



Cosmic Healing: A Spiritual Journey with Aaron and John of God

Barbara Brodsky

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With the onset of sudden profound deafness at the age of 29, Barbara Brodsky set out on a quest to understand the nature of illness and healing, examining the interrelationship of mind and body and our capacity to transcend limitation. Asking the questions *What is healing? Who and what heals? Why do some people heal while others do not?* she discusses karma and free will, our habit of identifying with a limited sense of self, and our potential for greater healing.

A longtime Buddhist practitioner who began meditation in the '60s, Brodsky discovered a new path on her healing journey when she began channeling the spirit Aaron in 1989. Based on three decades of meticulously kept journals, *Cosmic Healing* weaves together Brodsky's Buddhist teachings, channeled material from Aaron, exercises for the reader, and an account of her experiences with the healer known as John of God (João Teixeira de Faria) at his teaching center, Casa de Dom Inácio, in Brazil. While *Cosmic Healing* is channeled in part and has deep roots in traditional dharma, it is at heart a universal story of human growth and discovery. Old beliefs limit us every day. But as Brodsky discovered and teaches, we can learn to recognize such limiting beliefs, transcend them, and live a deeper truth.

From the Trade Paperback edition.

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