

# Manual of Healing

**By Vlorna**



Information channelled from a Healing Master  
as a gift to those aspiring healers

Dedicated to The White Sisters of the Light and all  
those seeking truth, healing and knowledge.



## About the Author

I have channelled this book. I am a Healer, Doctor, Shaman and Psychotherapist to name a few who's studied many lives to become what I do today and there are many such as me in the spirit world who help earth side. Those who transition and come to my hospital still need help and healing from the traumas of living on earth and so I've studied under many Masters and had lives where I've worked with herbs and energetic healing. So. it's just to let you know I'm sort of qualified a bit.

*This booklet came about after 4 years of sitting in a healing group which the channels were recorded. The only adjustment made to the text is for grammar insertions.*

*These words have been given freely by Vlorna to be shared with everyone who is interested in the correct healing procedures and the benefits. These words can be reproduced as long as Vlorna is acknowledged for them; they cannot be altered in anyway.*

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# Contents

Before you start healing.....	4
Cleansing.....	6
Protection.....	9
Healing.....	10
Ethics & Confidentiality.....	11
When Not to Heal.....	12
What Healing Can Do.....	13
Energy and Dis-ease.....	15
Colours.....	16
Touch.....	23
Healing Children.....	27
Healing Animals.....	29
Plants.....	29
Absent Healing.....	30
FAQ's.....	32
Notes.....	43

## **Before you start healing**

You cannot commence healing in a scattered frame of mind full of worries, not giving yourself time to prepare and feel rushed and under pressure.

Preparation is the key to a good session of energetic healing transfer and so you prepare and get peace as best you can and feel a groundingness within and a balance. Then you are ready to commence and connecting with your client or patient or the one who wants to receive and your energy meets theirs in love, peace and humility and you become a channel of love at a frequency automatically set by the one you are healing. With that connection it becomes a link with them and then the healing energy starts to flow, your hands may become hot and they automatically start to move and make movements unusual and foreign to yourself but if you allow yourself to go with the flow you will find yourself moved to areas needed in the auric field of your patient.

Ask The Source for protection, guidance, asking your group to draw near, cleansing and then above all asking the one who has come for healing whether they are and will receive the healing energy.

Of course before you commence healing your prayers should include protection for yourself to be left without any feelings from the patient, that you should be completely clear, protected for your own sake.

Healing energy can also churn up things and allows release from the patient of sometimes emotion and thoughts, mental turmoil, and pain. So it is important as a healer you ask for protection and encase yourselves in your own cloaks and also it protects the patient from anything you may have in the terms of fatigue, emotional upset, it keeps them clear of you.

Prepare yourself correctly, cleanse yourself and use the procedures you are aware of before you step up. Cleansing does a lot more than you realise, it's a very important step and it is not to be hurried. Before you came down into a Healing Chamber some of you may not spend time enough in the Cleansing Room, do not leave there until you know within yourself that you are ready and feel cleansed, you will feel a release and lighter. Of course you must ask The Source for cleansing to be done and to let go of the days worries and to become spiritual. Your intuition will tell you when it is time to leave do not fret if it takes some time.

## The Cleansing Procedure

Visualise a gate, open it and walk along a path, you will come to a door, open it and go into a room where you will find crystal clear water, use this to cleanse, do not leave this room until you feel that you are completely cleansed. Once you leave this room you will find another door this is your healing room.

The patient know their obligation, having agreed to be engaged in the process of receiving energy from The Source channelled through a willing door/channel must also enter a state of calm as best they can. Often they will come to you not in a calm state but you can help them be assured, comforted; placing your hands upon their shoulders is a very comforting gesture allowing them to settle.

Talking and drinking cups of tea whilst being healed would not be tolerated in my schools. It is a sacred moment of connection with the Divine and if at any stage that someone asks you for healing you are obliged to correct and do not undergo wasting your energy if they do not agree to your terms. The patient is to sit quietly, to commune with their guides and loved ones. It is a mixing up of the flow of the energies, they are half in the Earth plane or more than half, they too must work for their healing and all your patients allow themselves the chance to feel the peace, to open themselves up to receive, often gaining insights to their problems or they may hear or see things spiritually.

Do not be put off by those who feel nothing it is often the next day where the difference is felt. Some healing is kept in abeyance until the time is right. Some of it is ongoing and lasts many days, some of it is quick. It is dependent on the will of The Source how it goes, you are the channels and have no influence on how the healing manifests. Your job is to be as best you can, to be a clear peaceful channel. Meditation does help your minds become less frantic and again in my school that is taught and encouraged and stillness of the body for you Earth side. It is another thing that can augment your talents, to let go and let be and just be in yourself and just rest as you all should be here each time you come.

