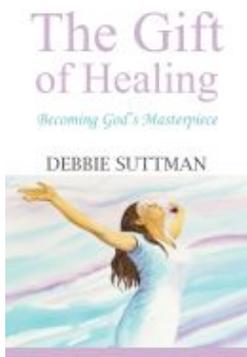


# The Gift of Healing

*Becoming God's Masterpiece*

DEBBIE SUTTMAN





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# **The Gift of Healing**

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**Debbie Suttman**

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# Love Brings Healing

Everyone is on their own when it comes to health really. Each body is created uniquely by a God that knows all the answers about what you truly need to be your best self. Being healthy is not just about the state of your body, but is an interconnection between the state of your body, mind, heart, and soul and how it coexists with your spirit.

We are called to find enlightenment in this life as a human being, and we are also called to find fulfillment as well. Enlightenment is bringing our spirit into the world, while fulfillment is finding a way for us as a human being to live successfully on earth as a human.

It is difficult for us to find a way to be enlightened and fulfilled for it requires us to live peacefully as a human being and a spiritual being. This does not mean one submits to the other but rather all the dimensions of our being learn to fully participate with the production of our lives.

As with any area of our lives, we cannot truly change anything until we are ready to share responsibility for ourselves with God. God will guide, direct, and put everything in place for us, but it is up to us to listen, follow his knowing, and take the opportunities and gifts he hands to us for the good of our lives.

Our health is no different. When we are truly ready to change our health once and for all, when we are ready to stop putting band aids on our wounds and issues and stop pretending they do not exist, then we are ready to be guided and directed, healed and healthy.

When we are full of excuses as to why we cannot be healthy, God's impact on our health is very limited by us. It

is about facing it all, right as it is now, and deeply desiring to turn our health into something grand through the guidance of God.

Being healthy is not about taking responsibility for one small piece of ourselves and expecting drastic change. This is true of all areas of our lives. When we find that true desire deep within us to get out of our craziness, our hamster wheels, and our earthly inheritance, then we are ready to gather our heavenly inheritance.

### **Gather Your Heavenly Inheritance on Earth**

We all came here with a heavenly inheritance, but we so often leave it packed away through our lives, and instead cash in only on our earthly inheritance – that which comes from our earthly home, parents, and circumstances. That is not God's will for us.

God sent us here with all that we need to be healthy, wealthy, beautiful, fulfilled and enlightened. When we know that, truly know that, we are able to free ourselves to live abundantly in God's ways.

This abundance includes physical health, strength, agility, and beauty. God has all of this for us, and sent it with us at birth. Open yourself up and allow God's gifts to come into your life from within and from the outside world and you will find yourself physically healthy.

There are multitudes of diets to follow, exercise programs to try, and guidelines to process--none of which works permanently or universally to create physical health in human bodies. How can this be? How can it be so difficult to create physical health and why is obesity and disease so pronounced here in America, where we can access so very much?

As human beings we like to seek pleasure from the outside, especially in the form of food and drink. Unfortunately this often creates turmoil within us, mentally, emotionally, and physically. It also interrupts our internal peace.

If it were truly clear to us, that the greatest pleasure in our lives comes from internal peace, we would not find it essential to search for pleasure from the outside in, instead of from the inside out. When we are at peace within, we are able to look at the world differently. We are able to bring ourselves out into the world, since we are not striving so strongly to bring the world inside of us.

At peace, we are able to look at the world's beauty, and see where we fit in the world. We do not have the desire to gather all we can in an attempt to fill ourselves up. We fill ourselves up with the world when we feel empty, lost, alone, forsaken, cheated, forgotten, misunderstood, overwhelmed, and simply not enough in any way, shape or form.

When we are at peace, we know we are enough and we have enough, and that all is well due to God's reign of heaven and earth.

## **We Bring Joy to Ourselves From Within**

Joy comes when we are able to create beauty or see the beauty on the earth from within. It does not come when we bring what is upon the earth into ourselves.

