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Healing Decisions

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Healing Decisions

Most of us might think of healing decisions as the kind of choices we make in favor of healing. And indeed, most of the healing of our spirits depends upon decisions to actively seek such healing, and to take appropriate steps to promote whatever process of healing we need. We can also think about how we might consciously engage in healing some of the decisions that we have come to recognize as having been either poorly made or as being contrary to our purpose in life.

The process of healing life's hurts is to some degree beyond our capabilities. We do not heal ourselves, and we cannot force healing to take place. Rather, we find ourselves as those who can cooperate and assist in the healing process. We can choose to accept those movements in our spirits that we experience as cooperative, depending upon the all-encompassing Spirit of Love in whom we live and move and have our being.

Our decisions for healing are critically important. Our bodies may heal almost without our conscious participation. But healing for our spiritual hurts such as failures, injustices and negative thoughts or attitudes, require at least some recognition and acceptance of our wounds or disorder, before we can move in the direction of recovery.

Making choices in favor of healing our minds and hearts of fear, anger, doubt, and a whole range of negative experiences also requires that we do not focus entirely on the external cause of our disturbance. After the words, deeds or other sources outside our control have impacted us, all else that follows takes place within our own selves. We cannot begin the healing process if we continue to think only about the external causes, and how we might deal with them. Even if our supposed "enemies" were destroyed or removed, the wounds to our spirits will remain until we recognize their impact upon us and give those thoughts and feelings the focus of our attention. Then we can begin the healing process that God wants for us. We have to want it for ourselves. And to want it, we have to admit our need. We are not going to seek out a medical practitioner or a counselor unless we first acknowledge that we are experiencing some kind of disorder, illness or injury.

Some decisions that we made in the past might not have been in our best interests or might have disregarded the well-being of those for whom we have responsibilities. We cannot retract all of the possibly negative consequences of decisions poorly made, but healing of decisions is not only possible, but very practical and beneficial. We can reflect upon the past in light of our present insights and inspirations, and recognize a particular

decision that was not well-made. When we admit the truth, healing takes place, and we are then able to move freely in the proper direction of love and service. Most often, only we and God know about the change that has taken place within us, though we might occasionally recognize a graced opportunity to make an apology to someone we might have hurt, or tell a trusted person about our experience of healing a decision.

Choosing healing is always inspired and assisted by God.