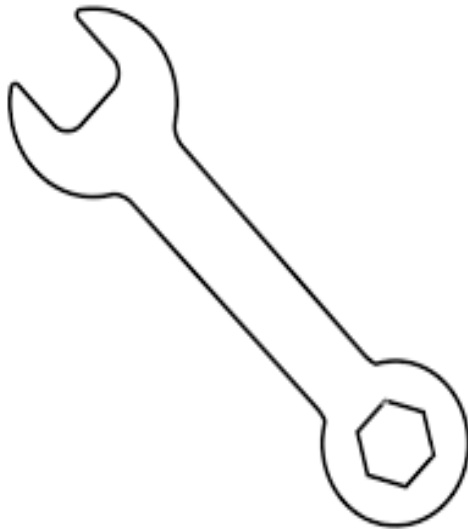


The Mechanics of Spiritual Healing



Knowledge is POWER

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Subtle Bodies.

We are not just our physical body. We have an etheric body which is very close to the physical and an emotional body and mental body (the psyche), and an astral body, which contains all our past experience, even past lives. These subtle bodies are of a fine gossamer which become finer the further they are from the physical body.

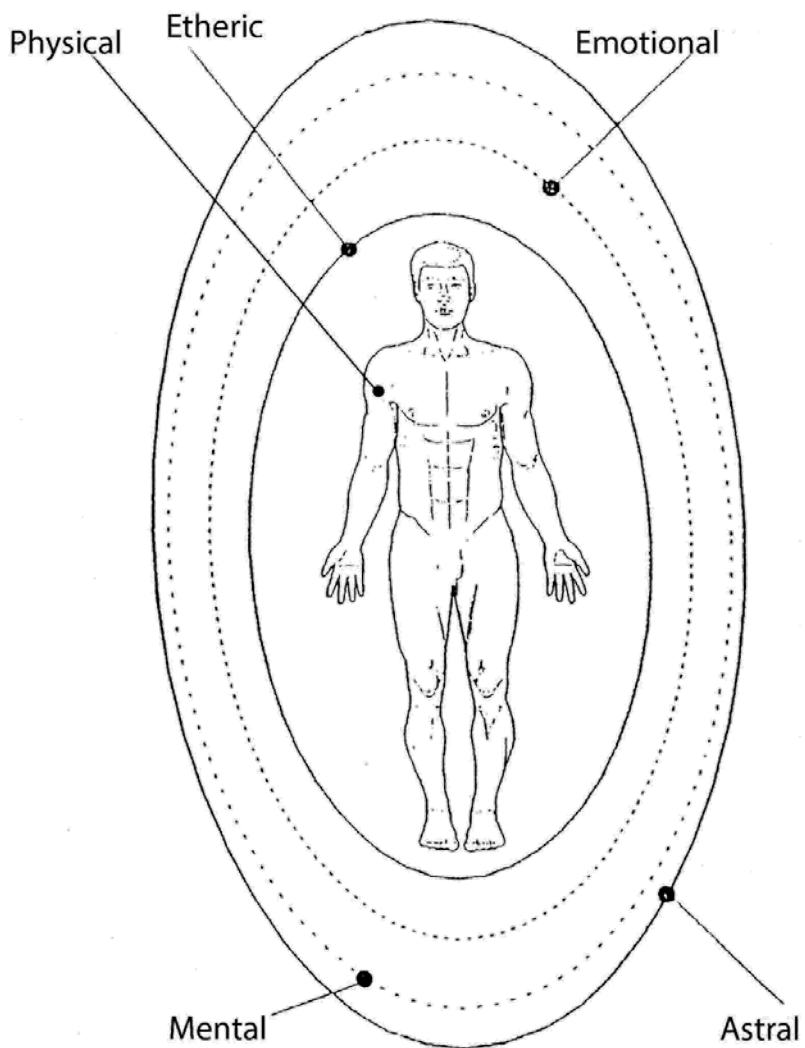
The Etheric Body

This body holds the blueprint /creative matrix of the physical body. 'Vibrational Medicine' by Richard Gerber, described experiments by a Korean acupuncturist Dr. Kim who did experiments on rabbit and chick embryos which showed fine lines of structure forming within hours of fertilisation, i.e., before the organs had formed. These lines were not related to the blood network, i.e., they were not veins, and they were an energetic holding pattern. Also, he detected an energy axis that precedes the spine in the unfertilised egg of salamanders which showed that an energetic potential has to exist for physical manifestation to take place.

