

4

What Do You Really Want?

Before we focus in on the characteristics and differences between life and death in Part Two, I want to ask you another question: *What do you think people are looking for? What do they seem to want? What do you want?*

Things People Seem to Want

From my observations, here is a list of things that people, including myself, seem to want at different times in our lives.

As you look through this list, pay attention to the ones you connect with.

↳ *Which ones have been the most important to you in the past? The most satisfying to you? Perhaps you might like to underline or mark them.*

1. Love, affection, acceptance, approval, importance.
2. To grow up; to be on your own.
3. A family, a partner, someone to share life with.
4. Children, grandchildren.
5. Safety, security, survival.
6. Healing, health, well-being, wholeness.
7. Knowledge, understanding, education.
8. Happiness, joyfulness.
9. Something or someone to belong to: a person, group, family, church.
10. Wealth, prosperity, position, money.
11. Satisfying work or vocation – to support your family; to make a difference.
12. Material things such as house, car, furnishings, pool, patio, etc.
13. Power and influence, to be in control.
14. To be a winner – to be number one, to be right, to be successful.
15. Freedom from fear, guilt, sadness, depression, emptiness.
16. To create something or produce something.
17. Freedom; to not have any responsibilities, commitments, or burdens.
18. Faith, confidence, assurance.
19. Peace, tranquility.
20. Rest, relaxation.
21. Holidays.
22. Excitement, adventure.
23. Travel, to see the world.

24. Guidance; a new sense of direction.
25. A guide, a mentor, a teacher.
26. To be in control of your life.
27. To know who you are; your own identity
28. To serve a cause – something greater than yourself.
29. To know the meaning and purpose of your life.
30. Fulfillment, contentment, satisfaction.
31. A living God.

Why do we want these things?

After you reflect on my list, I want to ask a more profound question: *Can you identify just one factor that underlies all of the things in this list?*

I encourage you to think deeply about the *why*. Why did you want these things? What one thing might underlie all of them? Was there something deeper that explains why you looked for these things? What did you want them to give you? Think about what motivated your choices, the *why*.

- ❖ There are two types of motivations: *Intrinsic* motivation comes from within us because it is naturally satisfying to us. *External* motivation is driven by trying to obtain some type of external rewards or avoid punishment.

Why do some people like to drive very fast, such as fast race car drivers? Or ride motorcycles to the top of a hill? Sky dive? Bungee jump?

Why do others like to travel constantly, shop compulsively, or even gamble? Or why do some people tirelessly volunteer, busily serve at church, start new businesses, often change jobs, or frequently move around?

Think about what underlies behaviors such as overeating, drinking excessively, illicit sex or pornography, a frenzied whirl of activities, or even falling in love repeatedly. Is it simply escapism? Gratification of flesh or ego? Fear? Or is there something deeper?

- ❖ Falling in love allows us to merge our identity with another and so escape the narrow walls of our individual identity. The experience of falling in love causes a collapse in our ego boundaries, making us feel bigger, more alive.

The need for excitement?

You might suggest that what people really want is excitement. That's true. Excitement creates in us the feeling of being alive. Sometimes we say we are "high on life." Yet excitement seems to be born out of the sense of going on an adventure.

The need for adventure

Dr. Paul Tournier believed that the inborn urge to adventure is one of the great driving forces behind our actions, even the passion for gambling or drugs:

"There is a need for fulfillment that is part of the stuff of life itself, a need for personal adventure which is peculiar to man, a thirst for the "absolute" which in the last analysis is an expression of man's hunger and thirst after God. On our adventure, life springs

forth from some mysterious forces. It sets free a new current of life as soon as it gets going”⁴⁰

↳ *What do you think Tournier is suggesting here? Is he answering the Why? The motivating reason underlying our choices? Did you notice how he connects our need for adventure with deeper needs?*

Looking for “life” itself

In my experience, Tournier gets it right: We are looking for LIFE itself, for the feeling of being truly alive.

