

What is Healing?

The variety of definitions for healing are far-reaching—coming from spiritual, medical, cultural, psychological, anthropological, and indigenous story roots. The definition used below is a blending of definitions which seeks to describe healing within a context that can be used for both individuals and organizations. It is not intended to be the only definition, or the best definition. It is a starting point for discussion within your organization.

Healing is useful when:

A thought, feeling, or action in an individual or group causes discomfort/suffering which disrupts the “true” or “best” path for the person or organization. There is a resulting acknowledgment that something is broken, incomplete, or not healthy.

Healing is the result of:

any process used to restore or generate wholeness and provide eventual relief from the initial pain/suffering.

Healing has occurred:

when there is a generation of healthy thought, feeling, or action with increases the capacity to love self and/or others and follow a healthy/purposeful path.

“Healing is a state of being marked by a feeling of wholeness resulting from a willingness to open to truth and forgiveness as part of a journey toward love for self and others while following our true and purposeful path.”