Every organ, bone, limb, tissue, etc. Has an energetic structure around it, holding and permeating it. The phantom limb effect is another example of the etheric body. Even when the limb has been removed, sensation can be felt as if the toes were still there, like itching.

The etheric body functions as an energetic map, carrying information that guides the cellular growth. In embryo development, the DNA gives the genetic coding which supplies the cells the information they need for the job they have to do. The grid intelligence of the etheric body tells them where to go¹. It is possible to repair diseases that appear at this level before they manifest in the physical being. Therefore, receiving healing when one feels well could alleviate future complaints.

Subtle Bodies



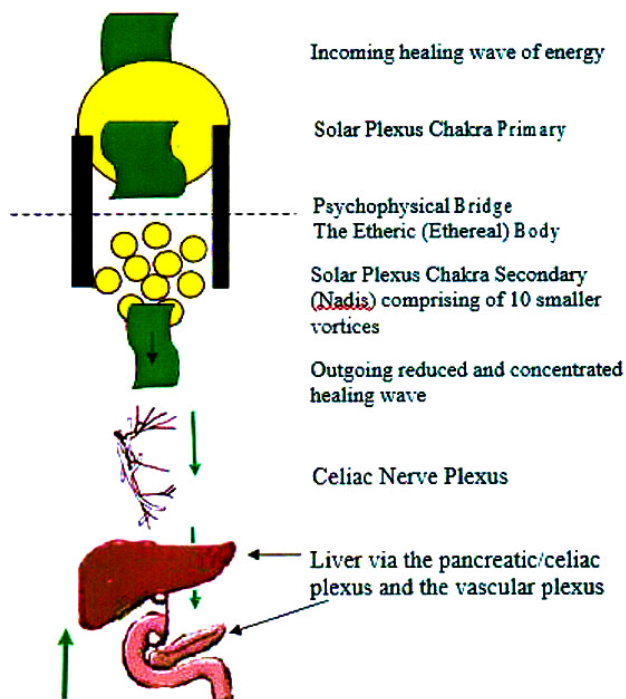
Auric Field

Around your physical structure you have what is termed an “aura.” This aura is outside of the body and yet is interrelated to the body through, what the yogis call, the subtle or *nadis* nerve centres.

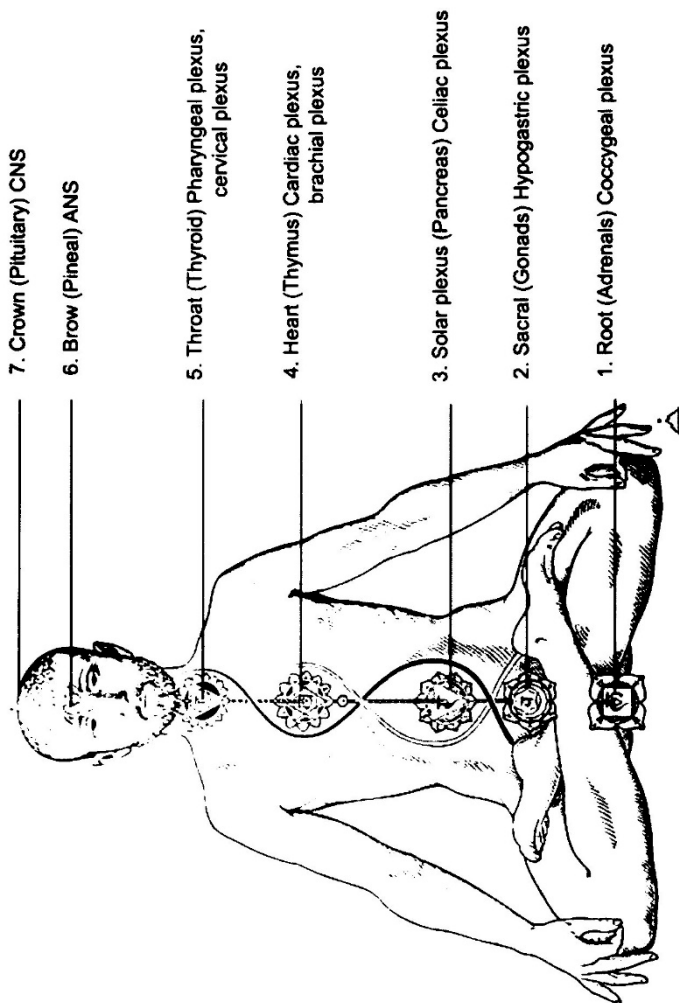
The subtle nerve centres are an exact reflection of the physical nerve centres and membranes which can be seen by the normal senses. Just as the basic material cellular body that you inhabit needs a system of nerves through which it can become aware of outside and internal impulses, so also does your subtle or auric body need its own nervous centre so it too can become fully aware of what is happening on the more subtle planes of existence. The two are closely interrelated, one with another, and no physical matter could exist unless it had an auric counterpart².

