

Distance Healing

How does it work?

Extraordinary forms of human connectness are quite widely known. Sometimes we find ourselves thinking about someone we haven't been with for a long time, then they contact us. Or a mother can be aware of an intense event happening to her grown-up child or a loved person, even half a world away.

There is scientific evidence of energetic connectedness over great distances. This is mainly in the field of quantum physics, where we observe the way energy and matter interact at the sub-atomic level. Particles once paired can be separated by great distances and continue to show connectedness in their behaviour. In any case, the best thing is to try it - and decide for yourself. If you can trust your own felt sense, you will quickly know whether something good is happening for you.

Why would I want a distance healing?

You may be too sick to move around, or to travel, or you might not want to leave your home (or your bed). The healer of your choice may live a long way from your home or be otherwise inaccessible.

You may have a contagious disease, or be in quarantine, and want support for your immune system.

You may be attached to machinery like a dialysis machine, or be in hospital with major injuries or illness.

You might wish to receive healing support during a specific event, like giving birth, or undergoing surgery or radiation, where the healer cannot be physically present in the usual way.

You may be on your own and caring for another person, yet still want to receive support for yourself.

What do I need to do?

Start to feel into what issues in your life might be calling for attention. This is not the same as 'thinking about what you want'. Beneath the thinking mind there is a 'felt sense' which is quiet, slow and subtle. Invite this part of you to identify and bring forth what you truly need for your own growth and healing.

Plan to be in a receptive state. This normally means lying in a quiet, restful place with no possibility of interruption or disturbance for a whole hour. Lying on your back on a firm surface (not a bed), with arms by sides and palms facing up will assist in opening to the flow of energy. You could also sit in a comfortable chair. Your eyes may want to close, which is fine, otherwise adopt a gentle soft gaze without focus. If your mind starts to wander with thoughts of what else has to get done, or there is continual self talk, ask that those thoughts float away in a passing cloud, so that you stay open to receive energy during the healing.

Plan how you will prepare yourself and your space on the day of the healing. You might take a walk or a shower, dress in comfortable clothes, light a candle, read your journal, or silently reflect. Notice anything that you might be delicately avoiding asking for, and consider if this might be your real need. Set your intention to receive what you really long for. You might communicate this to your healer beforehand. Or you could rely on the healer to be guided by his own perceptions.

You can set a gentle alarm to alert you after one hour that the healing is over. This saves you coming to the surface frequently and checking the time, like you might during a night where you have to wake up early.

During the healing you may experience some strong physical or emotional sensations, some long-forgotten memories may return, or the body may twitch or spontaneously adjust itself. These are all normal in this type of healing work, as deep changes filter through into thoughts, emotions and the physical body.

There will be a period of integration at the end, in which your body gradually adjusts to the changes, and this will continue for several days after the healing. Plan for some gentle self-care for the rest of the day, to retain the greatest benefit from the healing session. Do not be hasty in returning to vigorous activity, either physical or mental. This could include driving or operating machinery.

Following a healing you may have start to have a new awareness around certain issues, your dreams may become more vivid, or you may be placed in situations that spark a new direction in your life.