

3 Types Of Healing In The Bible

<https://viralbeliever.com/3-types-of-healing-in-the-bible/>

These types of healing many times are interconnected. One kind of healing leads or opens the door to another type. Many times spiritual healing leads to emotional healing, and sometimes physical healing leads to spiritual healing, etc. So a biblical viewpoint on the subject of healing is essential in the life of every believer.

The Three Types of Healing in the Bible.

Mankind was created in the Bible as a triune being. What I mean by that is that there is more to a human being than meets the eye.

He was created in the image of God and has three parts. He has a body, a soul, and a spirit.

So since man has three parts to his make-up, he also has three parts of him that at one point or another may become sick or in need of healing.

The Bible talks about all three of these types of healing.

The first type of healing in the Bible is spiritual healing.

Spiritual healing is when the human spirit becomes damaged and ill from the effects of sin in our lives.

Now do not think that I am the type of person that points fingers at people. I am not! I have had more than my fair share of sin in my life and have seen the devastating effects of it.

Sin, in its simplest definition, means missing the bulls-eye on a target. When we miss it, we cause harm to our human spirit and cause spiritual death.

Spiritual healing then is the renewal and restoration of the human spirit. This is what is talked about by Jesus when He said a person must be born again.

This healing comes when a person receives forgiveness from God by accepting the forgiveness offered by God when they start a personal relationship with Jesus.

Even for the Christian, forgiveness is something that needs to be maintained on a regular basis. If not, then once again our spirit will become ill and wounded.

This is one reason why some people become spiritually proud and religious rather than walking in humility knowing that they are no better than anyone else, just forgiven.

They have forgotten their need to maintain a constant flow of forgiveness.

The second type of healing is emotional healing.

Emotional healing or the healing of the soul is where a person no longer has an emotional reaction to either the sins that they have committed or the sins that have been committed against them.

When we sin, we feel guilt. Guilt is not just a fact, but it is an emotional reaction.

When somebody else sins against us, we feel all kinds of emotions, anger, shame, bitterness, etc. Emotional healing is when you no longer react with those emotions when you think about or remember what you did or what others do.

King David after being confronted about his sin of adultery and setting up the death of Uriah, got honest with God and received not only spiritual healing but emotional healing. In Psalm 32 He says

Psalm 32:5

*5 Finally, I confessed all my sins to you
and stopped trying to hide my guilt.
I said to myself, "I will confess my rebellion to the LORD."
And you forgave me! All my guilt is gone.*

Not only was David forgiven but He also received the removal of the feelings of guilt. He was emotionally healed.

The third type of healing is physical healing.

I know that physical healing can be a controversial subject. If all I knew about physical healing were the circus acts I see on Christian TV, I would throw it out too!

However, I do not get my inspiration and beliefs from Christian TV. I get it from the Bible, and for better or worse, physical healing was God's idea.

He is the one that said He was the Lord that Heals us. (Exodus 15:26) And it was Jesus who fulfilled the prophecy that was made concerning the coming Messiah that said the Messiah would take all our sicknesses and carry all our diseases.

It was Jesus who said that one of the signs that would follow believers is that they would lay hands on the sick and they would recover.

So physical healing was God's idea, not some creation of television evangelists. They just took it and used it for their motives and gain.

How Are the Three Types of Healing Connected?

These types of healing can be connected. What I mean by that is that one may lead to another or one may prevent another. This is not always the case, but many times it can be.

- Spiritual healing can be connected to emotional healing. Just as we saw with the example of King David, he received emotional healing after he received spiritual healing. Many times I have found that you are not released from the torment of being emotionally wounded until you first get things right with God and receive forgiveness yourself from God. It is pretty hard to give something that you have not received in the first place.
- Many times I have seen people get healed physically after they have dealt with an emotional wound. A person who is bitter and angry at someone has a much harder time trusting and believing God will heal them physically than does the person who has dealt with trust issues. How can you trust a loving heavenly father to heal you if you still have in the back of your head the idea that those in authority let you down?
- Sometimes it is just the grace and compassion of God. There have been many times I have seen that the grace and compassion of God poured out on someone who is not a believer but receives physical healing lead to spiritual healing and the person getting their life and heart right with God. It is the goodness of God that leads a person to repentance.

