

# Contents

Foreword by Fr. Richard Rohr, OFM	vii
1. Healing the hurt places	1
2. What is Healing Prayer?	8
3. The Jesus Prayer: A pathway into the deep calm of God	19
4. How imagination prayer heals	24
5. How God's love can lift depression	29
6. Healing after events of mindless violence like Newtown and Columbine	36
7. Healing from pornography addiction	46
8. Healing when a child is different	53
9. Putting the family back together	59
10. God can heal our beginnings	66
11. Prayer that breaks the cycle of worry	76
12. Lectio Divina: Letting Scripture transform our emotions	82
13. How Wonder Heals	87
14. Healing Our World	96

## FOREWORD

*“Clean the inside of cup and bowl first so that the outside may become clean as well.”*

JESUS TO THE PHARISEES, MATTHEW 23:26

I have known Eddie Ensley since he was a very young man, and he has always had passion and skill for healing real people with their real sufferings. He knows that those sufferings are first of all and most deeply interior. Until the unconscious is touched, until the world of memories, shame, guilt, handicap, early life conditioning, abuse, and the emotions that follow from all of these are brought into full consciousness and offered to God, nothing external ever changes for long. As the author of Ephesians puts it, “That which is exposed by the light is illuminated, and all that is illuminated will itself turn into light” (5:13–14). That, in a word, is the Christian ministry of healing, and in this book you are being taught by a master who has practiced this healing work for most of his life, along with his faithful co-worker, Deacon Robert Herrmann.

These lovely and loving meditations will illuminate “the inside” of our cups and our dishes, and then the outside will invariably take care of itself. We will know what we need to do and what we now can do “in the light.”

Let me invite you to Deacon Eddie’s wonderful healing ministry through the words of the 15<sup>th</sup>-century mystic poet of India, Kabir. He names the mystery of inner healing so well:

*O FRIEND! hope for Him while you live,  
know while you live,  
understand while you live:  
for in life deliverance abides.  
If the ropes that bind you are not broken while living,  
what hope of deliverance in death?  
It is but an empty dream, that the soul shall have  
union with Him because it has passed  
from the body.  
If He is found now, He is found then,  
If not, we do but go to dwell in the City of Death.  
If you have union now, you shall have it hereafter.*

This fine book from Eddie Ensley will significantly help you “find Him” now—and waste no more time in any city of death.

**FR. RICHARD ROHR, O.F.M.**

*Center for Action and Contemplation*

*Albuquerque, New Mexico*