

Key Spiritual Principles in Healing

Two of the most key principles in spiritual growth, or personal healing, are forgiveness and surrender. Ultimately they are the same issue.

Surrender

Surrender is a difficult concept, and is often confused with service. Surrender is when I say to the Divine, “wherever you lead, I will follow.” Service is saying “tell me the details of the plan and I will vote on the parts I want.” In surrender, I give up the illusion of control.

While surrender is certainly releasing control, it is not by any means passivity. It does not mean that you have no responsibility to act, but rather, that you have acknowledged that your control over the entire situation is illusory and you must therefore surrender your perceived control.

Once I surrender something to the Divine, I am free of it. It is now God’s to bless, move, grow, whatever. Once I surrender, I can no longer be held hostage by fear. We are blocked in learning to surrender because we project our own fears and unresolved issues with our parents onto the Divine. We live in a fear based belief system. We are afraid if we surrender our loved ones, health, work, finances, that God will take our stuff and make us suffer. That is the very belief system that draws poverty and suffering to us. God doesn’t want your stuff, as Divine wealth is limitless. Divine doesn’t need you to do anything; an angel could do it better. God wants our hearts, so we can be freed of our fears and judgment of self and others. God wants our hearts so we can live and love in freedom, transcending the material aspects of our lives. God needs our hands to bring the Divine love to others in this planet through our touch, song, and words. In doing so we become free and whole, and part of something far greater than ourselves.

Until we surrender something, we don’t get out of the way enough to allow God to bless and empower true growth and healing. It is easier to get out of the way when we realize that all we have and all we can do are simply gifts from the Divine. We are only the conduit anyway. Let me give two examples:

In the Bible, the prophet Daniel was being plotted against by his peers because he excelled in everything he did. The scriptures state it was “because he was given a spirit of excellence”. When I read this I was humbled. Like most successful males, I took great pride in my accomplishments, rationalizing it was because I just worked a little harder than my peers. It was humbling, and freeing, to realize I had been given a gift. It wasn’t mine to get proud about, and it could be taken away. It was freeing because I was only responsible to share the gift in love. I was not responsible for the outcome of how someone responded to the gift.

After years of struggle, I finally learned to “Be still and know that I (the Divine) am God”. It was always my greatest challenge. In that still place I clearly hear Divine instructions and am often given pictures of the future. I want to share some important aspects of my own journey. This does not mean I believe I have arrived spiritually. I have been lead on

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a path that required me to surrender the three hardest things to release: my loved ones, my health, and my profession/income.

When my first daughter was 15 months old she developed a very high fever of 107 degrees and went into a coma. QT did not exist then, and I didn't know how to help. She was rushed to the emergency room where I held her during a spinal tap. I stayed with her around the clock for 3 days. In the middle of the night I sat holding her hand and watched the first snowfall of the year. I went to my quiet place and asked "will she die?" The answer was "No"; I then asked, "Will she be brain damaged?" The answer was, "It doesn't matter." I was learning the hard facts of surrender, and that she was God's little girl before she was mine.

Years later I was working with several cult survivors and received very real death threats against me and my children. Again I went to my quiet place and asked if my kids would be okay. Once again the answer was that they were God's little girls, I was only a steward of them for a time, and God's love was much greater than mine. I had to relearn my lesson of surrender. Once again when I asked if I would lose my home because of legal attacks from this work, I was told simply, "it doesn't matter." (To be continued...)

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