Don't forget to centre yourself, place hands on their shoulders, align with The Source and then the client. You can stay with your hands on their shoulders as long as needed to be centred. Sometimes physical touch brings a comfort and a connection or as necessary does help physical ailments, so be prepared to touch if guided too.

Your mind will wander while you are standing there and just bring it back to the job in hand of remaining balanced and steady at peace as best you can and allow the energy to flow and your hands to be guided where they are most needed. Any noise or distractions can throw you off your balance so you must bring yourself back again, it requires discipline and practice.

The energy will also change or may disappear altogether leaving you standing there wondering if you are doing any good at all, just be patient and wait. The energy sometimes resumes at a higher level or pitch, you may be working on different levels of the auric field which require different levels of energy. The main thing within your own mind is to stay calm, focused, sometimes it just helps to focus on your hands, how they feel and what they are doing and feel your heart, have love within it, it enhances the channelling and of course the energy will fade when it is finished. You will get a feeling of its is over, a completion, usually the ones working with you, your healing guides or surgeons will encase and clothe your patient in an overall shower of protective love to seal off the auric field, leave the patient feeling warm, protected and then of course as I've mentioned before the gentle but silent retraction of your own energy from theirs to allow them to not be jolted by your sudden withdrawal but to gently allow yourself to come back into yourself and withdraw from them. Disconnect with slow retraction and withdrawal of energy flow.

## **Protection**

Many are overly concerned earth side about protection to the extent of almost being paranoid but it is a wise and necessary thing. The purpose of protection of the healer is to shield themselves from any disturbances from their patient; high emotion, anger, upset, depression, and sadness. These are powerful emotions and they can overwhelm the healer and you can start to pick up and start to feel sad and emotional yourself or angry. That's why you are needing to wear or be shielded from the energies of the one receiving but also it protects the receiver of your energies and so you don't put onto them any of your things.

Cloaks are given by us for those who have arrived at a point of their spiritual evolution that they need it and they're special and they are created our side energetically to enclose you all, for those ones starting out they must address their prayer of protection to The Source of All, what The Source of All means

to them, what their God is to them. You are to ask for protection, that you are left unhampered during the healing and have no residues left over afterwards. That's your prayer and white is the colour of all the colours and it is a good thing to encase oneself. Once you have done your cleansing prayer you can visualise white around yourself and it helps clear your field even more. Some have their own ways placing themselves in bubbles and things like that, well and good but for those who have nothing and haven't a clue that is the best thing; to offer protection from The Source and prayer and visualise white, to be encased in it, it's a good thing good, a good colour, so that's probably keeping that simple, the universal colour of consciousness, spirit, purity, and a cleansing colour.

## **Healing**

When healing someone else, you make yourself a channel, the energy passes through your field and connects to the higher power. It is absorbed by the patient, the energy is self aware and conscious and it knows precisely where to go. Healing is changing the pattern, the energy comes from the person, a passive transmission, the energy responds to cause and effect, imbalance. Ask the energy where it is needed most; you are a servant to the energy not the master. The energy will lead you where you are meant to be. Your helpers will give you more to help/focus on. As a healer you have an obligation to be clearest and cleanest channel you can aspire too.



## **Ethics and Confidentiality**

You are bound by ethics of confidentiality, charity, compassion and being totally non judgmental, have no prejudices, be a servant to the energy and not the other way around. Honour other healers, pass no criticisms on them, see your patient away safely with protection and always give thanks for the energy of the Divine. There are various issues around being a professional, you will hear personal problems or stories, unless advised by spirit guides to provide advice or guidance best to remain sympathetic and a good ear, and you will know when to give advice to the client.

On some occasions you will be given information regarding ailments that will help the person move forward. You are not trained as doctors or nurses best to play it that way, keep from blame, it is their responsibility, they are ill not you. Simple rules, great responsibility.

## **When not to heal**

If you have a feeling of not to treat, you must follow that. There is a reason, time may not be right for that person, they may have already asked you, but you can always say that it is not the right time at the moment. It is important to take note of this, it won't happen much, but it will happen. There is a reason for them not to receive healing, some reasons that will prevent you from healing may never arise, if they do you must use diplomacy/tact, tell them that you are not the right healer for them and that they need to find another.

