



## SPIRITUALISM NEW ZEALAND HEALING MANUAL

### 2.2 What is spiritual healing?

Spiritual healing can be described as follows:

*“Spiritual healing is the energy from the divine force that some of us call God. This energy is also described in many other ways such as love, source energy, divine essence, and universal energy. It gives the body’s own healing abilities a boost, enabling the healing process to happen at all levels within the body and energy fields. In simple terms the energy flows from Spirit (the divine source) – through the healer – to the recipient whose spirit-self acts as a receiver and transformer of the healing energies.*

*Spiritual healing is the channelling of healing energies from spirit (God/Divine Spirit) through spirit (guides, helpers, and the healer) to spirit (the client). This healing is based on unconditional love.*

*Spiritual healing is the link between ourselves and God or whatever term you use to describe this universal energy. The true spiritual healer is a person working irrespective of colour, class, or creed. They are in tune with the source of all creation and this linking between the source energy, the healer and the recipient forms a triangle of attunement that enables the healing energies to flow. While this healing energy is intangible, it is both subtle and powerful, and can be sought at any stage of an illness or condition.”<sup>1</sup>*

Internationally renowned spiritual healer Harry Edwards saw spiritual healing as God’s gift to humanity:

*“From whatever source the healing of the sick is sought, it is clear that spiritual healing is God's gift to all His people, irrespective of religious beliefs or of nationality. It is not, and can never be, the prerogative of any person, or any section of the community. It is open to all who possess the qualities of love and compassion for the sick to become instruments for divine healing. It is open to all people who are sick and afflicted to receive the blessings that this power of healing can give.*

*Yet it needs to be remembered that spiritual healing is not omnipotent; it can only operate within the total laws that govern us from birth (and before birth) to the time when we have to leave this phase of life for the spiritual kingdom. Healing cannot make us live forever, it cannot restore juvenility to advanced age, it may not operate when the cause that originates the disease is sustained; but within the scope of the total laws much can be done, even when age is advanced<sup>2</sup>”.*

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<sup>1</sup> Spiritualism New Zealand (2017), What is Spiritual Healing?, Retrieved from <https://spiritualism.org.nz/spiritual-healing/>

<sup>2</sup> Edwards, Harry (1963) *The Power of Spiritual Healing*, pp12-13, London, Herbert Jenkins Ltd



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The person will receive what is right and appropriate for them at this time in their life journey and it may or may not result in an improvement or recovery. The healer is merely a conduit for the healing energies which come via our spirit guides, who use the healer's body to deliver the energies to the client.

George King, who established The Aetherius Society, put it simply as "*Spiritual Healing is a science in which the Universal Life Forces are conveyed from the healer to the client*<sup>3</sup>".

Spiritual healing has a long history and has been practiced by cultures and people from a wide variety of backgrounds and beliefs. Let us look at it in more detail.

Spiritual healing is an energy healing modality. Reiki is another energy healing modality that is also well known. Although spiritual healing can be used as a general term to describe the energy healing component of many healing modalities, we are teaching a way of doing energy healing that is its own modality called Spiritual Healing.

Spiritual healing may be described as an **energy from a Divine Source**. This source is perceived in many ways which may have been structured and influenced by family, religion, communities lived in or personal religious choices in adulthood. For example, it may be God, Io, The Light, Most High, Elohim, El-Shaddai, Yahweh, Jehovah, Adonai, Allah, Bahá, Bhagavan, Hayyi Rabbi, Ik Onkar, Xwedê, Divine Spirit, our healing masters or some other figure or representative.

However, a common thread amongst most belief systems is a faith in a Divine Source that creates all things - no matter what name it is given. If we perceive the Divine Source as the creative force behind all life, then we would also recognise that this energy is found within our world of nature. Most are aware of the healing properties within all the elements of our natural world. So, it follows that wherever we, each of us as individuals, understand healing energy to come from, it all originates from that Source. The energies can also be thought of as unconditional love.

**The aim of spiritual healing** is to restore the balance of body, mind and spirit – it is a "holistic" way to health. There is nothing magical or mystical about healing, it is a perfectly natural process, a flow of Divine energy or universal life force is channelled through the healing medium to the client. This brings positive energy into the energy field of the client creating changes that can in turn promote healing within the physical, mental, emotional and spiritual bodies.

