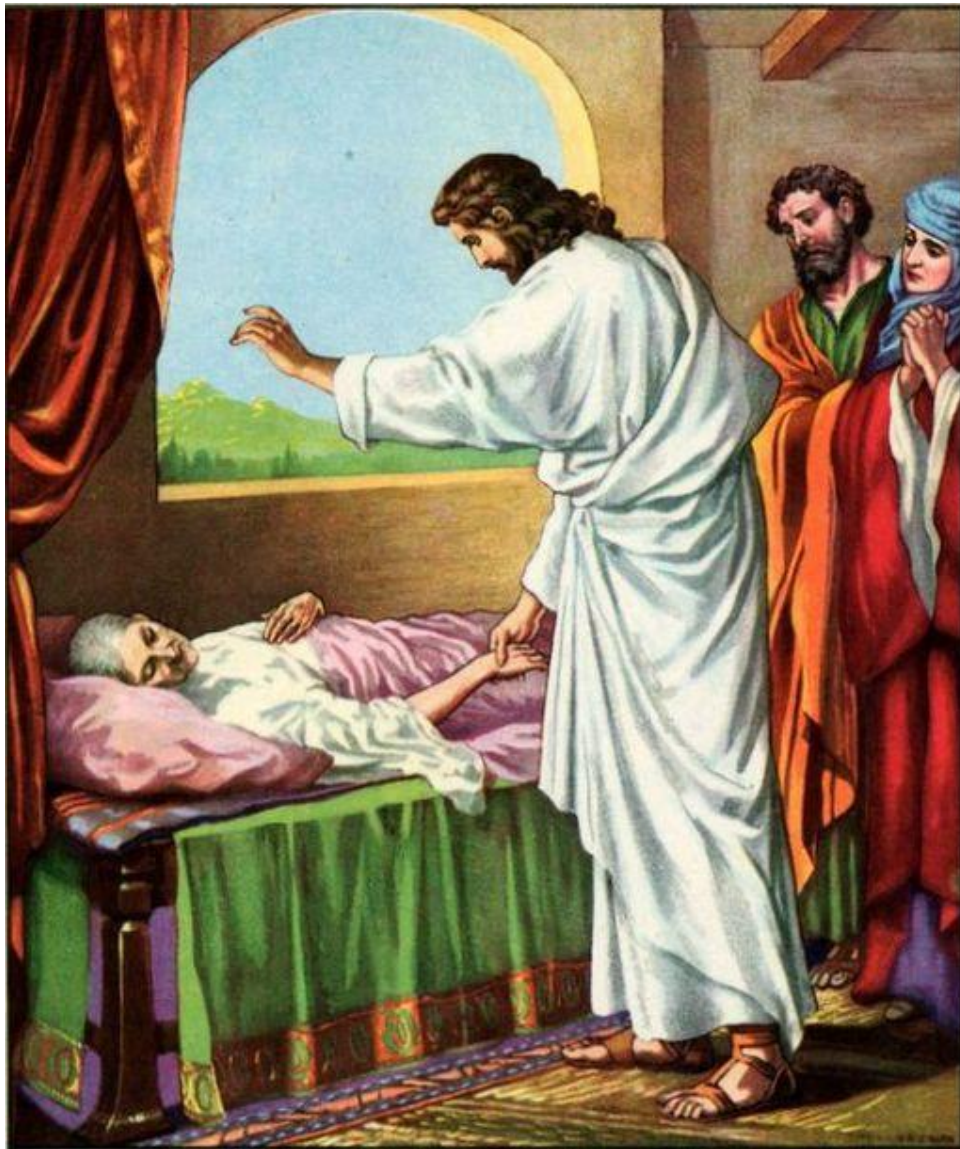


Rosicrucian Insights

Nine Steps on Our Path to Spiritual Healing



By G. E. Carlin

Introduction

As we shall see, all spiritual healings according to Max Heindel will ultimately involve *nine steps* before we reach the desired outcome, our wholeness. Therefore, each of the steps contained in this document is connected to scripture from the Bible, explained in terms of its meaning and application, and two prayers are provided for your use. The first prayer is a painting or drawing that represents the given stage, as these artist renditions can be thought of as “*visual prayers*” through which we can prayer through our eyes. The process is called *Visio Divina* or “*Divine Seeing*” and a sample method of the process is fully explained in the next section. The second type of prayer for each step is either a prayer of supplication in which we are asking something of God to assist us in the specific step for spiritual healing or it is a prayer of thanksgiving in which you are expressing gratitude for what has been already provided or is available to you in terms of dealing the given step.

Prayer from Art

When we pray it is essential that we pray earnestly, which means we must raise the feelings of deep respect and reverence within ourselves as well filling the words we pray sincere and profound emotions that challenge us to stay in control of ourselves as we spend our time with God. Fortunately, many great works of art do just this such as the “*message of forgiveness*” in Rembrandt’s Return of the Prodigal Son. By studying such works of art, they fill you with their “essence” and strongly raise your higher feelings within you (i.e., love, compassion, courage, awe, wonder, etc.). The most powerful pictures are those of those taken from the stories about Jesus Christ in the Gospels.

The Return of the Prodigal Son



Rembrandt, Public domain, via Wikimedia Commons

In using these pictures as a starting point to elevate our feelings we first need to start by study these pictures of Christ actions from the gospels until we can clearly bring them to mind. And as we become proficient in this, we shouldn't stop there but allow ourselves to alter the pictures so they become more exciting and dramatic, express greater emotions and bodily actions of the characters, and lose some of their formalness or rigidity so they become freer in their expression. In this way you become the "new master" who created an even more inspiring masterpiece from your soul. Then you will come to realize that as great as the old masters captured Christ in His life, it is impossible to ever create a picture that is truly worth of The Son of God. Yet, using this technique with the old masters works of art you can create mental images that produce even greater work on raising your soul and moving closer to God.

