

Text SD 39: Health is an expression of mental and physical wholeness and illness is a sign of unfinished business.

Illness, pain or suffering are an expression of the fact that we are vibrating too low in some area and have thus entered into resonance with disharmonies. It is helpful - although not always easily possible - to find out the (spiritual) cause of an illness or suffering in order to lift it. The guardian angel can help with this.

The poet Rainer Maria Rilke called God "the place which heals" (quoted from Steindl-Rast 1986:30).

The greatest difficulties in coming closer to God, the greatest hardships are not of an earthly-physical nature, but of a spiritual-soul nature. "Soul illnesses are harder to bear than physical illnesses" (Weidner 2000d:166).

"God is the motive force of your life. ... The body can become ill, the soul can become ill, but that which is in you as a germ, as the spark of God, can never become ill. The spark of God is a part of the radiation of God. Your consciousness can sink to lethargy, you cannot extinguish the God spark in you, it is and remains the property of God" (Weidner 1982b:85).

A good attitude - especially also during illness and suffering - is the constant effort to become one with the divine core and soul, that is, the Christ light: We are essentially our divine core, our soul, and the body - and pain and suffering - are expressions and components of the (material) body. When we are able to look at pain or suffering without identifying with it, and let go, we gain a healthy relationship with our body. We also become aware of our divine core. Boros (1966:87) wrote of human suffering, "It is an evil; so God does not want us to live in it. He wants to liberate us from it. The only way of liberation is holistic selflessness, detachment from our suffering-infused life." This does not mean throwing one's life away, but finding an inner distance from unpleasant aspects of life. Life is always a great opportunity, a learning field to come closer to God and to progress in one's spiritual development.

Diseases are the result of mental disharmonies, disturbances in the organs of elimination, among others, disturbances in the elimination of disharmonious energies (cf. Weidner 1992:99).

"The Buddha advises us to think of pain simply as physical pain and not to use our fear or imagination to make the situation worse" (Hanh 2004:37).

"Therefore, always think, 'I am happy, Father. Thank you for allowing me to be healthy. My soul, I feel it, is indeed healthy, but my earthly body, has attracted something through my wrong thoughts and feelings'" (Weidner 2003b:149).

"If you have an illness, then it is a sign that you should still make something good. Every illness is somehow a sign of making amends. Accept it anyway, but ask the heavenly Father with confidence that the cup will pass you by in such a way that you will not doubt His love, His omnipotence, and His healing. Thank you for this!" (Weidner 2007b:121).

"But when you fall ill, then you must think: Why? Because always first your soul is ill, and only then your earthly body!" (Weidner 2003b:118).

"In no case passively accept the disease and do nothing against it! This also includes the medical help, which can become effective physically for some time, but cannot dissolve the cause of the existing destiny processes. Each survived illness represents a step upward in the spiritual development with such research goals of the cause. These people have become more mature and pure in their soul and body structure. ... It is important ... to mention this thought: Diseases are a spiritual-soul purification valve. But they are not a necessity in earthly life. This means that brothers and sisters who have to go through few disharmonies in their life on earth do not need them spiritually. Or their stage of development is adequate to the earth nature laws, so that they live with these in lower harmony" (Weidner 2007b:135).

"Illness is nothing else than in some form an unkindness, which one has expressed somewhere against oneself or against others" (Weidner 2001a:183).

Accordingly, also in the hereafter only a healthy person - that is, someone who has dissolved or worked off his spiritual causes for the illness, such as transgressions, impurities, etc. - can ascend to the next higher sphere (cf. Weidner 1989:52). Also in this world applies in principle: "Only a healthy or a correspondingly healthy body can also lead the spirit being in earth life to higher unfoldment and stage of development" (Weidner 2007a:75).

"As a basic idea we put in here that God wants only what is healthy, consequently health in every relationship must be a connectedness with divine forces, while illness is often the opposite, namely disharmony and turning away from divine forces" (Weidner 1987:84). "Thus health is in every respect a powerful factor in the struggle of each individual as well as of the general public against danger, distress, misery, and temptation by the dark forces. Every human being is therefore obliged to direct his spirit-, soul- and body-functions into lawful channels with all his doing and willing, doing and thinking, in order to reach, with the help of the protecting spirit as well as through his personal use of power, that from which we have all come: to God, our Father!" (Weidner 1987:84).

