



Vindecare Prin Cuvant: Jurnal Spiritual si Motivational (Ecouri din Sectiunea Timpului Intermediar) (Volume 2) (Romanian Edition)

Octavian Nicolae Lupu

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Motto: „A nu raspunde cu violenta reprezinta o arma puternica si justa, care taie fara a rani si innobileaza pe omul care o manifesta. Este o sabie care vindeca.” - Martin Luther King, Jr. in urma cu cativa ani am avut ocazia de a cumpara o carte avand drept titlu "Cum sa te vindeci cu o poveste" de Paola Santagostini, un psihoterapeut cunoscut din Italia. Acest titlu m-a intrigat de la inceput, fiindca nu intelegeam cum este posibil ca o poveste sa aiba un impact eficient asupra problemelor de natura sufleteasca pe care le putem avea de-a lungul vietii. Metoda propusa era deosebit de simpla, in sensul ca se solicita persoanelor afectate de diferite probleme interioare sa scrie o poveste prin intermediul careia sa isi proiecteze propriile dificultati, iar in final sa ofere o posibila solutie in plan imaginar. Am citit cu atentie aceasta carte si mi-am dat seama ca metoda propusa era deosebit de simpla si la indemana fiecaruia dintre noi. intr-adevar, exista o forta extraordinara ce rezulta din folosirea imaginatiei. Acest lucru a fost intuit din vremuri stravechi, lucru ce explica intr-o mare masura existenta povestirilor folclorice. De fapt, prin puterea imaginatiei se realizeaza o "reprogramare" a motivatiilor si atitudinilor conform unor norme morale avand valoare de lege sau principiu universal. Imediat ce am inteles aceste lucruri, m-am intrebat daca nu cumva s-ar putea folosi continutul Sfintelor Scripturi in rezolvarea dificultatilor interioare pe care le avem. Daca o poveste poate avea o putere atat de mare, atunci cu siguranta ca adevarul Bibliei va avea un impact mult mai mare, vindecand in intregime orice slabiciune de acest gen. Prin urmare, am inceput sa studiez modul in care se poate utiliza Biblia cu scopul vindecarii interioare. Am examinat mai multe publicatii in materie, iar in final am formulat cateva etape posibil a fi urmate in acest sens. Astfel, am definit notiunea de "studiu biblic aplicat", ce are drept scop fundamental descrierea dificultatilor intampinate si identificarea fragmentelor biblice utile in depasirea situatiilor critice prin care este posibil sa trecem.

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