There are some stories within the bible that are highly detailed and beautifully describe each part of the story such as *Jesus Washing the Feet of His Disciples*. While other stories such as *The Good Samaritan* leave the reader to fill in many of the needed details to get a full visual and bring the story to life. For many, creating visuals from descriptions that lack exact details is not something that comes easy to them. So, the images that they do create are incomplete, don't often have a coherency that puts everything together, or don't fully capture the true meaning, feeling, or significance of what the story is trying to express so the images never become "living for us" and they will have nothing to offer us in terms of our soul growth.

Luckily, throughout time there have been many talented artists that have been able to capture the true feelings and spirit of these Gospel stories so we can use their images as our source of prayer in *Visio divina* as well as *Contemplative Prayer*. Take for instance the story of "Doubting Thomas" as seen in Caravaggio's *The Incredulity of Saint Thomas* in which Thomas is placing his finger into the stab wound on Christ's chest (note his facial expression!) while two other apostles look on so they can all be certain that it is the resurrected Christ.

The Incredulity of Saint Thomas, Caravaggio



Caravaggio, Public domain, via Wikimedia Commons

Visio Divina, Divine Seeing, or Praying with our Eyes

“Art can show that the symbols which religions would have us believe literally true are actually figurative. Art can idealize those symbols, and so reveal the profound truths they contain.” – Richard Wagner

In ancient times, bibles were not commonly available to read scriptures from and many people were illiterate so another practice of meditation was adapted from *Lectio Divina* using various pieces of religious art (i.e., icons, paintings, statues, drawings, cross/crucifix, etc.) to meditate on in a practice called *Visio Divina* or “divine seeing”. Yet, recently this practice of praying with our eyes has gained favor again as a way to experience God and construct meaning that can open our hearts, guide us, bring us peace, or even heal us.

God communicates with us through visions or images. Such as Abraham’s vision of God telling him not to fear as He would be his shield and great reward (Genesis 15:1) or Peter’s vision on the roof top of God telling him to eat animals that he had not previously eaten due to Mosaic law (Acts 10:9-17).

Images are a part of our prayers; in the images we send forth in our prayers to God or the images that God delivers to us to help us understand His will. Therefore, it is only natural that we could use images as a method of praying, a way of opening a communication with God through our eyes.

The Catholic priest and writer, *Henri Nouwen*, felt icons offered man a “*glimpse of heaven*” and routinely used icons in his prayer life and firmly believed that icons were “*created for the sole purpose of offering access, through the gate of the visible, to the mystery of the invisible. ... to lead us into the room of prayer and bring us close to the heart of God,*”

“The postmodern practice of visio divina, combined with the ancient practice of lectio divina, provides an integrative, sensory, spiritual approach to connecting with divine creativity and presence in sacred word and image.” - Henri Nouwen

The Process of Visio Divina, Divine Seeing, or Praying with our Eyes

Preparing Yourself

In Visio Divina the first step is to select an image such as an icon (painting), a fine art print, a photograph, a computer image, a statue, a drawing, or even a scene from nature. For example, you could use the painting of *The Return of the Prodigal Son* by Rembrandt.

Read a Verse from the Bible or Another Inspirational Text

Find and read a verse from the bible or any other inspirational text that reflects in some way a characteristic, trait, attribute, patronage or activity that you wish to pursue that is related to the icon image. In the example of *The Return of the Prodigal Son* by Rembrandt you could read the Parable of Prodigal Son: Luke (*Luke 15:11-32*).

Finding a Detail in the Image

Gently look over the entire image and stop when something catches your eye. It might be the face of a character, a piece of clothing, a facial expression, apparent movement of the air, water, or a person, a plant or an animal, a specific item, a shadow or a shading, a color, a line, a pattern or even a texture.

Seeing the Entire Image

Then change your focus back to the entire image and consider how it makes you feel and what emotions the image elicits from you. Take time to consider the thoughts that have come into your mind, are these thoughts activating any memories or bringing any questions to mind. In some cases, it may bring a new image to mind, or you may even hear a word or a sound, a voice, or a color may become more vibrant or begin to have a glow.

Offering a Prayer

Now it's time to pray to God on what has come to you through the image. Perhaps, the image gave you a feeling of loss or a void in your life that you need to fill within yourself. Your prayer will be your two-way communication with God so you can learn and understand His will for you and develop a deeper and more meaningful relationship with God.

Reflection

Then you need to relax and find calmness so you can reflect on what God is trying to tell you in the image and what you need to address or change in your life to align you again to God's will. Perhaps, the loss or void you were feeling is connected to someone you have separated from in your life and God is reminding you of the forgiveness that you need to have for others so you can bring this person back into your life to fill this void.

“Visio Divina facilitates a relationship with an image or subject, patiently being with it, receptive in mind and heart, perhaps even in dialogue with it. In stillness, we allow the image to reach beyond the intellect and into the unconscious level of our being, a place that can't be accessed directly. In wonder, we are invited to look at every aspect of an image and ponder it as an encounter with God. It is a way of seeing an aspect of ourselves in God at the non-verbal, heart level. The canvas then becomes alive with personal meaning meant just for us. This is the same movement of the Spirit we can experience with Lectio Divina and Scripture.” - Gail Fitzpatrick-Hopler



Nine Steps on Our Path to Spiritual Healing

In the Rosicrucian view of illness, it is our sins or separating ourselves from God that leads to illness. Sometimes it is our pride, criticism or judgement of others, selfishness or other transgressions that lead to sickness and disease. Ultimately, we have disobeyed the *Laws of Nature* and we suffer until we have learned to be obedient and live a life in which we follow the *Laws of Nature* without sin so that our health will be restored.

