

23. August 2025

## Inner healing in God Part VIII

Before moving on to another aspect related to the healing of the soul, which differs somewhat from previous subtopics, I felt it was important to explain the classic healing process through the practice of true Catholic faith.

From the beginning of this series, I have emphasized that true faith is essential for inner healing. By this, I mean that we should avoid resorting to questionable therapies offered in the esoteric realm, and hold fast to the traditional faith within the Church without allowing ourselves to be infected by modernist distortions. Any deviation will have consequences that slow down or prevent inner healing. In the worst case, the wounds of the soul can be exacerbated.

*"Perverse thoughts separate men from God"* (Wis 1:3). Therefore, the foundation of a true healing process is accepting and putting into practice Sacred Scripture and the authentic doctrine that the Church proclaims on behalf of God. In this way, the light of the Holy Spirit penetrates our thinking and orders it. This light is like a spring of crystal-clear water flowing into our soul without contamination.

Just as devious thoughts turn us away from God, as the Book of Wisdom teaches, the same is true of false doctrines. As soon as the right doctrine becomes obscured, relativized, or clouded in any way, it can no longer provide us with its enlightening strength and guidance. Then, a darkness comes between the light of the Holy Spirit and our understanding, confusing and diverting our thoughts. In the worst case, it can even lead to spiritual blindness. The soul is deprived of healthy nourishment, and the poison of false doctrines begins to take effect.

What I said about doctrine also applies to morality. As long as we follow the Ten Commandments as the Church teaches, without ambiguity, our focus will remain on God despite our weaknesses. However, as soon as we stray from clear moral guidelines, our souls go astray and are in danger of being enslaved by sin.

Everything I have tried to convey in the first seven meditations of this healing series is only possible if grounded in an undistorted Catholic faith, which is unfortunately no longer the norm today. That is why I repeatedly emphasize that Sacred Scripture and the authentic doctrine of the Church must be our reference point for entering into a process of healing.

## The Healing of the Subconscious

I wouldn't want to end this series on healing the soul without addressing a topic I usually cover in more detail during spiritual retreats. It's about healing the subconscious. Given its importance, it is worth explaining it at least briefly, even if we will not be able to go into depth on the subject within this framework.

Indeed, the Lord is the Savior of the entire human being; His healing love must penetrate us to the very depths.

In previous meditations, we have mainly spoken about healing what we are conscious of. However, there is a vast area of our soul of which we are often unaware or only partially aware. Despite our sincere efforts to follow the Lord, certain problems in our lives may continue to dominate us and limit our freedom.

I am not referring to sufferings that the Lord may have left us with, as was the case with St. Paul, who had a "thorn in the flesh" that God allowed so that the apostle would not become proud (cf. 2 Cor. 12:7). I am referring to certain inner paralysis, unconscious attachments, and open wounds that cause us to react unhealthily to certain circumstances in life. In this context, we can speak of certain "chains" that weigh on our subconscious or bind us.

I emphasize that I am not referring to common problems resulting from original sin and personal sins that we try to overcome with God's grace. Rather, I am referring to burdens that prevent us from being free in certain aspects of our lives, of which we are unaware.

Tomorrow, I will provide examples to illustrate what healing the subconscious consists of.

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Meditation on the day's Gospel: <https://en.elijamission.net/a-lesson-in-humility/>