

The Outstanding Way to Live in Health

Spiritual Roots of Diseases

A Compilation by Fr. Gabriel Hüger Sam. FLUHM
According to the Book by Dr. Henry W. Wright.

The US-American Pastor tracks down the mystery of the causes of illness and demonstrates the connection of spirit, soul and body principles as well as ways to wholistic health.

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The Outstanding Way to Live in Health Spiritual Roots of Diseases

A survey from the USA has shown that about 80 per cent of incurable diseases may be derived from spiritual causes. The manifold medication prescriptions can often only mitigate the symptoms of the disease resp. suppress them, but they cannot treat the actual root; instead of healing, there often is only an alleviation of the disease over a longer period of time.

To prevent misunderstandings in advance, we would like to note at this point that one must in no case discontinue prescribed medication on one's own without consulting the doctor!

From the bible we know many words where God promises healing to those who follow his commandments: "If you will diligently hearken to the voice of the LORD your God, and do that which is right in his eyes, and give heed to his commandments and keep all his statutes, I will put none of the diseases upon you which I put upon the Egyptians; for I am the LORD, your healer." (Ex 15:26) – Many diseases may emerge in our life when we are separated from God and His word in certain areas of our life. At the same time, however, we need to be careful not to automatically assume that every disease is the consequence of a previous sin or guilt of the sick person (cf Jn 9:1). Some diseases must be seen as merely external (e.g. simple infections).

Spiritually Rooted Diseases Are the Result of a Separation on Three Levels:

- **Separation from GOD**, His word, His love (fear, concern etc.).
- **Separation from ONESELF** (self-rejection, self-condemnation).
- **Separation from OTHERS** (bitterness, envy, competition etc.).

Those who listen to the word of God receive healing: "And all these blessings shall come upon you and overtake you, if you obey the voice of the LORD your God. " (Dt 28:2)

Healing starts in a way that we make peace with God and accept His love, but at the same time learn to accept ourselves and other people (cf. Lk 10:25-27).

The beginning of the healing of spiritually rooted diseases consists in re-establishing the unity with God, oneself and the neighbour. This means in concrete terms:

- **To come clean with God**, His word, His person, His nature, His principles and with what He has planned for us from the very beginning on this earth.
- **To accept oneself in the relationship to God**, to get rid of self-hatred, bitterness against oneself and guilt. To become the person one is in the Father through Jesus Christ.
- **To make peace** with the brother, the sister and all the others – to the extent possible.

Findings About Healing and Disease Prevention

Spiritual roots of diseases are a.o. self-rejection, addictions, bitterness, spirits of unkindness and accusation, envy and jealousy as well as occultism. They come about through **influential thoughts and ties**, which were individually transmitted or also by society, which one has included in one's short- and long-term memory in the course of one's life: the short-term memory takes a "snapshot", the long-term memory takes over and consolidates this negative image through pondering/brooding, repeated experience and inner consent to the situation, which renders sick in the long run.

Healing, thus, is not about a quick solution. It is a **long-distance run**. When walking on the path of leaving (the root cause), **one learns to replace wrong thoughts, behaviours and habits by divine ones**. To acquire new habits, however, may take weeks or even months. Through the obedient faith of truth and the internalisation of the word of God new patterns for right behaviours are established in our long-term memory.

Path of Healing from Sickening Thoughts of the Evil

We correctly deal with these sickening thoughts and bad habits by resisting them in the power and the truth of God. Advice on this path is as follows:

- **Realise the temptation** which is not yet a sin, as long as one does not agree with it.
- **Capture this thought** and throw it out before it becomes a sin.
- **Learn to discern between good and evil**. Separate lies (one's own and those coming from outside) from God's truth. **Replace the lies of the enemy by the word of God**. The battle starts in your head (cf. St. Ignatius of Loyola: "The Discernment of Spirits").
- **Ponder about divine thoughts** and about God's promises. Reflect on things with appreciation, praise and thanks. Think of the good, which God gives you.

