

2.3 *Benefits of spiritual healing*

The benefits of spiritual healing are specific to each client, depending upon what each requires (and not necessarily what each wants). If you read Harry Edwards' books, he gives multiple examples of positive healing outcomes for his patients, including some miraculous healings. Harry Edwards had a wonderful reputation as a spiritual healer and the positive expectation of his client's will also have played a role in getting the results he did.

As spiritual healers, we cannot promise to cure any ailment and many spiritual healing authors seem to have taken a similar approach by describing their methods but not the expected outcomes. Some quantitative studies in recent decades on whether spiritual healing is effective in overcoming a specific illness have shown inconclusive and varied results. This is possibly because spiritual healing works on healing the whole person wherever it is most needed, rather than targeting a specific illness. The healings might instead have been effective in other areas such as spirituality, self-knowledge, or personal development.

Experienced spiritual healers tell us that it is unusual for people who have had several healing sessions not to have got some benefit from them, whether in mind, body, or spirit.

A small qualitative study of spiritual healing outcomes was conducted with German spiritual healers and their clients from 2010 to 2012. This study collected data about the subjective experiences, biographies, concepts and motivations of healers and their clients.¹ Its findings reflect the feedback many of our spiritual healers have also received. The study found the following were the perceived effects of spiritual healing for most of those involved²:

1 *A sense of physical, emotional, social, and spiritual wellbeing*

Most people experienced feelings of relaxation, inner peace, and joy.
Some clients also described a process of "internal cleansing".

2 *Sense of coherence*

Most people experienced an increased feeling of harmony and inner balance.

3 *Help reveal the meaningfulness of life*

Many clients realised how important it is to use their lifetime for a meaningful purpose

¹ Teut, M., Stöckigt, B., Holmberg, C. et al. *Perceived outcomes of spiritual healing and explanations – a qualitative study on the perspectives of German healers and their clients* BMC Complement Altern Med 14, 240 (2014).

<https://doi.org/10.1186/1472-6882-14-240>

² Ibid.

SPIRITUALISM NEW ZEALAND HEALING MANUAL

instead of shopping, TV-watching, smoking or other consumer-activities.

It helped them to focus more on social relations and to enjoy family-life and friendships.

4 *Personal empowerment*

In the process of healing, clients seem to regain confidence in the meaningfulness of life, activate resources and are empowered to change.

The ability to feel and give love, to let go, to accept, to make peace and to reconcile with the personal fate, family and friends was specifically mentioned.

A process of increased self-awareness helped clients to evaluate and redefine their “*life story*”. Clients become more aware of themselves and work on problems and difficulties in their actual life and biography. They take more responsibility for themselves, thus gaining control and the ability to change. Several clients described this process as an initial “*shock*” (becoming aware), followed by a connection to spiritual forces and experiencing a process of change.

Clients in the study appeared to regain abilities to live their own lives, follow their own path and to make important decisions independently of external influences.

5 *Internal resource activation*

Through understanding the meaningfulness of their lives, clients felt they have gained direction and power to change their lives, as mentioned above. They seem to take more personal responsibility and recognise the personal power that they already have.

Clients also reported experiencing more internal strength and power after the healing, e.g. “*my energy level has increased*”. Some clients reported changes that started with a treatment several years back and the results continued to persist to date.

6 *Personal change*

The majority of the interviewed clients reported having changed their lives significantly after participating in healing treatments.

A process of change was described by many clients that resulted in changing self-concepts, values, and lifestyles.

Family life was reported to have changed for the better in many cases.

Some clients also embarked on new career paths, others discovered religion and spirituality, or felt more connected with spirit / the universal God force.

The healing seems to enable clients to take more responsibility and make changes in their life. The healers reported supporting clients to change unhealthy behaviours, attitude, and lifestyles.

7 *Symptom control*

Most clients described an increase in general wellbeing as an important outcome of the healing treatments.



SPIRITUALISM NEW ZEALAND HEALING MANUAL

Improvements of medical symptoms and disease, e.g. symptoms of chronic headache or back pain, lymphedema, eye diseases, liver diseases, and improvements in laboratory parameters, were also described. Clients and healers, however, did not consider the medical outcomes as most important result of the healing treatments.

The majority of the interviewed clients reported experiencing pleasant sensations and feelings during the healing treatments, as well as in the subsequent time after the treatment. The state of consciousness during healing was described by some clients as a dreamlike condition in which the sense of time gets lost. Side effects or worsening symptoms were rarely reported, these were interpreted as “*temporary aggravations*” in the initial process of healing. Most healers in the study had the opinion that an improvement of wellbeing and vitality are first signs of successful healing treatments. If this happens, an improvement of medical symptoms should naturally follow.³

It should be noted that in this study, the healers were able to talk with the clients after the healing to follow up and provide any support needed. That is not always possible when healing at a church service.

Spiritual healing works on the whole body: on the spiritual, emotional, mental, and physical levels. Often people with psychological or emotional conditions are drawn to spiritual healing, perhaps because of the sense of peace and purpose they receive, as described in the study mentioned above. Spiritual healing does seem to help many of these people (they should still be encouraged to see their doctor also if the healer has any concerns). The same healing energy also relaxes another client’s body and allows a slipped disc to return to its natural position or releases the body from other physical ailments. Again, Harry Edwards’ books have many examples of all these types of healing.