Those that use recreational drugs treat them with utmost care and also alcohol abusers, their auric fields are damaged and they are also prey to untransited (earthbound) spirits that suffered from addictions when they were alive. You will get more than the patient coming in these circumstances, they will have attachments. If they are honest that is a different matter, they are ready to come back to the Light. Those that use drugs with spirituality, thinking that they are opening up their third eye have no control of some of the doors they have opened and cannot close them. You will be warned, you will know, you can ask those that come in under the influence of any drug and send them away until they have sobered up.

Mental health is another area where you have to be careful, state of mind of a person who is delusional; it is not helpful for them. They need to be more stable, so they can focus their mind more on the energy. It is unfair on them, they need the mental mind facility to focus intent-don't treat until stable.





## What healing can do?

Healing can do much to help depression, can clear the auric field of fear, and allow light to shine in a bit more. The more you practice the better you will get. Be prepared for the unexpected, whoever/whatever it may be. It is a wonderful gift, there are various modes of energy transmission, and there has always been energy healers from time immemorial. Healing with energy can do much to ameliorate symptoms caused by environmental, emotional and mental imbalance, but until changes are made the dis-ease will continue afterwards.

Healing energy awakens the spirit, aligns it with the true source of life, it re-energises the spirit to allow it to heal itself, gain insight into ones situation, illuminating the problem, making changes will give a prolonged result. Later besides feeling the need on a physical level many also gain insight on emotional/mental states.

Some come depressed/low of spirit – you will be glad you are wearing a cloak of protection and stepped back emotionally from the client, you do not need or want to take on their problems. You are quite within your rights not to take this on especially if they are known to you, you are to remain detached but loving, energy will take care of it all, and you are the channel. Healing is changing the pattern of the energy. Ask energy where it is needed the most. You are the servant to the energy, not the master.

You are energy, it is intelligent, wise, and can communicate any amount of distance. Healing can be sent anywhere any time. With thought and intention, you can empower and cleanse your healing potions with your thoughts, (for practioners of Bach flowers) you will ask for your bottles to be charged and tuned into the patient you are giving them too and it will happen. The Source is infinite and the energy greatly intelligent, all knowing. It will lead you where you are meant to be. Do not have to be a medical expert to heal; we are channels for the energy. Energy will be drawn to the site; it will know where to go.

Drink plenty of water after you've done healing and advise your clients if they are able to drink good water also it helps flush out the system, remove dead energy.

## Energy and Dis-ease

Energy is always working towards balance and harmony and the body, the mind and the environment get out of sink, things go wrong, it's a wake-up call and that allows the entity to make changes, to come back into balance. It is the energy's way of saying this is not right or balance is required here and you suffer for it but it allows you to make adjustments, bring yourself back into harmony- no pain no gain unfortunately is too true at times.

You can even create a healing stone, a healing crystal by holding it and asking The Source to empower it with healing energy and you can sort of programme it to be your healing stone, it is a comfort to hold sometimes the stone, it has a bit of power and necklets you wear, sacred necklets also hold power and energy, have been programmed especially with The Source's energy to do certain things for you.

There is nothing Earth side that is not energy, nothing is not energy, there is nothing in any level whatsoever to the highest of the high that is not energy. The Source is energy and we are in it now and it is in us and we are all connected by it, the great oneness of the all and Earth side is individualised and dual and that's the challenge of living here.



## Colours

You can help by visualising colour. There are some books on colour-not all true. Key to colours when healing is your imagination. Colour is just a vibration and you all resonate at a certain vibration that is completely unique to yourself and it changes in your auric fields, swirls and grows, retracts brightens, dulls depending on your thoughts and your day you will have, you'll be sad, upset and at some point of the day then you may be happy and it's all over and uplifted it's all revealed in the auric field. Your thoughts and moods have a vibratory note and is ever changing and you can see yourself

sometimes, you can look at a person and think-oh, she looks light today and in fact she is, the auric field is lit up with joy, happiness or we have the other end of the scale, you can tell when people are quite ill not only is their skin tone bad but they've got something about them that is, their energy is not vibrating at a high rate, it's slow and sluggish and that's where healing can do so much to help the patient absorb the universal life force themselves and help get upliftment and charge up the batteries.

Healers our side are very busy all the time, especially helping groups that work Earth side who come back up to their own vibration exhausted and worn out from the clamour, chaos and noise down here and they go to the healers our side for rejuvenation, alignment, balancing and recharging. Healers are vital, they are the engine room that keeps things running.

