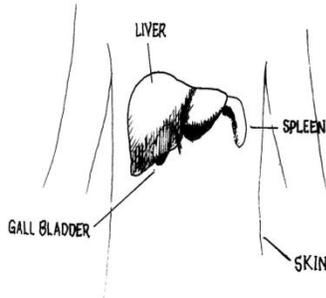




Antidotes for Healing the Human Body



The Spleen

Spiritual Correspondences of the Spleen

Because the spleen destroys worn-out blood cells that are no longer useful, the spiritual job of the spleen is to purge our lives from attachments that we have made to people, things, and ideas that have prevented us from spiritually progressing in life. In doing so, we receive new inspirations for greater use and purpose for God and others in our lives. According to *Physiological Correspondences*, “Any who suffer themselves to be hindered in their usefulness by too strong attachments to persons and ways, or by too limited views or set opinions, need to be brought within the influence of the spleen, that their states of life may be taken out of their routine and thoroughly examined.... Minds in which this work is not well done, which adhere tenaciously to by-gones, and therefore do not come into the pleasant relations with new things that are both true and good, but are disposed to complain of evils which arise simply from their own lack of sympathy and charity, are popularly called ‘spleeny.’”ⁱ These strong attachments dull the mind and rob our inspiration. This results in stagnation of spirit because we have inadvertently leveled off in our usefulness to God and others.

Antidotes for Spleen Problems

For a healthy spleen, we need to re-evaluate our attachments to people, things, and opinions that have prevented us from moving forward in life: attachments that have hindered our originality, individuality, and personal expressions in life. Expanding our limited views and perspectives will allow us greater access to our personal creativity. When we let go of past opinions, people, and attachments that rob our energy, we will find new direction and purpose. Look to answer the need that God places on your heart that will benefit others. Kindling this desire to believe in our personal inspiration will not only give us direction, it will also be an inspiration to others. We can only inspire others to the degree that we are inspired. God’s love is activated by continual use. In this way, our well of inspiration is maintained, and we are able to let go and let God direct us in the avenues that will open new doors for us.

ⁱ John Worcester. *Physiological Correspondences*. Bryn Athyn, PA: Swedenborg Scientific Association, 1987, 114, 120–121. Used with permission