This is most evident with how we care for our physical selves. We may find a temporary pleasure in our intake. But the intake used simply for pleasure generally leaves us feeling a greater emptiness or an uncomfortable fullness

that disturbs our rest and our peace, as well as our joy. The path to health is in no way associated with excessive intake of earthly elements.

To find this truth, take the time to notice your thoughts and emotions as you are indulging yourself on food or drink. Put yourself in slow motion if possible and see what is really happening. After the indulgence sit awhile longer and see how your body is responding, as well as what you are thinking and feeling emotionally.

What is the eating and drinking really about? Rarely is it about hunger unless you are clearly malnourished and underweight.

It is true that we need fats, proteins and minerals to keep our body maintained, repaired and rejuvenated. We clearly need carbohydrates for the body to have enough energy to function and keep itself alive. Vitamins are necessary to assist with the reactions and actions of our glands, organs, cells and hormones. We clearly need physical intake to remain healthy humans.

The debate remains upon how much intake we need. Since everyone's body is used differently, there is no magic formula. The variables between people's physical function and environment are endless. Therefore, it is essential for each person to learn to balance their own system.

While the body appears to be quite complicated, our part in maintaining it is quite simple. When we do our small part, the body functions on its own superbly well. When we do our job poorly, the body attempts to adapt to our behaviors.

For years, it may seem to be getting along fine, even with our abuse or neglect. This is usually during our childhood and teenage years. Then at whatever age the

body has suffered long enough, we claim old age is setting in. This form of old age is simply years of not loving and taking care of ourselves well. It is taking in from the world what is not good for us and claiming it as our own, as who we are.

Depending on what we have taken in and claimed from the world over the years, and how much, determines our physical condition.

Our physical condition means what our bodies have become, but also what our lives have become. When our body, mind, heart and soul are full of what is not good for our health and well-being, we begin to create from what we have taken in, rather than from what God created us to become.

The good news is that it is within our ability due to the grace of God, to let go of anything and all things that we bring within us from the world. We can do it daily, weekly, yearly, or after years of accumulation.

If you want to see how well your body lets go of what you bring into yourself from the earth, look around your life and see how much you allow to accumulate in your living environment before you throw it out or let it go.

What sits in your environment is in some form sitting within you, either emotionally, physically or ideally and it becomes a part of how you view life, create life, participate in life, and interact with life. It is also determining the health of your physical body. If you want to lose weight and gain health, start by purging your physical environment.

## **Physical Health or Healing**

There is a tendency to think physical health is synonymous with healing. But physical pain and symptoms are connected to our thoughts, feelings, and actions. We cannot become physically healthy without changing our insides and cleaning them out.

It is the undoing of our self abuse that creates the most pain and requires much of our resources. However, once we undo the damage, we can begin to live again in a life of self-love that will allow us to maintain our health and well-being.

Pills and surgery may take away a symptom but it will not bring your body to a state of harmony and well-being. Medication may be the easy and quick way in the moment, but in the long term there will be more damage to clean up, clear out and overcome.

Prolonged avoidance of health issues with quick fixes lead to disease of the heart, body and mind which leads to the downfall of you as a person here on this earth.

You are not called to live a life of pain and disease. You are called to glorify God's goodness and spread joy, love and peace by example.

When Jesus came to the earth to show us how to live on earth, it was not a momentary fix to the terror that was reigning the world at that time. God sent Christ to show us who we need to be in order to restore the earth to harmony. It was not just about then, it is always and that includes now.

It is essential that we realize that our physical health is about who we are being as much as what we are doing. Being fanatical about eating healthy, exercising, and taking your nutritional supplements is not the truth that will save

your health. As Christ says, without love it is nothing. Without love, everything is nothing.

Nothing will heal you mentally, emotionally or physically without finding love in life.

A wealthy, extravagant life without love will not fulfill you as a human being either.