Too much of one colour can have the opposite effect. The key to colours when you are healing is your imagination, when you are healing someone you might visualise a colour blue/purple/red/orange. If you are given a colour to see the person might need that overall frequency at that time. Sometimes the colour is not clear, or you have distaste, sometimes it is an opportunity to purify the auric field with the correct colour. Your eye sees an overall frequency/colour for that person at that time, you can let them know this.

## **Green**

Middle of the road colour, balance, harmony, middle C on a piano

Not too bright, energetic

Can purify and cleanse areas of the auric field as well as physical

Disinfecting sort of colour

Below this is yellow

## **Yellow**

For the mind

Clarity

Upliftment

Positive thinking because it mimics the light/sunshine

## **Red**

Help feel more powerful/energised

Activity, progress, these are sorts of definitions, because if you will analyse you will feel these

Power, but power that must be focused

Love, power, wisdom (can be force) use the wisdom to focus

## **Orange**

Between Yellow and Red

Subtle

Peaceful, without being tranquil

Colour of knowledge, discernment

One who thinks, ponders, contemplates often have orange in their field, mental part

Quiet, grounding, more refined than red, subtle

## **Gold**

It's possibly not a colour you will see a lot of in your healing of the three layers: the physical, emotional and mental

Those are the three layers you are mostly dealing with Earth side and now and again you may deal with the spirit and the gold is a colour that resonates with higher mind, often denotes a master, it is a colour really for wisdom, consciousness, mastery and knowledge

It is a warm and uplifting vibration, soothing but stimulating

It has great value earth side so symbols given using the colour gold denotes a high value, something special.

## **Silver**

Specific cleansing vibration, also sign of advancement, spirituality, again used in symbolism, silver rose, a gift acknowledging advancement on the path of love, it is the colour of transition, moving from one phase to another

## **White**

Cosmic light of love, peace, all that is purity

Blend of white

Black light/dark can be soothing neutral colours, can be protective, comforting and it is like having a mental time out

## **Black**

Can be the colour of complete rest, it is a non colour, it can shield, conceal one's auric field from being seen

It is mysterious, unknown, so if given black rose don't think oh dear that is not good, could be unknown to come, mystery to be revealed

## **Purple**

Power, perception, good sterilising colour for physical spaces

So popular these days

Helps people with peace, reaching to higher levels

Patience

Steriliser of atmospheres

Also used by religious figures (robes)

Signifies power

Alters thought

## **Blue**

Often used to give a restful atmosphere in places

People feel peaceful

Soothing, cleansing colour

Vibration is cool/soft but also resonates wisdom of a spiritual nature

## **Lilac**

Peace, initiating, holiness, higher thoughts, commitment to the spiritual

More to do with seeing, clairvoyant nature, mixture of peace, perception, able to connect to the 'other side' (as we call each other)

## **Brown**

It can be used in a meditation visualisation sense but it isn't part of the rainbow of energetic vibration, the seven rays of energy and light but if you mix them all up you can make all sorts of other colours- turquoise and pinks and shades of this and that. So it's not one of the seven rays but if you were given brown as a colour beautiful rich brown of Mother earth it could be used as a grounding colour if it gives you that feeling of solidity, rich earth. It's not a colour you'll get to visualise whilst you are healing, we only use the seven rays and other higher vibrational shades.

If you get a brownish tinge to the colours when you're healing, a brownish red, a brownish yellow then obviously there is some cleansing needed to help bring the vibration of that colour back up to its attunement. If you get sort of dirty shades as said before you can help purify the one's energy by giving them the correct colour, like dirty yellow you can visualise a beautiful clean yellow for them, just raising the vibration, getting rid of dross, emotion, bad thought thinking thoughts; dishonesty and other such thoughts create a not so pleasant aspect in one's auric field, criminality, other such perversions are all visible in

the auric field. Drug users have an unpleasant auric field at times, cluttered and impure and needs lots of cleansing out; especially smokers also suffer from a brownish nicotine type feel.

Think of it as a good colour unless you see it whilst you are healing and it tinges the pure seven rays and you'll know then that that colour needs to be uplifted to its proper frequency and often dear guides will wear brown cloaks, it denotes simplicity and humility.

I always feel it is the colour of humility, Mother earth, humble and that's why a lot of the old time monks did wear brown as a symbol of their poverty, humility.

