

Naturopathic Doctor: 3 Spiritual Keys to Receiving Physical Healing

What is the key to experiencing physical healing? It is clear, by current disease statistics in our world, that sickness is becoming all too common. As a matter of fact, according to the Centers of Disease Control, we are growing sickness and disease conditions at a faster pace than the growth of the population.

This, obviously, is not a sustainable process.

To that end, is there a key we're missing? Perhaps there is, and it may be found in the following passage:

Now they came to Jericho. As He went out of Jericho with His disciples and a great multitude, blind Bartimaeus, the son of Timaeus, sat by the road begging. And when he heard that it was Jesus of Nazareth, he began to cry out and say, "Jesus, Son of David, have mercy on me!"

Then many warned him to be quiet; but he cried out all the more, "Son of David, have mercy on me!"

So Jesus stood still and commanded him to be called.

Then they called the blind man, saying to him, "Be of good cheer. Rise, He is calling you."

And throwing aside his garment, he rose and came to Jesus.

So Jesus answered and said to him, "What do you want Me to do for you?"

The blind man said to Him, "Rabboni, that I may receive my sight."

Then Jesus said to him, "Go your way; your faith has made you well." And immediately he received his sight and followed Jesus on the road (Mark 10:46-52).

There are several points here that must be mentioned:

–The blind man recognized Jesus and admitted there was a need. Many times, we do only one of the two. We recognize Jesus and fail to really understand the need. For example, what is the real need behind the healing process for type 2 diabetes? Is it for the process to go away, or for the mindset of lifestyle to change? It is the latter of course. That, in itself, is an adjustment and truly understanding the need.

–The blind man called to Jesus incessantly. He did not rely on the attention of anyone else. He realized Jesus was the key and nothing was going to stop him from seeking out the source of healing. Our healing does not come from doctors, instead, it comes from the healer Himself working through people at times, including doctors.

–Once the disciples called for the blind man to come to Jesus. He had a decision to make. That decision was to listen, change positions and move, or wait for the healing to come to him. He chose the former, and by throwing off his cloak, he went to Jesus. We know at that moment Jesus granted him his healing.

These three points are important keys. Let's take a real close look at the last one. We have to be willing to change our current circumstances to receive healing. In this case, the blind man's coat signifies a heaviness, static and weightiness in our current position. Nothing is changing with what we are doing at the current time. The cloak was probably rained on and moldy; it likely represents doing the same thing over and over again every day, getting no change in condition.

The blind man needed to change his perspective. He needed to be willing to move from where he was to where he needed to be.

This may be a key to our physical healing that we have been missing. We have been doing the same things and expecting different results. Clearly, Einstein was correct in his assessment of this expectation being insanity.

Let me be direct in asking this question: Are you willing to change your mindset, your lifestyle, your food intake and your very belief system as instructed by your current culture to receive your healing? Are you willing to change positions and continue to learn?

Obviously, our lifestyle, especially the Western lifestyle that permeates America—even America's church—is devastatingly dangerous. It needs to be changed. That takes courage and willingness. Can you be an agent of this change and walk in physical healing to bring glory to God and attention to His power?

Don't wait on the group and stay where you are. Get up, run to Jesus, change positions and perceptions, and receive your healing. {eoa}

Mark Sherwood, *naturopathic doctor (ND)*, is on a mission to help you achieve wellness in every area of your life. Dr. Mark and his wife, Michele L. Neil-Sherwood, DO, have a successful medical practice, the Functional Medical Institute; have a television and radio program; and provide resources, including their Amazon bestseller, *The Quest for Wellness*; nutrition plans; fitness instructional videos and helpful mental and emotional steps to provide relief from stress and to help people form better habits so they can live well.