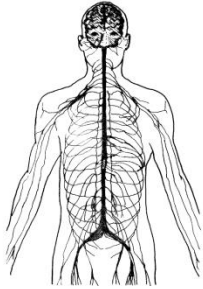




Antidotes for Healing the Human Body



Nervous System

Spiritual Rest

We live in a very stressful period of time. Family pressures, work demands, financial instability, personal tragedies, environmental dangers, and terrorist threats all provide us with a sense of unrest. It is a time of testing and reaping as we enter a difficult period of history, learning how to multitask as we manage our coping skills. The up-step in technology and the constant stream of information affect us, and the demands of life keep us on the go. This is a time that was prophesied in Daniel, where it says, “Many shall run to and fro, and knowledge shall be increased.”ⁱ With life as busy as it is, there is little time for God, unless we make it. If we neglect our natural and spiritual needs, we become physically and spiritually exhausted. We remain in a restless state of mind, and our coping skills fail us. The increased anxiety levels slowly begin to overload us, disrupting our nervous system, affecting our natural and spiritual health.

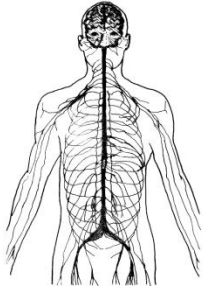
Things being the way they are, there is a great need for rest: rest for our body and, more importantly, rest for our spirit. This kind of rest can only come from God and His Word because it gives us strength and refreshment. They provide us with a spiritual perspective so that we can remain in a peaceful state, knowing God is in control. Jesus reminds us in Matthew:

“Come unto me, all ye that labour and are heavy laden,
and I will give you rest.
Take my yoke upon you, and learn of me;
for I am meek and lowly in heart:
and ye shall find rest unto your souls.
For my yoke is easy, and my burden is light.”ⁱⁱ

Jesus’s words lift the burdens that we place upon ourselves. They provide us with a way of coping that we would not otherwise have. Seeing things from a spiritual perspective lightens our burdens and fills us with a sense of peace that comes from knowing God. When our well is full, we are more ready to be useful to help others in creative ways.



Antidotes for Healing the Human Body



Spiritual Rest (continued)

When our mind is in alignment with God in thought and deed, there is an increased flow of energy to the brain and spinal cord. When we maintain this state, messages flow through the nerves with the greatest amount of power. This directly influences the health of our nervous system.

Having God's mind operating with us provides our spirit with a sabbath, for when we are doing God's will, we are resting from our own works and enveloped by peace. How well we remain in it will determine the health of this system. When the thoughts and messages we receive from God are put to use through our personality and gifts, the greatest energy and power flows into our nervous system. This provides us with inner peace and satisfaction.

The Scriptures teach that meeting God's need in others is one of the answers for a speedy recovery from health issues. When we do this, God's life acts as a "battery charge." By assisting the needs of others, we meet our personal needs for healing as well. In the book of Isaiah we see how this takes place,

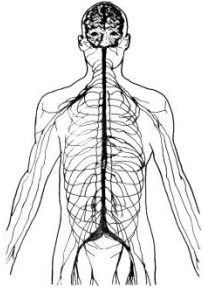
"Is not this the fast that I have chosen?
to loose the bands of wickedness,
to undo the heavy burdens,
and to let the oppressed go free,
and that ye break every yoke?

Is it not to deal thy bread to the hungry,
and that thou bring the poor that are cast out to thy house?
when thou seest the naked, that thou cover him,
and that thou hide not thyself from thine own flesh?
Then shall thy light break forth as the morning,
and thine health shall spring forth speedily."ⁱⁱⁱ

It is not only the natural needs here that God is looking for us to fulfill, but the spiritual needs in the hearts of others. These needs require wisdom and love to lift the heavy burdens that free a soul. Give of what you have when you see a need.