In spiritual healing, the primary focus is to raise the vibrations of the vehicles so that all the crystallization within the bodies that was produced by disease and sickness can be broken up. As this in turn, will free each of the vehicles to now properly perform their functions so the person may be brought back into harmony and wholeness. In order to raise the vibration of our bodies we may do so by (1) ourselves through our intense concentration and prayers in which we bring down the divine power from the interplanetary world of Life Spirit which within us provides a tremendous healing force, or (2) we may be assisted by the *Invisible Helpers* who utilize a source of concentrated healing forces to remove the disease and its poison from us and stimulate our bodies to entirely rebuild themselves over time, or (3) we ourselves may act as spiritual healers for others so that we may provide a channel for Christ's healing forces to those in need.

Frieda Mader in her article, *Nine Steps to Spiritual Healing* (*Rays of the Rose Cross*, Sept/Oct 1995) identifies (1) Purity, (2) Cooperation, (3) Fidelity, (4) Forgiveness, (5) Harmony, (6) Living Artistically, (8) Fulfilling Conditions, and (9) Gratitude as the Nine Steps required on our path to healing.

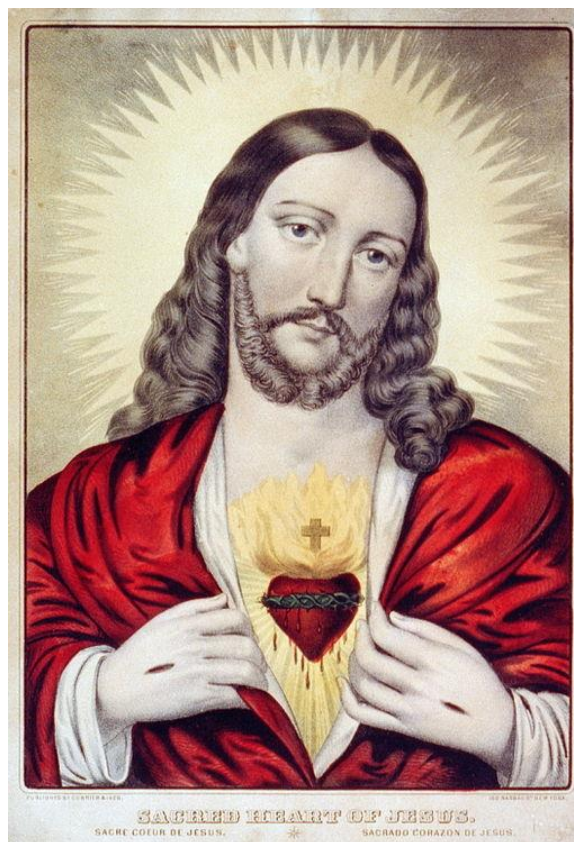


First Step on Our Path to Spiritual Healing

Purity of the Heart

If you want to be spiritually healed you must start by reflecting upon how you are living your life so you can make the needed changes so that you are now conforming to the natural laws of purity. Therefore, at the most *basic* level you will need to consider the purity of your air, food, thinking, and way of life, obtaining adequate rest, and establishing a connection with nature. In some cases, we have allowed many negative health factors such as eating processed foods or excessive sugar, lustful thoughts, gossiping, lying, etc. to become habits in our lives that we need to eliminate if we wish to purify ourselves. By eliminating negative habits and replacing them with new positive habits that we build into our daily life we can not only be spiritually healed but we will also retain our health overtime and not revert back our illness due to not observing the Laws of Nature of purity. It is important to understand that only a purified or chaste vehicle will be able to withstand the increased vibratory energy that a healing force delivers.

Yet, in spiritual purification we often work on purifying our behaviors without having a *pure heart*. The only way to really have a pure life is to have a pure heart and that only comes with God's help – something we need to ask for! Being pure in heart means that we are focused entirely on one thing and that is complete devotion to Christ. Every action and thought demonstrates our single-minded devotion to Christ. Therefore, the purity of our heart is a result of our devotion to a *life of love* for God and our fellow man.



Psalm 51: Prayer for a Pure Heart

Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit. (Psalm 51:10-12 KJV)