The aura that is seen by some mediums is the reflection or radiance from the auric field.

Healing Energy and the Psychophysical Bridge



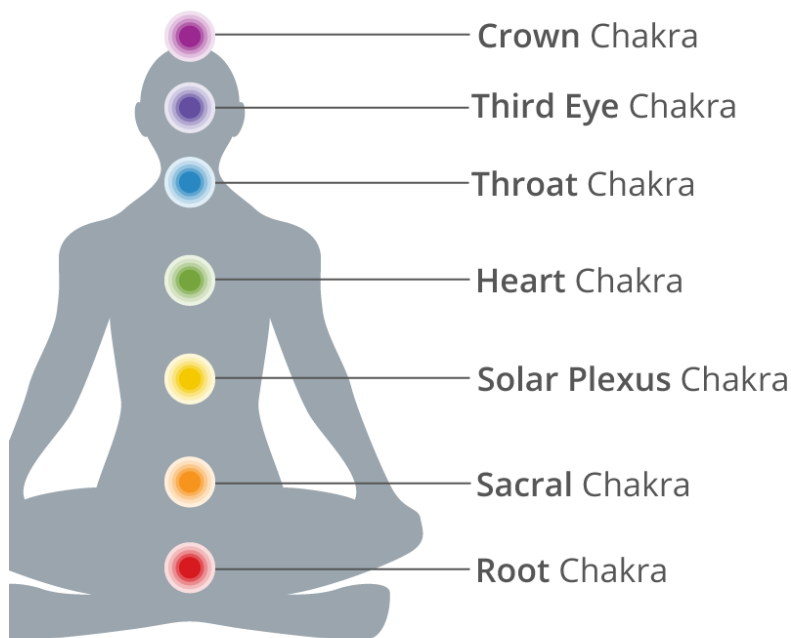
Chakras, glands and plexuses



Chakras

The psychic centres [chakras] are really vortices within the etheric structure. These vortices of power allow energy to flow through the aura and the subtle nervous system. They allow the individual, as a conscious being, to use this power for good or evil.

To give an illustration of what they look like, you will notice that when taking the plug out of the bathtub, the escaping water creates a whirlpool over the plug hole. It goes down and tapers off to a point. A psychic centre is shaped rather like this. It is virtually a whirlpool in which certain energies are drawn in or, in some cases, radiated outwards through the aura which is around the body. These centres taper off to very thin channels which are joined onto the spinal column.



Every major psychic centre is joined to the spine in this way. The secondary psychic centres are joined to the spine also, but more indirectly through the nervous system. If you imagine these centres like multi-coloured whirlpools, starting at a point on the spinal column and coming right out in the aura, like a flower, through the physical body to the front, you will have some idea of what a psychic centre looks like.

Without them, we could not possibly live. We could not think; we would not have any consciousness at all. None of us could be here on this Earth, or even in manifestation. The psychic centres are the most valuable things in all of our existence, with the exception, naturally, of life itself. They are not the spirit— the God-Spark— but essential tools used by the God-Spark in order to bring to us all an opportunity to gain experience in a material world².

1. Root Chakra (*Muladhara*)

The *Muladhara*, or root chakra, represents our foundation. On the human body, it sits at the base of the spine and gives us the feeling of being grounded. When the root chakra is open, we feel confident in our ability to withstand challenges and stand on our own two feet. When it's blocked, we feel threatened, as if we're standing on unstable ground.

2. Sacral Chakra (*Swadhisthana*)

The *Swadhisthana*, or sacral chakra, helps inform how we relate to our emotions and the emotions of others. It also governs creativity and sexual energy. Those with a blocked sacral chakra could feel a lack of control in their lives.

