

Health & Healing

Speaking as a Bahá'í on the subject of health, healing and the mind-body connection, there are so many things that can be said!

To give an overview, maybe the best way is to give two quotes from talks given by Abdu'l-Bahá (1844 – 1921), the son of the founder of the Bahá'í Faith, Bahá'u'lláh:

“Disease is of two kinds: material and spiritual. Take for instance, a cut hand; if you pray for the cut to be healed and do not stop its bleeding, you will not do much good; a material remedy is needed. Sometimes if the nervous system is paralyzed through fear, a spiritual remedy is necessary. ...It often happens that sorrow makes one ill; this can be cured by spiritual means.”

That should be balanced with these passages from the same source:

“There is but one power which heals - that is God. The state or condition through which the healing takes place is the confidence of the heart. By some this state is reached through pills, powders, and physicians. By others, through hygiene, fasting, and prayer. By others, through direct perception.”

“All that we see around us is the work of mind. It is mind in the herb and in the mineral that acts on the human body, and changes its condition.”

Reading the first passage, you may think, if you're like me, “Oh well, that makes perfect sense!” As you read the other passages, if you're like me, you begin to think: “Okay, this is way more complicated than I thought...”

The common sense bottom line is there – “The best result can be obtained by combining the two processes, spiritual and physical” – but, like other spiritual teachings, the Bahá'í teachings come gift-wrapped, sometimes in paradox. There is often an allusion to some greater truth dimly seen, the lotus tree on the horizon, not yet within reach. Some reflection is required.

There are whole books on the Bahá'í teachings on this subject and on the [subject of prayer](#), so I won't go beyond giving you that link. But there's one other thing I think should be mentioned about the term “[Manifestation of God](#)”. Above I'd said that Bahá'u'lláh is the “founder of the Bahá'í Faith”, which is like saying that Christ was the founder of Christianity, or Muhammad the founder of Islam. It's true in one sense, but hardly does justice to any of those holy souls. Hence the term Manifestation, used in a very specific way (when capitalized) to refer to those Educators of humanity, who appeared from time to time throughout history.

On the other hand, we're all “small m” manifestations of the Unknowable Essence (God), as is all of nature, and reflect its light. This is a healing thought in itself.