- **Stop thinking of the past.** Let previous mistakes and traumas go (cf. Phil 3:13-13). Self-pity is the “super-glue of hell”, which binds you to the past. Direct your thoughts onto God who delivers us.
- **Protect your heart.** Be on your guard against doubt, disbelief, discouragement and despair. God’s time schedule and His paths are perfect.
- **Have faith in God, as far as the future is concerned.** Without faith it is impossible to please God (Hebr 11:16). Believe in the word of God irrespective of what you see.
- **Mind what you say!** Protect your eyes and ears (media, society)!
- **Avoid indecision,** because it leads to godlessness!
- **Be ready to go into the fire** (not to flee!). Confront your fears and stressors to overcome them. Think that all the good comes from God and that He helps you.

Healing Through Thoughts of God from the Holy Scripture

- “My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. For they are life to him who finds them, and HEALING TO ALL HIS FLESH.
“ (Prov 4:20-22)
- “ ...for the weapons of our warfare are not worldly but have divine power to destroy strongholds. We destroy arguments and every proud obstacle to the knowledge of God, and take every thought captive to obey Christ... “ (2 Cor 10:4-5)
- “For the word of God is living and active, sharper than any two-edged sword ...“ (Heb 4:12)

Eight Steps to Freedom and Healing

1. **Realise!** Realise the problem at hand and do an examination of conscience with regard to the root causes: fear, concern, stress/hustle, esotericism, self-rejection, bitterness, lovelessness, accusation, envy etc.. Pay attention to re-emerging tormenting thoughts and talking.
2. **Assume responsibility!** Admit that you have this problem/this sin and call it by name: **“FATHER, I have realised that I have given room to the following sin..... in my life and I assume responsibility for it.”**

3. **Ask for forgiveness (possibly in the Holy Confession)! “FATHER, I ask you for forgiveness that I have admitted this sin..... in my life and that I have served it (with all its negative consequences..). “**
4. **Renounce!** Make this sin which you have identified your enemy and turn away from it. Develop an absolute hatred against the evil! Love yourself, love the neighbour, above all, love God, but hate the evil and the ties of the evil! **“In the name of Jesus I renounce...!”**
5. **Remove!** Remove the sin (and all the things that are connected to it) and part with it once and for all!
6. **Resist!** When the sin tries to return, you must resist it, according to the word of the scripture: “Submit yourselves therefore to God. Resist the devil and he will flee from you.” (cf. Jam 4:7). **For this, make use of healing thoughts from the bible against the sickening thoughts!**
7. **Rejoice!** Rejoice and thank God that He has delivered you. Walk on the path of praise like David who was not petrified before the figure of Goliath but looked onto God and thanked Him in advance for the upcoming victory.
8. **Rebuild!** Help others to become free from sick root causes!

FEAR – CONCERN – STRESS (BEING DRIVEN)

Separation from God Through Lack of Faith and Missing Trust

“... men fainting with fear and with foreboding of what is coming... look up and raise your heads, because your redemption is drawing near.” (Lk 21:26-28)

How often does fear determine our life, it paralyses us and causes many diseases. It may be fear of the boss, the spouse, the mother, the mother-in-law, the father, the neighbour, the group, of relationships, the future, of flying, of heights, pain, illness, being left, failure, condemnation, rejection, mockery etc.

Fear means to be afraid that something bad is going to happen: it is the opposite of faith. Fear and faith resemble each other. They are both directed towards the future, both are entitled to fulfilment. What is decisive: **TO WHOM DO I WANT TO LISTEN?** Do I believe and trust in Jesus who tells me: “Do not fear, only believe.” (Mk 5:36) or do I believe the spirit of the lie which visualises the most terrible things before my eyes? Am I aware that it is in my power to whom I open the door in my life: God or the spirit of fear?

We are often very busy with carrying around our past with us and projecting it into the future, so that we have forgotten to live in today. This is why many people take psychotropic drugs against depressions, anxiety

states or insomnia and need acid inhibitors against persistent ulcers in the stomach and the intestines, as they are neither able to “process” nor “digest” the events of the past in a different way. Place your past and your future into the hands of God! Let God be God in your life! Anti-anxiety medication is no solution for the causes of your fear in the long run. They may provide a temporary remedy, but they are only one form of disease management, and not in a position to deliver permanently from the underlying fear.

