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**Distance Healing Special**



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## Distance Healing for Beginners

### What is distance healing?

Distance healing, also sometimes referred to as remote healing, is sending healing to someone who you can not be physically near. One form of distance healing many of us will be familiar with is prayer, where we try to make a connection with God or another Deity who is important to us to ask them to help heal another. Prayer has played an important part in many cultures throughout history. However although prayer is often connected in our mind to a particular faith, you do not have to belong to any particular faith to send distance healing. If we accept, as part of our beliefs, that every natural object and being has a spirit or life energy then we can all send healing energies to another when it is needed and asked for.

When healing we can also channel or connect to a greater source of energy than our own, if we accept also that our individual energies are all connected as part of a universal energy. There are various methods of learning to do this such as Reiki and Spiritual Healing. Connecting to or channeling to universal energy means that we do not deplete our own energy when helping someone else. However if you don't know how to do this or are not comfortable with it you can simply focus your own thoughts on the subject you are sending healing to.

### What is a healing circle?

Healing circles are when people gather together at the same time to combine their healing energies into larger group energy. Some healing circles gather together in person and others meet online\*. If you are new to healing you may also like to join a healing circle to benefit from the support of other healers.

### What do I need to send distance healing?

Anyone can send distance healing.

- You do not need special skills – as the intention is more important than the method
- You do not need special tools or equipment unless you prefer to use them
- You do not need a specific belief or faith
- You **do need permission**

*\*Indie Shaman has a distance healing circle which meets on Friday evenings for chat at 9 pm with healing being sent at 10 pm. If you are not a part of our healing circle already, you are most welcome to join us.*

## Guidance on Gaining Appropriate Permission for Distance Healing

*All healers should make sure that what they are doing is welcomed by the recipient. If you do not do so what you are performing is not healing but something else. In order to do this you need to ensure you have informed consent and that you focus on what this consent was granted for. ("The Elven Advocate" Indie Shaman Magazine, Autumn 2009 edition)*

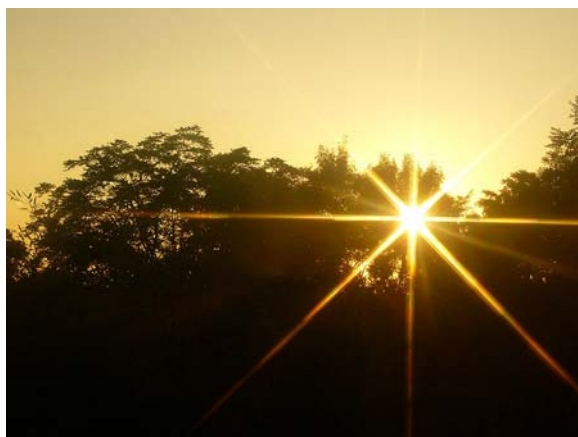
### Why is it important to have permission for healing?

- To know that help is welcomed, wanted and needed
- To allow others the dignity of making their own decisions
- To know you are sending the kind of help the subject wants
- To know that you are not 'talking about a person behind their back'
- Because sending help when it isn't wanted isn't helping at all

### What is informed consent?

Informed consent is where someone has given you permission and clearly understands what it is you are doing. In order to give informed consent a person must be able to understand what they are consenting to and possess all the facts they need to reach a decision about giving consent.

The model of informed consent we advise you work to is the one used in medical practice based on free will, capacity and knowledge. Free will is allowing everyone to make their own decisions even if you do not agree with that decision. Capacity is the ability to understand what they are consenting to. Knowledge is ensuring that the person has all the facts they need in order to reach a decision.



### Infinite wisdom

Some healers feel it is OK to send healing and direct it to the Great Spirit or Deity according to their own beliefs and that it will not be passed on if it is not



wanted. Equally some healers feel it is OK to send healing without asking permission because our higher selves will only receive it if it is for our own good. The rationale behind this belief is usually that God or the Great Spirit is 'infinite wisdom' and therefore will only pass on the healing if it is in the recipient's best interest. However to another person another Diety may be infinite wisdom and to hear someone has directed healing or prayer through a differently named source may cause them considerable distress.