3. Solar Plexus Chakra (*Manipura*)

The third chakra, the solar plexus chakra, speaks to your ability to be confident and in control of your life. Think back to the last time you had butterflies or felt a pit in the stomach: That's the *Manipura* chakra at work.

If your solar plexus chakra is blocked, you might feel overwhelming amounts of shame and self-doubt. Those with open sacral chakras are free to express their true selves.

4. Heart Chakra (*Anahata*)

The *Anahata*, or heart chakra, is the bridge between the lower chakras (associated with materiality) and the upper chakras (associated with spirituality). As the name suggests, this chakra can influence our ability to give and receive love—from others and ourselves.

5. Throat Chakra (*Vishuddha*)

The *Vishuddha*, or throat chakra, gives voice to the heart chakra and controls our ability to communicate our personal power.

When it's functioning at full capacity, it allows us to express ourselves truly and clearly. Someone with a blocked throat chakra will feel like they have trouble finding the words to say how they truly feel.

6. Third-Eye Chakra (*Ajna*)

As we move up the body, we're getting closer to communion with the divine. The *Anja*, or third-eye chakra, controls our ability to see the big picture and connect to intuition. Think of it as the eye of the soul: It registers information beyond the surface level. Visions and intuitive hits are not uncommon for someone with an open third-eye chakra.

7. Crown Chakra (*Sahasrara*)

The *Sahasrara*, or crown chakra, the highest chakra, sits at the crown of the head and represents our ability to be fully connected spiritually. When you fully open your crown chakra—something very few people ever do!—you're able to access a higher consciousness³.

Solfeggio Frequencies

Solfeggio frequencies are sound frequencies which have been used for centuries. These frequencies comprise the ancient 6-tone scale which was used for sacred music, like the beautiful and soothing Catholic Church's Gregory chants. The main seven Solfeggio frequencies are 396Hz, 417Hz, 528Hz, 639Hz, 741Hz, 852Hz and 963Hz. Each Solfeggio frequency has unique characteristics. By receiving these frequencies, you can easily achieve the perfect harmony of your body and mind.

Benefits of 396 Hz Solfeggio Frequency:-

- It gives power to your Goals.
- It eradicates feeling of guilt, even the guilt residing deep in subconscious mind.
- It helps you to overcome the fear which is usually the main obstacle in realizing our dreams and goals.
- Liberates from subconscious negative beliefs and thoughts.
- Used for balancing Root Chakra.

Benefits of 417 Hz Solfeggio Frequency

- Removes Negative Energy from the body.
- Removes Negative Energy from the home and office.
- Removes Negative Thoughts and behaviour patterns.
- Undo situations with Negative outcome.
- Facilitates change in you and others.
- To Come out of trauma.
- Is used for balancing Sacral Chakra.

Benefits of 528 Hz Solfeggio Frequency

- Promotes reducing stress hormone - cortisol in our body
- It brings transformation and miracles into your life.
- Heals chakras which is followed by its beneficial effects of increased amount of energy.

It also helps in balancing and tuning Solar Plexus Chakra which helps in more Self Confidence and Self Esteem.

- Used for balancing Solar Plexus Chakra.

Benefits of 639 Hz Solfeggio frequency

- Enables creation of harmonious interpersonal relationships.
- This tone can be used for dealing with relationships problems – those in family, between partners, friends.
- Talking about cellular processes, 639 Hz frequency can be used to encourage the cell to communicate with its environment.
- Enhances communication, understanding, tolerance and love.
- Used for balancing Heart Chakra.

Benefits of 741 Hz Solfeggio Frequency

- Cleans the Cells.
- Removes Toxins and detoxifies the cells and organs.
- Cleans the body and home, workspace from harmful electromagnetic radiations.
- Purifies mind and body.
- Promotes expression and solutions.
- Used for balancing Throat Chakra

Benefits of 852 Hz Solfeggio Frequency

- Helps to return to spiritual order.
- Awakens intuition.
- Awakens inner strength.
- Raises cell energy
- Used for balancing Third Eye Chakra.

Benefits of 963 Hz Solfeggio Frequency.