These are simple definitions, if you are feeling run down, jaded, visualise red, surround yourself, rattled/stressed try blue, balance, harmony try green, inspiration try orange/yellow, white if you wish to feel protected, cleansed. You will get the colour in your eye that is most needed; try for rest and peace-experiment. Energy emanates from plants and trees to give you release and refreshment.

## **Touch**

Spirit uses the human body to channel through the palms of the hands, these are the best tools as it allows you to move around as required or not if delicate work is being done. Energy can give your hands a feeling of different sensations.

*Warm or cold, what do these really mean?*

Energy generates heat, moving energy is like a boiling jug, molecules change, and they are different forms of the same thing. Heat is a good sign that the flow is flowing, you may pass your hand over and come across a cold/cool part of the auric field. Here the flow has become stagnant through the fine channels around the body or slowed often needing healing energy. Some healers will scan the whole auric field looking for patches before they begin; it is fairly basic and is good to start with. Other sensations give other clues when hands pass over and feel disruptions, lumps of energy, seeming to curve (curl) around (best description) sometimes, confusing thoughts, stress can twist the energy channels in auric field, so once again this can be an indication of a place you can help.

If you leave your hand long enough over an area of disruption, allowing the energy to flow, then gnarliness will disappear. Anger is quite a jagged sensation, you can only channel love around the whole field for that, it will feel sharp, spiky. Other areas will feel as if a splinter is in the field, which is more serious. It is not such an easy thing to move and sometimes doesn't require passive healing but exorcism and exhortation, a deep traumatic shock has happened to them, lance of darkness, some believe that it is a curse, normally it is a violent trauma, and you need to command it to leave.

You need to be aware of the sensations of energy from hands, what they are feeling like, most of time the hands will move apart from you. Helpers will move your hands as they can see where they need to go. If dealing with more physical, put your hands on these areas. Healing energies permeate anything; otherwise you are working on the three layers of the auric field. You may receive emotions, if you have protection on you will feel apart from the emotion and will not act out on it.

Love cleanses negative emotions and thoughts, love bleaches and cleanses. Fear and hatred is brought to its knees with love and peace, which disarms and allows spirit to come back into balance in its own divinity. You are shielded from some harmful emotions and not to take them on board. You are not to take away with you, you are merely the channel. Other sensations are people with overactive minds, almost manic, you will find around the head will be busy, you won't miss this one; mind over-working, over-thinking. Peace is best medicine for that. Next time heal another, become aware of touch sensation. Heat and cold you already know, your intuition will also come into play, sometimes you will get insight into illness past and present from the patient. May pick up on their thoughts and concerns which is normal, may be guided to give message and wise words from your helpers. By being aware of various forms of energies.

Knowledge is power. Intuition is greatest teacher, follow it and healing will be remarkable, feeling you should do this or that. When out and about focus on those around you, get a sense of what their prime concern is in the auric field; distress, worried, happy. More observation will increase your encyclopaedia, the better you will become. It will help them and the Divine in the healing process more.

As a channel your individual qualities of love and peace are in-tuned with the flow from The Source no healer's energy flow is the same and you don't

influence the flow but you, your qualities of love give it a particular vibration and the energy from The Source is intelligent, has its own awareness and will know where and what to do and to go when it is absorbed by the patient. Often the patient themselves is unaware of what they need from the healing so deep-seated are some things but the energy itself is intelligence, self-aware and knows where it needs to go. So, I think we will just keep it like that.

## **Healing Children**

It is good if they can sit with their feet planted on the ground, they have energetic areas in the soles of their feet that helps keep them grounded. So something can be organised to allow that you as the healer can always kneel if necessary. If the child is upset and wants comforting you can give healing whilst nursing them also and sometimes love is so gentle, peaceful that they can fall asleep in your arms. Your sensitivity will increase as you practice, you will find with a child your energetic flow will be restrained, you will feel restraint it is not the same healing flow as you would as an adult, they are not ready for it. It will not last as long sometimes as it would for an adult. You can place your hand upon the body you feel needs healing and the child understands that more than your hand hovering above them or around them, you can do it that way.

The same procedures before and after apply: prayer, asking, cleansing and in your mind's eye after you can mentally encase their auric field in your shield of love and protection to close off for them. Feet on the ground does help, it sets the flow and keeps the spiritual entity somewhat grounded, grounding is important and again I have mentioned that the healer should ground themselves also. They don't sit for long and they don't keep quiet either so depending on the age if you able to explain to them that they are able to shut their eyes for a little while whilst you give them healing touch. Sometimes you can talk and the healing will still flow. Tell them how you are sending loving thoughts and energy to them and can explain as you go what you are doing, takes away the mystery for them and they'll think it is quite normal. Healing whilst the child sleeps is fine again you set up protection, prayer, for both of you and ask in your mind if the child is happy to receive your healing love. You will get a reply or a feeling of positive or neutral or a negative, if it is neutral go ahead, positive obviously, the more you can tune in the better.



