

60-Second Interview

Christoph Engen is coming from Germany to present his 'Giving Up' process in a new healing workshop (see right).

Before your desert miracle, how ill were you?

I was extremely ill before this trip, just wanting to die. I could hardly move and had all sorts of neurological pains and handicaps. I was groping around in darkness and deeply afraid that every day this horror would continue.

How life changing was the desert experience?

It was totally life changing — like a new birth.

How and when did your technique of 'giving up' come?

During an A Course in Miracles-based silent retreat in the Sinai desert, where I had gone with great resistance. As I lay in my sleeping bag one night, full of rage at my whole rotten life and all those so-called healthy people in our retreat group, this 'giving up' dawned on me. I remembered that our Course teacher, Michael Ostarek, when talking about the holy instant in one of his desert lectures, kept making upward movements with his arm — as if he was handing something over on high. I simply translated this into an inner movement and imagined handing all my rage upward into some hands of light.

For you, was it the practice of the holy instant?

Yes. I did not know this at that time though, for the whole concept of the holy instant was new to me then.

Can you describe how you felt immediately afterwards and the conclusions the experience led you to?

I must have relaxed completely, there was a 'heavenly giggle' inside of me and I immediately fell asleep. The overwhelming conclusion this led me to is that experiencing light and peace is a question of my own choice in any given moment.

What triggers use of your technique and how often do you need to use it?

Whenever I find myself judging anything and, thus, not listening to my own inner voice, teacher and guide (the Holy Spirit), whenever I am not really experiencing genuine inner peace and happiness. This happens again and again.

How is your health today?

Thanks to this mindful movement and breathing exercises (Qi Gong, Feldenkrais) my body's condition is improving well. I'm learning to walk with only one crutch, instead of two. So, the outlook is good. However, any healing is not the real thing without finding our way back Home to our precious Heavenly Source.

Will you be teaching it in your workshop in June?

Yes, among others practices, such as 'The Inner Smile'.

Could you give us an idea of successes others have gained from use of your technique?

It is not 'my' technique. I call it an inner movement, which many teachers have already passed on in various ways. ACIM, for example, often calls it "bringing illusion to truth" (T 291). Others have had success with it. However, the degree of benefit is highly individual and depends on one's willingness to open up for help and guidance from 'above'.

What is the greatest lesson your body has taught you?

To take it easy.



ACCEPTING OUR HEALING



Christoph Engen impressed readers of *Miracle Worker* with his article 'Miracle in the Desert: The Power of Giving Up' in the Sept/Oct 2009 issue (Issue 90). Now, he brings his 'Giving Up' process to the UK for the first time.



True healing always takes place in the mind. It may, or may not, express itself through the body. However, the state of the body is never a sign of whether true healing has occurred.

What, then, is true healing? It is the acceptance of the Divine in our mind. This is our essential home. Having reached it once, it is at our disposal forever. We can always reach it, for — in truth — we never left it.

It helps tremendously in this realisation to put whatever unhealed thoughts and feelings we recognise in our minds into God's hands. Thus, we make room for God's presence to enter our hearts. The aim of this workshop is that experience.

"... into God's Hands." (S 2)

Saturday 26th June
St. Mary Abbots Centre
Vicarage Gate, London W8 4HN
10am - 6pm
£70 (earlybird: £58 till 26th May)
Lunches by donation

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Christoph works in Germany as a breath therapist and translator of Rumi poems, and gives lectures on A Course in Miracles. For the text of "Desert Miracle: A Healing Way Out of Depression and MS": www.desert-miracle.com



"Question 26... What is the meaning of life?"

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