**Health and Healing**

**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)***

**I am often asked, “How long will my healing take?” And I answer, “About as long as it takes you to know, really know, that beyond the illness there is an allness that is now.”(Dr. Eric Butterworth, in Unity magazine)**

**Why America is last in health: “Being American is bad for your health,” said Robert Samuelson. That’s the sobering conclusion of an exhaustive new report comparing our health with that of people in 16 other advanced countries. We rank at or near the bottom, from life expectancy at birth to frequency of death before age 50, and it’s only partly the fault of our health-care system. The freedom and autonomy that are intrinsic to our culture lead us to make choices that are distinctly unhealthy – and even fatal. Among males under 50, there are comparatively “more homicides (often gun-related, car accidents (often alcohol related), and other accidents (often drug-related).” Bad diets – don’t tell me what to eat! -- fuel high rates of diabetes and heart disease. American girls ages 15 to 19 get pregnant at 3.5 times the average rate of other advanced countries, producing children doomed to poverty and poor health care. Even the well-to-do suffer from stress-related disease that’s a by-product of the nation’s relentlessly competitive spirit. Blinded by optimism, Americans assume we’re healthier than everyone in the world. “We think we’re No. 1, even if we aren’t. (The Week magazine, February 1, 2013)**

**Health is an appreciation of life. There is more to life than just living free of illness. (Dr. Paul Brenner)**

**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)**

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**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)***

**Three quarters of all illnesses are cured without the victims ever knowing they have had them. Proof of this contention is to be found in post-mortem examinations, which time after time reveal indelible and unmistakable traces of diseases which the subject had conquered unknowingly. The body simply has a super-wisdom which is biased in favor of life rather than death. It doesn't win every time, often needs our help, but it is ten times as powerful as medicine's imitation. (Dr. Richard C. Cabot)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*A computer called Clyde was working in an auto plant when it suffered something approaching nervous breakdown. It pulled in its arm and refused to work. So fellow (human) workers had a party and sent him flowers and get-well cards. Before long, Clyde was better! (Ripley's Believe It or Not: Book of Chance)**

**Health consists of having the same diseases as one’s neighbors. *(Quentin Crisp, writer)*
According to researchers at the Academy of Medical Sciences in the Soviet Union, shedding tears actually speeds up the healing process of wounds. Rats with skin wounds were given eye irritants to induce crying. Their wounds healed quicker and scar tissue formed up to 12 days faster. Rats that had tear glands removed actually had wounds reopen! The Soviet scientists believe healing chemicals are secreted through tear glands and are carried through the bloodstream to all parts of the body. So next time you're injured don't be afraid to cry! (Wellness News)**

**There is no such thing as “distant” healing because there is no distance separating people that must be overcome. This means that healing of another is in some sense self-healing, for the spatial distinctions between “self” and “other” are not fundamental. Perhaps that is why it always feels good to love another, and why our prayers for others are also good for us. (Dr. Larry Dossey, in Unity magazine)
The great modern revival of divine healing is due to the application of the same law that Jesus used. He demanded faith on the part of those whom He healed, and with that faith as the point of mental and spiritual contact He released the latent energy in the atomic structure of His patients and they were restored to life and health. (Charles Fillmore)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*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)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*The Fillmore boys did not worry much about getting sick. Their mother wrote, “Yesterday, there were about four inches of snow on the ground, and from my study window I saw Royal with bare feet and with legs bared to the knees taking a run in the front yard. ‘Just to see how snow feels,’ he said.” (James Dillet Freeman, in The Story of Unity, p. 157)**

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

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**I’ve seen people recover physical abilities, yet never get over emotional trauma after a serious accident. I’ve seen other people overcome the psychological and emotional trauma of a serious illness even though they may never fully regain their physical capabilities. Which is the greater healing? Which is the better recovery? If I had the option of choosing between a mediocre life with eyesight or the life I have today, even though I am blind, I’d stay blind and keep the life I have. (Jim Stovall, in You Don’t Have to Be Blind to See)**

**The greatest mistake a man can make is to sacrifice health for any other advantage. *(Schopenhauer)***

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**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)**