I suggest this is the one thing that underlies the deepest longings of our heart. This is what we try to find. We want to feel that we are fully alive, full of life – to feel that we are really living our own life, the life we were meant to live.

Tournier goes further when he explains that when young people rebel against their parents, it’s because they are looking for *life*. The search for the *feeling of really living life* is an instinctive craving that can only be satisfied by adventure. It’s a hunger for an adventure that is personal to our self, a hunger to be our self, not a copy of somebody else – to become our own person.

He warns us, however, against becoming stuck at the youthful stage of adventure. People who stop there do not understand the principle that the old must die before the new can be born again. We can only reach maturity if we allow even our most exciting adventures to eventually die. Leaving these simpler, more juvenile adventures behind makes us available for more mature and fruitful adventures.

Recently I heard Derek Prince,⁴¹ a famous international Bible teacher, talk about what he did after he graduated from Eton and Cambridge. He wore sandals and painted his toenails red. Is this an example of someone who was trying to break free from the controlled culture he was born into?

The law of adventure – something I didn’t learn in school

From Tournier, I learned something more that I didn’t learn in school or in church: the law of adventure. It has inspired and motivated me for many years. I can confirm its truth.

He says that the failure to fulfill our self is the basis of our suffering. Instead of seeking satisfaction through real adventures of our own, we look for alternatives through other people’s adventures. Or perhaps we just allow ourselves to swept along instinctively by our fears and desires, tossed around like a cork on the ocean.

⁴⁰ Tournier, *The Adventure of Living* (1965), 4-9, 22.

⁴¹ Derek Prince (1915-2003) talk on YouTube. He was born in Bangalore, India, into a British military family, educated at Eton College and Cambridge University in England and later at Hebrew University, Israel. As a student he was a philosopher and self-proclaimed agnostic until he experienced the living God and baptism of the Holy Spirit and became a missionary, theologian, international Bible teacher and acclaimed author of over 100 books.

We are bound by fear, afraid to follow the gut instincts God puts into our heart. We'd rather be settlers than become pioneers who seek the reality of the kingdom of God and listen to the Spirit of God like Abraham did.

What Does Your Heart Desire?

Has anyone ever asked you what you really want? Identifying our fundamental choice, the choice upon which all of our other choices rest, is key to living a more satisfied and fulfilling life.

- ❖ Fundamental choice is what defines our state of being. It's where we stand. It's what we're willing to fight for – Dr. Wayne Scott Andersen⁴²

Many of us have never been taught to believe we have the right to make a fundamental self-generated choice of what it is we really want. Some people have been so filled with self-doubt and lies that they are afraid to choose for themselves. But identifying our fundamental choice – at this time in our lives – and taking steps toward it, is how we take charge of our own lives.

Fromm explains, "Modern man lives under the illusion that he knows 'what he wants,' while he actually wants what he is supposed to want. In order to accept this, it is necessary to realize that to know what one really wants is not comparatively easy, as most people think, but one of the most difficult problems any human being has to solve. It is a task we frantically try to avoid by accepting ready-made goals as though they were our own."⁴³

How do you know you are on the right path?

Here is a question that might help you:

In the quiet moments at the end of the day, when you are not thinking of what must be done, when your mind is not filled with activity and noise, do you feel satisfied?

The Big Dream

Everyone is born with a dream for his or her life – a Big Dream, a universal and powerful longing. You may not be able to describe it; you may have forgotten it; you may no longer believe in it, but it's there. If you are alive, your dream still lives within you.

↳ *What dreams do you carry in your heart?*

⁴² Dr. Wayne Scott Andersen is one of America's foremost physicians in nutritional intervention and a New York Times bestselling author: *Dr. A's Habits of Health*, pg. 91.

⁴³ Erich Fromm (1900-1980) was social psychologist who fled the Nazi regime as a German Jew and settled in the US; he wrote numerous books including *The Art of Loving*, *Escape from Freedom*, and *The Heart of Man: Its Genius for Good and Evil*.