Antidotes for Healing the Human Body



I shall pass through this world but once.
Any good therefore that that I can do
or any kindness that I can show
to any human being,
let me do it now.
Let me not defer to neglect it
for I shall not pass this way again.^{iv}

Calmness and Mediation

The two qualities that allow our nervous system to work most effectively are calmness and mediation. When we are calm, we are free from anxiety so that we can think clearly. Mediation is the act of reconciling differences. This quality diffuses frustration between people so that they can see clearly in order to make the right decisions. Because a large percentage of medical problems are anxiety-based, it is important to operate with a clear mind and a calm attitude to resolve day-to-day issues.

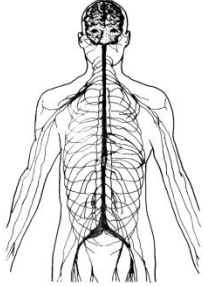
It is God's desire that we master our human nature, especially when it is at its worst. For it is in those situations, when God seems distant, that He wants us to draw from the inner wisdom within us so that we can maintain a good attitude under pressure and develop His nature. Understanding the purpose of those situations helps us accept them as we go through it. This is the first step to mastery. This way, we bring a little more heaven on earth and are able to influence those around us in a positive way. But in order to do this, our self-life nature has to die.

Insomnia

The inability to relax and sleep is a great problem today. Pushing ourselves harder than we should and harboring anxiety about situations that we can't control are some of the culprits that keep our nervous system in overdrive. Anxiety that overloads our minds creates an imbalance in our nervous system that affects our sleep rhythms. When it is time to rest, we lose the ability to succumb to the rhythmic embrace of sleep.



Antidotes for Healing the Human Body



Spiritual Causes of Insomnia

Sleep rhythms have a synchronized ebb and flow, just like the tides. When we fight the flow of life's currents by being headstrong, the state of anxiety (fight or flight) can alter this ebb and flow and keep us on, when we should be off, and awake when we should be asleep.

Anxiety reflects a tendency to be overcontrolling. Standards are held too high for ourselves or others. Our patience wears thin as we hold onto these standards and expectations. The anxiety penetrates our spirit and begins controlling us through our own sleep rhythms to show us to ourselves. At some point in life, the build-up of anxiety from the standards that we have held has thrown us emotionally over the edge. Fears have a way of doing this. If we fear being controlled, we draw the controlling fear to us until we get to a point where we can look it in the face, talk to it, and find out why it is there. It may have been buried since childhood, instilled by controlling parents or heredity that has unknowingly become our own.

God allows disruptions in our nervous system to surface, so we can uncover the secret of its control. By getting a good look at how it works and the emotional imbalances that it causes, we can disrupt its methods from having control over us. Once we know what we're doing that is causing it to remain with us by how we're thinking, feeling, or imagining, we will be able to let it go and move on into a greater usefulness. The symptoms producing excessive control of our mind during the sleep cycle have to leave.

Antidotes for Insomnia

“But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.”^v

Letting go of our expectations helps us maintain an inner peace.

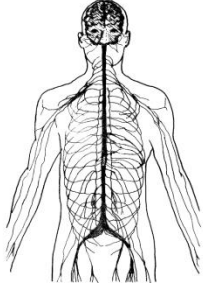
Finding the good in every situation, and knowing God is in control, helps balance stress levels.

“Except the LORD build the house, they labour in vain that build it ... for so he giveth his beloved sleep.”^{vi}

“So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.”^{vii}



Antidotes for Healing the Human Body



Antidotes for Insomnia (continued)

Life is all about balance, especially as we age. Look for areas in your life where you exert yourself longer than you should, for this takes its emotional and physical toll. Pace yourself and ask God within if what you're doing is beneficial for you to do at that time.

Welcome sleep and rest and don't fight it. We need it for refreshment of spirit and healing on a cellular level.

ⁱDaniel 12:4b.

ⁱⁱMatthew 11:28–30.

ⁱⁱⁱIsaiah 58:6–8a.

^{iv} Etienne de Grellet

^v James 1:4.

^{vi}Psalm 127:1a, 2b.

^{vii}Matthew 6:34 TLB.

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