

H.E.A.L.I.N.G. *with Jesus*:

A Transformative Scriptural Reflection Technique

Welcome to "**HEALING *with Jesus***," a profound and transformative technique that guides faithful Christians through a holistic journey of encountering and connecting with Jesus through the books of the New Testament.

Our method is designed to lead you through seven immersive stages, enabling you to engage with Jesus on a deeper level through contemplation on any Jesus encounter passage. This method will help you uncover profound insights into your own life and faith and give an avenue for transformation by the person of Jesus The Christ.

What is HEALING with Jesus? "**HEALING *with Jesus***" is a title built off of an acronym that encapsulates our seven-stage approach to scriptural reflection. It's a method that fosters a meaningful encounter with the person of Jesus, helping you to encounter him in very human ways, so you can have something like the experience of being a person at the time of Jesus' ministry on earth 2000 years ago. The process will even draw you deeper into your present circumstances and inner workings of your mind!

Before you continue, however, please keep something in mind: this process is for the able-minded. There is a portion of the population who lack the ability to picture things in their mind, a condition called aphantasia. If this is you then you will not likely be able to utilize this method.

The aim of the process is to engage you with Jesus on all levels and help you overcome any over-intellectualization of faith. From Hearing, to Seeing, to Sensing, to Engaging, to Social Systems, to Psyche. This process will make this an all-level encounter with the Lord.

Here are the steps of the process to access a healing encounter with Jesus through Sacred Scripture:

H - Hear the Story: Open your heart to Jesus and His Gospel message.

Engage your *intellect* to grasp the main topics, themes, and teachings of the encounter narrative.

E - Envision the Narrative: Create vivid mental images of encounter stories, visualizing them as scenes unfolding in your personal theater of the mind.

A - Access All Senses: Immerse yourself (bodily) in the sensory details of the scene beyond sight from beyond, but rather in hearing, seeing,

feeling (skin sensation), etc, experiencing it as though spatially in three dimensions, bringing it to life.

L - Live the Moment: Step into the shoes (role) of a person in the encounter with Jesus, experiencing events from their perspective, and interact with Jesus in the scene.

I - Invite Transformation: Be present as yourself in the situation, seeking to receive transformation of self from Jesus, allowing His power to bring personal healing to your life (whether physical, mental, relational or spiritual).

N - Navigate Relationships: Explore how the relational dynamics of the encounter narrative resonate with your own life and relationships, understanding what Jesus reveals about your roles in them and how to bring about healthy relational changes.

G - Go into the Psyche: Dive into the depths of your inner world, recognizing the characters, objects, actions, and themes of the encounter narrative as reflections of your own psyche. Allow Jesus to illuminate these aspects of yourself, bringing healing to the different parts of self.

Why Choose HEALING with Jesus?

- **Deep Spiritual Connection with Jesus:** Our technique fosters a profound connection with the Jesus of the Scriptures, allowing you to grow spiritually.
- **Personal Transformation:** "**HEALING *with Jesus***" empowers you to explore your physical, interpersonal and intrapsychic worlds and invites Jesus to help you experience personal transformation.
- **Versatility:** Whether you're new to scriptural reflection or have been on a spiritual journey for years, our technique is suitable for all levels of experience. You can use certain stages and omit others. Make it a 10 minute exercise or a full weekend retreat.
- **Community:** Join a community of like-minded individuals on a spiritual journey, sharing insights and experiences.

Get Started Today: Begin your "**HEALING *with Jesus***" journey today and embark on a transformative exploration of the scriptures like never before.

Another aspect is to use multiple Gospel passages on the same subject. This is not usually best for the neophyte but it can lead to many fruits. In this approach you would read both Matthew 12:9–14 or Luke 6:6–11 and when recreating it in your mind merge aspects of both. [MORE ON THIS](#)

Chapter 14- Habits from daily use to full retreats.

Chapter 15- Conclusion