Even if our higher self/spirit or the Great Spirit does know better than our physical selves what is best for us we are able to make our own decisions in physical form with our own minds. It may not be good for us to drink coffee or eat cake but we are allowed to make a decision to do so! The decision a healer makes is also one that comes from their own mind so therefore not infallible and subject to their own interpretation. If we are equally infallible to the person we want to send healing to then we must allow them to make their own decisions with their own minds and this right to do so over rules our right to make decisions for them. Why should you have the right to ask someone's higher self to interfere because you think your mind knows better? As the Elven Advocate said "To do so is a bit like going to your medical consultant and asking them to accept or turn away a treatment for your neighbour. Your neighbour might not want you to do this. They might not want you to ask your medical consultant about something you think or know is wrong with them and equally they might not want you to go through or approach your or their Guide or the Great Spirit on their behalf. You would only do this in the physical world if it was an emergency and you couldn't communicate with your neighbour in person. Treat the spiritual world in the same way."

With the medical model of informed consent people have the right to know what they are consenting to and make their own decisions. We would not practice hands-on healing without asking first and we would stop if someone asked. Distance healing is no different

In sending healing we should be without ego. In being without ego we allow others to make decisions about what is best for themselves.

### **Working with Informed Consent**

To ensure you are working with informed consent:

- Never ask 'inwardly' when you can ask 'outwardly' - Gain informed consent from a person's physical self in speech or writing whenever possible.
- If you prefer to send healing or prayer via any particular Diety make sure that the person you are sending healing for is happy with this.
- Don't add extras or stray outside the remit you were given. If you were asked to send just healing, send just healing. If you are asked for healing and strength then you can send healing and strength.



## **Gaining Informed Consent**

So given that you need to work with informed consent and only do the work you have been given permission how do you deal with difficult scenarios of gaining permission?

### **1. Adults capable of giving informed consent.**

- They have either asked you for something specific or they have asked you for healing, you have explained the options and they have understood what you have said and said 'yes'. Only do what they have specifically agreed to do.
- You want to help so have asked them if you can help. You have explained how you would like to help. They have understood what you have said and have said 'yes'. Only do what they have specifically agreed to and if you have not mentioned something previously do not do it.

### **2. Adults who are not be capable of giving informed consent, for example, because they are in a coma.**

- Ask their family first – their next of kin. Use the model of gaining informed consent as described in 1 above.
- Check by asking the person's spirit for permission also. Even when their physical body is unconscious their spirit is not. If you can journey you can do this by journeying. Otherwise just form the question in your mind, focus on the person and see if you can gain a sense of their approval or otherwise. You may get this sense either through a feeling, pictures or words. Gaining this permission is in addition to, not a replacement for, gaining permission of their next of kin.
- Do not just ask their spiritual guides because although spirit may be infallible we are not and there is a risk you may interpret any messages in a way you want to hear them.

### **3. Children.**

- You should have a parent or guardian's informed consent (as in 1 above) and preferably, if there are two parents, both parent's permission.

- If the child is old enough to understand and depending on the maturity of the child you should also physically get their permission. With an older child, for example, a teenager, you should definitely get their consent as well as the parents or guardians. You should explain the healing in an age appropriate way to the child particularly if the healing is taking place in the presence of the child.



#### 4. Animals.

- Apply the same guidelines as in working with someone you cannot physically communicate with verbally or in writing. Ask the animals human friends as they will know the animal's preferences.
- Then journey to ask the animal's spirit even if the request has come directly from the animal's 'owner'. Sometimes you will get a feeling of yes, sometimes of not sure and sometimes of no. If not sure then ask why and see if there are any reassurances you can give. Unless it's a yes don't do it.
- Don't assume an animal doesn't know – it may wish to die quietly rather than have a healing sent to it. Just because its your 'pet' doesn't mean its your choice.
- Of course animals can't reply in words so keep your questions simple – ask 'do you want?' and think strongly about the healing you would like to offer. For a reply check not just the reply you

think you get in your head but the animal's reaction – for example does it come to you or walk away.