My Prayer for the Purification of the Heart

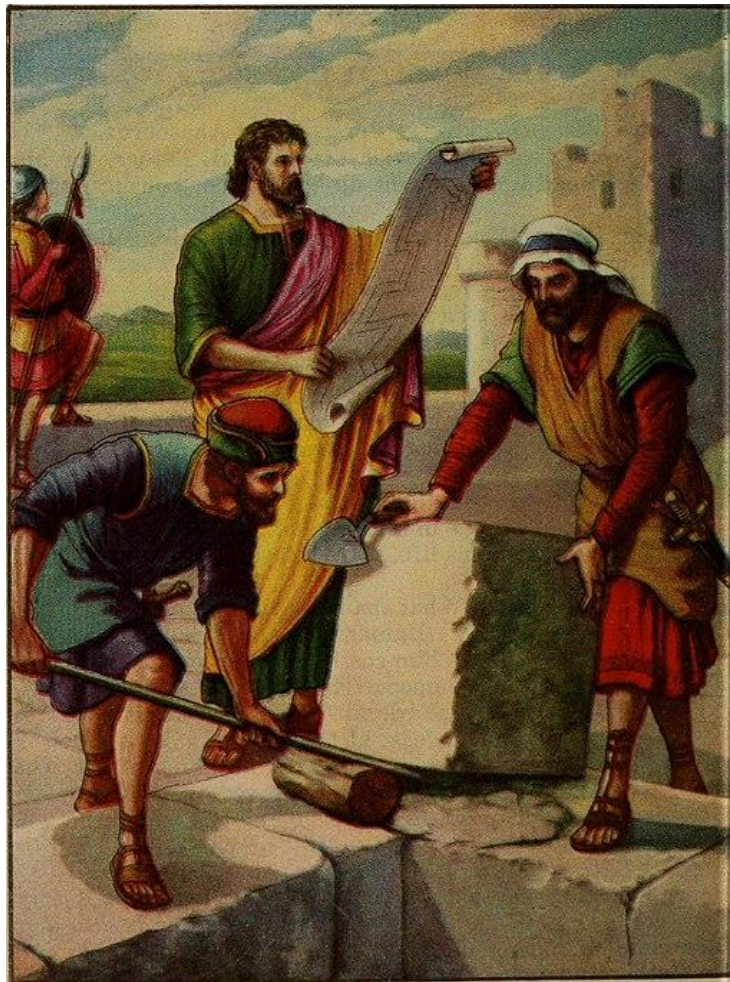
Faithful and Everlasting Father, Source of Our Purification, help me to guard my heart so that it is only directed to my devotion upon You my Lord. I seek only to attune my inner being with Your divine will and experience Your goodness. By clearing out any grievances, feelings of self-righteousness, judgmental attitudes, selfishness or any other impurities from within the chambers of my heart I am able to free greater space for Your love to be collected and distributed throughout my body. Therefore, fill me with the courage I require to accept the complete transformation of my life that comes from allowing the divine love from within myself to banish my fears and worries, and create new habits that promote kindness, compassion, and empathy so that I can always be ready to offer forgiveness. Set my moral compass on a blameless path so that it shows me how to live a life of integrity even when it is the more difficult path. For then I can see the innocence and beauty in all of Your creations as well open myself to trusting in their divine essence so that I can connect to all through mutual respect and love. Lord, touch my heart so I may be obedient to Your truth and so that I might understand the power of my purified heart to heal and make myself and others whole again so that we might live again in harmony. I understand that I am here to develop the fruits of the Spirit and offer my selfless service so that I can help to uplift others as well as form the connection between my heart, mind, and soul so that my intuition and conscious can direct me in my highest purpose to bring as much as possible love into the world. Therefore, my Lord, purify my heart so I can now bring to light those things in myself and others who are suffering that have been hidden or denied and rebel against Your will so that they may be addressed and we may start the process of healing. Amen.

My Prayer based on Psalm 51, 1 Peter 1:22-23, and Galatians 5:22-23

Second Step on Our Path to Spiritual Healing

Cooperation

Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. Again, if two lie together, then they have heat: but how can one be warm alone? And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken. (Ecclesiastes 4:9-12 KJV)



The healing process is not simply asking to be healed and it will be automatically done, it also requires our participation otherwise it would be a selfish one-sided affair. In order to be healed we must cooperate with the healing force which means there are things we should do to derive the greatest benefit from the healing force as there are also things, we should not do which would negate the healing force. Ideally, we need to live a life that best imitates Christ in which we keep our actions, thoughts, and emotions elevated and our heart pure. To do this we need to control our anger, hatred, greed, and feelings of revenge and pride and stop acting deceitful, intolerant, critical, and ungrateful. In addition, we will be asked to perform certain activities as part of the healing process and these things

must be done or the healing will not occur. For example, in order to be healed Naaman was told to jump into the River Jordan seven times and his skin disease would be healed.

When we speak of cooperation with God it is important to remember that God does not need our cooperation, He only wants it and he will reveal to us what he desires from us in terms of our cooperation from our service. For example, we see in the Old Testament that God wanted Moses' cooperation in building a Tabernacle and He gave him exact specifications of what He wanted built. The same is true for all of God's followers in their cooperation, He has given us everything we need for all service and our only responsibility is to work with and develop what he has given to us. For instance, the healing force that is used in the healing of ourselves and others all comes from God and already exists in a latent form all around us. Therefore, our work is to collect and use this healing force in our healing practices as God desires for us to be healthy and whole and to then act as a channel to direct the healing force to others in need.

My Prayer for Cooperation in Healing

Almighty God, Initiator of My Cooperation, help me to work in harmony and unity so that I can act in accordance to Your divine plan. I only desire to sow the seeds You have given us so I can cooperate with what You have already accomplished. I know that I must work towards a state of purity and cooperate with Your healing force to keep my finer vehicles from becoming obstructed so that I can always live in a state of health. Whatever You ask of me in my healing I will not question You, nor should I if I accept the healing efforts of the Invisible Helpers or other spiritual healers acting in Your name. You have blessed us with everything we need to heal ourselves and become whole by placing Your latent healing force all about us. In addition, You have given us the gift of the Holy Spirit so that through cooperation we can work towards our ability to effectively utilize Your healing force. Therefore, I need You to show me Your will so I can cooperatively work for You so that the natural and supernatural can unite and by faith I can liberate and direct Your healing energies to myself and others who are suffering. Come within my God and speak to me as the Initiator and command me so I know in what ways I can cooperate and carry out Your plans and faithfully serve as one of Your healing vessels. Amen.

