

Spiritual Healing

A Guide to Getting Started

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Disclaimer: Spiritual Healing and any techniques or suggestions offered in this book are for informative use only and does **not** replace your doctor or other health care practitioners. If unwell always seek medical help.

I would like to dedicate this book to all my spiritual teachers, your teachings were and continue to be a precious gift that I will carry with me forever. I am what I am today because of your wisdom, guidance, and patience, and for that I will be eternally grateful.

CHAPTER ONE

Introduction to Spiritual Healing

Spiritual Healing is an ancient art. It is a system of healing that uses energy to bring health and well-being to all levels of the individual. Healing energy can be described as bioelectromagnetic. Bioelectromagnetism is the study of the interaction between biological entities such as humans, and electromagnetic fields such as the one that surrounds our body - our auric field.

Healing energy can be broken down into three types of energy; personal energy generated by the body, also known as Chi or Ki, psychic energy which

uses the power of the mind to direct and concentrate energy through thought and lastly, a higher spiritual energy, where you are working with God, the Divine, Spirit,

directly. Here you are going beyond your own personal power and tapping into the power of the universe.

Everything is composed of energy and has an energy field around it. Plants, animals, even trees have an energy field around them. This energy field, although invisible to the naked untrained eye, extends outward from the object and is called the aura or auric field; it is dense closest to the body and becomes less dense the further away it is. The auric field is said to have several levels which could be compared to the structure of the earth.

With practice, this energy field can be felt from one to three feet or more, it stretches outwards from the physical body and depending upon a person's energy level and level of spiritual development, the aura can extend outwards over many feet. The energy field of a great expert or teacher would extend much further than one who is just starting out on a spiritual journey. Holy people such as saints and other spiritual leaders are often presented with a bright glow around their body, especially their head, the glow around the head we often call a halo. This glow or light around the body, perfectly depicts a well-developed energy field or aura.

The aura can be detected in several ways, including thermography, aura readings, Kirlian photography, and dowsing. Each of these methods of detection confirm the existence of an aura around the body. Thermography is a procedure that creates an exaggerated colour image by measuring the subtle heat patterns around the body. A healthy body emits a specific pattern. When a person is ill or diseased, distortions and discolourations in the pattern can be detected. These colour differences are said to give clues to the degree and location of an illness such as cancer, long before it can be detected in the physical body by other diagnostic methods.

Kirlian photography generates a specific type of photograph which helps capture distinct energy fields on film. This process is said to be able to pick up the image of a limb that has recently been amputated.

Dowsing rods can also be used to sense the auric field around the body and can also detect subtle shifts in someone's energy field as their thinking changes. Positivity expands the aura whilst negative whether or thoughts or illness diminishes it.

Aura readings can also be done by those with psychic or intuitive sight. By reading breaks, distortions and discolourations in the energy field, some psychics are said to be able to detect and predict what type of illness will develop, how soon it will occur and even estimate what its severity will be. How much of this

occurs in response to being told that you have an illness I do not know; but there is evidence to suggest that if you tell someone they are ill or dying and they totally believe it, their constant thinking, worrying, and speaking about it may very well help bring it to pass.

The aura can develop tears and can collect stagnant energy, so it is advisable to periodically have your aura cleansed and repaired. This is especially important after a person has experienced a trauma, whether that be from surgery or from an accident. An aura cleanse will help to repair any breaks or tears which could otherwise, create energy disruptions and imbalances.

We can strengthen our body and energy field through meditation, prayer, affirmations, good diet, fresh air, and exercise. You can seek out a reputable healer to cleanse your aura, but you can also cleanse your own auric field by taking a hot bath with a cup of Epsom salts added to the bath water. This helps to neutralize any negative energy and to balance the energy field; however, you do not have to take a bath, you can take a shower and visualize the water washing off any negativity. The negative energized water can be visualized going deep into the earth to be cleansed.

If you want to give spiritual healing to yourself or another you will need to activate your hands. You activate your hands to create an energy circle, this is done by opening a minor chakra which is found in the middle of each palm. When open, it allows healing

energy to flow either into or out of the palm. These energy centres can be used to receive energy or send energy.

The left hand is for either receiving positive energy from the universe or drawing negative energy out of a person, the use of the left hand can change during a healing session. The right hand is for sending and directing energy.

Quite often, your hands will activate themselves naturally as you get ready and prepared to heal. You can rub your hands together or clap your hands to activate the energy, in time, you will develop your own approach to activating the flow. Be open and let the universe guide you, you may be shown more than one way to activate your hands, go with what feels right deep inside.

You can practice creating an energy circle with other people, you can practice it as a group, or it can also be accomplished with one other person. You do not need to be experienced to practice this, you just need to be willing and open. It starts by each person activating their own hands, or energy; then the left hand is held palm up to receive energy and the right hand is held palm down, directly above the next persons left hand, but not touching it. If you are practising with one person you can sit in front of each other, if you are practising with several people, you can form a circle.

