

Apostolate of the Green Scapular

Bringing Conversion To The World, One Soul At A Time

Inner Healing For Military Personnel and Veterans

We know that many vets returning from combat are suffering and we hope to provide some spiritual assistance for anyone who is in search of Jesus' gift and mercy. Since "post traumatic stress" affects each vet differently, you will need to adjust your "spiritual healing plan" per your own needs, because each person experienced combat differently. So make a plan to spend at least 10 minutes a day towards your spiritual meditation on Jesus.

YOUR SERVICE IS A "CALLING" FROM GOD

It was no mistake that you volunteered to serve in the Armed Forces, it is a calling from the Lord. Recall that King David commanded an Army of men. In the First and Second Books of Machabees (last two books of the Old Testament), we read, "But when the first band of Judas [Machabees] came in sight, the enemies were struck with fear, by the presence of God, who seeth all things, and they were put to flight one from another." (see 2 Machabees 12:22).

HEALING ALL THOSE MEMORIES

Your eyes are the window to the soul, and because your eyes have seen and experienced the gravest and most depraved situations life can offer, you need to seek healing of all those images you witnessed. The pictures taken by your eyes must be healed, those images are placed in your conscience mind, store in the imagination location of your brain; so you need to have each image erased or removed from your memory.

GIVING EACH IMAGE FROM YOUR MEMORY TO JESUS

We recommend that you visit Jesus in the Blessed Sacrament in Eucharistic Adoration and if you are not able to, simply do this at home:

1. Begin with an Act of Contrition, you may recall one from your youth or make one up. Tell Jesus you want to be healed of the bad memories you experienced during the war. You want to return to your life at home with family members and friends and need His help to do so. Ask Jesus to send the Holy Spirit into your memories and heal you.
2. Next, visualize Jesus on the cross, and taking one hand down from the cross and opening his wounded hand to you, waiting for you to hand Him a memory from the war.
3. Say these words, or make up your own; "Dear Jesus, I want to hand this terrible memory to You. I do not want to remember it any more. Please Jesus take it from my memory today."
4. Hand Jesus the memory, place it in Jesus' precious wounded hand.
5. Now tell Jesus that you forgive XXX [whoever hurt you], and today you want to give up all anger towards XXX. Then ask Jesus to please heal you from the anger forever!
6. Lastly, ask the Holy Spirit to enter into the space that was vacated by the evil spirit named "anger". Simply say, "Dear Holy Spirit, please place an in-healing in the place that was vacated by anger".
7. Now repeat steps 2 through 6 for all other memories that are troubling you. It may take you minutes or months, but don't stop. You will gradually begin to experience inner peace.