Third Step on Our Path to Spiritual Healing

Fidelity

Know therefore that the Lord thy God, he is God, the faithful God, which keepeth covenant and mercy with them that love him and keep his commandments to a thousand generations; (Deuteronomy 7:9 KJV)

Fidelity is best understood in the nature of God, who has faithfully kept his covenant throughout the ages, maintains a steadfast love for humanity that will last forever, and is willing to patiently wait for us to do as we have been called to do and spiritually grow so we are ready for what is to come. Fidelity is translated in different versions of the Bible as “*faithful, good faith, loyal, trustworthy, and fully trusted.*”

Many sources even equate fidelity as a synonym for faithful. Yet, fidelity speaks to how we live in God and our willingness to prove our faith by our actions regardless of what may be asked of us. Abraham is one of the best examples of fidelity because he not only had an unshakeable belief in God, he also knew in his heart that nothing would be impossible with God and that whatever God asks of us will never be too much. In addition, fidelity is bound to truthfulness that is carried out in our promises, commitments, duties, and vows, our “truth in action”. In our fidelity to God, we are always obedient, devoted, loyal, and steadfast.



As we become more faithful to God the deeds and actions that demonstrate our faith grow and we think less of ourselves and look for ways to help and serve our fellow man. And it is through our intercessory prayers we find that “*the prayer of faith shall save the sick*” that includes both ourselves and others.

My Prayer of Fidelity

Faithful and True Father, You are Our Rock, we look to Your nature that speaks of Your compassion and steadfast love. You have always been faithful to humanity with Your mercy and loving-kindness to guide us and help us to grow in Your image. So that I might reflect Your character allow me to prove my faith through my words and actions. Just as Abraham believed fully in You, I too stand in good faith and I see that nothing is outside of Your powers and whatever You might ask me to do, You know it is within my abilities. Yet, if I struggle with temptation or weakness, I ask that my intuition receive the still small voice of Your message to remind me of Your promise so I can take strength in knowing that You will always help believers stay true to their faith. Help me as I work to implement fidelity into in all aspects of my life even to the slightest degree of my daily activities and routines. Then through the influence of the Holy Spirit that dwells within me, teach me to be loyal and trustworthy to the commitment You have blessed me with so that through my continued obedience I can always be a faithful steward of Your creation by wisely using the gifts that You have bestowed upon me. Hear the intercessory prayers of healing that I sincerely offer for my afflicted brothers and sisters and by Your grace return them to wholeness so they may best serve You. When you feel I am deserving by the works of my fidelity, place Your golden crown of life upon my head so I may enjoy your eternal reward. I do this as Your faithful servant so that in my final perseverance I will hear the praise of Your words, “Well done, good and faithful servant; thou hast been faithful ... enter thou into the joy of thy lord.” Amen.

Fourth Step on Our Path to Spiritual Healing

Forgiveness

And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. (Mark 11:24 KJV)



At perhaps the heart of spiritual healing is forgiveness as it allows us to let go of the hurt and pain of the past so we may restart our lives and begin to heal.

Holding on to resentment and the grievances that we have with others keep us trapped and unable to come to a state of well-being and good health. The *Lord's Prayer* it makes it quite clear that God has called upon us to forgive in all cases regardless of the situation, "*Forgive us our trespasses, as we forgive those who trespass against us.*"

Forgiveness is the doorway to our new beginnings, a life in which we are renewed and can now establish healthy relationships with all inhabitants of the world that have their foundation in love and wisdom. While feelings of revenge and the need to punish others only comes back to harm ourselves such as when healing forces are blocked which allows illness or disease to occur within us. Yet, it is equally important that we remember that we must also forgive ourselves once we have recognized our wrongdoings, asked for forgiveness, and made repentance with those we have offended. Then with forgiveness we have the ability to start the process of our needed change and create harmony and balance in ourselves so that we can not only have good health but have good health that is permanent. Here is my prayer for forgiveness:

My Prayer for Forgiveness

Mighty and Merciful God, Redeemer of My Soul, help me to heal my heart that has been wounded by anger, bitterness, and all forms of malice by first allowing me to feel the anger that has built within me so I may now move forward and begin to heal that which hurt me so badly. As You have forgiven me, I must learn that forgiveness is a choice, and I must choose to release those who have wronged me and set aside my feelings of revenge and retribution and cancel the debts they have incurred at my expense. Even if these same wrongdoers continue to repeatedly offend me, I should always remember the mercy You have shown Your followers so that I can still offer them my forgiveness. However, should I stall in my forgiveness, I ask that You direct the wind of Holy Spirit to open my eyes to the true devastation of sin so that I can be empathetic to my transgressors and see things through their eyes. Then I can examine myself so that I can see my own imperfections and shortcomings so that I am not always looking to find the worse in others. Help me to understand that people who I most desperately need to forgive are in reality those who can most effectively teach me to be grateful so I can find peace in my most challenging times and become my best self. Hear me as I pour out my heart and unburden myself of my pain and resentment so I can open myself to the forgiveness of others as well as myself. Then for my own forgiveness I can finally lay my guilt down and no longer feel the need to always be perfect. Therefore, my Lord always bring me to forgiveness so that I might renew my well-being and initiate my own healing. Amen.