- It awakens any system to its original, perfect state.
- When it is applied to a cell, it enables a kind of “cellular enlightenment” and transformation of the cell to a higher level.
- Helps us return to Oneness -to our very source. If you feel disconnected with rest of the world, this frequency can help.
- Used for balancing Crown Chakra⁵

Colour Healing

1. White light (full spectrum) later replaced by blue light as blue light was found to be more effective. Neonatal jaundice
2. Bright white full spectrum light. Treatment of cancers, SAD (seasonal affective disorder, so-called winter depression), anorexia, bulimia nervosa, insomnia, jetlag, shift working, alcohol and drug dependency, and to reduce overall levels of medication.
3. Blue light. Treatment of rheumatoid arthritis. Exposure to blue light for variable periods of up to 15 min causes significant degree of pain relief. Treatment of a wide variety of psychological problems, including addictions, eating disorders and depression. Healing injured tissue and preventing scar tissue, as well as for burns and lung conditions.
4. Red light. Effective in the treatment of cancer and constipation and in healing wounds.
5. Pink light. Tranquilizing and calming effect within minutes of exposure. It suppresses hostile, aggressive and anxious behaviour.
6. Yellow light. Stimulates behaviour. Also, treats liver disease, gall bladder disease, and disorders of stomach and intestine.
7. Green light. As effective in treating seasonal affective disorder (SAD) as white light. Also treats eye diseases and diabetes.
8. Orange light. Treats of arteriosclerosis and cardiac insufficiency, and helps in controlling diabetes.
9. Lemon yellow. Lemon yellow is the colour of the pancreas. It is a laxative and diuretic. It is a stimulant of brain, the liver and spleen⁴.

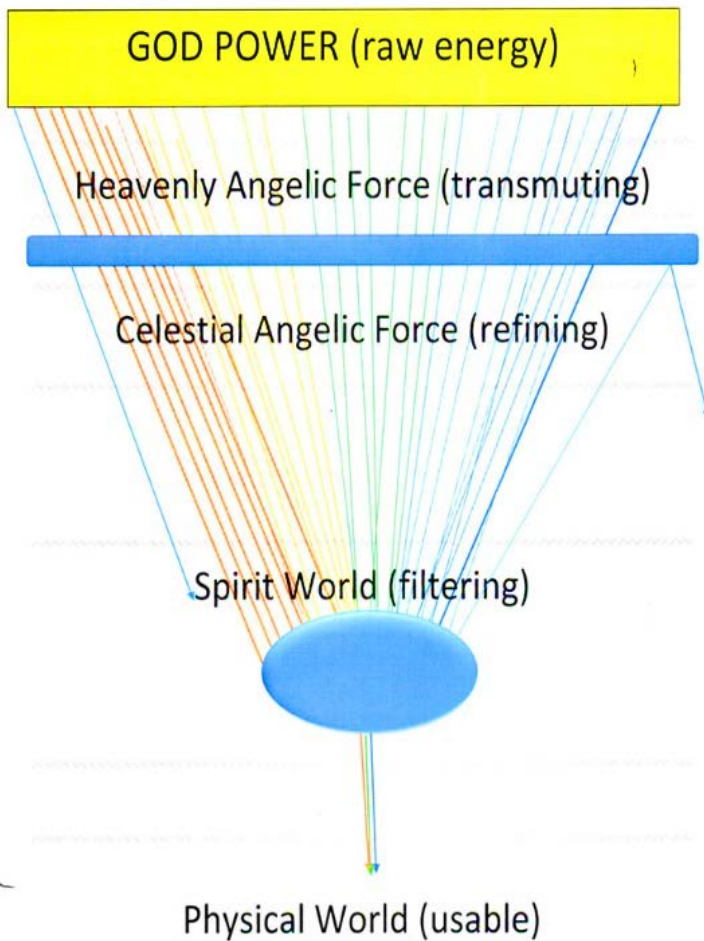
Spiritual Healing

Spiritual Healing comes from the God Force, or God Power, through bands of angels who transmute and refine the energy from its raw form. The spirit world filters this energy into individual frequencies that the healer needs for his patient. Diseases, as well as humans, are seen by spirit as coloured energy with diseases being a muddy colour.

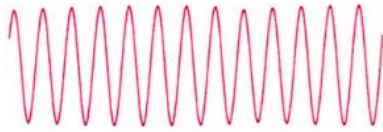
Some people heal by what they believe is the right colour for the patient's healing but spiritual healing does this automatically and provides exactly the right colour and quantity without any thoughts from the healer as to what is required. An understanding of the colours and their corresponding frequencies is a bonus for healers as is the knowledge of the mechanics of healing as spirit like to work with those that have gone out of their way to find this knowledge.