Possible Diseases as a Consequence of Fear – Concern – Stress

In case of imminent danger the so-called “**fight-or-flight response**” is normal. It gives a person the immediate release of adrenaline, short-term speed and endurance. Due to persistent states of anxiety, however, this response is permanently triggered in a person and keeps the body on excessive alert through the hormones. In this response, a gland in the brain, the **hypothalamus**, plays a decisive role. It sensitively reacts to emotions, thoughts and circumstances in life and by the release of hormones produces what happens deeply inside the soul and the spirit. The hypothalamus actively responds to fear, anxiety, stress, tension panic (attacks), anger, rage and aggression. When someone is exposed to fear, anxiety and stress over a long period of time, the following functions in the body are also negatively impacted: the central nervous system, the cardio-vascular system and the immune system including different inflammatory reactions, the digestive system, the carbohydrate-/lipid and protein metabolism, the urinary function, as well as the connective tissue function and the muscular and bone function.

For the following diseases, thus, chronic fear, concern and stress may be the root cause:

- **Chronic fatigue syndrome** (as a possible consequence of being internally driven towards having to fulfill the expectations of another person/parent to receive love and recognition), **panic attacks** (an aggressive stage of anxiety-disorders, caused by a spirit of fear), **phobias** (place- and situation-based anxiety-disorders triggered a.o. by projection- or repression-mechanisms).
- **Angina pectoris, heart attacks, hypertension, cardiac arrhythmias** (the first organ to be afflicted by fear, concern and stress is the heart. Medicine knows that heart diseases are a.o. closely related to a hyperactivity of the vegetative nervous system and the release of so-called stress hormones which temporarily lead to a performance increase, in the long run, however, they lead to a damage to the cardio-vascular system).

- **Immune deficiencies, asthma, allergies/hay fever** (above from the above mentioned stressors, deficiencies in the area of the body's own defence are particularly rooted in wounded relationships as a spiritual root: broken relationships ("broken heart") considerably impair the immune system, which may, in addition, give rise to allergies: in the case of asthma, the fear of being left by an important person of reference seems to be spiritually dominating).
- **Gastro-intestinal problems, irritable bowel syndrome, gastro-intestinal ulcers** (here, the root causes best documented also in conventional medicine are concern and stress).
- **Tension headache, back pain, fibromyalgia.**

The Spirit of Fear

Natural fear is part of our creation ("fight-or-flight response"). But there is an enemy who pushes us one step further ahead and makes fear a permanent way of life. He knows how to spiritually/mentally manipulate so that his realm of suppression harms our life with many diseases and, at the extreme, even destroys it. **FEAR IS NOT ONLY AN EMOTION.** The bible calls fear on this level an evil spirit. The "spirit of fear" is a very intelligent enemy which – wherever possible – gains entry into the life of man. It wants to control our thoughts, both in the spirit and in the soul and make us sick. The power of Satan consists in the fear (Peter calls him a "roaring lion" in 1 Pt 5:8). Who follows fear does not follow God.

What Makes Fear a Sin?

Thoughts of fear could be: **"I am afraid because/of.....! It will go wrong! I will fail! I will not make it! I will be ridiculed! I must be perfect!"** etc. Fear often goes back to the fact that we do not trust God and His word. In the bible we are often told, "Do not fear!" (cf Gen 15:1,46:3; Dt 1:21;...; Mt 1:20; Lk 1:13, 1:30, 5:10; Acts 18:9, 27:24; Rev 1:17). When we, however, nourish and cherish a spirit of fear, we express with our action that we do not trust God and therefore (have to) take control over our life ourselves. The heart says: **"God, I simply don't trust you! You cannot fulfill my needs as protector."**

Therefore, nourished fear is a sin, because it deprives us of the fullness of life with God and our fellow human beings and manipulates our thoughts. Because fear is the substance of what one does not hope, the conviction of things which one does not see (cf Heb 1:11). One may live in a faith of fear and consider it as real faith; but if one were standing in true faith, one

would not have this problem. To identify your fears, ask yourself: **“What am I afraid of? What stresses me? Where is the conflict? What is unresolved?”**

Fear does not only open the door to **lie** but again and again also to **occultism**. Because the basic problem of people, the lies, in many cases is: fear people, rejection and failure. When man does not trust in God standing on his side, he frequently looks for methods by which he tries to remedy his problems himself. In occultism man does not trust in God but looks for help outside of God in different forms of esotericism, with spiritual healers, with dark powers and energies. Thereby, however, he opens an entry gate in his life to the adversary of life, to the **spirit of death** and to different **mental illnesses**.