## Healing Animals

The same rules apply for preparation of commencement of healing, the cleansing, the prayers, the protection, the asking of the animal if it will receive it. They are well attuned to energy and just stroking, holding, patting and allowing the energy to flow through your hands will do them so much good. Once again the energy will tailor itself to the energy of your animal patient and the animal will absorb the energy as it needs it itself and also they know when they've had enough and will often wander off. All the same rules apply and afterwards you can encase the creature in a shield of love to seal off his auric field.

## Plants

Plants are energy also they have a life force, they are all unique and of course they will respond to healing energy from The Source of All. You can ask the plant if it's ready and wants to receive healing energy and you can hold your hands over it or direct your thoughts to it and if you're very, very quiet and still within you will sense the plant's energy yourself, it's very subtle, quieter. Trees have enormous energy and the bush combined gives you such feeling of peace and harmony, they resonate at an Earth level and they don't have emotions as such and that's why their energies are so sought after by ones who like walking in the bush, it's stable and solid and there but yes anything can benefit from healing.



## Absent Healing

The same rules apply asking The Source for protection, guidance, asking your group to draw near, cleansing and then above all asking the one who is absent whether they are and will receive the healing energy. It can be done over any distance whatsoever as long as you've got a link to the one you are healing, a

picture of themselves in your minds eye, or even the feel of them, their energy, you will get a reply when you ask if you are listening for it, you'll get an affirmative, a neutral or a negative which is quite rare.

If permission is given by the one then you can visualise that person sitting on the healing stool and you can imagine yourself standing behind them with your hands upon their shoulders and you of course are sitting in a quiet place and open up your heart and hands and send the energy to them and you'll feel the love flow out to them and the same thing happens once the recipient has absorbed enough energy the supply will cease and you feel it no longer coming from your hands and heart and then you will say a prayer or put an enclosure of protective energy around your absent patient, prayer of love and then you withdraw, bring yourself back down to where you began and of course the rules of grounding and that apply.

If you get a neutral sort of an answer you can still go ahead with the energy healing, if you get a negative then leave it and do not provide absent healing. Sometimes you can arrange for your absent patient to be sitting meditatively at the same time you are sending healing, that too is effective but you as the healer must be able to close down the link afterwards and sever and shut off the energetic flow otherwise that person will still be drawing upon you. When the energy ceases you are to withdraw, close off your own field in your own protective cloak, ground yourself and come back and say a prayer of closure. Some cultures clap three times to break the energetic link and that's quite effective.

You will often get pictures of your patient at a distance, you might be given something to see, you might feel how their energy is disruptive, they may be angry or sad and you will also get a sense of the energy's smoothing out and the patient may feel quite different after you've given them a boost and a burst of healing energy from The Source. You can heal anyone around the world, distance is no object.



## FAQs

### *What if a child won't sit still to be given healing?*

Giving healing to a child can be difficult one, an example is a child that became hysterical with laughter, thought it was absolute rubbish but they'd sat there for 5 minutes before they decided that by then the healing had been done and was quickly finished, so expect the unexpected and handle each thing as it comes along.

### *Currently we have a lot of illnesses and diseases contributed to the lifestyle we lead and I wondered when there is the renewal which goes through Mother earth and we are living a simpler life will a lot of those diseases and illnesses will go away?*

If you added good food and clean water to all those countries that are currently suffering from the lack of, a lot of some of the contagions would abate. Yes lifestyle does contribute to Western diseases a lot, stress is a great killer earth side, stress, over work, lack of peace, too much noise, too much activity stresses the body, poor food, lack of exercise, lifestyle, yes indeed and it creates its own environment and the physical becomes worn down and stress creates disharmony in one's thoughts which affect the body also and certain races carry genetic weaknesses to something and some peculiar diseases are chosen by the carrier to suffer, to experience and learn from but they are energetic organisms, viruses and bacteria are here to live and grow also and so man's battle- the antibiotic conundrum, where the bacteria and viruses transmute themselves and change in order to survive, is going to cause great problems later on and science will struggle to keep ahead of things and of course is a simple thing is barriers now broken down, travel is so easy, you can flit from one end of Mother Earth to the other and so things get passed around a lot quicker than what they would have done in the old days when there was even some worse diseases around which science has managed to conquer somewhat; leprosy, polio to name a few.