Spirit often say they work 50/50 with the healer, so providing an understanding of the mechanics of healing goes some way towards the 50% part required of the healer to receive the best from spirit. You only receive what you give, so the better your knowledge and attunement the higher the energy from your spirit guides.

Source of Healing Energy



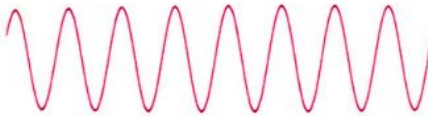
Spiritual Attunement



Spirit/energy (red) at its high frequency



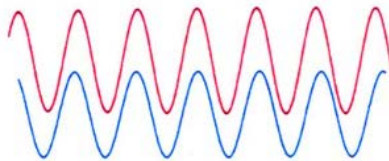
Self-frequency (much lower)



Spirit/energy frequency lowered



Self-frequency raised



Blending of both energies

There are 2 important aspects to working with spirit and they are *attunement* and *intent*.

Attunement

Attunement means to be at one with the spiritual energy and with spirit itself. Attunement is given by more experienced healers during training and the trainer should be able to show the trainee the level of attunement they have. It is achieved by drawing in the healing energy as a brilliant white ball of energy through the opened crown chakra that expands through their body opening the remaining chakras and balancing them. It expands through the subtle bodies of the auric field where the healing guide can impinge on the energy. Once achieved their healing guide is called forward to blend with the healer. Sometimes the healing trainer will give additional attunements.

As the above diagram shows spirit vibrate at a much higher frequency to us and we vibrate at a much slower vibration. Therefore, in order to become attuned spirit must lower their vibration while we raise our vibration and a blending occurs known as an attunement.

The more one practises this attunement the stronger the connection with spirit and the better healing results can be obtained. A healer with a strong attunement will attract spirits with similarly high levels of attunement and knowledge.

The healer should sit in the quiet before the healing session begins and attune themselves and following this they say a prayer inviting their healing guide to join them and then they are attuned to both the healing energies and their spirit guide.

Once attuned the healer remains in this state until the end of the healing service when they 'close down to spirit' by prayer and the closing of the crown chakra.

Intent

Once a medium is attuned and ready to give healing they must have the right intention to heal their patient. This is achieved by simply asking spirit to give healing to the patient. Remembering to thank spirit after each healing.

Types of healing

There are 5 types of healing to consider:

1. Magnetic healing: this is when the healer has no attunement and uses their own energy which rapidly depletes often leaving the healer with the problems the patient had. Not recommended.
2. Near-the body healing: this is where the hands are placed close to the patient without touching. Not allowed by the SNU as the healing affects the auric field and the patient has no connection with the healer and wonders what the healer is doing.
3. Distant healing: this is where the patient is present but no physical contact is made. The healer projects healing energies through the third eye to the patient making a psychic path for healing energies to flow along then the healer can stop pushing the energy and simply relax into the healing.
4. Absent healing: this is where the patient is not present. Healing is sent by prayer which is picked up by angelic healing forces who administer the healing when the time is right, i.e., when the patient is relaxing or asleep.
5. Contact healing: the most popular option where hands are placed on the patient.

A definition of spiritual healing is:

A form of healing by the use of forces and energies from God directed through the spirit world and a Spiritualist Healing Medium by the laying on of hands on the body or the direction of thought from a distance or by prayer when the patient is absent.

One-point healing

There are many ways to give contact healing but the safest for both patient and healer is one-point healing where the healer places one hand on the patient's back usually in the middle of the back with their hand resting comfortably on the back of the patient's chair.

Healing is usually given for 8 minutes although the great healer Harry Edwards said after 2 minutes you were using your own energy.

There are healing organisations who heal for 2 minutes but use 5 healers around the body.

Before the healer places their hand on the patient they must first ask for permission to touch the patient otherwise they could be charged with 'common assault'.

A record must be kept of the healing progress and where the healer's hands were placed. This record is confidential and must be kept locked up in a secure place; whilst healing is going on the record card's content must be out of sight and the card not accessible to non-healers.

Within the SNU there is a 'Code of Conduct' and 'Healing and the Law', two booklets that must be fully understood for the protection of the patient and healer. These are rules that the healer must follow to keep abreast of the law.

One of the main points is that the healer is not healing but channelling the energy to spirit who does the actual healing. The term to remember is that healing comes from spirit (spirit world) through spirit (healing medium) to spirit (patient's spirit). Therefore, one cannot promise a cure for any ailment.