Flight from Anxiety

Both, fear and faith are directed towards the future. Fear comprises first, **power of imagination** and second, **repression, i.e. avoidance**. God has taught us through His word in the Old and the New Testament not to run away from the enemy. When we look at Gods “armour” (cf. Eph 6:11-20), it is not at all mentioned that we should protect ourselves from behind. One does not run away from the enemy in one’s life. **One does not hide from fear** or from the disease. One does not withdraw into oneself. Do not run away from the enemy in your life! Do not hide from your enemy! It is time for you to come forward once and for all and to take your place in the land of the living.

Healing Through Thoughts of God from the Holy Scripture

- “The LORD is my light and my salvation; whom shall I fear?
The LORD is the stronghold of my life; of whom shall I be afraid? When evildoers assail me, uttering slanders against me, my adversaries and foes, they shall stumble and fall.” (Ps 27:1-2)
- “Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” (Phil 4:6)
- “...for God did not give us a spirit of timidity but a spirit of power and love and self-control.” (2 Tim 1:7)
- “There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and he who fears is not perfected in love.” (1 Jn 4:18)

Prayers on the Path of Healing from Fear

- **Eight Steps to Freedom and Healing**
according to Dr. Henry W. Wright (see p. 5/6).
- **Rosary of Abandonment:**
“Jesus, Take Care of Everything!” (Don Dolindo Ruotolo)

Audio-CD (in German) and **folder** on the topic “**Jesus, Take Care of Everything!**” sare available (in German and English) (against a voluntary donation) (see address p. 2)
Also see www.segenskreis.at (download).

(Self-)Rejection **Separation from Oneself Through Self-Rejection** **and Self-Hatred**

“A man’s spirit will endure sickness; but a broken spirit who can bear?”
(Prov 18:14) – The word of God tells us that we are loved and accepted.
Rejection, however, aims at depriving us of these truths. We all know the thorn of rejection, because we were all born with the innate desire for love and acceptance. Consent to rejection may lead to disastrous physical and mental consequences.

Causes of (Self-)Rejection As Early As in Childhood

Lack of self-esteem, self-rejection, self-hatred and guilt feelings are often caused by the father, but sometimes also the mother, and harm the human being very much:

- Rejection of the baby in the mother’s womb.
- Rejection through adoption, the early death of the mother, through transmission via the mother who suffers from rejection herself.
- Not enough care during childhood.
- Hereditary lack of care which was handed on from generation to generation.

Consequences of (Self-) Rejection

- Low inner stability, lack of self-esteem, insecurity, fear, depressions.
- Self-rejection as a consequence of the rejection of one's own ego, of other persons or God.
- Building of protective walls to keep people away (hot temper, withdrawal, toughness, coldness, dominance, manipulation, sarcasm, cynicism etc. – cf. Christoph Häselbarth).
- Addictions to seek apparent consolation (alcohol, drugs, sex, food, shopping etc.).

Possible Diseases as a Consequence of (Self-)Rejection

- **Coronary heart disease, strokes, inflammation of the heart muscle** (self-rejection, self-condemnation and hatred against oneself is considered as the spiritual cause for occlusions of the coronary/cerebral arteries and inflammations of the heart muscle).
- **Hodgkin-lymphoma and leukaemia** (here, very often a deeply rooted bitterness which stems from an unresolved rejection by the father is seen as spiritual cause)
- **Acne, rashes, shingles, psoriasis** (these skin diseases are spiritually associated to fear of rejection resp. self-rejection, particularly in the case of puberty acne, peer pressure and the fear of “not belonging” is decisive).
- **Auto-immune diseases such as Lupus Erythematosus, Morbus Crohn, Diabetes Mellitus or Multiple Sclerosis** (with these diseases the body attacks itself, the immune system sees the own body as enemy, attacks it because of unresolved self-rejection, self-hatred and bitterness and eventually destroys it).
- **Migrane, unconsciousness, sleep disorders, epilepsy, memory loss, deafness, poor eyesight, impotence.**

What Makes (Self-)Rejection (incl. Addictions) a Sin?