## **What is Love?**

Love is not about searching to find the perfect person to spend your life with. Love begins with knowing that there is a God who pours love into the world on a constant basis. It is about knowing that God created you out of love and that he wants all that is good and perfect for you.

You cannot just hope this is true, think it is true, or believe it is true. If you want to be healed and whole as a human, you have to KNOW that God loves you and wants the best for you.

God's love is your beginning and your ending simply because he created you out of love and will deliver you from the earth with love.

But you are in charge of what lies between the beginning and the ending. It is you that decides what you allow and disallow inside your heart, mind, body and life while you live on earth.

Your life on earth as the human that you are right now is temporary. That is not a secret. We are born and given a name, and when we die our name here dies with that body. We have a limited time here with this specific mind, body, heart and unique qualities and characteristics.

It is up to us what we do with ourselves. What we develop within ourselves. What we create. What we receive and what we give. Whether we live to create

beauty or destroy it. That is all up to us. But within us is the ability and the knowledge to grow and bloom into something beautiful.

None of us are born to grow into a weed that will quickly wither and die bearing no fruit. We are all born through the grace and love of God to grow and bloom into someone beautiful that portrays the image of God who created us.

It is up to us to make the choices that will allow us to grow and bloom. It is up to us whether we encourage and love ourselves and others into something and someone beautiful. The key is KNOWING that God created you beautifully, wonderfully, amazing.

## **God Heals Everyone**

It does not matter what you have done in your life to damage your heart, body, mind or life. It can all be healed when you embrace the truth about God's love for you. The truth is that all damage is temporary because you are permanently God's masterpiece. Your goodness is permanent, but your flaws are temporary and removable.

## **Healing Begins with Love**

If you want to begin the process of healing yourself you must know that it begins with love. You must know that you are lovable and that it is essential for you to be kind to yourself in your thoughts, words, and deeds if you are to fully heal yourself as a human being.

You do not have to know how to love yourself or what it is about you that is so lovable. You do not need to figure

anything out. It is an absolute and therefore cannot be proved or disproven. It just is.

You are lovable, worthy and capable of greatness. You just are. Stop trying to figure it out and justify your failures, mistakes, sins or whatever you have named them. Let them go and know that you do not have to do anything to prove yourself lovable in spite of your mistakes.

Just as importantly, you must know that God is good and wants the best for you. This cannot be proven or disproved either. It too is an absolute. A permanent truth that your mind is not capable of understanding or figuring out, only of accepting.

Many people spend their entire lives trying to figure it out and trying to get God to prove his existence and goodness to them. But the only way to know God's goodness and our own is to just accept it as a truth, in the same way that you accept that you need oxygen to breathe.

If you refused to breathe until someone proved to you that you need oxygen to breathe, you would die. The same is true with God. If you refuse to believe that someone greater than you created you out of love and goodness, you will die in that you will never become the unique creation God created you to become. Instead you will wander around life trying to prove something that cannot be proven and waste your entire life.

## **Love Yourself**

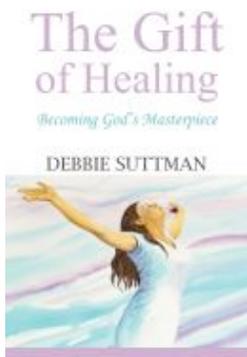
If you cannot believe in your own love and goodness, you will not know the love and goodness of anyone or anything else beyond what your mind can think about love and goodness.

## *The Gift of Healing*

Thinking about something is nothing if you never know love. Thinking about traveling somewhere teaches you nothing. Thinking about doing something gets you nowhere. Figuring something out in the mind, is only a small step to actually doing something, and comes with very little reward or value. You cannot sell something you have only thought about creating. You cannot share something you do not know.

If you do not intimately know God's love, joy, peace, grace and mercy you cannot share it with others.

Begin your healing by accepting that you are lovable, worthy, and capable of a beautiful life, simply because you were created by a loving, powerful God.



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