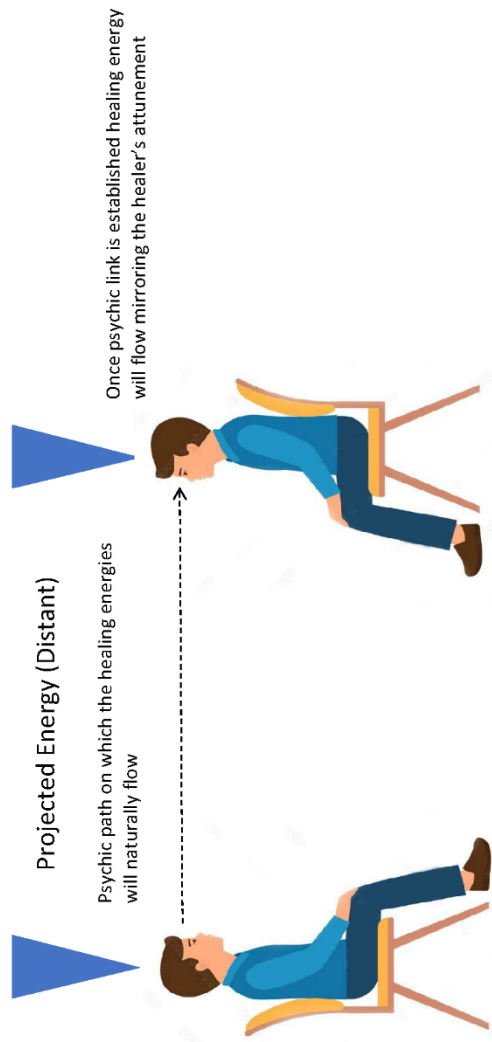
With Distant Healing the healing medium connects to the patient by a psychic link sent through the third eye (chakra) along which the healing energy will naturally flow. This awakens the patient's spirit (as with contact healing) to receive healing themselves as the healing energy will flow to the patient in a clockwise direction into the crown chakra mirroring the healer's attunement.

The healing medium should not give any messages they may have picked up whilst healing as this is not what healing is about and could bring the healing group and church into disrepute if a complaint is made against the healer.

The act of healing is a simple and passive activity that never needs complicating by healers who think they have a special gift and attempt to guide the healing to where they think healing is

needed. The healing will always go to where it is needed the most as it is an intelligent energy.

Spiritual Healing sent by Directed / Distant Method



Trance Healing

Trance Healing is a powerful form of spiritual healing where the energy is received to the rear of the healer whilst the medium is in an altered state of consciousness.

The healing whether contact or distantly delivered will enter from the rear of the patient.

When sent distantly this is a coded psychic wave which allows spirit to send trance energies to the patient. It works like a key unlocking a door to allow the flow of trance energies to the patient's back.

Unlike spiritual healing when the trance healer finishes his healing the trance energy continues to flow into the patient until spirit have finished with the patient and the door is locked again.

If healing in a hospital or hospice then healing should be distantly sent. The healer should relax in a chair and ask for trance healing for the patient and wait until they feel the healing is over which could be from 20 to 30 minutes and more If the patient is being operated on.

The depth of the trance state is not as important as the attunement the healer has received from spirit.

Attunements can be strengthened by more advanced trance healing mediums as can the level of trance required, typically 50% control.

Spiritual healing works from the outside in of the patient affecting firstly the patient's spirit before working inwards to the mental and emotional bodies and then the etheric body.

Trance healing works from the inside out (like a microwave) firstly affecting the patient's physical body and then the etheric body.

