

Apostolate of the Green Scapular

Bringing Conversion To The World,
One Soul At A Time

INNER HEALING

If you have ever questioned the term, Inner Healing, and what it all means. We hope that after you read this important paper, you understand it more clearly. Inner Healing is real, it is the term used to help an individual go through various life experiences and to heal that individual from some of their painful memories. Remember our memories are stored in two locations which are the conscious and subconscious mind. Your conscious mind can recall early childhood memories, while you were awake and aware of your surroundings. But the subconscious mind, retains memories in your early childhood such as: when you were in the womb of your mother, what happened during your birth or the birthing process, what happened to you when you were very young between the ages of birth to now.

Although you might not remember what happened during your birth, or the birthing process, or just after you were born, your memory recorded everything every, single second of your life. If you endured a traumatic event like being premature at birth, you were rejected by your parents because you came from an unwanted pregnancy or even if you were given up for adoption; all these feelings, emotions and events were experienced by you at birth, and more damaging is if you were sexually abused as a small child. You can have so many bad and painful memories that have damaged your personal "love of self" that you might even act out your hurt and anger with life.

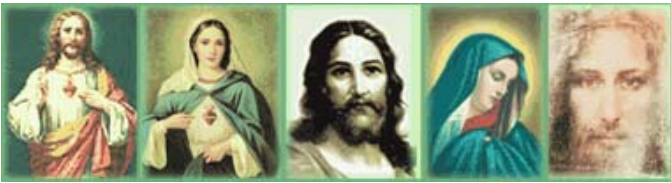
More and more kids who go through life without being able to go through Inner Healing are now locked up in prison as adults. They were hated, they were violated against, and since they have not learned how to properly deal with their injuries, they hurt others too. We estimate that 60% of your personal spiritual and physical healing will take place when you go through the Inner Healing process

HEALING YOUR CONSCIOUS MEMORIES

We have prepared several steps for you to follow in order to achieve healing. Spiritual Healing always results in Physical Healing. If you are suffering from any physical sickness, to include cancer, Jesus can heal you at any time according to God's holy will. Since Jesus promised He would never leave us and would send us the Holy Spirit to comfort us, we turn to the Holy Spirit and seek his guidance. You need to be 100% honest with yourself so begin with a full Examination of Conscious. You will want to have a pen, some paper and box of tissue.

Now you need to answer this question, who are you angry with? Who hurt you? Who violated your trust? All answers will vary, but if you say that you are not angry with anyone, then possibly your anger is residing in your subconscious mind. For the painful memories you can remember, write down the names of each person, make a list. Now you will need to forgive the person who hurt you. You must forgive that person, even if that person molested you as a child, or that person killed your child. Although this will be the most difficult process you have ever complete and we have a means that makes it easy to go through this process.

First step, imagine Jesus is crucified on the cross. Now Jesus is reaching out to you with His hand extended out towards you. He wants you to hand over the pain you feel towards the person who injured you the most. Jesus knows how much you have been hurt, but He loves you and died on the cross to save you. So you need



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to hand Jesus the hurt. As an example, if your dad beat you as a child it is most likely that he too was beat by his father as a child. Can you forgive him because he treated you the way he was treated as a child too? Can you reach deep in your heart and have mercy on him? Yes, you can do it because Jesus will give you the grace necessary to do so. Now go to the second person that hurt you, hand him or her to Jesus too. Forgive that person as Jesus forgave you for your sins and go on with the next person.

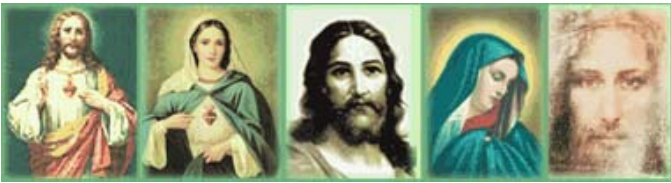
Next step, for each of person you handed to Jesus and forgave, you need to ask Jesus to forgive YOU for holding onto your anger towards them. Although this may sound ridiculous because they harmed you, you do carry on your spirit a sin of anger and you must now be forgiven by Jesus. Proof of this is in the Our Father prayer, "Forgive us our trespasses (Father God), as we forgive those who have trespassed against us." Have you heard that one of the "Deadly Sins" is anger. You must forgive one or hundreds of people who hurt you in order to enter the Kingdom of Heaven. There is no anger in heaven, only love! In case you did not know, that the deadly sins are actual demonic spirits. So if you have retained any anger or animosity towards anyone, you can bet you are carrying around with you one or more demonic spirits. Since they never travel alone, this demonic spirit of anger has found ways to infiltrate your life and tempt you into other sinful ways.

