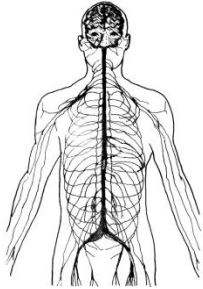




Antidotes for Healing the Human Body



The Nervous System

Spiritual Causes of Restless Leg Syndrome

Restless leg syndrome occurs when overactive nerves produce involuntary twitching or jerking in the legs, especially at night. Because the legs are what we walk with, they represent our “walk” or the application of the truth in our lives. If we are spinning our mental wheels without an application to move forward, the nerves in our legs become restless. It is as if the legs want to go, but anxiety is preventing us from implementing action. A plan is what is needed. This way, the energies will not stagnate in our mind, leaving us without proper footing in our application. Take the necessary steps to put good thoughts into action.

Antidotes for Restless Leg Syndrome

“Ponder the path of thy feet, and let all thy ways be established. Turn not to the right hand nor to the left: remove thy foot from evil.”ⁱ

“Where is the good way, and walk therein, and ye shall find rest for your souls.”ⁱⁱ

“Every place that the sole of your foot shall tread upon, that have I given unto you.... Only be thou strong and very courageous, that thou mayest observe to do according to all the law ... turn not from it to the right hand or to the left, that thou mayest prosper whithersoever thou goest.”ⁱⁱⁱ

“He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?”^{iv}

ⁱProverbs 4:26–27.

ⁱⁱJeremiah 6:16b.

ⁱⁱⁱJoshua 1:3a, 7.

^{iv}Micah 6:8.