Rejection (be it real or imaginary) is in contradiction to what God says about us. When we believe the rejection, it is more important for us to be accepted by people than by God. The heart says: **“God, you lied when you said that I am precious. I rather believe what other people think of me.”** Other lying thoughts: **“I am not worth anything! I do not belong here! No one likes me! My life is worthless!”** etc.

Rejection drives man into different **addictions** because he desperately looks for love. The heart says: **“God, I need a good feeling, which you cannot give. I will see to it myself!”** Our consolation must be in God, not with people, places and things. Bear in mind: almost everything which draws our attention away from the feeling of not being loved may become an addiction.

Healing Through Thoughts of God from the Holy Scripture

- “But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: “Fear not, for I have redeemed you; I have called you by name, you are mine. “ (Is 43:1)
- “Because you are precious in my eyes, and honored, and I love you, I give men in return for you, peoples in exchange for your life. “ (Is 43:4)
- “The LORD called me from the womb, from the body of my mother he named my name.” (Is 49:1b)
- “Can a woman forget her sucking child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you.” (Is 49:15)
- “For my father and my mother have forsaken me, but the LORD will take me up.” (Ps 27:10)
- With regard to baptism: “This is my beloved Son (my beloved daughter), with whom I am well pleased.” (Mt 3:17)

Healing Prayer Through Acceptance of the Love of God

- Realise the sin of the lie, of self-rejection, of bitterness and the protective mechanisms which you have built up internally:
- **“Heavenly Father, I have realised that I have given room to the sinin my life and I assume responsibility for having served this sin.”**
- Ask for forgiveness for this sin and for the protective walls which you have built up instead of having made God your protection (possibly in the confession).
- Then (also) express forgiveness to others:
“Heavenly Father, I confess my sin and the wrongdoings of my ancestors. In the name of Jesus I ask you for forgiveness that I have admitted this sin in my life and built this protective wall instead of trusting in you. I also forgive every person, irrespective of whether he/she is dead or still alive, who rejected me or said evil things to me. I forgive him/her so that I am also forgiven.”

- Renounce the sin of protective mechanisms which you have built up for your self-protection as well as the addictive behaviour which has resulted from it:
“In the name of Jesus I renounce Satan, his works and temptations. I renounce the spirit of lie, of self-rejection, of bitterness ... and the protective wall ... and this addiction ... I shut the doors which I have thus opened to the evil and seal them with the Holy Wounds of Jesus. I surrender my life – my feelings, thoughts and addictions – to Jesus Christ and accept Him as my saviour and redeemer.”
- At this place, the priest may speak an adequate prayer of deliverance. He asks Jesus that He may touch the heart of the person concerned through the Holy Spirit and the He take all pain on Him and heal the wounds which have come about through rejection from the mother’s womb on. Often tears will flow. When the person concerned has recovered he/she should ask Jesus to now pour out the love of God into his/her heart through the Holy Spirit und to heal his/her broken heart, because “he heals the brokenhearted, and binds up their wounds.” (Ps 147:3)
- Choose a bible quotation to build up new thoughts – full of the Holy Spirit – in you, which will now guide your life.

Bitterness

Level of Separation from the Neighbour Through Bitterness, Lovelessness and Accusation

Bitterness is a caustic acid which gnaws at the soul. It first poisons the mind and then the body. It is often characterised by cynicism and aversion towards others. Seven spirits which enhance bitterness are subject to bitterness. In this, the degree of malignancy increases more and more:

The Seven Spirits (Fruits) of Bitterness

1. **Unforgiveness** enumerates the long list of mistakes and offenses of a person, saves them and says: **“I am not ready to forgive the offenses against me. I will not forget what was done to me.”** Unforgiveness invites bitterness to become part of life and opens the door to the following six spirits:
2. **Grudge**, a feeling of ill will, to which one clings. One thinks of the injury and ponders over it. Grudge sustains unforgiveness. In grudge the following thoughts arise: **“I don’t like him! I will**

