

47-Health & Healing

...everything on the earth has a purpose, every disease an herb to cure it, and every person a mission. This is the Indian theory of existence.

American Indigenous,
Mourning Dove [Christine Quintasket] (Salish)

Health and healing are interwoven, which means that one can't be separated from the other....health is about so much more than simply not being sick. It's about getting a balance between physical, mental, emotional, cultural and spiritual health.

Australian Indigenous,
Dr. Tamara Mackean, Waljen

The Waters have their healing power, the Waters drive disease away. The Waters have a balm for all: let them make medicine for thee.

Hinduism, *Rig Veda*, Book 10

That man alone is wise Who keeps the mastery of himself! If one Ponders on objects of the sense, there springs Attraction; from attraction grows desire, Desire flames to fierce passion, passion breeds Recklessness; then the memory— all betrayed— Lets noble purpose go, and saps the mind, Till purpose, mind, and man are all undone. But, if one deals with objects of the sense Not loving and not hating, making them Serve his free soul, which rests serenely lord, Lo! such a man comes to tranquillity; And out of that tranquillity shall rise The end and healing of his earthly pains, Since the will governed sets the soul at peace. The soul of the ungoverned is not his, Nor hath he knowledge of himself; which lacked, How grows serenity? and, wanting that, Whence shall he hope for happiness?

Hinduism, *The Bhagavad-Gita*

And forget not all His benefits:

Who forgives all your iniquities,

Who heals all your diseases,

Who redeems your life from destruction,

Who crowns you with lovingkindness and tender mercies,

Who satisfies your mouth with good things,

So that your youth is renewed like the eagle's.

Judaism, *Psalms* 103: 3-5

You restored me to health and let me live. Surely it was for my benefit that I suffered such anguish. In your love you kept me from the pit of destruction; you have put all my sins behind your back.

Judaism, *Isaiah* 38:16-17

But unto you that fear My name shall the sun of righteousness arise with healing in its wings; and ye shall go forth, and gambol as calves of the stall.

Judaism, *Malachi*, 3: 20

And I pray for Râman Hvâstra for this Province, and for healthfulness and healing. And I pray for it with my blessing for you pious men, for all. And I pray for him who is saintly with (true) goodness, whosoever he may be, between heaven and the earth, for a thousand healing remedies, and for ten thousand of the same.

Zoroastrian, *The Yasna*, 68.7

And Jesus went about all Galilee, teaching in the synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

And his fame went throughout all Syria: and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatick, and those that had the palsy; and he healed them.

Christianity, *The Gospel of Matthew*, 4:23-24

Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.

Christianity, *James* 5:14-15

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

Christianity, *III John*, 1:2

And say, 'Truth has come, and falsehood has vanished! verily, falsehood is transient.'

And we will send down of the Qur'ân that which is a healing and a mercy to the believers, but it will only increase the wrong-doers in loss.

Islam, *The Qur'ân*, 17:6-9

O mankind! there hath come To you a direction from your Lord And a healing for the (diseases) In your hearts,— and for those Who believe, a Guidance And a Mercy.

Islam, *The Holy Qur-an*, 10:57

Aisha reported Allah's Messenger (may peace be upon him) as saying: When Allah's Messenger (may peace be upon him) visited the sick he would say: Lord of the people, remove the disease, cure him, for Thou art the great Curer, there is no cure but through Thine healing Power, which leaves nothing of the disease.

Islam, Muslim ibn al-Hajjaj, *Sahih Muslim* (Book 26-32)

O Lord! Thou beholdest this lifeless one before Thy face; suffer him, through Thy generosity and bountiful favor, not to be deprived of the chalice of immortal life. And Thou seest this afflicted one standing before Thy throne; turn him not away from the ocean of Thy healing. I entreat Thee to enable me at all times and under all conditions to remember Thee, to magnify Thy Name and to serve Thy Cause, though I am well aware that whatever proceedeth from a servant cannot transcend the limitations of his soul, nor beseem Thy Lordship, nor be worthy of the court of Thy glory and Thy Majesty.

Baha'i Faith, Bahá'u'lláh, *Tablets of Bahá'u'lláh Revealed After the Kitáb-i-Aqdas*, 8.37

Man is the temple of God. He is not a human temple. If you destroy a house, the owner of that house will be grieved and wrathful. How much greater is the wrong when man destroys a building planned and erected by God! Undoubtedly, he deserves the judgment and wrath of God.

Baha'i Faith, 'Abdu'l-Bahá, *Promulgation of Universal Peace*, p. 352

I hope thou wilt become as a rising light and obtain spiritual health; and spiritual health is conducive to physical health.

Baha'i Faith, 'Abdu'l-Bahá: *Tablets of 'Abdu'l-Bahá 'Abbás*, Vol. II, p. 305.