

# Reflections

Father Nicolas Schwizer

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## **Inner Healing of Wounds (Hurts)**

Inner healing is asking Jesus to go back to the time when we were wounded(hurt) so that now we can become free. This implies two steps:

**To bring to light those things which have wounded us.** It is convenient to ask oneself certain questions which generally will reveal the basic wounds (hurts) for which we must pray.

(1) When did all this begin? Or, also: Was it a happy childhood? Many of the more profound wounds (hurts) go back to the first 2 or 3 years of one's life, or better said, to the time in which we were more vulnerable and less capable of defending ourselves. But it is also true that some have received their wounds (hurts) later on in school through unfortunate sexual experiences, etc.

(2) What caused the wound (hurt)? Often, the answer to the first question already reveals the reasons for the old wounds (hurts). Many of them stem from a rejection or a broken relationship. Particularly important are our relationships with our parents. If the mother did not caress the child sufficiently, if the father would return home from work tired and would hardly speak to the child or punished him/her severely, if there were too many children for a sickly mother and she did not have time to show them affection, or if one of the parents died when the child was very young. All of these painful experiences leave wounds (hurts) which deeply affect the basic emotions of the person.

That is better overcome when dialoguing with another person, inclusively, speaking about the problem becomes a healing process.

**Pray to the Lord that He heal us of these wounds (hurts).** If we are able to remember how and why everything began, then we ask Jesus to accompany us into the past. He, as Lord of the times, is capable of doing what we cannot do. He can heal these wounds (hurts) from the past which still cause us suffering, sometimes immediately.

After having prayed for the healing of the wound (hurt) – negative aspect of the healing – we can ask the Lord to fill – in a positive way – our life with all that which we were missing.

Given that we have a very profound need for love, the conclusion of the prayer for inner healing is, generally, to fill all the empty confines of our heart with the love of God.

Inner healing renders a great deal of peace and joy to the person. It is a shame that so few understand and practice this type of prayer.

Thus, speaking simply, we can say that we place the purification of the subconscious into the hands of the Lord, asking Him to cure the wounds (hurts).

A few words on the imposition of hands. It is not necessary for healing. Nevertheless, this practice which we already find in the New Testament, has its advantages. It seems that something – like a healing current of energy – flows from the minister to the sick person, a transference of vivifying power. Furthermore, concern and love are much better communicated through touch than through words: in the imposition of hands, a profound sensation of communion and love exists.

**Prayer for inner healing.** Now I want to make a suggestion. I want to give you a prayer for inner healing which fell into my hands sometime ago. The idea is to pray personally – in meditation and with simple faith – in a very peaceful and serene moment, in the presence of the Lord, perhaps in a Shrine.

It seems that this type of prayer generally has a perceptible response. Although, perhaps, the healing might be progressive and need various attempts, that means, to pray this prayer of inner healing several times. But before praying it, you have to have reflected and seriously worked through your inner wounds (hurts) or undigested impressions of the subconscious.

If you wish to subscribe, comment on the text or give your testimony, write to: [pn.reflexiones@gmail.com](mailto:pn.reflexiones@gmail.com)

Translation: Carlos Cantú, Schoenstatt Family Federation, La Feria, Texas USA 07172011