

INNER HEALING

We are learning how to live from the inside out. Before our spirit became alive to God, we lived from the outside in. We have basic needs in our soul and we have looked to the world to meet those needs.

Our soul has been hurt, damaged, and fractured which results in wounds in our soul that we need God to heal.

There are at least seven parts of self-(our soul life) that we need to be aware of so that we can determine what part of self is being hurt, threatened or interfered with. This helps us to understand why we are feeling or responding in a negative way.

Our self life is basically our flesh. The flesh is that union of soul and body that acts in independence of God and is what blocks us from contact with the flow of God's life in us. The flesh is basically our self-life, trying to get our needs met through self-will.

As we become aware of our self-life, we will become aware of the manifestations of self, and learn how to respond in the spirit and not in the flesh.

We need to be aware of what we are feeling, when our emotions get out of balance, and we need to be aware of what part of self is being hurt, threatened or interfered with?

When we feel resentment or fear we ask ourselves what part of self is being hurt, threatened or interfered with?

1-self esteem- how we feel or think about ourselves. 2-money or personal possessions 3-personal ambitions. 4-personal relationships, 5-

security 6-sex relations or desire for intimacy 7-pride- how we think others view us.

When I went through inner healing I made a list of all the people, places, things or institutions I felt resentment for and also a fear list. I put it on paper so that I could meditate upon it. Then I looked at what part of self was being hurt, threatened or interfered with. And then I looked for what part I had to play in it.

Was I, 1-selfishness, 2- dishonest, 3- self seeking, 4-frightened or 5-inconsiderate?

This just helped me to understand what was going on in my heart, and was ten years ago, so when I go back and meditate upon what I wrote the Holy Spirit will give me a better understanding, so that I can help others.

What I am focusing on right now is just emotional trauma that we may have experienced in the past that may still be affecting us today.

We need to be able to identify the painful memories from our past and the emotions associated with them.

Our soul has been and can be shaped every day by the interactions we have with other people and the traumatic events we may have experienced in life.

The person we are today is largely a product of our past experiences. And if we have emotional or behavioral problems today, they are most likely the result of things that happened in our past.

The events of the past affect the way we feel, behave, and interact in the present, if we have wounds in our soul that we have not been healed from.

The way in which we respond to present conflicts may be a result of the way our soul was shaped in the past.

When we face different circumstances or events or one challenge after another, we develop ways of responding to them.

The moment our spirit becomes alive to God, we receive the eternal life of God or the fruit of the Spirit in our experience. But all our wounds from the past – both physical and emotional – are not immediately healed. Dealing with our soul and body is a process that takes time.

When we were young, we learned to respond to the events of life with a wide range of emotions. If we react with joy to a specific event, a memory of the event is recorded in our soul along with a record of the emotion. If we react with anger or sadness a memory of the event is recorded in our soul along with a record of the emotion.

Later, in life when a similar event happens, even though we may not consciously recall the previous event, we may react with the same response. A learned response develops which tends to become a pattern in which we respond to future events that are similar.

Traumatic events leave a memory and a wound in our soul associated with resentment or fear. The wound, the memory and the emotion are all connected. Events that we perceive to be similar can activate or trigger that wounded part of our soul.

When we experience a sudden rage in the present, it could be the result of a wound in our soul related to an event from our past being triggered that causes us to feel rage.

When we experience rejection, doubt, or any other negative emotion in response to an event or circumstance, there is usually a wound in our soul being triggered which causes us to experience the emotion that we are presently feeling.

One sign that we have an emotional wound is when we overreact to a certain type of situation repeatedly.

This type of behavior is usually due to the triggering of memories of past experiences, which causes wounded parts of our soul to emerge and take control of our mind. Our behavior becomes like that of the person we were at the time the emotional trauma occurred.

Because our soul has been wounded, that part of our soul becomes fragmented and needs to be healed.

It's been said that time heals all wounds, but the truth is that time doesn't heal emotional wounds. Emotional trauma can plague us our entire life. Our soul doesn't have the ability to heal itself, only the Spirit of God flowing into our soul can heal these fragmented areas of our soul.

In order to receive emotional healing for our soul, the part of the soul that is wounded and/or fragmented must be allowed to take over temporary control of the mind and emotions. This means we will usually have to go back to an event in the past that causes the emotion to be felt strongly.

We recall an event that was troubling us and identify the strongest negative emotion we are able to feel.

Not every emotion is sinful. But if it caused us to react in a way that hurt others we own it as sin in our lives. We realize that manifestation of self died on the cross with Jesus and apply his blood to our lives.

We ask Jesus to take away that feeling. We ask Jesus to heal that wound in our soul. We ask Jesus to give us the opposite feeling, the fruit of the Spirit in exchange for the negative one.

When we are done with this process, we recall the event again and try to feel the emotions from it. When we recall the event and the painful feeling is no longer there we have been healed from it.

This is what emotional healing does. It doesn't take away our ability to feel certain emotions. It just heals the wounded parts of our soul that are dominated by them.

When the same events are viewed through the eyes of God our father, we can receive his perspective and wisdom on them. He can show us what the other person was going through or why they hurt us.

It is a process we go through so that when we recall the event the painful feeling is no longer there and then we know we are healed.

We have to get the senses of our spirit open and flowing, and then let Jesus heal the blockages in our soul, that have come from emotional trauma. When we can feel the love of God for the person who has hurt us, then we know that the wound in our soul caused by

that person is no longer blocking the life of God in us from flowing out towards that individual.

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