

'butterflies' are an indication to you of what is happening on another level of your being.

This energy can be used without your knowledge and a good example is when you visit a friend or relation in hospital. You enter the ward with the idea of cheering them up and doing your best to ease their discomfort. This automatically triggers off a slow release of energy from you. After a while the patient sits up in bed and says 'Thanks for coming, I am feeling much better now', whilst you yourself are looking at the clock and wishing you could get away and have a cup of tea. What has happened is that the energy you have subconsciously given out has been received by the patient, and this had left you in a depleted state. This is because you were not fully aware of, or in control of, your own thoughts.

Magnetic healing is merely the transference of bodily energy from one person who may have abundance to one who is in a depleted state.

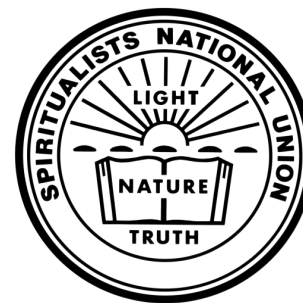
Some people who are classed as spiritual healers are, in reality, magnetic healers. This can be proved by the fact that the treatment they give only lasts for short period, whilst a person who has the gift of being a spiritual healer will give treatment which, in time, and in accordance with natural law, creates within the patient a steady improvement of their condition.

The field of energy round a person is referred to as the aura and this is only a reflection of what is happening within the person as a whole. Patients should be aware of healers drawing uncalled for attention to themselves by the use of 'dramatic hand movements' or claims of being able to 'cleanse or repair the aura' etc. These are impossible to do and only tend to ridicule the healer as well as indicating his lack of knowledge and development.

Most Spiritualist healers and churches provide healing facilities on a freewill donation basis. If you need the services of an individual healer then you are advised to find out if he currently belongs to a recognised healing organisation (ask to see his registration card) and if there is a charge before making an appointment.

Issued 1st March 2008 By the
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HEALING METHODS

There are various forms or methods that Spiritualist healers use. The most usual of these are:

Absent Healing	Contact Healing
Distant Healing	Magnetic Healing

ABSENT HEALING

This term can best be explained as 'healing at a distance through the application of thought'.

As we can train our minds to concentrate on given subjects, 'thought' is one of the most powerful attributes we possess. It is through a meditation process, a form of training the mind to be stilled, that many healers concentrate their thoughts on Absent Healing. This method of spiritual healing is just as beneficial as contact healing because the effects of healing are brought about by the natural healing forces.

Absent healing is a natural gift and most people possess it to a greater or lesser degree. Many people underestimate the power of thoughtful prayer and fail to realise that, in this form of communication with the God-Force, we have a very potent form of energy available if used correctly.

Prayers that are sincere and come from the heart are more likely to be taken notice of and acted upon than those which are just a repetitive gesture, such as the ones used by many of the world's main religions. These have been created by man in an attempt to focus mainly on 'Churchianity' rather than the reality of spiritual truths.

Once one becomes aware of the true value of prayer and the communication with the God-Force within as well as without, then one realises the vast potential that thought power has. By true use of the power of prayer, ALL THINGS ARE POSSIBLE.

Once absent healing has been requested it then sets into motion a combination of natural laws by which help is given upon all levels of the recipient's being. This is usually when the patient is in sleep-state or unaware that healing has even been requested.

As each person in their own right has a direct link to the God-Force, a request for absent healing is open to all. One does not have to be a healer to do this. It could be stated that the healing energies would flow in an easier manner through a healer because he is possibly a more developed and passive channel.

There is no set time for absent healing to be given. This can be sent out or received at any time of day or night.

CONTACT HEALING

This is as its name implies and the hands of the healer are placed either in direct contact, or near to the patient. Contact healing is a natural act arising from the simple desire to communicate by touch. Psychologically this method of healing can appear to be greater value than absent healing, but actually each method serves its own purpose and for the best results a combination of both should be utilised.

Contact with the patient is very helpful in the building up of a good healer/patient relationship, which is added to by a sense of confidence and trust as well as the opportunity for healer and patient to talk together. This assists in the alleviation of any negative thinking on the patient's part, as well as finding constructive ways to deal with other aspects which may be causing concern such as social, environmental, and personal problems. These matters are treated in strict confidence by the healer and this talking together can, in a sense, be a healing in itself.

It is usual for the healer to make some personal contact with the patient by the placing of a hand on the shoulder, or by holding the hands. This is done purely to establish a bond or blending with the patient so that the healer can create a viable link. Once this initial bond has been formed, the healer allows the healing energies to flow to the patient. First of all these energies activate the soul or spirit

centre of the patient; this in turn has a reaction on their mental/emotional levels and then on the physical level, thus treating the whole being of the patient. Above all the healing should be simple in application with absolutely no embarrassment to the patient.

Patients can assist the healing process by learning how to relax and keeping an open mind, thus allowing the healing energies to flow unhindered. They can also help themselves by looking at other aspects of their life such as diet, over-indulgence in smoking or the use of alcohol, poor environmental conditions, stress factors, fears and anxieties, negative thinking, the inability to accept self, and many other aspects.

DISTANT HEALING

Distant Healing is similar to absent healing in the fact that healing is sent by the power of thought. However, with Distant Healing the healing thought is sent to someone who is 'Physically Present' but is not receiving contact healing.

The thought and meditation process that is required for absent healing equally applies to Distant Healing and can have the same beneficial results in all aspects. Through the linking by thought and prayer to the Divine Source of all Healing, the natural law comes into effect and healing is then set in motion for whoever it is intended.

MAGNETIC HEALING

This is not spiritual healing but the use of natural energies which are part of this earth plane. Within and around every human being, animal, flower, tree and all other forms of manifestation activated by the God-force, there is an energy field, its composition generally thought to be electro-magnetic in structure. This field supplies extra energy to a person in times of stress and supplements other energies normally supplied by bodily functions. Sudden exertion, mentally or physically, brings into use these other forms of energies. These energies are mainly controlled by the power of thought at both conscious and sub-conscious levels. An example on a conscious level is when you are waiting to be interviewed you are apprehensive and just before you enter the room you consciously draw in energy by means of a deep breath to face what could be a difficult time.

Sub-consciously energy is also drawn in through the solar-plexus and that is how the term of 'butterflies in the tummy' came into use. Actually energy is being drawn in through this centre and the