- never forgive him what he did to me! Just seeing him makes me feel sick!**" Grudge hits us deep in our heart, separates us from others and creates a basis for fear, which comes on top of it: fear of people, of rejection, of failure, of being left. Some start to hide.
3. **Revenge.** Grudge is followed by the reflection as to how one may pay back to the other what he has caused: **"He has to pay for what he has done, pay! I will take revenge on him!"**
 4. **Anger** erupts, after unforgiveness, grudge and revenge have increased more and more. One can see and feel it.
 5. **Hatred** gives rise to thoughts as to how the other might be eliminated. Thoughts of destruction emerge: **"He doesn't deserve to live! We cannot be in the same room together. I wish he were dead! I hate him!"**
 6. Violence means anger and hatred in action: beating, throwing things around, screaming, physical, sexual and emotional abuse. It says: **"Before I destroy you, you will get to know my hatred, you will feel my pain!"**
 7. **Murder** is the last fruit of bitterness: actual murder which is planned in the heart, murder with the tongue such as slander or verbal abuse.

What Makes Bitterness a Sin?

When we cling on to bitterness we tell God that He is not needed in this situation. We have taken the place of God by judging someone for what he has done to us or another person who is close to us. The heart says: **"God, I will execute my judgement here."** But the bible clearly says that revenge belongs to the Lord.

The Spirit of Accusation – Characteristics

Some characteristics of accusation are: keeping mistake lists, murder with the tongue (gossip), manipulation of thinking, confused thoughts, chaotic thinking, disordered thought patterns, misunderstandings, projected fear, reproaching others for one's own sins, carrying burdens and becoming co-dependent on the sins of others by trying to be their Holy Spirit.

What Makes Accusation a Sin?

By accusing someone else we let God understand that he is not needed in a certain situation. We then take the place of God by deciding ourselves what is right or wrong for another person. The heart says: **"God, I will decide**

here what is good and what is evil.“ Then we take pleasure in sharing the “valuable“ opinion with others.

Spirit of Accusation – Bitterness Against Oneself

Every human being sins. But God offers forgiveness to everyone in Jesus. After having asked Jesus for forgiveness and having surrendered our guilt to him, we should also forgive ourselves to remain healthy. Self-condemnation and repression of guilt, however, may lead to diseases (see section “(Self-)Rejection“, p. 10).

Possible Diseases as a Consequence of Bitterness/Anger

Any type of cancer which has an underlying spiritual root goes hand in hand with some bitterness. The causes for the emergence of bitterness are hurts of all kind, the anger being directed either against oneself, another person or also against God. What is meant here is a longer-term, sustaining, seething bitterness/anger with a harmful impact, which in the case of lack of healing may even lead to death.

When a tumor **does not become malign**, there is often a bitterness involved against oneself. But when it becomes **malign**, in many cases there is bitterness against other persons.

- **Breast cancer/fibrocystic breast diseases, prostate cancer, colon cancer** (spiritually rooted cancer of the breasts, which stand for the caring aspect of womanhood, often has unresolved conflicts on a personal level and bitterness as a cause; with prostate cancer we often find bitterness against oneself, whereas in the case of colon cancer bitterness and slander against others spiritually dominate).
- **Arthritis** (simple arthritis is generated through bitterness against other persons and is physically manifested by swellings and inflammations of the joints, which over a longer period of time may lead to deformations of the joints).
- **Arthrosis** (is in many cases caused by bitterness against oneself and the fact that one does not forgive oneself (cannot forgive oneself). Those concerned keep record of their own mistakes).
- **Aneurysms, varices, haemorrhoids** (persisting feelings of rage anger and grudge may become manifest through the pathological dilatation/protrusion of the vessel walls; in an extroverted manner through explosive behaviour, in an introverted one through grudging).

- **Increased cholesterol** (is connected to people who are angry about themselves. Often they have a low self-esteem, behave in a hostile way against themselves and always run themselves down: of course hypercholesterolaemia, as well as all the other diseases mentioned above, is due to manifold other factors and influences which have an impact on the risk and the manifestation of the disease, such as healthy nutrition, avoidance of toxins/toxic substances as well as enough sleep/physical exercise).

