

## podcast episode 201 “healing”

### Grow Notes

#### catechism of the catholic church reference

**paragraph 1508:** The Holy Spirit gives to some a special charism of healing so as to make manifest the power of the grace of the risen Lord. But even the most intense prayers do not always obtain the healing of all illnesses. Thus St. Paul must learn from the Lord that "my grace is sufficient for you, for my power is made perfect in weakness," and that the sufferings to be endured can mean that "in my flesh I complete what is lacking in Christ's afflictions for the sake of his Body, that is, the Church."

#### millie's minute:

At the root of healing is often forgiveness, of self or others. It is that nagging stronghold on our pain, the hurt caused, but at the root of that pain, is often ego. The sermon on the mount shares this lesson well.

Is there seriously blessing in our pain?

Letting go of the pain confronts our self concern, self image, self gratification and self preservation.

Every step away from ego leads us to authentic healing. Toward a deeper, loving relationship with God and others. Healing deflates the ego and influences the heart. It is a conscious, intentional shift with mindful practice of changing our thoughts.

Putting yourself in the shoes of those that caused the pain can dislodge stronghold and roadblock to healing.

***To quote Fr. Albert Hasse. "Empathy paves a path to healing as we empathize and accept the brokenness of every human heart."***

#### abraham lincoln quote:

"To ease another's heartache is to forget one's own."

#### emotional agility reference

##### Psychologist Susan David ted talk

What is it about ourselves, how we see ourselves, our experiences and stories that help us thrive in an increasingly complex world?

How we deal with our inner world drives everything. How we live, love parent and lead.

The conventional view of emotion is absolute, good bad, positive or negative. Rigidity in the face of complexity is toxic.

We need emotional agility for true resilience and thriving

#### web site & free resources:

[www.faithandrealife.com](http://www.faithandrealife.com)

#### reflection:

1. are there hurts you are currently dealing with or ones you have put away and not dealt with?
2. What ways can you give them to the Lord and how will you actively move forward?