



# Antidotes for Healing the Human Body



## The Back

### Spiritual Correspondence of Back Problems

“The back is the support for the body. It corresponds to what is behind us or in our past. If we have problems with our back, we are overburdened with past issues, regrets, or emotional trauma that is preventing us from moving forward in life. Dwelling on past hurts or mistakes ties us to our past and prevents us from resolving what God has allowed for our growth. Focusing on the present with a good attitude can allow us to visit our past with the attitude of seeing the lessons we have learned without finding fault.”<sup>i</sup> The Lord gave us a backbone and does not want us to be spineless. He wants us to progress in life without being encumbered by our past. Below are some Scriptures that lend some clarity on back problems.

“But they hearkened not, nor inclined their ear, but walked in the counsels and in the imaginations of their evil heart, and went backward, and not forward.”<sup>ii</sup>

When we are not open to new inspirations from God which propel us into dealing with our fears, mistakes, or regrets, we find ourselves backsliding into states of embitterment. These attitudes prevent us from learning the lessons we need to learn with an elevated understanding. When we find the good that these situations produce, they no longer hurt us and become our benefactors. This is how we learn to love our enemies.

### Antidotes for Back Problems

“Now the just shall live by faith: but if any man draw back, my soul shall have no pleasure in him. But we are not of them who draw back...but of them that believe to the saving of the soul. Now faith is the substance of things hoped for, the evidence of things not seen.”<sup>iii</sup>

Trust that God allows everything to happen to us for our good. We are walking an unknown path in life, but we must believe that God has our back when we are doing our best to love Him and keep His commandments.



## **Antidotes for Back Problems**

“A man can receive nothing, except it be given him from heaven.”<sup>iv</sup>

Visit your past with eyes of love, introspection, and forgiveness, for it was designed to make you a better person.

“Only acknowledge thine iniquity, that thou hast transgressed against the LORD thy God...and ye have not obeyed my voice, saith the LORD. Turn O backsliding children, saith the LORD; for I am married unto you.... Return; ye backsliding children, and I will heal your backslidings.”<sup>v</sup>

Don't be bent on having your own way in life. Healing comes quicker after we make the proper adjustments.

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<sup>i</sup> Tara Critchley, *Antidotes for Healing the Human Body, Vol.1*. Manchester Center, VT: Shire Press, 2010. 11.

<sup>ii</sup> Jeremiah 7:24.

<sup>iii</sup> Hebrews 10:38-39; 11:1.

<sup>iv</sup> John 3:27b.

<sup>v</sup> Jeremiah3:13-14a, 22.