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Healing of Spirit

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Healing of Spirit

Injustice hurts, not just when someone does something to us, but when we ourselves speak or act against another person. Forgiveness, whether we forgive those who have done harm to us, or we accept the forgiveness offered to us by others or by God, would seem to put an end to the injustices. But our experience of forgiveness and healing is often complex, and takes some time.

We might forgive another person, but feel hurt and angry every time we see the individual. We have not failed to forgive; we are in need of further healing. When we recognize and acknowledge that we have acted wrongly, God forgives us, but we might continue to feel guilt or to find negative thoughts coming to mind. We have not refused forgiveness; we are not completely healed.

If we think of forgiveness as something that we or others do regarding an injustice or some other negative action, we are only considering part of what takes place. The deeds or words were harmful, and we can turn away from the dis-ease of wrong-doing, but our spirits have been affected. Every human situation that calls for forgiveness also requires healing of spirit. Forgiveness and healing take place more rapidly and more completely when we turn to God than when we "do it on our own."

When we pray our way through an event of forgiveness, we encounter God who is love. This love not only forgives the misdeeds, but enables us to identify wrong-doing precisely as "not-of-God," and to want instead to order our lives as children of God. This is an experience of forgiveness. The same love of God that brings us to forgiveness of others and of ourselves, moves on - if we do not stop the process prematurely - to healing of our spirit.

When we bring to God not just the deeds, but the pain and confusion, the embarrassment and fear, and all that moves spontaneously and uncomfortably within us, God's love heals us. It might seem selfish to go to God seeking to experience love when we are aware either of the pain that others have caused us or the responsibility we bear in having hurt others, but without this love we cannot be healed. When we seek medical healing, we are not satisfied with an accurate diagnosis. We want to be given a medicine or a process by which we might be restored to health. In seeking healing of spirit, there is no better medicine than honest acceptance of God's love for our "enemies" and

for us. There is no aspect of our humanity, whether of thought, action, feeling, attitude, or emotion, that God cannot heal.

God's love is not a "thing" but a Person – a Person who forgives and asks us to forgive others, and who heals the broken-hearted.