higher intelligence within us, we become irresistible to its endless blessings and mercy.