Wishing and dreaming are the beginning of all human endeavors. Recently I read the novel, *The Ultimate Gift*.⁴⁴ I was so impressed with its thoughts on dreams that I wanted to share some of them with you.

“Dreams are the essence of life – they enable us to see life as it can be, not as it is.” The author warns that our dreams for our life must be ours, not somebody else’s. They must grow and expand. Dreams come true in our heart and mind before they can come true in reality. A person who can live his entire life with a burning passion for his or her dreams is a fortunate person.

Failure to know the meaning of life or causes of personal destiny is the deepest cause of negativity, unfulfillment and unhappiness. – David Seabury⁴⁵

How do we discover our dreams?

I believe that the dreams we were born with will reveal themselves within the context of our lives. They will be discovered through things such as chance encounters, coincidences, synchronicity, intuitive knowings, attractions, obligations we can’t get out of, and of course prophetic revelations, dreams, and visions from the Spirit of God.

First thoughts

For example, in 1979, when I was 40 years old, a thought suddenly popped into my mind as I was driving. I turned it into a prayer: “Lord, I always thought you had something for me to do, but I don’t know what it is or how to find it. If you do, you will have to do it.” In that moment, I *surrendered* this “intuitive knowing” back to my Creator.

A few weeks later, suddenly through a sequence of events in my life, I was told that I was to be the next president of this Woman’s Aglow Chapter because “God had said so,” by a woman who didn’t know me. And so God’s plans for my life began to unfold.

There is a sequence of events that must gravitate naturally in the timing of God for fulfillment—Charles Capps⁴⁶

Created with purpose

I don’t like to think of God’s purpose for our life as something outside of ourselves, perhaps up in the heavenly realm. But I see us as having been born with the plans already embedded in our heart or spirit.

Dr. Richard Peace says it like this: “Built into our very natures is a purpose and a goal. Finding that purpose and goal and living in accord with its dictates is what is necessary to becoming fully human.”⁴⁷

⁴⁴ Jim Stovall, *The Ultimate Gift* (Colorado Springs: David C. Cook, 2001).

⁴⁵ David Seabury (1885-1960) was an American psychologist who published the renowned book, *The Art of Selfishness* (1937).

⁴⁶ Charles Capps (1934-2014) was an American preacher and teacher in the Word of Faith movement. This quote by Charles is in a new book, *The Spirit of Prophecy*, by his daughter Annette Capps.

⁴⁷ Richard Peace, *Pilgrimage: A Handbook on Christian Growth* (1976).

- For You created my innermost parts; You wove me in my mother's womb (Ps 39:13).
- Before I formed you in the womb I knew you, and before you were born I consecrated you; I have appointed you a prophet to the nations (Jer 1:5).

When God created us, He planted within our heart His unique plans and purposes for our life. So we didn't arrive here empty! We came with our own unique personalities, gifts, talents, and possibilities.

The principle of magnetic attraction

Think of these purposes as being like patterns of energy (a magnetic field containing magnetic energy) that attract us to possibilities for us to choose from and fulfill.

So I wonder, why did we buy a camera for The New Life, Inc. and start recording their retreats in the 1980s? Or why were we so attracted to the CATV (Community Access TV) course that we took it twice? And why did I also produce a community-access program called "Risky Living?"

We had no real plan or idea of what to do with this knowledge or experience, but I see it now as part of the pattern of energy preparing us for our future: producing podcasts.

Laurie Beth Jones⁴⁸ writes, "Physicists are now aware of subatomic particles that hover in and around everything that exists. One interesting characteristic of these particles is that they seem to take on the properties or expectations of the scientists studying them.

"This has led to the speculation that these particles may be the creative building blocks of the universe. All mass is surround by hovering possibilities waiting only to be spoken to in order to become. If these particles surround us all, then each of us is currently and constantly creating the future by what we say and think, whether or not we are aware of doing so."

