Only Love heals ALL wounds

By Andrea Raischel, RN

It is said that time heals all wounds, but is that really true? Time may heal physical wounds but what about mental, emotional and spiritual wounds? How much time does it take to heal those -- a few days, months, years, centuries, or even millennia?

History clearly shows us time does not heal ALL wounds. No matter how much time passes, old wounds still persist. They get buried, they fester, they are passed on from generation to generation, they divide and separate, and cause serious disease.

What does heal ALL wounds is Love -- real Love. Real Love makes us feel accepted, secure and valuable. When we are fortunate enough to experience it, both as giver and receiver, we find that Love heals mind, spirit and body. This type of healing Love is not the same as romantic love, which is limited. Rather, it is pure, divine, unadulterated, all-encompassing, unconditional Love. It is a feeling, an action word and a state of being. It is the fountain from which all healing, for you, for others and for the world, flows.

Contemporary research, our own history and ancient teachings all support the validity of the hypothesis that Love heals. Dr. Bernie S. Siegel, author of *Love, Medicine and Miracles, and Peace, Love & Healing* states, “[I am convinced that unconditional love is the most powerful known stimulant of the immune system. If I told patients to raise their blood levels of immune globulins or killer T cells, no one would know how. But if I can teach them to love themselves and others fully, the same changes happen automatically. The truth is: love heals.](http://www.azquotes.com/quote/804048)”

Dean Shrock, PhD, author of *Why Love Heals*, served as director of mind-body medicine for 40 cancer centers. He found that his patients lived much longer than those receiving only conventional medical care. Much to his surprise, his research showed it was not his programs and teaching that made the difference for patients. It was the fact that they felt cared for by him. Dr. Shrock defines love as the “all-pervasive energy that flows through everything.”  He explains that love is oneness because, on a subatomic level, all of us are connected. Love is the most powerful medicine for healing not just the body but the mind, the soul, our communities and our nations.

The numerous natural disasters that have occurred this year, as well as the recent tragedy in Las Vegas, show it is the outpouring of love and compassion that makes the biggest difference for those involved. We see how the human spirit rises to help and support others in need. Because of our undeniable human connection, most of us feel these tragedies deep within our own being. We put aside grievances, prejudices, political and religious differences in an effort to help. Some go personally to give hands-on help, some provide supplies, some give monetary support and some offer up powerful prayers. These are all expressions of love in action that make a difference in the healing process, whether one is the giver or receiver.

It is unfortunate that it takes tragedies to incite us to remove walls and allow our Love to flow outwardly. What would happen if we as societies and individuals cultivated Love as a way of life? What if Love was the foundation for everything we do? Would our world look different than it does now? Would we even have tragedies like the one in Las Vegas? Even now can we show Love and compassion for a man so totally disconnected from his own flow of love, his own humanity and the love and humanity of others that he could commit such an act? Do we have the eyes to see that perhaps it is a society that spends more time focused on fear, anger, hatred, prejudice, separation, division and an us and them mentality than Love, compassion, cooperation and kindness that fosters such desperate actions?

Blame, victimization, anger, hatred and more laws will never heal anyone. It is only Love that will provide the healing necessary for our ailing world. The big question is not what will our government do, it is what will you do? Will you perpetuate the problem, continue to bash, blame, feel hatred and anger, separation, fight for more laws, polluting yourself and others, or will you be part of the solution by consciously choosing Love, compassion, kindness, and connection?

Anthropologist Ashley Montagu has said the way she changes her life is to act as if she already is the person she wants to be. This is simple, wise advice. When you wake up and act like a loving person, you and the people around you are transformed. Everybody is changed by the reception of this Love.

We all want to live in a different world, but the world doesn’t just change on its own. People change, and then the world changes. Put forth an effort every day to nourish the Love that lives within you for health, happiness and healing. In doing this, you not only change your own life, but begin to transform the world around you. Make a difference. Be the Love that changes the world.

Time does not heal all wounds, only Love heals all wounds and Love never fails.

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