However, it is to be considered that a handicap or heavy illness - as for example blindness - can be either karmically caused, or however expression of a "love sacrifice": "If it is higher developed spirit beings, who take a love sacrifice upon themselves and help the earthly seeing ones as earthly blind ones, because they are spiritually further, then they are earthly blind ones, but spiritually awakened ones" (Weidner 2002a:42). So if someone - as an acquaintance who had been handicapped since birth once experienced - says to a handicapped person that he just has to pay off a debt from a previous life - in other words, that it is his own fault - this is unkind on the one hand and can hurt the person concerned. Unkindness always creates new bonds for those who commit such unkindness. On the other hand, such a statement about a culpably caused suffering or disability can also be simply wrong, because the disability may also mean a kind of assumed "love sacrifice" for the benefit of other people (cf. Weidner 2002a:42).

The Stoic philosopher Epictetus once said that no one can be injured unless he inflicts an injury on himself (cf. Grün 1997:7). The church father John Chrysostom wrote his own scripture about this with the title: "No one can be hurt unless he hurts himself" ("Quod qui seipsum non

laedit, nemo laeder possit = PG 52, 459-480"; quoted from Grün 1997:7). Translated into modern terms, this means that we can only be hurt if our vibration allows us to be hurt. Only when we allow ourselves to be hurt by low vibrational feelings such as envy, jealousy, worry, fear, and so on, can we be hurt. But if we vibrate high - for example through loving thoughts and feelings - injuries and even pathogens bounce off us, they do not find resonance with us.

The idea that suffering leads to the purification of the spiritual soul and to spiritual development is "partly right, but partly wrong. Because suffering is not wanted by God. And nevertheless the question is right, because you are or were not differently teachable as spirit being, speak as human being. Consequently, suffering teaches you and is supposed to serve you, striving towards the God-willed sense of development, for the rejection of your burdens, connections and so on. Suffering is not a virtue, but suffering is a consequence of transgressions, burdens from the present life or from the past life" (Weidner 2007a:75/76). In other words, suffering can promote further development or regression to God, but is rather something like a last chance after earlier indications from the spiritual world were not perceived and followed. It follows that much suffering could be avoided if people would respond better and faster to hints and perceive opportunities for spiritual development.

Some wonder "whether, by remedying such suffering, they are not inhibiting the spiritual process of atonement? This question cannot be answered with yes or no. The knowledge of the individuality of your brother, your sister, must answer it for you in each individual case. God, who is love, does not want the suffering of His children. They themselves are the creators of their suffering. Suffering is the consequence of abandoning God-ordained laws. If the spirit-soul adapts to these laws again, then the consequence of its transgression expires" (Weidner 2010:265). But in any case, when we help suffering people, it is an act of charity - any refusal to help would be a violation of the divine law of love.

"God did not create suffering! ... God is pure love, and what God does not have in Himself, He cannot create! ... Because God is not suffering, He could not create suffering either! ... The cause of suffering, dear brothers and sisters, is always on the side of the fallen, on the side that has fallen away from God!" (Weidner 1982a:75). "Consequently, all the strokes of fate, all the disharmonies and all what you call diseases, etc., are caused by your own destructive thinking, willing and acting!" (Weidner 1982a:101).

"It is an injustice of people to want to make God, the Creator, responsible as the supposed author of all negative events. Such thinking and wanting draws the earth man even further into the spell of Lucifer and his helpers" (Weidner 2012:117/118).

"I want to think with you only of health, and if you send out thoughts of love, then love comes to you. If you send out thoughts of hate, then hate comes back to you. If you send out thoughts of forgiveness, the others with whom you are not in harmony will be able to forgive you" (Weidner 2003b:143).

In spiritual alignment, for example in prayer, meditation, etc. "a higher vibrational frequency arises, one is less susceptible ... to viruses, bacteria, etc. etc. Because the higher vibrational frequency kills the harmful bacteria, doesn't let them in at all, and if they are in the body - I take back the word 'kill' - they are excreted, so in that sense they are not pests. And the consequence of this is that it deepens more and more - as you say; I say: increases, because

the higher the frequency of vibration is, the more sensitive one becomes against unpleasant beings and their vibrations and attacks, because you are then dynamically conceived in the process of development, which leads to God" (Weidner 2000a:91).