↳ *How important are your thoughts and words?*

A law of life: we need a central purpose

Here is another law of life that I didn't know. It says we need a central purpose in our heart, one that ignites our soul with passion. It should grow and develop as we do. If we are alive, we have purpose.

The number one deadly fear of people is 'Having lived a meaningless life.'
Finding one's mission and then fulfilling it, is perhaps the most vital activity in which a person can engage – Laurie Beth Jones.⁴⁹

In Proverbs 29:18, King Solomon explains the need for plans and purpose: "Where there is no vision, the people perish." Life loses its luster and we fall prey to depression, apathy, and many physical ills.

⁴⁸ Laurie Beth Jones (1952-) is an internationally recognized author, speaker, and coach. Her business books, written from a spiritual perspective, lead readers through every step of defining and fulfilling a mission, *The Path* (1996).

⁴⁹ Jones, *The Path*.

- ❖ The word *vision* means a divine purpose—a prophetic revelation, regardless of the manner by which it was received.

Living life requires that we have dreams and visions – no matter how old we are. Remember the Dutch woman Corrie Ten Boom⁵⁰ who helped Jews escape the Nazi Holocaust? In midlife she was arrested and sent to Ravensbrück. Her triumphant story told in *Hiding Place* touched the hearts of many, including myself!

Well into her 80s, Corrie continued to work on a long list of goals. When someone asked her why so many, she said, “Because if I only do one of them, I will have done more than most people.” Here was a woman who lived this law of life.

We need to have a genuine purpose in our hearts and make it the centralizing point of our thoughts. We should make this purpose our supreme duty and devote ourselves to its attainment.

James Allen notes that this purpose can be a spiritual ideal or even a worldly object, but whichever it is, we should steadily focus our thought forces upon it, not allowing our thoughts to wander away into fancies, longings, and imaginings.

Allen also explains that if we are unprepared for a great purpose, we must focus on the faultless performance of our duties, no matter how insignificant they may seem: “Only in this way can our thoughts be gathered and focused, and resolution and energy be developed. We will begin to exert our self, and adding effort to effort, patience to patience, and strength to strength, will never cease to develop, and will at last grow divinely strong.”⁵¹

↳ *Who or what do you live for?*

Which adventure?

What we really lack is to be clear in our mind what we are to do. We need to understand ourselves, to see what God really wishes us to do; the thing is to find a truth which is true for us, to find the idea for which we are willing to live and die.

Our intuition tells us that we have links with a spiritual realm outside and beyond ourselves. When we conform to it, we are making a right choice. We bear within our self a need for adventure and invention, but we cannot bring ourselves to invent just anything, without reference to something great. Nor can we choose not to choose, since not to choose is to choose abdication, irresponsibility, and inhumanity.

⁵⁰ Corrie Ten Boom (1892-1983) was a Dutch Christian who, along with her father and other family members, helped many Jews escape the Nazi Holocaust during World War II. She was imprisoned for her actions. Her most famous book, *The Hiding Place*, describes the ordeal.

⁵¹ James Allen (1854-1912), one of the pioneering figures of modern inspirational thought, was a British philosophical writer. His best known work, *As A Man Thinketh*, is loosely based on Proverbs 23:7, “As a man thinks in his heart, so is he.”

Cherish our dream

Treasure our dream, Allen tells us; cherish an inspirational ideal, an admirable vision, and some day we will realize it—like Abraham did. Or like Columbus envisioning another world and then discovering it.

Allen says, “In all human affairs, there are efforts and there are results, and the strength of the effort is the measure of the result. Chance is not. The Vision that you glorify in your mind, the Ideal that you enthrone in your heart—this you will build your life by, this you will become.”⁵²

So we can expect to receive the exact results of our own thoughts. We’ll get what we earn—no more, no less. Whatever our current environment is, we will fall, remain where we are, or rise based on our thoughts.

Think of people like Dolly Parton. As a child she said, “I am going to Nashville to be a star and I didn’t let anyone shake me from my dream.” As a teen, Barbra Streisand went to second-hand shops for clothes, then wearing them she would stand in front of a mirror and sing her heart out—even though her step father told her, “You will never be a singer.”

