



# Healing the Wounded Soul (Ways to Inner Wholeness)

*Arline Westmeier*

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The eidetic memories of our traumatic experiences remain recorded like unresolved “videos” in our conscious and unconscious memory. These memories of traumatic experiences influence our lives and families by projecting their pain onto our daily experiences. No parents can fully meet their children’s basic need to receive love, pardon, protection and praise. This causes varying degrees of feelings of inferiority, which we try to compensate with equal degrees of superiority through such things as bragging, possessiveness and possessions, perfectionism, and so on.

This book shows that Jesus came not only to carry sin, but also the griefs and sorrows of our experiences to the cross. Using vignettes from her counseling practice, Dr. Westmeier deals with the effects of such problems as dysfunctional families, sexual abuse and rape, abortion guilt, being an unwanted child and much more. When we open these memories to Jesus, he who came to carry our sins to the cross also carries our fears, anxieties, griefs and sorrows to the cross, giving us a new ending to the “videos” in our memories. By giving us His forgiveness, the “unforgivable” can be forgiven. “Prayer guides” lead the readers through this process.

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People live in this new day of lifestyle always attempt to and must have the free time or they will get wide range of stress from both way of life and work. So , once we ask do people have free time, we will say absolutely of course. People is human not only a robot. Then we inquire again, what kind of activity do you have when the spare time coming to you actually of course your answer may unlimited right. Then ever try this one, reading guides. It can be your alternative inside spending your spare time, the particular book you have read is usually Healing the Wounded Soul (Ways to Inner Wholeness).

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