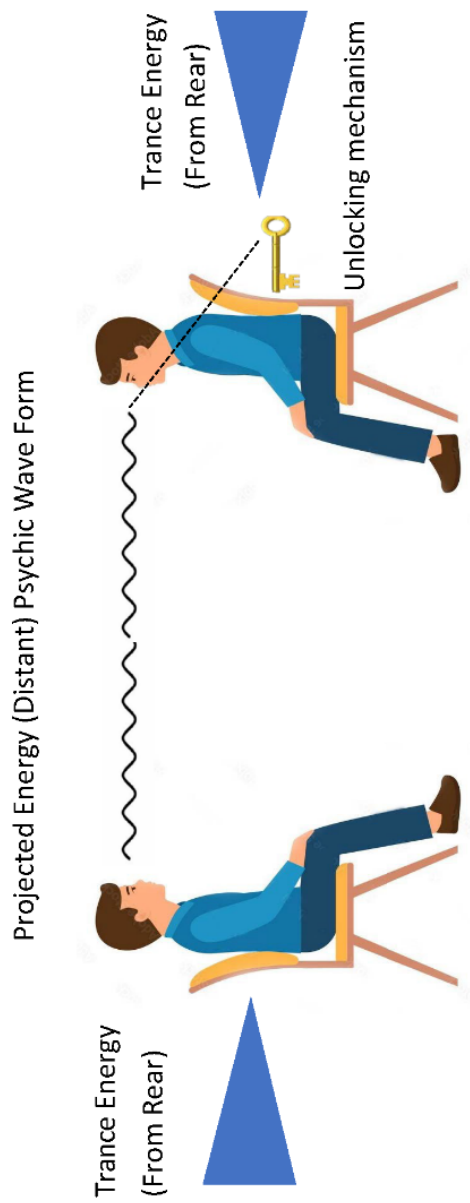
Trance healing is the basis for physical types of healing like psychic surgery which requires a level of physical energy (can be gained from sitting in a physical circle).

Trance healing attracts the highest of the spirit guides and almost certainly the healer will have at least one doctor or surgeon and could advance to a full medical team for spirit operations.

When looking at which form of healing to use then ask the patient what they are suffering with, if of a spiritual nature or mental/emotional issues then spiritual healing may be the best to use. If physical ailments then trance healing should be used. If in doubt use trance healing.

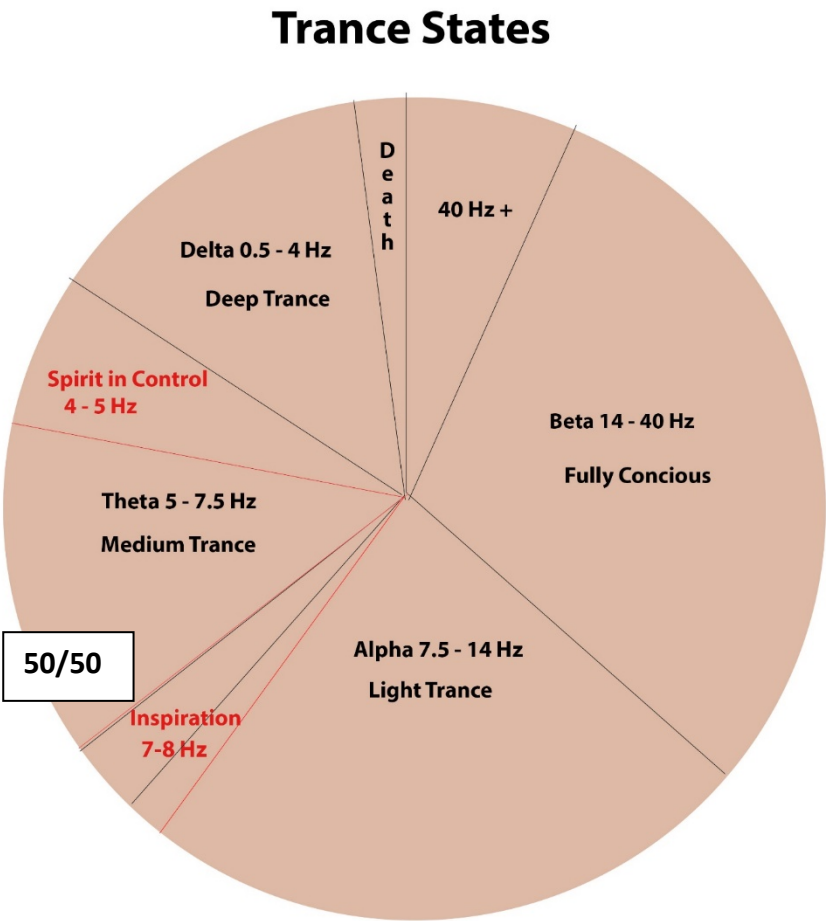
Whilst in training healing mediums should alternate between the two disciplines to keep their attunements high.

Trance Healing Sent By Directed / Distant Method



Trance States

Trance Healing should be delivered with the healer at a trance level greater than inspiration (7-8Hz). Ideally in the theta range of around 50% control, i.e., the healer and spirit are working at an equal level of control and controlled, an equilibrrious state of consciousness.



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