What Do You Want?

↳ *Again I ask, what is it you really want in your life? What is your purpose in life? What do you live for?*

Allen said, “They who have no central purpose in their life fall an easy prey to petty worries, fears, troubles, and self-pityings, which lead to failure, unhappiness, and loss.”⁵³ When I keep my thoughts on my central purpose, I have much better days. Also I am able to handle my physical discomforts better.

Career counselor Barbara Sher wrote: “When we have a life we love, we wake up every morning excited about the day ahead and delighted to be doing what we are doing—even if we are sometimes a little nervous and scared. If this isn’t you, what would make it that way? What is your fondest dream? Something you can put your heart into?”⁵⁴

↳ *Do you realize that I am asking you Big Questions?*

- Do you want to have the feeling that you are living the life you were meant to live?
- Do you need to go on an adventure or take a different path?
- Do you want to become more fully alive, no matter the cost?

⁵² James Allen, *As a Man Thinketh* (1903).

⁵³ Allen, *As a Man Thinketh*.

⁵⁴ Barbara Sher (1935–1920) was a nurse, career counselor, and author. Her first book *Wishcraft: How to Get What You Really Want* (1979), has become a classic, selling over one million copies in more than a dozen translations, providing a down-to-earth, nuts-and-bolts method for uncovering natural talent, pinpointing goals, and turning dreams into reality.

- Do you want to know a living God who will speak to you?
- Do you want to feel more satisfied or do you simply want some type of reward or recognition?

Your answers will influence your choices and your life.

Getting in touch with your heart

Here are experiential learning activities to help you sift through your past, look into the future, and consider your gifts and talents to help you clarify what it is you really want.

Twenty things you love

Many years ago I discovered this little activity and learned much about myself. I hope you will like it too. Make a list of twenty things you love. Don't worry about how trivial they seem to you. It may be your work, a hobby, a sport, a pastime, a subject in school you wish you had studied, or just something that gives off a special whiff of fascination for you whenever it goes by.⁵⁵

Pick four or five people you most admire

Think of four or five people, living or dead, who you admire. What did they do, or are doing now, that you might like to do?

I chose Golda Meir, known as the mother of Israel. Others were Helen Luke, Agnes Sanford, and Edith Schaffer (you will find them quoted in this book).

Identify your favorite film

Do you have a favorite film or movie? Recently someone shared with me how the film, *The Titanic*, had deeply touched her. She was moved by the young woman who wanted to break free and find her own life; by the young man who laid his life down for her; and by the frantic efforts of people trying to escape death.

If this was one of your favorite films, why do you think it touched you so deeply?

Identify your favorite fairy tale

As a child, did you have a favorite fairy tale? I chose *Jack and the Beanstalk* as my favorite. It is about a poor country boy who climbs a beanstalk up into the clouds (heavenly realm). He defeats a giant and brings back a bag of gold, an enchanted goose that lays golden eggs, and a magic golden harp that plays and sings by itself – enabling Jack and his family to prosper.

So why do you think I chose that fairy tale? If you understand the symbolic meaning, it is not difficult to figure out why I chose it.

Gold is a symbol of eternity, perfection, or love. "The idea of gold as the most intimate and most sacred secret of earth is widespread."⁵⁶

⁵⁵ Barbara Sher, *Wishcraft: How to Get What You Really Want* (New York: Ballantine Books, 1979).

⁵⁶ *The Herder Dictionary of Symbols* (New York: Chiron Publications, 1978).

My husband chose *The Brave Little Tailor*. What fairy tale did you choose? And, of course, why?

Identify your favorite book

Do you have a favorite book? Growing up, my favorite was *Blue Jeans*. The story of a city boy's transformation, it offered promise to me as a young city girl who was afraid of almost everything. A weakling and a coward, I was transformed through my encounters with a living God, and discovered I could do much more than I thought – like the city boy did.

