

Reflection Monday Week 4 2023

The Buddhist mindfulness is very much like the Holy Spirit. Both are agents of healing. When you have mindfulness, you have love and understanding, you see more deeply, and you can heal the wounds in your own mind. The Buddha was called the King of Healers. In the Bible, when someone touches Christ, he or she is healed. It is not just touching a cloth that brings about a miracle. When you touch deep understanding and love, you are healed.... When you are really there, showing your loving-kindness and understanding, the [healing] energy of the Holy Spirit is in you.

Mother Theresa said: *The greatest disease in the West today is not TB or cancer; it is being unwanted, unloved and uncared for. Of all the diseases I have known, loneliness is the worst. We can cure physical diseases with medicine, but the only cure for loneliness, despair and hopelessness is love. There are many people in the world who are dying for a piece of bread, but there are many more dying for a little love.*

Human touch actually helps heart disease patients to lower blood pressure, reducing harmful stress hormones and releasing healing endorphin hormones. Touch helps people with rheumatoid arthritis and osteoarthritis. Touch helps reduce depression and anxiety, both in the person being touched and in the person offering the soothing touch. Studies demonstrate that touch even helps athletes win more games, especially when the touch happens at emotionally-filled moments and when stakes are high. The caring human touch actually changes us at a molecular, chemical, emotional and energy level. Jesus healed in touch and in word because both were done with Love.

People heard about a healing river and the stories about its powers and so they gathered to see it with their own eyes. A lady with a sick child in her arms goes into the water on one shore and comes out at the other, the child now smiling and completely healthy. A blind man goes in and comes out seeing. Everybody is stunned. Another guy in a wheelchair goes in on one shore and comes out at the other with new rims.