Prevention is better than cure you are right and depopulation, better water and air will go a long way to help restoring the health and healing of Mother Earth and more love and community living and sharing and helping dissipates loneliness, many people just die of being lonely and give up and wither away in their hearts and minds become depressed. So there are many factors to contribute to good or ill health.

Later on people will learn that it's better to be simple and happy than rich and stressed and have all they need which they will do in this country and live a less frenetic life and have time to sit and speak and watch the sun go down. We have created here really a hell on earth in some places and it seems to be that man must learn the lessons the hard way in order for him to make change. Some do not even have the basics of life and are stricken down quite readily by a simple bacteria such as flu or a virus, cause and effect comes into play.

We are not all the same and herbs and natural cures can go a long way to undermining the power of some diseases instead of plying the patient with chemicals but there is a place for medical science here; the plumbers and electricians this one calls it but they do serve humanity as best they can, they are yet to acknowledge the bio-energy they are calling it and they will learn later that the mind is more powerful, man's will greater than any diagnosis's at times they can dish out. You cannot underestimate the human will power, positive thinking, I've seen it all my side miracles do happen and gradually as mankind evolves we will be able to bring forth more knowledge to those living here. They are not yet ready for some of the things we have.

***If someone is crossing their legs or arms is that stopping the energy from flowing freely?***

It helps that their feet are flat upon the ground uncrossed, it is to give them grounding, keeps the flow balanced. I always feel arms and legs crossed is a body language saying I'm closed, whereas if they sit comfortably like this (hands flat on knees) or like this (hands palms upon knees) this area is available for your energetic flow, doing this (arms folded) often signals a closing off emotionally and we don't want to feel you'll have to tell them to relax and place their hands upon their knees so that they themselves will feel more open than like this (demonstrates arms folded across chest). It is a body language indicating closure of emotion and the solar plexus is the powerhouse of the healer also, most healers and doors have enormous energy fields in the solar plexus. It is the powerhouse.



***If we can hear the guides coming through and speaking why can't other people hear them?***

Like a child that needs to learn to walk, to speak, to see properly, and hear and understand words so it is with those who are new to the spiritual path. Unless they are exceptionally gifted most need to undergo training and development. First they have to realise they can hear and they are hearing already but they don't know it. So it's like a child having to learn to walk and talk all is as simple as that and of course if their mind is focussed purely on material side of life and they don't expect there to be a spiritual side then how on earth are they going to make a link. The Guides or their loved ones may yell and shout at them but they will not hear it, they may have a vague sense of something but unless they become believers in a sense that it can exist and start to explore then it's like a door that never opens and their minds are focussed purely on the physical and disbelief or a lack of open mind is also a shut door and no amount of proof will satisfy those ones. You will upset their apple cart too much to believe and put their comfortable life into disarray when it's easy to ignore that sort of thing and go about their day to day living and it may not be in their chart to have anything whatsoever to do with spirituality and might be down here on earth to learn something else or to grow in other ways.

They might have 'been there done that' but what you said was wise and it's sunk in some of it and some are challenged in a more direct way by spirit when they come up against the paranormal and that too you can help them understand there is more in heaven on earth than in their philosophy.

***Will science ever be able to find and measure spirituality?***

Now the question about whether science will be able to find and measure spiritual energy; later on they will, they are dealing at molecular levels at this stage and discovering little things going on there, comes down to light and electrical impulses and that's what science says surrounds you is electrical impulses and the brain has electrical neuron activity, can be measured. So they're getting there, under their own terms and their own terminology and until all senses are discovered and science delves more into the molecular levels they cannot at this stage measure accurately the energetic field around a human. They are working towards it, they know something is there but they're not going to say it out loud yet and those scientists that have strayed from the path and espoused spiritual theories get poo-pooed and lose their credibility and reputation but many have stepped out and medical doctors discovered the energy for themselves and utilise it and are teaching others how to heal that

way. So sister it's just a slow and gradual process of evolution and science will be able to later on measure emotions, mental activity in the brain but they will do it their way.

