

The Essence of Healing

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How do we become a healer? In virtually every culture and religion since the beginning of time on earth there have been people who have been healers. These people were well connected to God and were able to transmit a healing flow of energy from their hearts, their minds, or their hands, from God to the patient. They were able, some how, to lift the ill or injured person from disharmony within their mind, body and soul into harmony again with God and the life force. We have all come to understand that disease is really dis-ease and that to come back to health we need to come from dis-ease back into ease.

As a healer I believe that I was given the gift of healing, but I have also been given other gifts and talents and this gift of healing has been developed, just as I have developed the others through study, through practice, through experimentation and through meditation and prayer. I believe virtually everyone can become a teacher, a gardener, a carpenter, a mechanic, a nurse, or any other type of professional, or crafts person, or trades person. Some will be better than others because of natural talents, but all work to refine or develop what they have and we can all reach a certain level of skill in any field. So it is true with becoming a healer. I believe everyone should develop the talent they have in this area.

The first step is to decide to become a healer. The decision is to do God's work and to follow the paths of the great Healing Masters of all time. This decision is a leadership decision, a decision to step out from the crowd.

The ideal attitudes for the healer are;

- a. A strong desire to heal.
- b. A belief in your self, a belief in God, and a belief in the method that you are using.
- c. An expectancy that the healing will always occur.

The stronger these attitudes and beliefs are, the better and quicker will be the results you get.

The patient coming to the healer, ideally, should know how to relax, to centre themselves, to focus on Jesus or God and Their healing presence. Most, of course, don't; so we assist them with this. Through the relaxation they can be

helped to release the hurts, the anger, the grudges, the pain and disharmony and they can learn to mentally prepare themselves for healing and learn how to remain healthy.

To work successfully as a healer, it is essential that the patients who come to you want to be healed. The patient should believe in the healer, the healer's method, and bring the expectation of being healed. Remember, that even Jesus, who walked up and down the Holy Land for three years conducting His ministry of teaching and healing, encountered the sick everywhere, but He healed only those who came to Him begging, "Master, heal me", and He would often turn and ask, "Do you believe I can do this?", or He would say, go, "Your faith has made you well".

There are certain things we need to develop as we become healers:

1. We should **accept the invitation to heal**. When anyone comes to us for help, we reach out to them and we do everything we can to heal. They believe we can heal them, which is a large part of the healing – their belief in us. Always accept the invitation to heal. While we must always recommend that they continue to consult with their health practitioner, we accept the invitation to heal them. I believe every ailment, every sickness, every person can be totally healed.

2. The healer learns to **activate his/her body and mind**. The healer needs to practise focusing on the positive, the clean, the pure, the healthy, all day long every day. Focus on peace, harmony and love every moment. When you hear a negative word or negative thought, cancel it out and focus on the pure flow of love and on God. Before every healing session relax totally, mentally and physically. Clear your mind of all thoughts of previous patients, next patient, or disagreements that you have had with your spouse, your employee, or your dog. Focus on the essence of healing, love from God flowing through your heart and hands to this one person. Shake your hands and arms lightly to loosen them for the flow, then bring your hands together and feel the energy, then you are ready to heal.

3. The healer needs to learn how to centre himself/herself. By this I mean mentally knowing how to function at and how to maintain the 10 cycles per second brain frequency which is mid-range alpha brain wave pattern throughout the healing applications. Mid-range Alpha is where we get the cross over linkage internally from our right brain to left brain hemispheres and where we find our spiritual centre for the flow of the healing energy. This is our reaching in before we reach out.

