

## **Spiritual Healing**

Spiritual Healing can be traced far back in the history of man. Some anthropologists suggest that the origin of healing is to be found in the tribal structure of Palaeolithic man. The old woman of the tribe was a priest, her task was to discern the spirits and to provide healing for the sick; later followed the introduction of herbal remedies. It is thought that spiritual healing and medicine emerge from this time. The Bible also provides evidence of healing being used to assist people.

Healing is complementary to orthodox medicine and healers aim to work in co-operation with the medical profession. As healing is being more widely accepted, so more doctors refer patients to Healers. Healing is considered to be a natural process with Healers working in co-operation with healing guides and helpers.

### **What is spiritual healing?**

The channeling of healing energy from its spiritual source to someone who needs it is called spiritual healing. The channel is usually a person, whom we call a healer, and the healing energy is usually transferred to the patient through the healer's hands. The healing does not come from the healer, but through him. The word "spiritual" refers to the divine nature of the energy, which healers agree comes from one external, invisible intelligent source. The healing energy from this source is available to all.

Healers see the body mind and spirit as one interdependent unit and believe all three must work in harmony to maintain positive health. Any problem - be it a broken leg or depression needs the power of healing to restore the balance of the whole person. It is felt that sickness often starts in the mind, or at the deeper level of the spirit, and it is often here that healing begins.

### **Which problems can Spiritual Healing help?**

Spiritual healing can help with any problem, mental, physical or emotional. Healers are especially effective for musculo-skeletal problems such as frozen shoulders, stiff necks and bad knees.

Spiritual Healing takes place in a peaceful and relaxing environment. You will be asked to sit, or lie on a couch and the practitioner will take your medical history. Apart from your coat and hat, it is not necessary to take off any clothes. The practitioner will then gently place their hands on or over your body. Treatments can last for up to 1½ hours.

You may feel a flow of energy, mild tingling, warmth, coolness or nothing at all; however, changes do still happen on a subtle level. The course of Spiritual Healing treatment may vary in length according to your condition. Your treatment plan will be discussed with you and reviewed as necessary.