### ***What do we look like giving and receiving healing spiritually?***

From our point of view we tune in the first of all to your energetic signature you all unique and so just like you can tune in to us and know who is who the same applies for you three. So first we get the feeling and as we draw near to this level that you vibrate on we are able to perceive your auric fields and as a medical doctor I have gifts to enable me to examine and perceive that which needs healing in the auric field and I have a gift of sight and so I can see the shimmering light in the shape of your earthly form and the layers and the complexity in the ever-changing field as you think so does your field change. Some areas vibrate slower than others and the whole idea of healing is to tap into The Source's energetic connection with you and to stabilise, rebalance, and harmonise at the level that you each individually vibrate at your all on a different radio station and we can see the colours as the patients sits awaiting the healer and gradually as you quieten down your thoughts your field settles into distinct layers at times, colours and some areas are more developed than others. So as you go along and develop you grow and in your light and love and murky colours in the field often indicate illness or thinking that isn't quite in harmony or experiences that have caused trauma, sadness, and grief all colour the field.

When the healer connects physically and spiritually with the patient (has prepared them self correctly with cleansing), has asked The Source for the channelled healing in love only and are balanced and ready to begin there is a difference; the healer is often brighter, whiter and there is a melding of the energies, a giving and taking of both but as the healer has intended to channel The Source and the patient has accepted to receive then there is a flow drawn often through the hands of the healer by the patient in a subconscious, automatic way but the healer also has an awareness, perhaps aware healing is required intuitively or allows the hands to be moved automatically by the helpers and guides who are doing exactly what you do sister, being peaceful and channelling and they also channel energy to you.

So it's teamwork and gradually the healer who is in harmony and balance with The Source as they perceive it influences the patient who has willingly placed themselves in the hands of the one healing and gradually you'll see both energies coming into attunement with each other until it is at times hard to

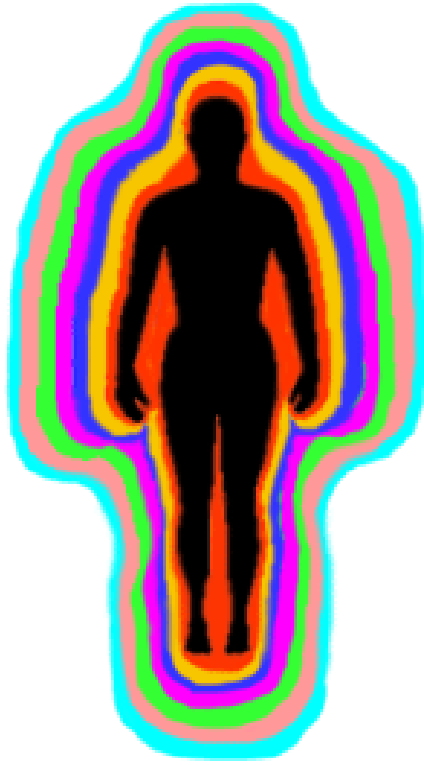
distinguish one from the other and that is when the job is done. The patient has achieved harmony, peace and the healer knows that no more energy is required and the again the energy has its own intelligence and gradually shuts off and the colours swirl and move, your thoughts put out certain forms and symbols that we can interpret. The pictures in some healing books are extremely accurate.

### *Seeing colours around people, what does it mean?*

Yes well this is another book altogether but it is something she's pondered over. When you are engaged in for instance channelling healing like you were tonight sister a white colour infuses most of your auric field when you channel the energy. Your whole mind; the physical, mental, emotional, and spiritual is intent on doing this one task and so all of you become into attunement and of course white is all the colours of the spectrum of vibratory light earth side and it is the colour of The Source. So your whole field becomes infused with The Source's energy as it vibrates with your own Source's energy within and you become a white light sister.

As you go along and become more spiritualised your auric field registers the changes in your growth and often you will come across entities whom you know have just got a beautiful, piercing white light around them. This one has seen it and knows she is in the presence of a great spirit; that is The Source's energy manifesting more and more earth side as the entity grows and evolves on their spiritual path way. All of you here have extremely bright auric fields, though they fluctuate and colours change generally there is a whiteness about you all, it signifies purity and consciousness. Other times when you're using your mental capacity as this one does during the day the colour might change to a more yellow, it's of the mind and blue when you're sitting at peace, the colours still apply earth side.

The predominant colour for you three really is a white and when we channel as we do with this one there is greens/mauves signifying the certain level that this one works at, mostly white and you see colours around as this one did and she spoke to the person about it and they confirmed the colour she saw reflected the state of mind of what that one was and so don't get bogged down with which layer it is in, the fact you've seen it like pink or green will indicate a mood generally for that person anyway. Whichever level it is it still reflects and affects all the others, a good question and the one whom she. I hope I've explained it.



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