This is why so many people are sick, they have not learned to forgive. Did you know that your anger or the evil spirit anger does everything to infiltrate your human body causing sicknesses? When anger manifests it turns into CANCER. Have you noticed that when you become angry, you eventually become depressed? Yes, this is the process of ANGER MANIFESTING. After depression manifests, you tend to wonder why you want to live. Nothing in life will make you happy, you seem depressed all the time and don't know how to heal it. Medication will not fix it, alcohol will not fix it, drugs will not fix it. Many people then go deeper into depression and contemplate suicide. NO ONE SHOULD COMMIT SUICIDE, only God the Father is the giver and taker of life.

IMPORTANCE OF MAKING A PLENARY INDULGENCE

Lastly, you need to go to Sacramental Confession to get rid of the sin of anger and demonic spirits. Go to sacramental Confession and confess the sins you forgot in an earlier confession. After making your Sacramental Confession, you are now in the State of Grace. Your sins are forgiven and now you need to complete the rest of the process by making a Plenary Indulgence. A Plenary Indulgence removes your entire Temporal Punishment, in other words, your Purgatory sentence of suffering. If you want to learn more about Temporal Punishment, the Catholic Catechism has every Scripture passage and reference to when Jesus Christ instituted this incredible and amazing grace for all mankind. We'll summarize it quickly here now.

When you commit a sin, venial or mortal (which is grave), you will answer to the Lord for this sin. You need to realize you sinned against God and REPENT (tell Jesus you are very sorry for sinning and hurting Him in this way) even before you get to the Confessional. The only way to remove sin is to go to Sacramental Confession, as Jesus taught us in the Holy Bible. After you have confessed all your sins, then complete the Penance the Priest has assigned you and now your sin is forgiven and you are in the "State of Grace". But even though you confessed your sins, and those sins are forgiven; the sins you committed have a "DEBT" assigned to it. This debt will need to be repaid to the Lord. That is where Purgatory comes along. Purgatory is a location beneath the earth where our spirit goes to expiate (pay back) any debts we did not take care of when we



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lived on earth.

The ways in which we expiate our Temporal Punishment is by gaining Plenary Indulgences or Partial Indulgences. Partial Indulgences are the removal of part of our Temporal Punishment but a Plenary Indulgence is the TOTAL REMOVAL OF ALL DEBT. We should always strive to obtain a Plenary Indulgence for ourselves or more importantly, for the Holy Souls in Purgatory. You can make a Plenary Indulgence and offer it for all the Holy Souls in Purgatory as many times as you can. So here are some wonderful ways to obtain a Plenary Indulgence:

- A. With a repentant heart, go to Confession and complete your penance.
- B. Receive Holy Communion.
- C. Pray for our Holy Pope by reciting an Our Father, Hail Mary and Glory Be for his intentions.
- D. Pray either a Holy Rosary, or complete 30-minutes of Eucharistic Adoration or complete the Stations of the Cross in a Catholic Church.
- E. Lastly, ask Jesus if you may obtain that holy grace called a Plenary Indulgence which will take away your entire Temporal Punishment (your stay in Purgatory). If you can complete the Rosary, Stations or Eucharistic Adoration prior to Holy Communion, then after you receive Jesus in the Eucharist, ask Him to allow you to obtain the Plenary Indulgence which is the FULL REMISSION OF YOUR PURGATORY!

HEALING YOUR SUBCONSCIOUS MEMORIES

If you sustained trauma from your early childhood like born prematurely or you were a C-section birth because of complications, or your mom cried a lot during her pregnancy; or if you “blacked out” from a car accident, knocked out in a fight, or any traumatic event that left you unconscious—then healing may be needed in your life. When early childhood events or traumatic accidents happen, you may need to seek answers from others like your mom or dad, maybe a nurse or doctor. You may need to view hospital reports or accident reports from a car accident. If you simply do not have the resources or will to search beyond asking your mom or dad questions, maybe even an aunt or uncle, then simply bring it to Jesus.

You may not be able to find all the answers, but Jesus knows them so we suggest you to attend Healing Retreats in your local area. Many Catholic Priests travel from city to city offering Healing Retreats. It would be well worth your effort to attend one or more of these retreats. After the retreat, you may experience incredible spiritual and physical healings. We suggest you attend several more, so Jesus can remove all the layers of pain and hurt you have been carrying around with you since birth. If you cannot find an Inner Healing Retreat, then you can contact our Apostolate via email and someone from our organization will contact you to schedule it.