

# **The Metaphysics Of Sickness And Healing**

A Seminar By  
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*Health is inner peace.*  
*A Course In Miracles*

According to A Course In Miracles, healing involves understanding what sickness is. This seminar is devoted to understanding the origin of sickness in order that we might heal. In previous seminars we have talked at length about how the ego misused our creative forces to seemingly separate from God and how the guilt that this produced in us remains the core of all of our problems today.

The pivotal point of this is that when we bought into the ego's story of guilt we also bought into its defense system. Guilt always requires a good defense in order to mitigate punishment. This seminar on the metaphysics of sickness examines how the ego uses sickness as a means of hiding from God and protecting itself from the punishment it thinks it deserves. In this light, this seminar explores the following six principles underlying sickness and healing and presented in *A Course In Miracles*:

- 1. The Metaphysics Of Sickness**
- 2. Sickness And The Mind**
- 3. Sickness As A Defense**
- 4. Sickness As A Decision**
- 5. Healing And The Holy Spirit**
- 6. Healing Is Of The Mind**
- 7. Healing, Faith And Prayer**