4. The healer learns to de-focus his/her vision and how to have indirect vision. When the healer has his/her eyes open during the healing session he/she should maintain indirect or de-focused vision. This allows you the healer to reach in, to focus internally, mentally on the process of healing while you are reaching out. The healer can more easily maintain his/her centre and can let go of all outside influences and distractions. If you are incorporating this healing with the touch for health techniques in your practice or if you are a Chiropractor or Medical Doctor you can easily fit this into certain places in your practice

5. The length of the healing session and each healing application varies from healer to healer and from patient to patient. There are many different types of healing passes, sweeps, and energy contacts which are used. When you are working with your patients you will soon develop the feel for when the energy has balanced, the healing has occurred and your treatment is completed. You can discuss with your patient at various points what is occurring, however, too much dialogue can be disruptive. I ask the patient to refrain from talking unless I ask and to hold off discussions and questions until I am finished. Sessions are anywhere from 20 minutes to 60 minutes, but usually is 30 to 45 minutes in length.

6. Healers seem to agree and it is my experience that the healing energy flows from the healers right hand to left during the session, regardless of whether a person is right handed or left handed. The left hand is used to collect or dissipate the negative, unbalanced, or out of place energy and to release it to the universe. The right hand is used to bring in the healing energy to the patient. There are times, for example in some of the overall sweeps and total energy balancing, when you can and should project the positive healing from both hands at the same time.

7. **Stationary or Spot Healing.** In the longer sessions or full healing sessions, after the various sweeps, passes and overall cleansing and re-balancing of energy has occurred, the healer applies the final stage in which the hands are held stationary over the diseased or injured body area. The healer closes his/her eyes and maintains eyes closed. The left hand is directly over the injured or diseased area, about one inch from the body. The right hand is also positioned over the patients body, just below the left hand positioning and above the body at the same distance from the body and not touching the left hand. The energy flows from above you, from God, through you, your right hand to the person and releases the imbalanced, negative or stuck energy to your left hand and then fills up and heals the injured or diseased area bringing it back to balance or ease.

In pain release spot healing you simply place your left hand over the injured area first, and you picture the pain and injured area a knotted up or balled up energy like tangled hair or string and you gently pull the tangled, hurt energy out of the area and release it to the universe. This allows the energy in the area to flow normally and to heal. Once you have connected and are working to release you can feel the flow of the energy. As the damaged or harmed or blocked area is cleansed you feel the flow as the negative energy moves out. If it is an energy centre or meridian that is blocked you will feel the energy release and flow again. Once you feel that the release of pain is complete and the patient can usually tell you the pain is gone, as it feels loose again, etc., then apply the right hand over the area and allow the healing energy from God to flow through you into the person. This heals the damaged energy flows or meridians or the damaged tissue and leads to rapid recovery and in many cases virtually instant healing

It is wise to caution patients to take it easy for at least three days and to cautiously test it out as the healing continues on a powerful basis for up to 72 hours after each treatment

8. As healers, we accept and totally believe that the healing is taking place. As we sit quietly, directing the healing energy, we accept and believe that the patient's body is being healed, not only in the particular injured area or diseased area, but that the patient's own healing mechanisms are being stimulated. The healer also accepts and believes that through this flow of

energy the patient's survival mechanism and immune systems are being strengthened.

9. **Time orientation** in this healing dimension seems to be from left to right. The present situation of the patient is seen directly before us in our visualization and our patient's future is slightly to the patient's left and to our left. The healer, using his/her faculty of visualization while doing the healing goes through a three step process. When starting the healing the healer pictures the disease, pain or damage, directly in front of him/her. As the energy flows through the healer to the patient the healer sees in a scene to the left of the first one the healing taking place and focuses on this change that is occurring while the healing energy is flowing. As she/he completes the healing process a third visual picture is added a little more to the left of the second picture and in this picture the healer sees the patient fully healed. As the healer sees the patient fully healed in this picture he/she gently pulls this picture from the left in the future to directly in front to the present. As this is done the final image or picture is of the patient smiling, laughing, and in perfect health

10 The **Essence of Healing** is the love that flows to us from God and through us to the patient. Not all energy is healing energy. When we do the healing we focus on love, our love and God's love flowing from us, from our heart centre and spiritual centre to the patient. Simply start the flow by focusing on what love is, the love you have for a family member, your child, your pet. Reach within to feel the love of God and then let your love reach out to the patient. Nothing will put a person, any person, at ease faster than pure, unconditional love and when we feel at ease, we are without dis-ease and we are healthy.



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