

Spiritual Healing

In this leaflet we want to explain, in simple terms, what Spiritual Healing is, how it is administered, and what you may or may not experience ~ so that you know what to expect at a Healing session, and afterwards.

Spiritual Healing is complementary to orthodox medicine; it must not be considered as an alternative. When you are unwell, you need to get assistance from the doctor. If you receive Spiritual Healing, this will complement your treatment, the two will work together to assist in your recovery.

When we mention Healing of any sort, many people think immediately of making a person well due to a physical problem. This is true in part, but it is not the whole picture.

When we mention “Spiritual”, many people immediately think of religion. With Spiritual Healing, this is not so. The Spiritual nature of mankind is all of those parts that are non – physical such as mind, emotions and the “life force”. Spiritual Healing can be administered to a person of any religious denomination or none at all. Religion and Faith take no part in a Spiritual Healing session and will not be discussed with you. Remember that the purpose of your visit is to receive Spiritual Healing, if you have a question, the Spiritual Healer will gladly answer it, but being brief may be necessary.

When Spiritual Healing is administered, it can assist a person on any or all of those levels of self, thus treating the whole person.

No faith is required, that is true. Spiritual Healing is administered to babies, young children and animals. It is perhaps an obvious statement to make, that they are not going to know about faith, yet they can benefit from the Healing. Nothing is expected from the patient, except perhaps openness to what may happen, and a degree of trust in the Healer. An acceptance for the need for change and the will to do so will also help.

It may surprise you to know that the patient has a great influence on the level of recovery because it is the patient’s positive attitude in wanting to feel well again that works with both medical treatment and Spiritual Healing.

When attending for Spiritual Healing, you will be asked

- if you want to remove an “outside” coat and hat for your comfort,
- to remove your spectacles, if you wear them,
- to remove or switch off a hearing aid, if you use one,
- to sit on a chair or lay on a couch, wheelchair users can be treated where they are.

None of the above has anything to do with the Spiritual Healing itself, just common sense so that you are comfortable.

When you receive Spiritual Healing it will be explained to you how the Healer will work with you.

Having explained the procedure for working and asked if you feel comfortable, the Spiritual Healer will ask you if you wish to continue. With your agreement, the session will continue.

The Healer, with your permission, will place their hands on you, this is “contact healing”, or may work with their hands close to you but not touching, this is “near to the body healing”. Both work equally well, but each Healer has their own way of working. Healers are aware of where they may and may not place their hands, in respect to “sensitive areas”, they work to a Code of Conduct issued by their organisation to which they must adhere – it is compulsory.

The duration of the healing session varies from person to person, and is usually between ten and twenty minutes. During the healing session, you will be asked to relax and quieten your mind; you may close your eyes to assist this process. As healing proceeds, you may feel a little warmer, a little cooler, or no change at all – just relax and enjoy the session. Equally, don’t try to detect what is happening, just RELAX.

The Spiritual Healer will complete a record card each time you visit. It is strictly confidential, however, you are allowed to see your record card, but no-one else is, not even the Doctor!

In accordance with “NHS Choices”, your Doctor has the right to refer you for Spiritual Healing if he feels it would be beneficial. You also have the right to request Spiritual Healing.

The Healer will always encourage you to remain in touch with your Doctor. As previously mentioned, Spiritual Healing is complementary to medical treatment, so do tell your Doctor of any benefits that you may feel.

The Doctor will always remain in control of your medical care.

Please ask if there will be any cost for additional sessions. Depending on where these are held, and whether they are on a private appointment basis or arranged by a Spiritual Healing organisation may influence the cost, it may also be free.

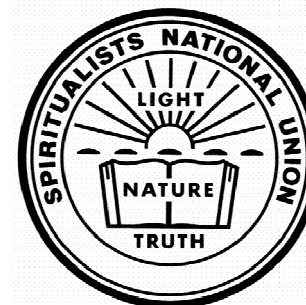
We hope that your Spiritual Healing sessions are a pleasant experience for you, and that you will receive some benefit from them.

Further information on our organisation and Spiritual Healing can be found on our website at www.snu.org.uk, or write to –

Spiritualists’ National Union,
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Stansted Hall,
Stansted,
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We are a national organisation with over 340 centres around the United Kingdom.

WHAT IS SPIRITUAL HEALING?



SPIRITUALISTS’ NATIONAL UNION