The human being stands thereby in a permanent flow equilibrium. This balance can be harmonious, balanced and "soft" - or disharmonious, of tensions and struggle of positive with negative energy, of the immune system with disease-causing bacteria or viruses. For example, in the case of inflammation, bacteria and immune system are fighting a hard battle. In both cases, however, "positive" and "negative" forces are in balance. The goal must be to return to a "soft", harmonious and not tense balance. The goal must be to achieve a "loving balance".

Health should be approached from the spirit body, from the God spark, and successively transferred to the other bodies, i.e., the causal body, the mind body, the emotional body, the etheric body and the physical body.

"If you had reached that spiritual level, you could recognize that every disease is a disharmony of the soul" (Weidner 2002b:173). "It is as true: the diseases are purely spiritually eliminable" (Weidner 2002b:174).

The attitude should not be to a) reject the disease or b) to think that one can ward off the disease oneself - this does not work. Rather, one should seek an attitude of a) "Father, thy will be done" and b) "God, help me that all will be well" (see also Weidner 2001a:168). Then either the illness passes, or it cannot touch us greatly (anymore).

"Illnesses are warning signals for change, for improvement, and in later consequence for the spiritualization of man. The pains of illness serve to teach you to pray and thus to teach you how to come closer to God. Do not grumble when God tests you through illness. For illness endured in the will of God is counted by Him as a means of atonement. ... Sickness is active karma! ... And if you bear it in the will of God, then it is a means of atonement for your karma" (Weidner 1996:109/110).

How can we deal with severe disabilities or serious illnesses (e.g. permanent pain, or disability since birth)? There are two approaches: Accepting loving help from outsiders, third parties, and working on our spiritual development ourselves.

Health, but also the solution of the hunger problem are best achieved by two behaviors:
"1. whole food nutrition of fruits, grains, seeds, leafy vegetables, root tubers and the like.
2. with much giving charity, i.e. without egoism, i.e. the surplus is to be given to the needy according to the motto: We are all children of God" (Weidner 1985:105).

Further, the following advice should be followed:

- a) Healthy food crops without fertilization,
- b) Living, germinable whole food as the main component of the diet,
- c) Chewing and salivating the food constantly,
- d) Seeds and cultivated soil are managed according to biological criteria,
- e) Necessary protein supply on vegetable basis,
- f) Instead of too much and too much of the same, we should aim for natural satiety,
- g) Ideally one main meal and two simple side meals per day from whole foods,

- h) Pure natural water as a beverage,
- i) Purification courses for the body (e.g. fasting) to remove waste products, e.g. after winter (cf. Weidner 1985:107-110).

In the case of weather sensitivity, we should ask God, "Please help me overcome this difficult mood. If it is an attack of negative forces on me, I ask you to ward it off. If it is a disturbed balance with me, please bring me back into balance with myself and the environment. If the suffering is karmic, I ask you to live through this positively. Thy will be done!"

When taking medicines - especially if they are taken over a longer period of time - one should ask God, Jesus or a high spirit being to neutralize all negative effects of the medicine: "Please, dematerialize when taking, or before already, ... those toxins, that only the helpful substances for becoming healthy come into effect and the side effects do not have to be taken over in the dramatic form" (Weidner 2000c:69). Furthermore, we can ask the spirit beings to use the medicine as a signaling device to the body for the desired effect.

Health problems, disharmonies, and mental distresses are best overcome when the spirit force of joy and enthusiasm is intensely affirmed (cf. Weidner 1992:117). Joy is a "special 'gliding factor'" (Weidner 1992:118) in the personal energy field.

The inner healer is the God spark (cf. Weidner 1999:208): "The God spark, with its ability to radiate through, works even in the densest tissue with the worst effects of illness. It can do that, because it is a part of the Creator. And if it is in the will of God and the burdens are not too great, the worst disease, which even the doctors have given up on, will heal if man lets himself be helped" (Weidner 1999:208).

"Where do your spiritual healers get the power that leads them to success in most cases? I said 'success in most cases' because in some it is not God's will. They are fed by His power when they work in the Will of God. What do they do in principle? They pray with their hands, with their soul, with their body and with their spirit, they pray! Even if they do not utter words, it is their will which they submit to the will of the Father, and thus prayer results in the life basis of their healing and working!" (Weidner 1989:201/202).