We refrain from a too biased assessment of the symptoms, even in the case of a predominantly spiritual root. Risks of a hereditary burden, further spiritual causes (!) and the mystery of God's plan of salvation for us, which is not always understandable for man, must also be included in our considerations.

Healing Through Forgiveness

God expects us to forgive "77 times"! (=ALWAYS, cf. Mt 18:22). In a dispute it is important to separate the person from the sin. It is the sin of the person that is our enemy, and not the person him/herself! We are not the judge! When we make ourselves judges, we tell God in doing so: "God, go away! Shut up!" We judge others because we want to take revenge. But in order to be delivered from inner bitterness it is important that we let the other person who hurt us go and surrender him/her to God. God alone is the judge!

Healing Through Thoughts of God from the Holy Scripture

- See to it that no one fail to obtain the grace of God; that no "root of bitterness" spring up and cause trouble, and by it the many become defiled. " (Heb 12:15)
- "Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (Eph 4:31-32)
- "Judge not, that you be not judged." (Mt 7:1)
- "But I say to you that every one who is angry with his brother shall be liable to judgment; whoever insults his brother shall be liable to the council, and whoever says, 'You fool!' shall be liable to the hell of fire." (Mt 5:22)

Healing Prayer

Heavenly Father, I come to You in the name of Jesus. I have realised that there is sin in my life and also in my family tree. I confess my own sins and the wrongdoings of my ancestors. I assume responsibility in my life for and renounce it. I do penance for the sins in my life.

I confess that I have given room to bitterness in my life. I decide to no longer cling to bitterness vis à vis I let go of any bitterness against myself or even against You.

I ask you to forgive me that I have engaged in this sin. I do away with this behaviour and this lifestyle. I will give no more room to bitterness in my life. I ask that the curse (the sickness), which is the fruit of bitterness in my life, be lifted.

In the name of Jesus of Nazareth, any bitterness must leave me now. Father, I thank You for the forgiveness of my sin and for restoring my body in the name of Jesus. Amen.

Envy, Jealousy and Greed

“A tranquil mind gives life to the flesh, but passion (jealousy) makes the bones rot.” (Prov 14:30) **Envy, jealousy and greed** draw attention away from God and direct it towards a person, a place or a thing. We then draw our value and our fulfillment from this person or an object. This is idolatry! God does not want to share us with wrong Gods or idols. Bear in mind: Whatever you adore, it is your God! For your healing resp. conversion God, in His providence, leaves you over to your own doings to show you what really makes you happy and what does not. Eventually, an inner voidness arises in you, into which God wants to enter, and a desire for real fulfillment, which God wants to quench.

Envy leads to dispute: When we do not listen to envy, peace arises. Think of the fact that it is Satan's goal to divide the Body of Christ, to destroy relationships, to break marriages, to tear families apart and to sow hostility among neighbours.

What Makes Envy, Jealousy and Greed a Sin?

When we carry envy, jealousy and greed around with us, we compare with others. This generates dissatisfaction because we reproach God of making a difference among us and of looking at the person. The heart says: “**God, I**

know my needs better than You. Why don't You satisfy them? – If I could only be more like....! “

Envy, jealousy and greed are a subtle form of disbelief and doubt. We do not really trust in God that He will provide for us.

Possible Diseases as a Consequence of Envy, Jealousy and Greed

Osteoporosis – the healing starts with the elimination of envy, jealousy and greed.

Healing Through Thoughts of God from the Holy Scripture

- “Surely vexation kills the fool, and jealousy slays the simple.” (Job 5:2)
- “Keep your life free from love of money, and be content with what you have; for he has said, “I will never fail you nor forsake you.” (Heb 13:5)
- “Take heed, and beware of all covetousness; for a man's life does not consist in the abundance of his possessions.” (Lk 12:15)
- “Pleasant words are like a honeycomb, sweetness to the soul and health to the body.” (Prov 16:24)
- “The point is this: he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. “ (2 Cor:9, 6-7)

The accompanying **Audio-CD** (in German) for this brochure is also available (against a voluntary donation) (see address on page 2).

Again also see www.segenskreis.at (download).

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LITERATURE USED IN THE ENGLISH TRANSLATION:
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