Can you identify one of your favorite books as you grew up?

List the things you want to do and to be

I suggest you make a list of all the things you would like to do and be and have in your life. Then begin to prioritize the list as you discover the ones that generate the most passion in your heart – until you end up with a short list of the most important ones.

Then write out in a few sentences what your central purpose in your life is, then make this purpose the centralizing point of your thoughts.⁵⁷

↳ *What is your central purpose in life?*

Pay attention to your dreams in the night

Throughout history people have touched spiritual reality via insight, revelation, intuition, visions, and dreams in the night. Dreams have played a significant part in helping people experience God communicating personally to them in their sleep.

According to Psalm 16:7, God instructs us in the night. While we sleep, we receive His nightly instruction through dreams. In Job 33:15, it says that when sound sleep falls on men, God seals their instruction.

“Although many dreams offer some type of guidance, there seem to be differences among them. For instance, instruction dreams give us clear direction concerning something we need to do or where to go, or they emphasize something that is important. Typically we awake from such a dream with an inner knowing that God has spoken to us.”⁵⁸

In my experience, dreams have provided the direction and the faith I needed for many of my God-inspired adventures.

Don't follow any advice, no matter how good, until you feel as deeply in your spirit as you think in your mind that the counsel is wise – David Seabury⁵⁹

⁵⁷ Jim Stovall, *The Ultimate Gift*.

⁵⁸ Judith A. Doctor, *33 Ways: How to Unlock the Mystery of Your Dreams* (Doctor Resources, 2018), 44.

⁵⁹ David Seabury (1885-1960) was an American psychologist and authored who published the acclaimed self-help book, *The Art of Selfishness* (1938).

Are you lacking something?

Dr. Tournier⁶⁰ discovered he was most interested in the spiritual part of his vocation because all of his experiences taught him the limitations of medicine and psychology. He realized the supreme and universal need of people was to find God. So did Dr. Carl Jung.

After going to grad school, I realized again the limitations of what theories and interventions can do. We need to know a living God and learn how to draw up the living water from deep within us.

I have treated many hundreds of patients. Among those in the second half of life—that is to say, over 35—there has not been one whose problem in the last resort was not that of finding a religious outlook on life – Dr. Carl Jung⁶¹

Desire for wholeness?

At some point in our lives, many of us have a desire to be whole. We know we are not, but we want to be. We have become aware there is something missing in our lives, something more to life than what we have. There is a knowing.

We may see it in others who are more whole than we are. They have something more than we do; they are bigger. We become convinced that whatever it is they have, we want it or need it.

The Teacher understood this when He said “*Blessed are the poor in spirit, for theirs is the kingdom of heaven*” (Matt. 5:3). In other words, we must come to recognize our poverty, that we are lacking something. This awareness has to come first; then the quest begins.

The quest requires total honesty

But know this: honesty is crucial in our lives. I remember Dr. Douglas Talbot,⁶² the founder of an addiction treatment center, saying to me, “We can help no one here, unless they have the capacity to be honest.”

It is easy to lie to ourselves, to deceive ourselves, or to let others lie to us. Jesus said, *it is truth that sets us free*. One of the tools I learned from Dr. Peck was the need to be dedicated to truth at all costs.

According to Peck, one of the roots of mental illness is invariably an interlocking system of lies we have been told and lies we have told ourselves. These roots can be uncovered only in an atmosphere of total honesty.⁶³

⁶⁰ Tournier, *The Meaning of Persons* (1957) 37.

⁶¹ Dr. Carl Jung (1875-1961) was a Swiss psychiatrist and psychoanalyst who founded analytical psychology and whose research helped prove the existence of the unconscious and the value of dreams.

⁶² Dr. G. Douglas Talbot (1924 -2014) was an addiction treatment icon and a nationally recognized authority on alcoholism and other drug addictions. A pioneer in educating physicians about substance abuse, he helped establish the Talbot Recovery Program for medical professionals in Atlanta, Georgia.

