



# Bunions

## Root Causes

Physical	Emotional	Spiritual
Putting others people’s opinions of you and view of you above your own consistently for many years.	Not feeling protected, championed, or loved for who you truly are but instead for what you can do. Wishing for greater sense of identity and protection.	Having difficulty “putting your feet down” in this world. This world may feel like an unsafe place where you don’t want your feet to fully connect with the ground.
<p><b>Overview:</b> The root cause of many (not all) bunions is related to a father not providing adequate protection, information, or knowledge about who you are and your value. This may be because of a lack of involvement, or it may be because he did not know that it is his job to share with you your identity both in Christ and with Me as your true Father but also your identity that is unique to you due to you unique giftings. When we do not know who we are adequately it is hard for our feet to “touch the ground” in a way that is satisfying and so our feet begin to mold into something that was never intended. This is true of our personalities and identities also.</p> <p><b>Common Patterns:</b> Bunions are developed over a long period of time and they impact other aspects of foot health. Therefore, when healing is sought the pain may remain in certain parts of the feet because there are additional areas that need to be addressed, however, bunions are a good place to start because they impact the structure of the entire foot, leg, hip and even the entire side of the body.</p>		



## Remedies

Begin the healing prayer with (written from God's voice):

1. Ask yourself if you believe that I can heal you? Do you believe that I want to heal you? Do you believe I created you to be my child, both to accomplish that which is required of all that are part of the Kingdom of Heaven but also a unique calling and destiny that is never shared with and has never been offered to anyone else in all existence.
2. When you are ready, pray a simple prayer "Lord God, I give You permission to work at any level within me; physical, emotional, spiritual, and any others I don't know of yet." Know that all healing is not difficult. Many times, people were healed by Jesus instantaneously and without their own strength or power. Jesus healed at all levels at once and the emotional, spiritual and physical all came in line together.
3. Forgive your father (or other authority figure) for any lack of protection, and / or for falling short as you needed him to tell you who you are in My eyes. Open your heart to Me as your Father, your protector, and let Me show you your identity and what I absolutely love about you. Let Me show you what I had in My mind as I imagined you into existence even before you became a physical being. I held you in my "mind" for many years before I created you and I want to show you how I saw you in My mind. This will help you know who you are and what you are here on earth for.

Ephesians 3:20 NLT "Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think."

This verse is a powerful verse for healing here because you realize that I am here to accomplish more than you can ask or think. This world is not the horrible place you might think it is sometimes, where you do not want to put your feet down. It is a creation by the almighty God and it is more beautiful than you can imagine. My power is here to work within you and to bring the life that you deeply desire. Let your feet fully touch the ground and keep you head in the heavens. The combination is powerful!



**SPIRIT CENTERED HEALING ARTS**  
Healing People, Families, Nations

Psalm 139:13 “For you formed my inward parts; you knitted me together in my mother’s womb.”

Do not believe for a moment that anything done during leading up to you being formed in your mother’s womb is more powerful than I am. Nothing that happened while you were in your mother’s womb is more powerful than I am. My power supersedes all else and can heal all things. When you are concerned about whether it is good for you to be here on earth or not focus, not on the world, but on Me. I am good. I am righteous, I am powerful and I have a destiny that is so amazingly good for you that you will love it. Put your feet on the ground fully and allow My destiny for you to prevail over all that you are concerned about.

*John 1:12-13 “But to all who did receive him, who believed in his name, he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.”*

The moment you receive me you become My child. This means that you are conceived by Me and not by blood or the will of the flesh. If you lived a life that was unsatisfying or terrible in the past, the moment you believe in Me over all else your reality all changes and you become created by My will. Everything changes. You become a new creation (2 Corinthians 5:17) and can let go of all the pain, hurt, and uncertainty of this world and focus, instead, on the glory of My creation!

*Zephaniah 3:17 NLT “With his love, he will calm all your fears. He will rejoice over you with joyful songs.”*

If you live in this life with the belief that I calm all of your fears and I rejoice over you with joyful songs that world looks very different. It is not a bad place to be when you are in My refuge and My strength (Psalm 91:1) and when you know that I am singing joyful songs over you each moment of the day so that your fears may be calmed.



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Find people to pray with who can hear Me well and ask them to ask Me to reveal how I see you to them and they will share what they see. It may be easier to receive who you are to Me in this way and then you will be able to learn more from Me as you have fewer walls of protection up for yourself.

When you feel unsafe in this world you can do two very tangible things:

1. Put My armor on for protection (Ephesians 6:10-17)
2. Read Psalm 91 and know who I am to you.
3. Do not worry about everyone else. I am with them and they are My responsibility, not yours. I do not spare any challenges that are intended to bring My children home for all eternity. Know this and you will see the world very differently.