

JOSEPH MURPHY

*Step This  
Way for  
Healing*

We hope you enjoy this sample of *Step This Way for Healing* by Joseph Murphy.

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Alternatively, explore the [Joseph Murphy Book Bundle](#) or his [inspiring lecture series](#), covering timeless teachings on health, wealth, relationships, universal laws, self-belief, and the power of the subconscious mind.

## Contents

Murphy on Quimby

The Miraculous Law of Healing

Healed of Spirit-Voices

She Wasn't Expected to Live

The Natural-Born Healer

Degrees of Faith

A Case of Palsy

He Healed His Withered Hand

How the Hopeless Case Was Healed

Blind Faith and True Faith

How to Give a Spiritual Treatment

Very Profitable Pointers

How You Can Face the Word "Incurable" in Your Own Life

Healing of Dropsy

Steps in Healing

Spiritual Blindness

Special Prayer for Eyes and Ears

Eight Healing Steps

Joseph Murphy (1898-1981)

## Murphy on Quimby

Phineas Parkhurst Quimby once called on a woman who was aged, lame, bound down, and on crutches. He states that her ailment was due to the fact that she was imprisoned by a creed so small and contracted that she could not stand upright or move ahead.

She was living in a tomb of fear and ignorance; furthermore, she was taking the Bible literally, and it frightened her. In this tomb, Quimby said, the presence of God was trying to burst the bars, break through the bands, and rise from the dead.

When the woman would ask other people for an explanation of some passage of the Bible, the answer would be as a stone, and she would hunger for the bread of life.

Dr. Quimby diagnosed her case as a mind cloudy and stagnated due to excitement and fear, caused by inability to see clearly the meaning of the scriptural passages she had been reading.

This condition showed itself in her body by a heavy and sluggish feeling, which would terminate in paralysis.

Quimby asked the woman what was meant by, "Yet a little while I am with you, and then I go unto him that sent me." She replied that it meant that Jesus went to heaven.

Quimby made plain what the passage really meant by interpreting that being with her "a little while" meant his explanation of her symptoms, feelings, and their cause – that is, he had compassion and sympathy for her momentarily, but he could not

remain in that mental state; the next step was to go to "him that sent me," which is the presence of God in all men.

Quimby immediately traveled in his mind and contemplated perfect health, which is a part of God.

He said to the woman, "Therefore, where I go, you cannot come, for you are in Calvin's belief, and I am in health."

This explanation produced an instantaneous sensation in the woman, and a change came over her mind. She walked without her crutches. She had been, as it were, dead in error, and to bring her to life or truth was to raise her from the dead.

"I quoted the resurrection of Christ and applied it to her own Christ or health; it

produced a powerful effect on her" (The Quimby Manuscripts).

Apply this principle of healing in your own life. Suppose, for instance, that your son was sick. Go within to him who sent you.

God, or Life, sent all of us into the world. God is all bliss, harmony, peace, beauty, wisdom, and perfection. Turn within in thought, and quietly realize that the wisdom and infinite intelligence of God are right within you. The living intelligence and power of God sent you into this world and fashioned all your organs from its own invisible pattern.

You are now turning to the maker of your body. You are relaxed, at peace, poised and calm. You are full of confidence that the Creator of your body and mind can create



and refashion your body according to his own divine pattern.

You have seen your son sick and in pain, but now in your meditation you are talking to the God-presence, calling forth the healing power.

Think of your son, and immediately dwell on the peace, health, and harmony of God. You know that these qualities, potencies, and aspects of God are now being reflected in your boy. You are now getting into the mental atmosphere of health.

As did Quimby, you are contemplating the Divine Ideal, which is perfection, wholeness, and harmony for your son. Do this frequently, three or four times daily, until you believe in the idea of perfect health. When you have mentally accepted

the idea that the healing power of God is working for your son, that is a treatment.

"Ye shall seek me, and shall not find me," means that others may wonder what you are doing and be unable to follow you in understanding or belief. "And where I am, thither ye cannot come."

Other members of your family, or the patient himself, may be unable to rise in consciousness and enter into the feeling of perfect health, because they are wrapped up in worldly beliefs.

Quimby said that man's false belief is the sepulcher in which the wisdom of God is confined, and that the truth is the angel who rolls away the stone of superstition and ignorance, healing the mind and body.

The word "treatment" used in New Thought circles means the harmonious interaction and direction of the conscious and subconscious powers for a definite, specific purpose.

In treating others or ourselves, we never identify with the disease. We have compassion for the person momentarily – "Yet a little while I am with you"; then we go to God and heaven, realizing the ideal perfection of the patient.

The pharisaical beliefs (fear and doubt) cannot enter where confidence in God's power is. In prayer we are one with God, the only presence and power. Here is an instance of how a woman applied this technique in the treatment of her child. Her child was very ill and hope of saving his life had been given up by all except the mother.

She sat by the child's hospital bed and prayed as follows:

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