Take it in turns moving your hands up and down a

few inches to try and sense the energy between the hands, sometimes this is easier with the eyes closed as it cuts out all the distractions.

To create a continuous energy circuit all participants must send out energy from the right hand and receive energy through the left hand. To intensify the energy, have everyone visualize the energy moving.

CHAPTER TWO

Hierarchy of Pain

Not many of us were raised in a family that was consistently nurturing and supportive, providing us with unconditional love. That does not mean that our families were poor support systems, it just reflects how different we all can be within one household. With that in mind, great parenting for one child may fall noticeably short for the next. We all have diverse needs, and we all hope to have those needs met. All of us, to varying degrees, have suffered physical, emotional, psychological, and spiritual anguish because of our childhood and life experiences.

We have all experienced pain, trauma, and

disappointment at some time in our lives, some of us have been able to handle it well whereas others have not handled it well at all. As pain or disappointment increases in intensity, it becomes hurt, anger, rage and sometimes even terror. As the intensity of the pain and abuse increases, it becomes exceedingly difficult to stay open and loving, regardless of how much we might want to. For those who have been abused, there comes a point you are forced to choose between confronting your abuser and stopping the abuse, or shutting down, running away, even dying, to protect yourself. Most learn to shut down some, if not all their feelings to survive.

When faced with intense pain, ongoing stress, shock, or when we are confronted with situations or issues in life that we either refuse to see, feel, or deal with or even when a situation is too painful or traumatic to tolerate, we can automatically shut down to protect ourselves.

Anything overwhelming could cause us to shut down as a child or adult. This can happen over a death of a parent, sibling or even a pet. Being involved in an accident, even if you only saw it happen, being sexually abused or being around someone who might be verbally or physically abusive. Any form of physical, emotional, psychological, or spiritual abuse can create feelings of shock, trauma, panic, or abandonment, triggering a partial or complete shut-down.

This shutting down process is an automatic, instinctive survival technique of the body to avoid pain and to give the illusion of still being in control. This kind of protection is immensely powerful but can also be extremely negative and damaging for the person experiencing it. The negative energy is often stored or trapped in the body and can leave a person emotionally crippled at the age of the shut-down.

This has caused some people to block out their inner sight to the degree that they cannot visualize pictures or colours. This could be a refusal to see the past because it is too painful for them. Others shut down their feelings and do not feel their body, others stay in their head, intellectualizing everything. People who have shut down might tend to avoid or run from opportunities to work through their issues or may not even be aware that an issue exists.

People who are most likely to shut down are those who have experienced tremendous trauma such as post-traumatic stress disorder (PTSD), adult children of alcoholics, victims of violent crime, victims of sexual and emotional abuse, battered spouses, people who grew up in a very dysfunctional family and even stressed-out business executives. When someone shuts down, they can feel numb or can report having some emotions but are not able to let them out, their energy is trapped and needs releasing.

If a person is in touch with their feelings, it is

relatively easy to assist with the healing process. In situations where someone has partially or totally shutdown, the work of the healer is much more challenging and not recommended for the novice. This person may need professional counselling as well as healing.

It takes a lot of energy to remain shut down. The person might be feeling depressed or may be suffering with chronic fatigue or be numb to all of life. They might also have employed the use of food, drugs, alcohol, anger, work, violence or even sex to mask or suppress their true feelings.

Whenever an individual has been closed or numb in an area for a long time, they have stored up a lot of emotions. A person who has shut down has a tremendous lid on their feelings and will not or cannot allow their true emotions to surface. This type of control can be effective for short periods of time, but as the pressure builds and/or the person starts to relax and open, even a little, this lid begins to crack. As this happens, the uncontrolled emotions may erupt with an intensity that is out of proportion to the current situation that seems to have triggered them. This kind of release tends to frighten both the person experiencing these intense emotions and everyone around them. Unfortunately, the first instinct is to shut down again or at least to try to, so that they maintain some composure and control.

The secret of healing is to encourage the person to feel as much of their pain, anger, and other suppressed emotions as they can, but you as the healer need to be experienced enough to be able to complete the work so that the person is not left in an exceedingly vulnerable state. The more support the person is willing to receive from the healer and perhaps a counsellor whilst going through this healing process, the easier the process will be. Many times, people have cried hysterically, for extended periods of time after coming out of shutdown. Once this barrier has been penetrated and removed, the possibility for tremendous healing and change exists.

CHAPTER THREE

Active Participation

The role of active participation is important and conducive to the outcome of the healing session. Some people want to receive a healing in the same way they would receive a massage, that is, receiving passively and expecting the healer to do most, if not all the work.