"Life basis prayer! He who takes it seriously will take recourse to prayer in all situations of life, to the whole development of strength. And he will not be offended by my words when I said that our life is constant prayer. I still want to explain this to you. We live completely in the will of God and are completely dependent on Him in our consciousness, you also, but you are not fully aware of it! But he who knows this, that everything comes from God, lives indeed constantly in this stream of prayer, in this stream of power and source of consciousness; consequently everything is in constant flow, in constant prayer, in constant effect" (Weidner 1989:202).

"Pray without ceasing, being thankful in all things; for this is the will of God in Christ Jesus toward you" (1 Thess. 5:17-18).

"Pray without ceasing" means to always be in direct contact with God: "Therefore, if you consider that this prayer can produce effects through you, and you place these effects at the service of God, and this service then brings help to the fallen creation, there is not much

missing to explain this mystery. Why? Because God wants you to work as an extended arm in the constant co-redemption of the fallen creation. And now what does without ceasing mean? Without ceasing means to let all actions, all deeds, all thoughts, all striving, all wanting work through the higher self, through the spark of God in you. Then your daily performance of duty, your full devotion to God, your conscious life is a prayer in God's eyes. This you can do without ceasing" (Weidner 1984:60/61).

"God wants to be asked, otherwise He would not be a Father. But God also wants you to administer what you ask for as it is in His will. And therefore you should say: in my life basis and in my consciousness everything should be done as prayer, as thanksgiving and help and as request and help. And every day is a given day, which you are to live through and pass in prayer. All days you may live in God's will, if you want, because the love of God is always there! ... Everything you think and do shall be in God's hand, for from Him comes all life, all strength, and your toil and striving is then blessed if it is in the will of God!" (Weidner 1989:203).

The question about the contradiction in case of pain or severe illness between "Lord, your will be done" and "I am healthy, joyful and harmonious" (= positive thinking) is answered by Weidner (1999:2019:210) as follows: only already a short swinging in or the cry for help "Father, help me, I believe in it" means a swinging over to the divine healing energies: " 'Your will be done, Father' means ...: God does not want a disease! God has never created a disease, otherwise he would not be perfect. God can only create something pure, something noble, harmonious, and if you want: something healthy. And if you say: Father, your will be done', then you have already turned to him, then you already recognize his will, that he only wants healthy children" (Weidner 1999:212). Then you become mentally healthy, even if the healing of the physical illness is not yet so far.

According to Beck (2015:132), "it is not primarily a matter of being healthy at any price ... but of following the divine will and choosing for this purpose that means which leads more to the goal of the greater perfection. Thereby the congruence between divine and human will will show itself as inner harmony. Because of the inner harmony, this can also result in secondary health, but health should not be the first goal. God alone is first goal" (Beck 2015:132).

"When one touched his [= Jesus'] clothes in trust, this primordial substance brought healing. These ... are proofs ... that light of a certain dimension played a miraculous role in the body of Christ, the role of light-primordial substance such as your earth had not yet borne" (Weidner 1990:100).

"The word depression is a fact that is fomented by unfavorable beings, and is a precursor of conversion or obsession. ... For it always revolves around the same thing, namely the inspiration of the unfavorable beings. And it condenses more and more and thereby your soul structure becomes darker, although you do not even want it and understand it. And everything that is darker and drives into the vibration of the unfavorable beings is a danger for your spiritual development on this earth. ... Therefore be clear, true and always think God-willingly reasonable" (Weidner 2011:146).

How can drug addicts be helped? "A lot of prayer, a lot of good example, a lot of conversation and, above all, enlightenment that man is, after all, not only made up of the body, but that his soul takes this addiction with it - not into the grave, but into the hereafter" (Weidner

2000b:109). "Jesus said, 'It is not the healthy who need a physician, but the sick, and for these sick I have come' (Luke 5:31)" (Weidner 2000b:110). Most important measures against drug addiction from the spiritual side are: "prayer, prayer and again prayer and, where necessary, material help, so that they do not produce this and people do not get into the enjoyment of these poisons or addictive substances and thereby darken their salvation" (Weidner 2000b:111).

Even if we don't know why we are sick or suffering - we should never lose confidence in God, and in the conviction that He wants our best. If we recognize spiritual or mental causes of our suffering, we should work to resolve them. If we do not recognize the causes, we should make every effort to live spiritually and godly in spite of the illness.

Source references and bibliographic information at:

<http://www.geistige-entwicklung.ch/angefuehrte-literatur---cited-literature.html>

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