## 5. Natural or man-made disasters

This is a difficult one for many people – who do you ask permission from? I would advise that you journey to the place shamanically to ask permission from the spirits of the place and any human spirits you contact in your journey.



If you don't know how to journey then meditate, form the question in your mind, focus on the area and see if you can gain a sense of their approval or otherwise. You may get this sense either through a feeling, pictures or words.





## Distance Healing for Beginners Methods

There are a variety of methods you can use for distance healing. Follow your instincts to choose the one that suits you and the circumstances. If you are following a shamanic or other healing path it may be that you are given a method in a journey or dream. You can also choose from the many training courses that are about if you feel led to specialize. However you don't need to do a training course to send basic distance healing any more than you need to do a training course to pray for someone.

I refer to 'basic distance healing' in this article. That does not mean this is a lesser form of healing, rather that it is none specific and not, for example, a distance soul retrieval which would have a different set of criteria to the methods and information described here.

If opening yourself to universal energies then it is important you ground yourself first and close afterwards. You may also like to do a cleansing ritual before sending healing and afterwards. Even if you think you aren't deliberately opening yourself to universal energies it is advisable to ground yourself first on a 'better safe than sorry' basis.

**The simplest method of cleansing** is to run your hands under water. Some people may prefer to take a shower or ritual bath.

### One Basic Distance Healing Method

When you have permission to send healing:

- Ground
- Think of the person you are sending healing to. Try to get a 'sense' of them. You may find a photograph helps you connect to them or holding something that belongs to them. With practice you will discover how connecting to a person feels to you: some people may see the person in their mind's eye; others may get a sense or feel they are connected. If you are sending healing for the first time try not to focus too hard and don't worry about getting a sense of 'connecting' - when you have them held steadily in your thoughts you are connected.
- Say the thoughts that you are sending as you would say a prayer. You don't need to say the thoughts out loud.
- If you are taking part in a healing circle then hold this and the sense of the others sending healing with you in your thoughts while sending. This will connect your energy to the other energies being sent. If possible have a chat with the others in the circle before the healing starts as this will help you all connect before the healing is sent.



- Finish sending healing when it feels right. Sending distance healing doesn't take much physical time – you will probably find approximately 5 minutes per subject is fine for sending basic healing.
- Ground and close.

### **One Basic Method of Opening to Universal Energy**

It is a good idea to practice a method first before sending healing. Here is one method you can use.

- Ground
- Sit down. You can sit on the floor, a bed or chair as long as you have enough room to put your hands down, palms flat on either side of your body. If you are particularly supple you can also do this standing up (but you will need to be able to put your palms on the floor!).
- Start with your arms on either side of your body then slowly raise your arms above your head. Turn your palms so they are facing upwards and sideward (the acceptance position). Sense the universal energy above your palms and accept it
- Lower your arms slowly, bringing them round to the front of your body. Keep your palms open and bring them together (so that someone could put something in your palms). Hold that position for a few minutes.
- Lower your arms to either side of your body and place your palms face down onto the surface either side of you. Allow excess energies to drain away downwards towards the earth.

### **To include this Universal Energy exercise in your Distance Healing**

- Ground
- Cleanse if appropriate
- Open – *hands above head*
- Send healing - *palms held in front of your body* (keep them open so healing can freely go/be taken rather than holding your palms away so it is pushed).
- Close – *palms face down on a physical surface*
- Ground
- Cleanse if appropriate

### **The use of ritual items in basic distance healing**

Whether or not you use ritual items is purely a matter of personal preference.



Some examples are:

- A candle – lit before healing and extinguish afterwards. Some people prefer to extinguish a candle by blowing it out to blow the healing on its way and others prefer to snuff it out.
- Incense, resins, herbs or essential oils – can also be used for cleansing
- A healing wand – for basic healing can be used to point and focus
- Singing bowl, aura chimes – can be used to help focus/call yourself to healing and also to cleanse



## Grounding

Grounding is used to keep us connected to the physical world which is necessary as we are physical beings.

There are a variety of methods of grounding. Here are 2 exercises that you can practice to use before and after you do a healing, meditation, journey or ritual.