So as you can see, we need all three types of healing to be understood and offered to this world. It indeed is an important subject that Jesus modeled for us while He was here on this earth.

Om Mani Padme Hum: The Meaning Behind the Popular Mantra

Meredith DeCosta <https://www.yogiapproved.com/om-mani-padme-hum/>

Next to OM, *om mani padme hum* is one of the most commonly chanted mantras in yoga. This special yogic chant is [Sanskrit](#), and it's pronounced OHM-MAH-NEE-PAHD-MAY-HUM. It's comprised of four words, and those four melodic words are all the words on many of those colorful Tibetan prayer flags.

Om mani padme hum is an ancient Buddhist mantra. In English, this rhythmic chant literally translates to "Praise to the Jewel in the Lotus." This might not make much sense to new yogis or even to well-practiced yogis, but the mantra's essence is powerful and pure.

As the Dalai Lama said, its meaning is "great and vast" because all the [teachings of Buddha](#) are wrapped up in this one phrase.

Read: [An Introduction to Buddhism, The Four Noble Truths, and The Eightfold Path](#)

Let's Break Down Om Mani Padme Hum

There are a lot of different meanings and different opinions on what each syllable means.

Generally, each syllable represents one of the six goals of Buddhist existence and helps heal or purify and bring forth the positive qualities associated with that goal.

Let's take a look at the meaning of each word in the mantra:

- **Om** = the vibration or sound of the universe; represents divine energy and generosity and purifies the ego
- **Ma** = represents ethics and purifies jealousy
- **Ni** = represents patience and purifies want or desire
- **Pad** = represents diligence and purifies ignorance and judgment
- **Me** = represents concentration and purifies attachment
- **Hum** = the unity of all; represents wisdom and purifies hatred

Why Do Yogis Chant Om Mani Padme Hum?

Chanting in general soothes the senses and sends energy to the parts of your body (or the [chakra centers](#)) that most need it.

Calming sounds are known to help heal the body and mind. Plus, with all the division in the world, chanting allows all voices to come together to show unity and oneness not just of the self, but of the community and world.

There are many reasons why yogis choose to chant this powerful mantra, but here are a few main benefits:

- It clears the mind, allowing you to detach from the ego
- The words help release karmas that may be holding you back
- These words can send out a message about the kind of life you wish to manifest
- It empties the body of everything but an awareness of the inside

The Takeaway Behind This Powerful Mantra

Many people consider this to be the most powerful, all-encompassing chant in yoga. So don't be afraid in your next yoga class. Give it a try and chant away!

Om mani padme hum. Om mani padme hum. Om mani padme hum. Om mani padme hum. Om mani padme hum. Om mani padme hum. Om mani padme hum. Om mani padme hum.

Read St. Teresa of Avila's Famous Poem, in Her Own Handwriting

Oct 16, 2015 by [Gretchen Filz](#)

<https://www.catholiccompany.com/magazine/nada-te-turbe-teresa-avila-poem-5760#>

St. Teresa of Avila (1515–1582), the great Spanish Carmelite nun, mystic, and Doctor of the Church, most famous for her classic spiritual writings, *The Interior Castle* and *The Way of Perfection*, also wrote the famous poem below, *Nada Te Turbe*.

The poem reads:

***Nada te turbe,
nada te espante
todo se pasa,
Dios no se muda,
la paciencia
todo lo alcanza,
quien a Dios tiene
nada le falta
solo Dios basta.*** - Teresa de Jesus

***Let nothing disturb you,
Let nothing frighten you,
All things pass away:
God never changes.
Patience obtains all things.
He who has God
Finds he lacks nothing;
God alone suffices.*** - Teresa of Jesus