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<sup>3</sup> King, George (1990) *You Too Can Heal*, p29, Los Angeles, The Aetherius Society

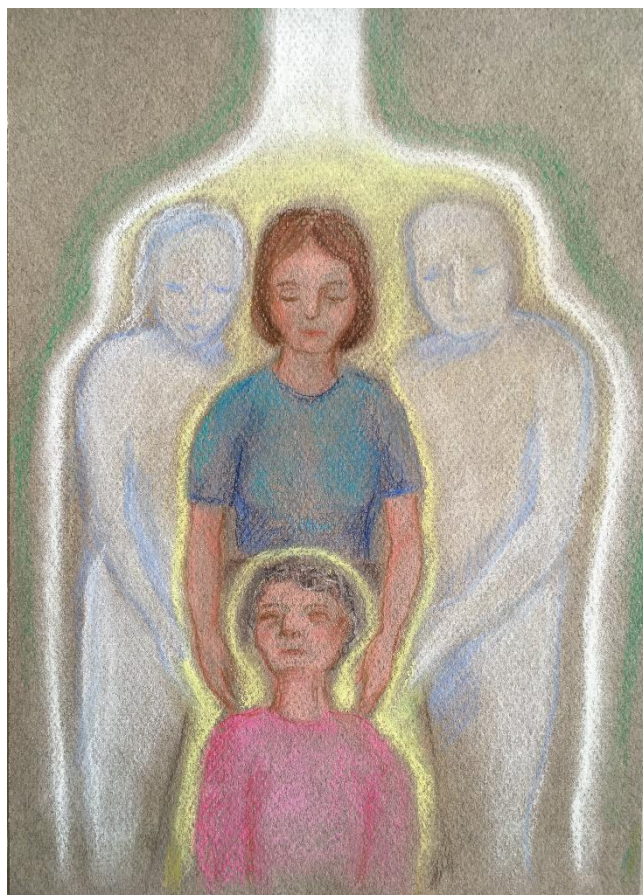
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The ultimate objective of all spiritual healing may not be just to cure or to heal the clients, but to help them to realise that they each possess a living and eternal spiritual link with the Divine Creator: God, The Great Spirit, the Source of All Life, Io. Spiritual healing should touch and awaken the soul of Man, and make them aware not only of their origin, but also of their destiny.<sup>4</sup> Harry Edwards also expressed the true purpose of spiritual healing as being to help people to realize their spiritual nature, allowing them to recognise their divinity and immortality, so as to inspire them to live lives that would fulfil the purpose of their current earthly existence (that is, their life purpose).<sup>5</sup>

**Healing mediums are ordinary people** who have made the choice to unfold the ability to channel healing energy to those in need. They open their spiritual mind, thus enabling them to channel that energy to the spiritual mind and body of the client, often assisted by guides or helpers from the spirit world, for positive effect.

So spiritual healing is the **process in which universal life forces are conveyed through the healer into the client.** There are three components needed: the life forces, the healer and the client. In spiritual healing, the therapist is an “attuned vessel” for the transmission of the healing energies required by the client. It is believed that this healing energy comes from/through our spirit guides, who use the healer’s body to deliver these energies to the client to affect a healing. Like water flowing through a tap, imagine the flow of water as energy passing through the therapist’s spirit body to the client.

By attunement through meditation and prayer, the spiritual healer channels divine energies from the spiritual level with the intention to heal. Once the client is in a relaxed state, the healer is advised to deepen their level of attunement with both spirit and the client. By doing this we get the perfect state: a healer attuned to spirit and to the client, bringing about a state of ‘oneness’ between all three.



<sup>4</sup> From Michael Steffensen’s handout “A Brief Introduction to Spiritual Healing”

<sup>5</sup> Harry Edwards (1974), *A Guide to the Understanding and Practice of Spiritual Healing*, p72, Surrey, The Healer Publishing Company Ltd

The spirit force flows through the healer's spirit body, through to the client's spirit body, and only then is able to affect the client's physical body. The energy helps stimulate the innate capacity of the clients to heal themselves.

The need to attune with the client and to the divine cannot be too strongly stressed. Harry Edwards explains, *"The reason for this is that healing is not achieved by the healer's body. He is only the instrument through whom the healing forces are passed. Like can only contact with like. The spirit force flows through the healer's spirit organisation, so closely allied to his physical body, and through him to the patient's spirit body and then to the patient's physical body."*<sup>6</sup>:



Spiritual healing, if done correctly, does not drain the therapist because they are simply a conduit through which energy passes.