Fifth Step on Our Path to Spiritual Healing

Harmony

Behold, how good and how pleasant it is for brethren to dwell together in unity!
(Psalm 133:1 KJV)

When our bodies are healthy all of our vehicles are in harmony, so if we are ill our vehicles become out-of-synch and they begin to work against each other leading to the loss of our spiritual purpose which causes the guiding light from our Spirit to dim so that we are no longer sure of our way upon the spiritual path. Yet, harmony also extends beyond ourselves and includes God and His Natural Laws and how we fit within His divine plan and our ability to work with Higher Powers to ensure the outcome of God's will in helping humanity evolve to their etheric forms.



Harmony when spoken of as *internal balance* is evident when we speak of the energy contained within our being and how it is directed and used. If our energies are focused primarily upon aspects of our lower self then we negate our Christ-within, our Higher Self, and we lose our equilibrium and our bodies become highly susceptible to illness and disease.

Generally, when we enjoy our best health, we are living a life that pleases God as we are following the commandments and the teachings, He has given us in which

wholeheartedly love one another, extend kindness and compassion, and we are filled with goodness and humility so we may always offer sympathy and forgiveness in our selfless-service of others while always glorifying God. Therefore, when we seek harmony, we are seeking our good health.

Prayer for Harmony

My True God, and Source of Harmony Within Each Man, You are the only One who has ever walked the face of the Earth in perfect harmony and unity. As your devoted followers help us to mirror the calmness, peace, and humility You brought to the world so that we will be renewed in our hearts. You came not be served but to humbly serve us in Your meekness without every calling attention to Your power and greatness. You worried not about the opinions of others or their contrasting beliefs and viewpoints because You came to do the will of Your Father. In Your humility You spread Your quiet confidence and brought forth clarity from those eager to drink from Your cup of wisdom. For then we came to understand that the harmony we need in order to be whole comes from our willingness to conform to the Laws of Nature and by accepting the responsibility of Your divine precepts. Therefore, we ask that the Holy Spirit within us to guide us in developing the empathy and compassion we so desperately need so that our actions lead us to our own inner peace and harmony that reflects Your standard of truth. As it is only when we are in universal harmony that we have agreement so that we might develop the same attitude of love and compassion for each other and live in lasting peace. And it is only when we are in harmony with Your Spirit that the energy of our vehicles can freely flow and clear out any crystalized obstructions so that we experience the blessings of good health and thereby prevent the self-destructive effects from the darkness of any discord. Only then can our homes and Your kingdom stand undivided and in balance in a state of immortal harmony. For knowing that harmony is the reality You wish us to have My Lord, allow me to tether myself to Your Spirit so that in our connection my intuition will bring forth the Words of Your wisdom so that I can experience the goodness of this eternal reality. As now I surrender my Spirit so that You may wash over me. I ask that You keep me united in Your Spirit so that I may heal myself and others and may always rejoice in Your gift of good health. Amen.

Sixth Step on Our Path to Spiritual Healing

Living Artistically

For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them. (Ephesians 2:10 KJV)



In *Exodus 35:35* we learn that God, the ultimate creative force, gave people special artistic skills as wood workers, engravers, embroiderers, metal workers, etc. so that they might create and adorn things for His glory. Ultimately, as we are created in His image, He also desires that we create and express our creativity as this is another form of worship. Yet, it is important to note that creativity is not only in the arts but is something we must learn to express in all parts of our lives as all forms of creativity help to bring us closer to God “*by viewing the world not through the world’s lens but through the lens of the Divine Creator.*” The creativity we possess provides us with a unique opportunity to “*glimpse life as God intends it*” and God has always intended for us to be healthy and whole.

All forms of living artistically allow us to tell our stories as well as all stories throughout history about how we have connected with God and express how we interpret His creation of the world we live in and our experience with Him. Ultimately, this requires a level of consciousness that go beyond our desires and needs of ourselves so we can experience the full depth of the relationship between art or creative expressions and man. Living artistically comes when we develop our consciousness of our Christ-within and through our intuition and conscience we hear His messages that help guide and shape our lives so with humility we serve our fellow man with an “*artistic finesse*” or delicacy that brings out their

beauty and wholeness. By coming into beauty and wholeness, one grows spiritually and begins to unfold their life so they may also come to God, blossom and then produce their own spiritual fruits. Therefore, God states “*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*” (3 John 2)