### Basic Grounding Exercise 1

You can do this exercise indoors but may find it easier the first time to do it stood on grass or earth.

Stand with your feet slightly apart.

Be aware of your feet. Feel them stood on the ground.

Imagine roots going down from your feet into the earth beneath you, as if you were a tree.

Feel the growth of the roots and how they connect you to the earth.

Feel the strength of the roots and how they tie you securely to the earth.

### Basic Grounding Exercise 2

Exercise 1 came first as it is sometimes easier to start with to feel roots from feet than it is from hands. However if you relax with your feet up it can be difficult to visualise rooting yourself from your feet.

Sit in your comfortable relaxation position and relax.

Place your hands besides you palms down.

Picture the earth beneath you. It does not matter if that earth is several floors down.

Picture the physical connection between the object you are touching and the earth. For example, my bed/chair is connected to the floor, which is held up by walls which stand on a floor which is on foundations which are on the earth.

Imagine your hands growing roots, which connect you directly to the earth.

Sense the roots growing strong, connecting you and holding you securely to the earth.



## Candle Magic

Magic can be viewed as a focusing of intent. Candle magic is one of the simplest rituals as in it does not involve either elaborate artifacts or complicated memorisations. However the apparent simplicity of this ritual should not be confused with a lack of power. Simple is often best!

If using a candle spell for healing for an individual or for a spell on behalf of an individual it is important that you have their permission to do so. Don't use this spell to ill wish anyone – the repercussions aren't worth it especially for a beginner. If you have a difficult situation you want ended do the spell instead for a positive result for the victim or seek further advice from an experienced Shaman.

This ritual was taught to me by my Guide during the early days of my Shamanic training. I was later to discover that a candle ritual forms a part of Romany Gypsy Shamanism. "I remember my grandfather burning things in the flame of a candle ... which formed the workings of a spell" (Patrick Jasper Lee 'We Borrow the Earth', p21, Thorsons 2000)

### You will need

- A candle in a candle holder
- A light
- Paper
- Pen/pencil
- A container such as an alter bowl or abalone shell. Any container you like will do as long as it won't burn!

### Ritual

1. Light your candle.
2. Write your spell on a strip of the paper.  
Keep it simple as you don't want the paper to be too large e.g.  
'That Sally's operation is successful'

After this I use a triple 3 times e.g.  
Healing, comfort, strength  
Comfort, strength, healing  
Strength, healing, comfort

You might also like to include a message to your God or Goddess if you have one e.g. I ask/respectfully request \*\*\*\*\* that Sally's operation be successful. Use whatever phrase feels right for you and your personal beliefs.

3. Fold your paper.  
Fold your paper lengthways so you don't burn your fingers! I tend to fold mine either 3 or 4 times. Fold yours as it feels right



to you at the time. This may vary depending on the focus of the spell.

You may also like to include a ritual chant. I simply chant my triple e.g. healing, comfort, strength but you can also use the chant to call on the 4 directions, the Great Spirit or your own deity.

4. Light the end of your paper using the candle.
5. Place the paper in the container.

Watch how it burns as this may have a message for you. Does it burn straight and fast or slow and steady? Is there anything that comes into mind when you are watching how it burns: for example, a quick recovery or advising your client to take it easy for a while?\*

6. When you have finished extinguish your candle.

### **Notes and General Advice**

In my opinion it doesn't matter what colour the candle is. If you want to pick a colour for a specific purpose according to guidance feel free. If you feel attracted to using a specific candle use that one.

I have read elsewhere that you should always use a match to light the candle but I can't see why. I have always used a lighter. The only thing I would recommend is being as ecologically sound as possible so for me a refillable lighter is better than matches unless the matches come from ethically sourced wood.

Equally there is a difference of opinion on how you should extinguish a candle. This depends on how you view a particular method. If blowing a candle out to you would represent the removal of life then use a snuffer. I blow my candle out to end this ritual as for me it represents sending the healing on its way with the smoke.

Preferably use things that mean something to you. You can also add additional artifacts but keep it simple. For example, when I first started I used to put my candle holder in the centre of my amulet. However you don't need to use anything additional at all. The spell works perfectly fine with just the items listed above.