**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)**

**A surgical incision on a fetus still in the womb heals without a scar, says a surgeon. (L. M. Boyd)**

**Jesus understood the body perfectly. Do you not believe that? He knew all there was to know about anatomy and physiology and chemistry; yet, He never studied any of these things. For it is not the knowledge of the body that heals the body. No chemist, no physiologist, no doctor of medicine, has ever done those things which are recorded of Jesus. (Dr. H. B. Jeffery)**

**Many men have walked our earth and left it richer for having been there, but it might well be that this first John D. Rockefeller, once probably the most reviled man of his era, left behind for the human race riches as great as any man who has been on earth. Rockefeller knew the Law of Seed Money and knew it so well that when in his middle 40's America's finest physicians gave him but six months to live he took the Law and started applying it to his health. As a result he outlived all of those good medics from 25 to more than 40 years. (John Hoshor)**

**Soviet medical researchers after lengthy studies decided these seem to be what contribute most to the longevity of their healthy elderly people: hard work, marriage, children, living in high places, eating moderately, drinking well water and talking a lot. *(L. M. Boyd)***

**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)**

**Someone has said that those who are mentally and emotionally healthy are those who have learned when to say Yes, when to say No, and when to say Whoopee! (Dr. Willard S. Krabill)**

**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)**

**One of the Spanish explorers who sailed to the New World in the wake of Columbus was Alvar Nunez Cabeza de Vaca. De Vaca shipwrecked along the Texas coast, an area inhabited by fierce Indians. Fearing for his life, de Vaca hid by burying himself in the earth, where he remained for several days amid a cold Texas winter. In this condition, he literally could do nothing. When he dug himself out he discovered that something utterly miraculous had occurred: he now had the power to heal. De Vaca then began a trek westward. As he walked, word of his healing powers spread ahead of him. Native Indians would bring their sick to him for healing, and he was thus able to pass through hostile territory unharmed. De Vaca's new ability was ushered in by a physical – and, we can presume, an emotional and spiritual -- crisis. Buried alive, he could not do, he could only be. And out of this extreme state he was transformed. (Dr. Larry Dossey, in Unity magazine)**

**Healing is not a process, but a revelation. It is not something God does only when we ask Him. It is an awakening to that which God is and which we are in spirit and in Truth. Healing is not trying to change the body. It is pure substance and needs no changing. It is not trying to become something we are not, but becoming to a greater degree what we are and always have been. It is not a matter of improving what you are, but improving your thought about what you are. (A Synoptic Study of the Teachings of Unity, p. 75)**

**In all affairs, it’s a healthy thing now and then to hang a question mark on the things you have long taken for granted. (Bertrand Russell)**

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

**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)**

**When 1984 gold medalist Scott Hamilton was a child, he had a rare disease that stunted his growth. After he took up skating at the age of 9, his illness suddenly disappeared. (The Winter Olympics Issue, February, 1992)
There is much misunderstanding about what is called spiritual healing. It is not something that is done to the body, but is a greater awareness of the depth of transcendent life within the body. (Dr. Eric Butterworth)**

**On one level, health is the absence of debilitating illness and disease. But it also is a state of mind that recognizes the history of life, which includes moments of great delight and moments of deep sorrow. When we see all these parts of our being as connected, we come to terms with where we came from, who we are and where we're going. Health is whole. (Bill Moyers, in USA Weekend, February 5, 1993)**

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

**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)**

**After many years of research and practice in the area of nonmaterial healing of the human body, I have come to the conclusion that the fundamental difference between spiritual and medical healing is one of time. Medical healing deals with the constant process of cell renewal, conforming to set time schedules (skin cells renewed in three to five days, stomach cells every four months, and so forth.) Spiritual healing on the other hand deals with consciousness that transcends time's limitations and achieves a rapid acceleration of the renewal process, so that the result may appear to be instantaneous, as in the case of a “miracle demonstration.” (Dr. Eric Butterworth, in Unity magazine)**

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

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**The only way to keep your health is to eat what you don’t want, drink what you don’t like, and do what you’d rather not. (Mark Twain)**

**There are people who deprive themselves of each and every eatable, drinkable, and smokable which has in any way acquired a shady reputation. They pay the price for health. And health is all they get for it. How strange it is. It is like paying out your whole fortune for a cow that has gone dry. *(Mark Twain)***

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**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)**

**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)***

**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)***

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