This passive approach does not allow for the maximum empowerment and support of the person receiving the healing. If you do not actively include people in every aspect of their own healing process, you are denying them an unbelievably valuable opportunity to take charge of their health and demonstrate their own ability to heal themselves. Once empowered with this knowledge a person can heal

many more areas of their life than just the current issue. Active participation includes asking a person what they are feeling, what they are seeing, where the pain is, how they would describe it and for any other details they can tell you. Always encourage them to participate actively and assume as much responsibility as possible during their session, even encouraging them to direct the energy. Ask them to visualize with you the negative energy being pulled out and the positive energy flowing in. By frequently asking the person what they are feeling, seeing, and sensing, you keep them actively participating in what is going on. When you do this, they tend to stay present with what is happening. The greater the active responsibility a person takes in their own healing process, the easier that process will be.

The more the person can feel their pain, describe the energy blocks, and visualize the energy flowing, the easier it is to locate the blocks in the body and identify the challenge. Once the challenge is identified, it is reasonably easy to release and heal the blockages. When working with someone who is communicating with you closely, you will know instantly if the desired changes are occurring and if the way you are working with the energy is shifting the blocked energy. In these cases, the person can tell you when the energy block has partially or fully released because they can usually see, feel, or sense it in their body. With this feedback, you may even find ways to improve your own healing

techniques. The more a person receiving a healing can see the pictures in vivid colours, hear the sounds, smell the odour's, taste the tastes, and feel the sensations, in other words, the more they remain totally present within their own physical body and actively participate in the experience, the easier it will be for the healing to occur.

One of the benefits of this active participation is that the person is facing their illness or challenges head on. In doing this, they are confronting their fears and are allowing the healer to support them, while both are working together to focus and direct the healing energy.

Including a person in their own healing process, by asking questions and having them describe what they are seeing and feeling, is one of the most powerful tools that a healer can employ. It will greatly enhance the results of the healing.

The role of asking questions is also important and conducive to a faster, more complete healing. Many healers are accustomed to making statements as opposed to asking questions. While doing healing work I have found that by asking questions I do not trigger a person's ego and personality defences nearly as much as when I make statements. Asking questions gets the person being healed involved, which is particularly important in creating trust and open communication.

At the beginning of a healing session, spend time

with the person and ask questions such as '*what would you like to work on?*' '*What results would you like to achieve?*' '*If your life did change, how would you use your life or live it differently?*' These questions cause the person to focus on an outcome which activates creative intention, aligning the mind to support the overall healing work to be done.

While doing the healing, frequently ask the person you are working with what they are feeling within their body, where they are feeling it, what colours they are seeing and what emotions are coming up for them. This feedback provides information as to how the person is responding to the energy and gives insights into the possible next steps in their healing process.

Our pre-historic ancestors who lived off the land as hunter-gatherers relied heavily on their feelings and instincts. Their very survival depended upon them being in touch with their feelings and the sensations in their bodies. In today's highly structured, mechanized society we have lost touch with ourselves and have suppressed many of our feelings. We have numbed our senses with drugs, alcohol, cigarettes, and television. Asking questions about what a person is experiencing helps them get back in touch with their feelings and prompts them to notice sensations in their physical body.

Although at first the person receiving healing may have to stop and search for their feelings, they can be

found. Feelings are the key to the healing process. They help to identify what is going on in the body and how the energy is changing. By asking questions you direct and encourage the person to stay in touch with their feelings and remain conscious of what is going on in their body. Encouraging communication of any changes in the way they feel during the healing session helps them to claim the changes and provides both the conscious and subconscious mind with hard data to confirm that a change has occurred. This validates the healing process. Frequently, a person will see, feel, and experience most of the energy shifts that I sense before I mention them.

If I receive an image or impression of the issue a person is working on, I might ask questions like, *'I have a feeling about the area we are working on, may I share it with you?'* *'My sense of the situation is.....'* *'Is it possible that you are feeling some anger over the situation?'*

Asking and checking things out, as opposed to telling them, invites people to go within to review things for themselves, to ask themselves questions, to be honest with themselves and hopefully to gain insights into the situation. As they do this, they might gain more clarity into the situation. As they do this, they might gain more clarity or see more of the picture than you do.

Remember, if the person you are working with does not agree with your guidance, that is okay. Trust

yourself and follow your guidance on what to do. If you do not have the person's permission, be sure you do this without pushing or challenging them. Before giving feedback, ask the person you are working on if they want to know what you are sensing and then, only when you get permission, share what you are picking up. This sharing could increase a person's deeper awareness of what they are going through. Be aware that at times someone may not be in touch with what is going on in their life, at other times they may be in denial of the situation. In many cases, days or weeks later, the person may call and confirm the accuracy of your intuitive knowing.