My Prayer for Artistic Living

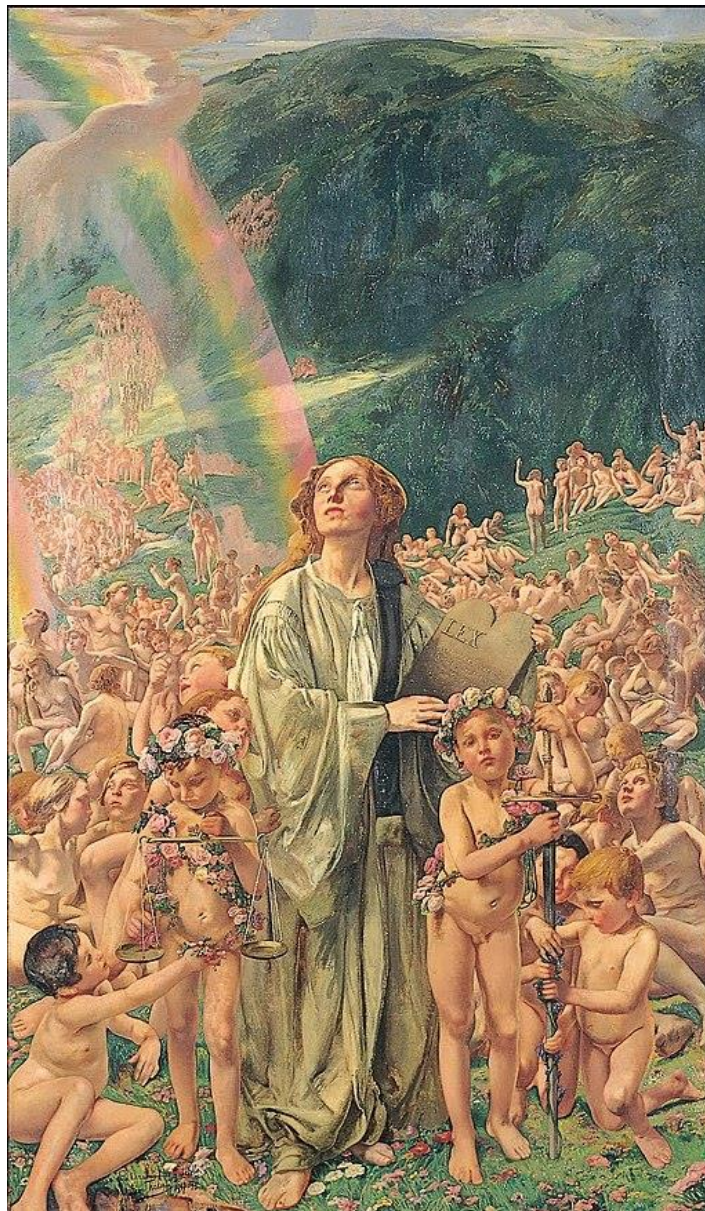
O Mighty God, Creator of Heaven and Earth, Your hands have created the beauty of our world and it is through Your creation that all life continues to flow. Being made in Your image we are called to follow Your example of creation so we may, experience higher levels of consciousness, draw ourselves closer to others as well as You, yourself my Lord, and restore our health and wholeness when we are no longer in harmony. You have placed all the needed raw materials around us so that we may create from that which already exists and through Your grace always live in good health. And then by living artistically through our own creations we can share our stories of faith about how we have connected to Your Divine Presence in both good and difficult times and how we view Your beauty and envision the cosmic patterns that express Your reality. Therefore, I ask that You awaken within myself and my fellow man the creative potential within us so that we can share our spiritual insights, comfort each other in times of need, and build and nurture our collective Spirit so Your gift of creativity may abound within each of us. For when we share our creativity and live artistically it inspires others to look deeper, warming their hearts and minds with peace and love while providing the vehicle by which to bring themselves to their inner most sanctuary where the Christ-within resides so that He may intercede in their lives with mercy and justice to restore their harmony. Therefore, my Lord by being Your creative servant know that whatever form of art that emerges from my artistic living is only the response of my heart from Your infinite creation. For my creative expression in art or my way of life is my glorification of You, each piece and thought of creativity is a prayer to You so that through Your flow of life I am purified and made whole so we come together in Oneness. Amen.

Seventh Step on Our Path to Spiritual Healing

Fulfilling Conditions

In all thy ways acknowledge him, and he shall direct thy paths. (Proverbs 3:6 KJV)

Spiritual healing requires that we fulfill the conditions that Christ has asked of us. In *Matthew 6:33* Jesus is telling us that we should live a life in which we put God's kingdom first, repent from our sin, and devote ourselves to a life of righteousness in which we satisfy His will and the purpose He has for us. When asked what the most important commandment was, he said to "*love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.*" And next to "*love thy neighbor as thyself.*"



If we expect to be spiritually healed then we must be prepared to fulfill the conditions that Christ has asked of us in His commandments. *Micah 6:8* clearly identifies the three things that God expects from us: *Justice, Kindness, and Humility*. Justice requires that we always treat others fairly, show them proper respect, and our actions towards them should always be for their good. Kindness effects our ability to show compassion and mercy to others especially to our enemies and to help the poor and needy. Humility involves modesty and not being prideful, thinking of other people before yourself, and a willingness to sacrifice for others while understanding your weaknesses and limitations.

Therefore, fulfilling conditions means that Christ must always come first in your life and trusting He will supply all your needs. You need to put your complete faith and belief in Jesus and believe through His sacrifice You will be saved. In our dealings with others, we should not judge or condemn them and when they hurt or offend us, we must be prepared to forgive them. And as we live our life, we should always be positive looking for the good in all things and always show our gratitude. In addition to taking care of our neighbors we must also look out for others, especially widows and orphans.

My Prayer for Fulfilling Conditions

Lord of Glory, My Word of Life, I rejoice at all times firmly entrenched in my belief in You knowing that I am saved and I need not worry as You will care for all my needs. Should I complain or fail to recognize the good that You have laid before me then divert my path to be among those who are thankful in extreme hardship yet are always finding ways to express their sincere gratitude. In seeking Your kingdom, the only distance I need to travel to fulfill Your conditions is to look inward to my heart so that I may make additional room for the love I require to adequately shower You and my fellow man with the tenderness of my charity. For You have shown me that in fulfilling my conditions, my love must embody patience, meekness, and humility that delights in the beauty of Your truth so that it will always persevere and find its intention. Therefore, pull my heart from its selfish desires so it may never fail in fulfilling Your conditions that ask us to protect and care for the vulnerable and neglected, especially the widows, orphans, prisoners, homeless and the mentally ill. For then I can work to free myself of eyes that are only filled with pride, a tongue that knows only lies, feet that quickly walk me towards evil, a heart that creates immoral plans and goals, and hands that harm and kill others. O Lord, let me find the strength and courage to not judge or condemn but to forgive my fellow man and turn over to You what I struggle to handle so that I may learn from Your wisdom. My greatest desire will be that all people know me not for riches or fame but that I am a follower of Christ, a disciple who is humbly illuminated in the divine lights of the saintly virtues of justice, kindness, and mercy. Therefore, as I walk in Your glory I will care for my neighbors, always active and never a bystander so that I may fulfill Your conditions and light their way with a reflection of love from my heart that has learned the way to Your kingdom. Amen.

