

## Homework: Healing

What is healing? Which one of the following definitions correctly defines healing for you?

1. To make sound or whole
2. To restore to health
3. To cause (an undesirable condition) to be overcome
4. To restore to original purity or integrity
5. To return to a sound state
6. To restore damaged living tissue to normal function

What is the difference between being healed and being cured? Some believe that being cured means returning to the state you were in before you were sick and that being healed means you have learned to live with your condition with or without treatment.

In today's world we have many choices for healing methods, such as holistic therapies, Western medicine, alternative medicine, or prayer. Regardless of whether our focus in healing is on the physical, mental, emotional, or spiritual level, all levels are invariably touched by the process and none can be separated out from the rest.

Although the world is full of suffering, it is also full of the overcoming of it.

—Helen Keller

Healing takes courage, and we all have courage, even if we have to dig a little to find it.

—Tori Amos

Eventually you will come to understand that love heals everything, and love is all there is.

—Gary Zukav

Healing is a matter of time, but it is sometimes also a matter of opportunity.

—Hippocrates

There is something beautiful about all scars of whatever nature. A scar means the hurt is over, the wound is closed and healed, done with.

—Harry Crews

The practice of forgiveness is our most important contribution to the healing of the world.

—Marianne Williamson

Healing does not mean going back to the way things were before, but rather allowing what is now to move us closer to God.

—Ram Dass

Of one thing I am certain, the body is not the measure of healing; peace is the measure.

—Phyllis McGinley

There are so many ways to heal. Arrogance may have a place in technology, but not in healing. I need to get out of my own way if I am to heal.

—Anne Wilson Schaef

For me, singing sad songs often has a way of healing a situation. It gets the hurt out in the open into the light, out of the darkness.

—Reba McEntire

All healing is first a healing of the heart.

—Carl Townsend

Humor is healing.

—Brad Garrett

Our sorrows and wounds are healed only when we touch them with compassion.

—Buddha

If there's no breaking then there's no healing, and if there's no healing then there's no learning.

—One Tree Hill

It's when we start working together that the real healing takes place . . . it's when we start spilling our sweat, and not our blood.

—David Hume

Gracious words are a honeycomb, sweet to the soul and healing to the bones.

—Proverbs 16:23–25

### *Questions to Ponder*

- Think of a time when you were trying to heal. What contributed to the healing? Healing is a process; how fully do you think you were eventually healed? How did you know when you were healed?
- Think about your connection between spirituality and healing. Can you think of a time when your own spirituality contributed to your healing?
- Do you think it is harder to heal injuries that are physical, mental, or emotional? Why?
- Some believe that visualization can promote healing. If you believe this, what would you visualize?

### *Journal Activities*

- Choose one of the quotes and write about how it applies to your life or your beliefs.
- Write about a time when someone else contributed to your healing. What enabled them to help you? What relationship did you have with that person?