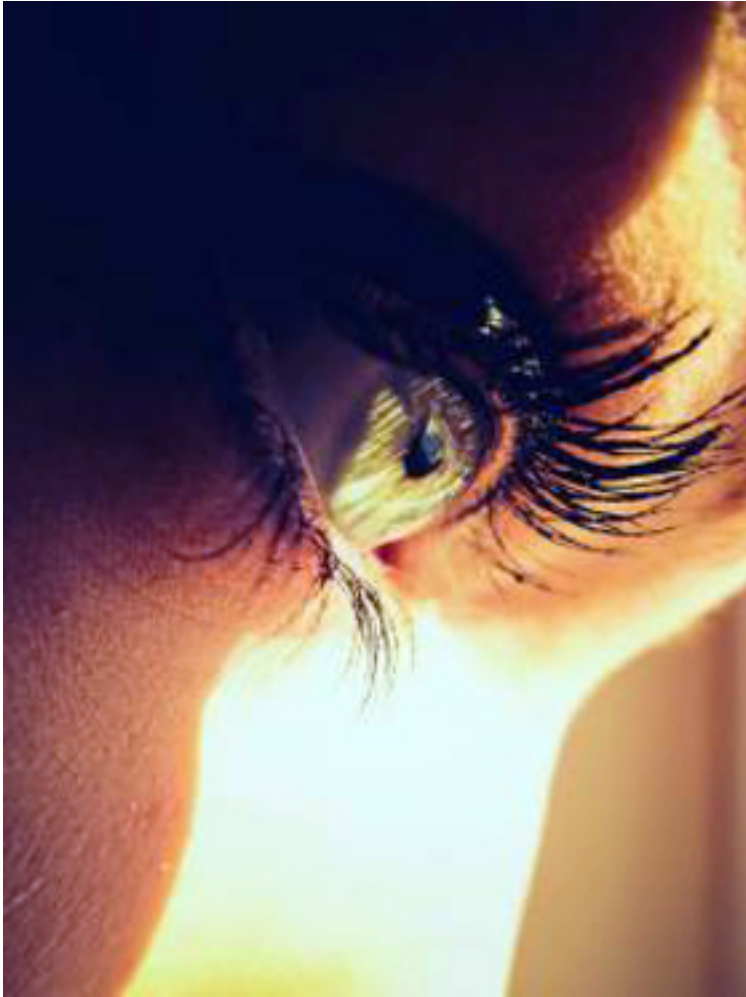


Healing for the feminine soul

Written by Timothy Houston
Monday, 10 March 2014 15:05



This is my third and final commentary on healing.

The previous two commentaries were on healing for the Black family, and healing for the masculine soul. This week, I would like to address the topic of healing for the feminine soul.

The soul of a woman is her emotional center. It is where her feelings, esteem, thoughts and most importantly her emotions reside. When the soul of a woman is wounded, her abilities are hampered, her creativity is stifled and potential is restricted to the extent of her pain. With 72 percent of the Black households being headed by a single parent, and most of them are women, healing for the feminine soul is paramount.

To begin healing the feminine soul, you must stop the bleeding. This is an environmental function. The wounded woman must remove herself from any environment that is causing her harm. I do not say this lightly, because the family unit is a precious entity. But a woman that is in a continual state of verbal, physical, spiritual and emotional abuse can never heal. I recommend spiritual counseling. The source of the wound may be misapplied. In some cases, the wounds may be self-inflicted, in other cases, they may stem from childhood trauma. In all cases, the wounded soul must be protected.

Next, to heal the feminine soul, you must start the breathing. This is an internal function. No one person can breathe for another. Resuscitation and revival begin in the heart. The wounded

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woman must inundate her heart with the most positive information available. This is spiritual, so her connection to God must be healthy and intact. No one else can do this for her. As her spirit is strengthened, her heart is also strengthened, and her soul begins to heal. This is the breath of life that is needed for spiritual and emotional healing.

Finally, to heal the feminine soul, you must treat for shock. This is an external function. There can be no business as usual. There is help for the hurting. No one is ever completely alone. Those who are in the circle of influence of the wounded must be involved in this process. No one can heal in a vacuum. Family and friends will need to step in and help out. Their hands and heart will be needed. As the wounded soul progress through the stages of healing, family and friends will keep the wounded from regressing back to old behavior.

There is healing for the feminine soul. This is a spiritual function. Spiritual healing is our future hope for healing for our families. The wounded woman cannot issue life to her family and children if she is not whole herself. This is one of the most pressing issues that is facing our families.

But there is hope.

God can and will heal the feminine soul. This is his gift to all families. "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" 3 John 1:2.

Timothy Houston is an author, minister, and motivational speaker who is committed to guiding positive life changes in families and communities. To get copies of his books, for questions, comments or more information, go to www.tlhouston.com.