Eighth Step on Our Path to Spiritual Healing

Silence

It is good that a man should both hope and quietly wait for the salvation of the LORD. (Lamentations 3:26 KJV)



Silence is a powerful method by which we connect to our inner self and Spirit. It allows us to reflect upon our spiritual experiences and growth and it can also serve as a source of our creativity, a precursor to our prayer and meditation, and open our hearts to receiving wisdom and peace. Silence creates the energetic space needed for one to connect to their inner-Christ so He can speak to us, deepen our emotional clarity and restore our health.

In our silence we can analyze our thoughts and feelings and plan and organize our lives so that we can imitate Christ by living a quiet life so that we can find our way to God the Father. It is only when we are silent that we can effectively listen to the wisdom of God and reflect upon our faith and grow in our humility. Ultimately, silence offers us an opportunity for greater self-discovery, elevating our consciousness, and deepening our communication and drawing us closer to those we serve.

In addition, silence offers us the divine gift of healing as it helps you to identify what things in your life you need to deal with to advance yourself spiritually. In some cases, you may not even be aware what issues are holding you back until you quiet Your mind and let it come to your intuition. When we are silent, we can enter our inner sanctuary where God always hears us and is ready to give us everything, we ask for including the restoration and maintenance of our health.

My Prayer for Silence

Invisible God, Man of Blessed Silence, may I always intentionally pause and listen so that I may hear the words of Your wisdom from the gentle whisper of the still small voice of my inner-Christ. In stillness You alone bring to light the path that leads to the center of my heart, the holy temple where You reside, so we can commune with each other without the need of words. For in the worship of my silence, I bathe in delight in an expanded knowledge that You are my God. For in the silence of my inner awareness You dispatch my enemies and mute the false words of belief for my fears, doubts, and worries. Within the calm of our unity, there emerges a sacred space, so that You my Lord can now appear before my eyes and reach out to take my hand so that together we can make our way to the Father. You are my way, a mighty river of silence, carrying Your sanctifying grace, a holy medicine for my Spirit, that heals by bringing to light all that is within me that I must address so that I Come to a true everlasting peace. Therefore, my Lord quiet all the noise of my disharmony so that I might attune to Your wisdom, explore my creative thoughts, enter into meditation and prayers of silent adoration, and reflect upon Your Words and willingness to fight for me if I can only remain still. How can I not cry with tears of joy in knowing that Your silence is your gift of healing to bring renewal to my soul so that I am invited into a life of abundance always within Your loving and sacred embrace. Amen

Ninth Step on Our Path to Spiritual Healing

Gratitude

In every thing give thanks: for this is the will of God in Christ Jesus concerning you. (1 Thessalonians 5:18 KJV)

In terms of our spiritual healing, gratitude is most essential to how we must live our lives so that we may always be healed and maintain a state of good health. When we are grateful, especially recognizing the small things to be grateful for, we are telling God that we acknowledge His presence in our lives and we recognize and fully appreciate all the blessings, love, and support that we have received from Him. Ultimately, it is living a life of thankfulness in everything we experience in our life.

While it is also important to remember that our gratitude is not just for the good things in life but it also applies to the difficult and trying times we also experience. Jesus modelled gratitude to us through His words, attitude, and His prayers. Therefore, in our case, our gratitude represents our testimony to God that we have received the virtue of gratitude as His gift to us and that we should make every effort to use it in our lives.

In a life of gratitude, we never question what we must deal with or why and we learn that in our lives we must completely surrender to Christ, accepting all in gratitude. As it is only by being grateful to God that we experience joy and peace so we can be more kind, patient, and giving to others which has an even greater effect upon ourselves by developing the fruits of the Spirit within ourselves as well providing us with our needed healing so that we might be whole. By living a life of gratitude, God puts more in our lives to be grateful for.

My Prayer of Gratitude

Son of the Most High, Source of All to be Grateful For, I have been keen to observe all the good and perfect gifts that You have blessed me with. I do my very best to pay careful attention to Your acts of benevolence so that I might savor and honor them as they remind me that Your guiding hand is always there to move me in the right direction. For it is only in my attitude of being grateful that I can find happiness, joy, and healing in life. Therefore, my Lord, bless me with the virtue of gratitude so that I am always be thankful for what I have and I am given, help me to notice even the smallest of things to offer my thanks for, and place within me a grateful heart so I will appreciate all the things in my life, good or challenging as I know they are Your will. Do not allow me to become filled with pride, envy or greed or have feelings of entitlement or self-absorption so that I lose my sense of gratitude. Let the gratitude of my heart stand as my testimony so that I may always know peace, joy, and good health. For the gratitude that enters my heart and mind will first start as an emotion that can then be further expanded until the emotional feelings deepen and result in actions that now define my character by empathy, humility, and faithfulness. In Your words, You speak of gratitude that renews the mind with a positive perspective that puts forth the fruits of the Spirit

that will grow and ripen and thereby increase our gratitude and bring even greater blessings into our lives to be grateful for. Therefore, O Lord, bless me with a grateful heart so You may trust me to always be kind, patient, and generous to my fellow throughout my days. Hear my prayers and accept my offerings as a sign of my thanksgiving so that I may draw even closer to You to live in your love, light, and wholeness. Amen

