**Health & Healing - Ponderings**

**For I will restore health to you,**

**and your wounds I will heal.**

***(Jeremiah 30:17)***

**I am going to bring it recovery and healing;**

**I will heal them and reveal to them**

**abundance of prosperity and security.**

***(Jeremiah 33:6)***

**Physician, heal yourself.  
(St. Luke 4:23)**

**Do you not know that your body is a temple**

**of the Holy Spirit within you, which you have from God?**

**glorify God in your body.**

**(1 Corinthians 6:19,20)**

**Affirmation: “The cells of my body shout for joy as they resurrect into new life. God’s powerful healing presence touches every atom of my being, calling forth a radiant wholeness, and I am healed. Thank you, God.” *(Richard & Mary-Alice Jafolla, in The Quest, p. 353)***

**If you stay healthy, the longer you live, the more alive you can become. *(Ashleigh Brilliant, in Pot Shots)***

**Health is an appreciation of life. There is more to life than just living free of illness. (Dr. Paul Brenner)  
Inhabiting a male body is like having a bank account: as long as it’s healthy, you don’t think much about it. (John Updike)**

**When bodies are fed and cared for, we have healthy people. When our consciousness is fed and cared for, we will have a spiritually healthy people who will find their true place and their true work and be abundantly blessed and cared for. *(Emma M. Smiley)***

**Nothing is more fatal to health than an over - care of it. *(Benjamin Franklin)***

**We forget ourselves and our destinies in health, and the chief use of temporary sickness is to remind us of these concerns. (Ralph Waldo Emerson)**

**The first wealth is health. (Ralph Waldo Emerson, in The Conduct of Life, Nature and Other Essays)**

**A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses. (Hippocrates)**

**You don't have to know what's wrong with you in order to get well --unless you have to know what's wrong with you in order to get well.  
(Dr. Carl Simonton)**

**The greatest gift that has come to me is the affection of so many -- far more important than people feeling sorry for me. In fact, feeling sorry for someone is simply to give him a little pain reliever. Love is a healing force. (Hubert H. Humphrey, shortly before his death from cancer)**

**If a man is in health, he doesn’t need to take anybody else’s temperature to know where he is going. (Elwyn Brooks White)**

**He who is master of his thirst is master of his health. (French proverb)**

**Health is not an end. Health is a means. Health enables us to serve a purpose in life, but it is not the purpose in life. One can serve a purpose with impaired health. One might even regain health through serving a purpose. (Dr. Rachel Naomi Remen)**

**Of one thing I am certain, the body is not the measure of healing – peace is the measure. (George Melton)**

**Measure your health by your sympathy with morning and Spring. If there is no response in you to the awakening of nature, if the prospect of an early morning walk does not banish sleep, if the warble of the first bluebird does not thrill you, know that the morning and spring of your life are past. Thus may you feel your pulse. (Henry David Thoreau)**

**There is only one condition to be healed . . . our misconception. (Dr. Nona L. Brooks)**

**There is no condition that cannot be healed. (Martha Smock)**

**You have permission to be well. (Penny Odden)**

**Be careful about reading health books. You may die of a misprint. *(Mark Twain)***

**Two ridiculously cheap and simple secrets of good health: drink water, and walk! *(Ashleigh Brilliant, in Pot Shots)***

**Talk health. That dreary never-ending tale of mortal maladies is worn and stale; you cannot charm or interest or please by harping on that minor chord, disease. So, say that you are well and all is well with you, and God shall hear your words and make them true. *(Ella Wheeler Wilcox)***

**Health is the thing that makes you feel that now is the best time of the year. (Franklin P. Adams, journalist)**

**Treat yourself, not the cold. It is doing quite well without a treat.  
(Dr. Irwin Gregg)**

**There's lots of people in this world who spend so much time watching their health that they haven't the time to enjoy it. (Josh Billings)  
The unhealthiness of our world today is in direct proportion to our inability to see it as a whole. (Peter M. Senge)**

**Wellness is very much in fashion -- why don’t you try some on? (Ashleigh Brilliant, in Pot-Shots)**

**What some call health, if purchased by perpetual anxiety about diet, isn’t much better than tedious disease. *(George Dennison Prentice) Hunter Davies’ Book of Lists, p. 38)***

**The world has only one purpose – to heal you and bring you joy. *(Michael Ryce, in New Thought magazine)***

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