Spiritual healing is a request for the energy to affect a healing change within the client, **set in motion by the mental request of the healer to the divine realm**. We may ask vocally, we may ask in prayer or in some other way, but we need a clear intent so spirit can help us act on it. It is a case of "ask so it can be given".

Who in the divine realm do we request this healing energy from?

It depends on your belief. The source could be Jehovah, Jesus, Buddha or someone or something else you believe in. You don't have to have any belief; the energy is still coming from the Divine Source.

As the third component involved in the healing session, **the client can strengthen the healing potential by also asking for healing**. If a person comes to you or emails/messages/writes to you seeking healing, then you can assume they are wanting spiritual healing but sometimes they are brought to you by others or others make a request on their behalf. If they are having healing under these circumstances or don't know they will be sent healing, they may block the energies. If they are physically with you, you can ask them to confirm that they would like spiritual healing or ask if they are ready for spiritual healing?

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<sup>6</sup> Ibid, p86



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Their confirmation of that intent will help the energy flow. If the client is remote and can't be contacted, you can ask in your head via your spiritual connection whether it is appropriate and wanted, and you can act on the intuitive response you get back.

Like the healer, the client does not have to have any faith or religious beliefs for the healing to be effective, although it may help – this is universal energy at work, not religious beliefs. For example, young children, animals, and atheists can all benefit from spiritual healing and Harry Edwards documented many such successful cases. Spiritual healing can work for anyone. It is beneficial for both healer and client to have an open mind to all possibilities.

Spiritual healing can come in different forms:

- Contact healing.
- “Hands-Off” or Auric Healing.
- Absent or Distant Healing.
- Self-Healing.

Healing can be in the form of distance healing (absent healing), prayer, the laying on of hands (contact healing) or off-the-body auric healing. Spiritual healing supplements any form of natural, alternative, or conventional medicine and it is holistic in that it can have an effect on the mind, body and spirit.

Spiritual healing can assist any ailment, whether it is to relieve stress, bring relief from pain, assist the healing process of injury or sickness, or convey a sense of peace and calm to someone preparing to leave this world. Whatever is needed at the time is provided by the healing guides. **The healer does not need to know what healing is needed as the healing energies will flow to wherever they are needed.**

**Note: a healer can never promise to exact a cure**, they are purely a channel for the Divine Source. Clients need to understand that the possibility of cure rests upon their decision to make changes within their own lives, to find and deal with the cause, not just the effect. It may be that they are going through a necessary experience to enhance their own understanding or spiritual growth, which may explain why healing works in some instances and not others. So although called spiritual “healing”, the healer is actually providing spiritual nourishment.

No healing energy is wasted, it will be beneficial in some way, even if it is not obvious, it may simply touch and strengthen the spirit or bring about a sense of inner peace.

Spiritual Healing can be done in the following ways:



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1. The spiritual energy works directly through the body of the healer, with the assistance of the spiritual helpers and guides, to rebalance the systems of the client who is physically with the healer;
2. Through the application of absent healing, whereby spiritual helpers and guides combine their own healing forces with that of the healer and convey them to the (distant) client, where they are absorbed by the systems of the client;
3. By the spiritual “influences” illuminating the brain of the healer, thereby intensifying perception so that the seat of the disease becomes known, with the remedy (as was done by Edgar Cayce). We won't be teaching how to channel this way in this course.

In the next section of this manual we will be working with direct healing. In the following section, we will be working with absent healing.

### FULFILMENT

If you can help just one soul to find itself, if you comfort only one mourner, if you heal only one sick person, then the whole of your earthly life has been justified. How privileged you are to be aware of the tremendous power that is around and about you, that enfolds you, guards you, directs you and ensures that you will continue to unfold your latent divinity and the gifts which are your cherished possessions.<sup>7</sup>

### Group Exercise: Class Discussion

We have talked about what spiritual healing is, so

1. What is a Spiritual Healer?
  
  
  
  
  
  
  
  
  
  
2. Who can be a Spiritual Healer?

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<sup>7</sup> From Michael Steffensen's handout "A Brief Introduction to Spiritual Healing"