⁶³ Peck, *The Road Less Traveled*, 56.

My Story

Adventuring in life

For many decades, I have experienced countless adventures. In each of these adventures, I thrived, with the feeling of really being alive, of fully living my own individual life.

This particular adventure began with a dream

My brother, living in Frankfurt, Germany, calls to me and says that he wants to have sex with me. [Be sure you see my footnote on sex in dreams.⁶⁴]

Knowing that God uses dreams as a way to speak to us, I wondered if my brother needed something from me. So I phoned his wife and learned my brother was in depression. She said I should come; they needed help. On the basis of this dream, a phone call, and confirmation from my husband, I made plans to fly to Frankfurt for a short visit.

Phone call to German psychiatrist

A few weeks before I left, a friend phoned. He insisted I call his friend, Dr. Walther Lechler,⁶⁵ the head of a clinic in the Black Forest, and offer to take him out to dinner when I am in Frankfurt.

For seven days, I struggled to find the courage to make the call. *After all, who was I to phone a German psychiatrist and ask to take him out to a restaurant?* Finally, with great fear and trepidation, I picked up the phone and made the call!

Dr. Lechler came on the phone: “Yah, just call me from Frankfurt when you arrive, and we will arrange it.” He also invited me to visit his clinic.

While I was visiting his clinic, he invited me to come back and spend some time there as an intern. Now, remember I spoke no German, nor was I a college graduate at the time.

Internships in a German clinic

In August, 1987, and again in April, 1988, I spent a couple weeks at Lechler’s clinic, sitting on the team, observing and participating in their therapeutic process.⁶⁶

I’d never experienced such an alive atmosphere in any place of healing, let alone in a hospital or a church. In the years following, I often used therapeutic techniques I learned there to help people find healing and become more whole and alive.

⁶⁴ In dream work, sexual intercourse is most likely to symbolize some type of union or connection with whatever the other person means to you. As a young man out of the university, my brother had left America to work in Europe. The dream foreshadowed God’s call to Europe for me. It was not just about a call from my brother, but a call from Germany.

⁶⁵ German Psychiatrist Walther Lechler (1923-2013) founded the Bad Herrenalber model and Förderkreis für Holheitsmedizin and co-authored with American Jackie Lair, *I Need, I Exist, I’m Entitled*.

⁶⁶ Eventually I published an article in *The Journal of Christian Healing* describing the therapeutic process and techniques used in the clinic and how they created such a healing atmosphere.

Questions asked by the patients

During my visits at the clinic, several doctors asked me to talk and pray with some of their patients. They needed spiritual help that their doctors did not know how to give them.

Is there a God who can heal my heart?

One was a woman whose son had committed suicide while a patient in another clinic she'd sent him to. Now she suffered deeply from a sense of guilt and hopelessness.

As we spoke together, I could feel her unasked question: "Is there a God who can heal my broken heart?" As I prayed for her, peace came into her eyes. The next day, her dark, somber face was filled with light. She was telling others about what God had just done for her.

Is there a God who can make sense out of suffering?

Another patient was a young woman in her twenties. She'd recently lost both her mother and father from cancer, and now her brother was dying of cancer too. We spoke together using an interpreter. I watched the despair and agony in her eyes as I listened to her questions.

She wanted to know if there was a God who could make sense out of her suffering. After a few minutes of telling her about what the Lord had done for me in the death of our son, I prayed with her. I saw the torment leave her eyes and peace enter in.

Can you tell me if there is a God?

One day a patient asked if I could talk with her. I sat down and listened as she told me how she'd lived in a witches' coven in Berlin and had become schizophrenic.

Then, with her dark, despairing eyes fixed on mine, she whispered the question: "Can you tell me if there is a God?"

"Yes, I can," I confidently answered. For the next fifteen minutes I told her why I knew there was a God. I told her how I had experienced the love of God. How He had touched my heart after the death of our child. How He had healed my numerous wounds. How He had healed our marriage and transformed my life.

