

accelerated. Your thoughts are a very potent force and this can go a long way towards aiding the healing energies. However, you should also look at ways in which alterations to your lifestyle could assist the process and actively looking at how you can make those changes.

Do I need to attend healing more than once?

Healing is a continuous process and should you be unable to attend the Healing Service it is advisable that you ask for your name to be placed on the 'Absent Healing List' this ensures that contact is maintained.

Why does it sometimes seem to take so long to work?

We have to appreciate that there are no 'miracles' either in healing or anything else - merely the manifestation of natural law, as yet unknown to us. Every single facet of life including the act of healing is subject to the immutable law of nature. Although there are many spontaneous recoveries, healing is usually a progressive process.

Why does healing sometimes appear to fail?

This physical body cannot live forever. The healing energies can bring about relief either physically or mentally, or both. There may not have been a physical cure, but there may have begun a change in mental well-being and the patient may be able to deal better with the pain and discomfort they have to live with. They may be able to enjoy what they are able to do, not dwell on what they are unable to do. Is this not a form of success? If the changes brought about by Spiritualist healing help to ease the patient's path through this life, either physically or mentally then it could be said that healing does not fail.

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Getting the most out of Spiritual Healing

When attending a Spiritualist Church for healing for the first time, ask someone there if you can speak to either an SNU Approved Spiritualist healing medium (known as a Spiritualist Healer) or the Church Healing Leader. Explain to them that this is your first visit to a Healing Service and ask that they explain how their Healing Service is conducted. If there is sufficient time before the service begins, they can answer any questions you may have. If there is no time, then ask that they take you somewhere quiet where the sound of your voices will not disturb the Healing Service.

Methods by which Spiritualist Healing can be administered can then be explained more fully, however, there are three methods of healing, these are:

Contact Healing where the Spiritualist Healer places his/her hands, with your permission, directly onto your body, whilst ensuring that there is no cause for embarrassment;

Near-To-The-Body Healing where the Spiritualist Healer does not touch your body but administers healing by placing his/her hands within three inches of your body.

Absent Healing where the patient is not physically present, but healing thoughts are sent to them.

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.

At a Church Healing Service it is usual to receive Contact Healing but during the service an 'Absent Healing Silence' is often held for people in need and who are not in a position to receive contact healing. If you know of any person who requires healing to be sent to them, or you are unable to attend a Healing Service but wish to receive healing, please give your name, or that of the person you wish to receive healing to one of the Spiritualist Healers before the service commences.

It might be that at your first visit you decide not to partake of contact healing, in which case you will be more than welcome to sit silently during the service whilst enjoying the peace, harmony and tranquillity that is an important part of the healing processes.

If you wish to receive healing make this known to the person you spoke to who will explain their procedure to you. Should you have to leave before the service is finished, please do so as quietly as possible out of respect for the other patients and healers who are still working.

To get the most beneficial effect from the healing it is advisable for you to relax at least for a few minutes before your treatment. It is also helpful if you try to

relax during your treatment, keeping an open mind about what is taking place and a positive attitude towards the outcome. Remember that healing does not finish when you leave the chair: it is a continuous process. You can help in the furtherance of this by sitting quietly for a few minutes before you leave for home, perhaps having a cup of tea and a biscuit that are usually available at the end of the service.

No fixed charge is made for healing, but if you wish to contribute to the work of the Church, donations may be placed in the box usually provided near the door. A small charge may be made for tea and biscuits that provides an opportunity for all to chat and to get to know one another. It gives you the chance to discuss any aspects of the Church or Spiritualism which you may wish to know more about.

We trust that your visit to the SNU Church has been worthwhile and that you are already feeling much better physically, mentally and spiritually. If you do have any concerns then please have a word with the Church Healing Leader.

Private Appointments

If you wish to make a private appointment with a Spiritualist Healer, ask to see their Healer's Credential Card. This will indicate whether they are an SNU Approved or Trainee Healer and the date indicates whether they are currently registered with the SNU. All SNU Healers carry public liability insurance. Before finalising the appointment, ensure that you ascertain what their expenses will be.

SOME OF YOUR QUERIES ANSWERED

Does healing involve massage or manipulation?

No. Healing is administered by simple acts such as laying on of hands, or the direction of thoughts from a distance. Massage and manipulation are not covered under the definition of healing. Nor does it require the removal of any clothing, except perhaps an overcoat.

Should I stop attending my doctor when receiving healing?

No. This would be unwise. It may be necessary for you to receive certain medications for your particular condition. The aim of every Spiritualist Healer is to be able to work in co-operation with the medical profession and not to usurp the place of the doctor. By receiving both medical aid and Spiritual Healing, you will receive the best treatment from both worlds.

Is there any way which I can help the healing process?

Yes. By continuing any prescribed medication and maintaining a positive attitude in anticipation of the desired result, the healing process will often be