As I shared my God experiences with her, I watched an amazing thing happen: the wild, haunted look in her eyes disappeared and peace flooded her face. The torment was gone; a new light shone out of her eyes.

What happened? Faith had entered her heart and the Spirit of God had touched her.

❖ While I was at the clinic, one of the doctors said to me, "I want what you have." He'd recognized I had something he did not have: a flow of LIFE coming out of me.

Sharing the gold I have found

Listening to my dreams opened up the door to years of adventuring as the Spirit of God led me. Although I lacked credentials, other than my experiences with God, He opened

up so many opportunities to tell others about the gold I had discovered: the power of God, the love of Jesus Christ, the healing power of the Holy Spirit, the anointing, and the indwelling Spirit of life within me.

On the Isle of Patmos, John was told to write:

- I counsel you to buy from me gold refined in the fire, so you can become rich (Rev 3:18).

Looking back on my life, in spite its many difficulties and challenges, I would not change anything about my choices in life – even if I had the opportunity.

A spiritual thirst

One day, Dr. Lechler explained to me what it was that enabled such a diverse group of people to come together as a healing community. He said, “They share three things in common: they are in pain; they need a caring family; they have a deep spiritual thirst.

“When you deal with humans without relating to God, you don't succeed. We don't feel at home on earth without a knowledge of a loving Heavenly Father. With this knowledge comes the certainty that you can experience an enjoyable dialogue with life. Crisis and sickness is a chance to wake up to the direction in the Bible.”⁶⁷

I have a copy of the letter Dr. Carl Jung wrote to Bill W., the founder of Alcoholics Anonymous. It says, “The craving for alcohol is the equivalent on a low level to the spiritual thirst of our being for wholeness and a union with God. You see, alcohol in Latin is *spiritus* and you use the same word for the highest religious experience as well as for the most depraving poison.”

Jung closed his letter with a line from this Psalm:

- As the hart pants after the water brooks, so pants my soul after thee, O God (Ps 42:1).

To help you understand the relationship between alcohol and God, consider what author Helen Luke⁶⁸ says, “If we look at the various contexts in which the word *spirit* occurs, from chemistry to the Christian Trinity, we see that it is predominately used on every level ... to express that which brings about a transformation.”

She explains that oil is transformed into power through the spirit in petroleum; spirits of salt and spirits of ammonia burn, cleanse, purify, and destroy; and the spirit in alcohol lifts us out of our ego and transforms our personality before our eyes.

And it was the Spirit that came at Pentecost and ran like fire through the pagan world that gave birth to the new Christian era.

The greatest transformation of all was when the Holy Spirit in the Godhead entered into a woman and transformed God Himself into incarnate man. – Helen Luke

⁶⁷ Lechler, personal conversations, 1998.

⁶⁸ Helen Luke (1904-1995), author of *The Way of Woman*, was born in England, studied at the Jung Institute in Zurich, moved to the U.S. and established an analytical practice with Robert Johnson. In 1962, she founded the Apple Farm Community in Three Rivers, Michigan, "a center for people seeking to discover and appropriate the transforming power of symbols in their lives."

Reflection Points

- ◆ What is your take-away from this chapter?
- ◆ Observe people around you and ask yourself, what are they really looking for?
- ◆ Remember a time in your life when you felt the most alive. What were you doing?
- ◆ How do you try to find the feeling of being alive? Or have you given up on life?

Your Response

- ⇒ List your major accomplishments in life and the motivation behind them. Which ones gave you a lasting sense of satisfaction and pleasure? Why?
- ⇒ Write a list of no less than 20 talents you have been given. Which of these have you buried? Which of these have you multiplied? Who are you blaming for your talents being buried?
- ⇒ Write in your journal about what it is you want most in life at this time.
- ⇒ Or write a letter to God, telling Him about the dreams you carry or the dreams that have died.

Draw pictures to represent three longings in your heart that you often wish for.