Whether a person needs to attend one or multiple healing sessions to attain the maximum results depends upon the person and the healing interaction. A few people experience an immediate effect and fewer still experience a spontaneous healing. With a few healers and clients, the healing can include an instantaneous download of healing energies which may take a few days for the client to fully absorb and integrate. This tends to happen when healing more spiritual people or healers themselves, and generally a client will not be given more than they can take. However, the same may occur if a client is inspired to have a one-off healing, eg when visiting somewhere on holiday, and spirit knows that they will be unlikely to get the opportunity to heal this person again in the near future!

³ Ibid

More often, the healing process will require several healing sessions over a period of time to achieve the maximum effect, especially for those with long term conditions. If, as a healer, you feel the client needs multiple sessions, then encourage them to maintain regular visits and if this is not possible, ask if you can add their name to the “*absent healing list*” so they can still be sent healing remotely. Encouraging multiple visits should only be done if it benefits the client and not because it benefits the healer. It is always the client’s choice whether they return.

2.3.1 How spiritual healing works

Nobody is really sure what the mechanism is that makes spiritual healing work.

Renowned spiritual healer Harry Edwards believed as that those in the spirit world are able to diagnose any health problems and adjust the energy sent through the spiritual healer accordingly. The client’s spiritual self then receives and further transforms the healing energies which result in chemical changes in the client’s body and this triggers the healing.

“In a successful healing, the directing intelligence is able to ascertain the cause of disease and knows how to administer the remedial force to induce a state of beneficial change within the patient. ... The intelligently directed healing forces emanate from a non-physical realm, but through healership such non-physical forces are transformed into physical effects. In Contact Healing, the healer is the attuned receiver through whom the spirit healing forces are received for transmission to the patient. ... The patient's spirit-self can act as a receiver and transformer of healing force, in Contact Healing as well as in Absent Healing.”

For the alleviation and healing of physical ill-effects the healing forces produce a changed chemical effect in the patient's body. This implies a profound spirit knowledge of chemistry and energies. The spirit healing forces, producing a planned chemical change, must, before the act of transformation, be synonymous with the energy-formations comprising physical matter. These healing forces are able to create chemical changes through the application of one given form of energy to another. Beneficial chemical changes are also induced through the bodily intelligence. The healing forces possess individual, particularised characteristics to effect beneficial change through introducing new factors that alter or disperse the harmful conditions. In cases of direct dispersal or induced chemical change, the effects are directed to the disharmony alone, and there is no interference with the healthy tissue or structure. This implies that the



SPIRITUALISM NEW ZEALAND HEALING MANUAL

spirit intelligence performs an exact process, influencing only diseased cells or structures, without disturbing the healthy ones.”⁴

From Earth-side, it is difficult to know whether those in spirit actually need to diagnose the health issues to bring about the change or just know what a healthy body blue-print is like and work to restore that. Similarly, are spirit are working to bring about a chemical change in the client, or just an energetic one that results in the client having the necessary chemical reaction that restores balance and health? Regardless of the detailed mechanism, the results are that the clients can heal.

The results of some laboratory experiments to find out how spiritual healing works, support the concept of external energy being channelled by the spiritual healer. *“Electro-magnetic experiments show ‘extraordinary large’ low frequency magnetic fields measured from the hands of healers which are not derived from the healers’ internal body currents alone. They are low frequencies, in the same range as used in some electrotherapy to aid tissue healing”.*⁵

During a spiritual healing session, the brainwaves of the client seem to synchronise with the alpha brain waves of the healer. Alpha brain waves occur when people feel relaxed and when the brain is resting and not concentrating on anything, such as when daydreaming or meditating. Increased alpha waves have been shown to lower stress, reduce anxiety, decrease depression, and improve creative thinking. *“Electro-encephalograms have demonstrated increased alpha brain waves in the healer and during the healing session it has been found that the patient’s brain waves change to synchronise with that of the healer. Indeed, many studies have shown EEG interconnectivity between two individuals at a distance”.*⁶

So that may provide some scientific explanation but beyond that, everything else currently seems to be conjecture. So, let us look at what the spiritual healers believe.

First, calling spiritual healers “*healers*” seems to be a misnomer as they do not believe they heal, they just channel the healing energy / love / divine force that rebalances the clients’ bodies so they can heal themselves. The rebalancing may take part at the spiritual or energetic levels of the body initially and this can be the catalyst for the rest on the body to realign and rebalance back to health. So, the energy starts from within at the spiritual level and works out through the mental, emotional, and physical bodies and may set in motion a transformation and healing process. Spiritual healers believe that their most important

⁴ Harry Edwards (1974), *A guide to the understanding and practice of Spiritual Healing*, pp73-75, Surrey, The Healer Publishing Company Ltd

⁵ Su Mason “Spiritual Healing: What is it? Does it work and does it have a place in modern healthcare?” (2010)
https://www.rcpsych.ac.uk/docs/default-source/members/sigs/spirituality-spsig/su-mason-spiritual-healing-in-modern-healthcare-x.pdf?sfvrsn=4fc21449_2

⁶ Ibid



SPIRITUALISM NEW ZEALAND HEALING MANUAL

function is only to act as channel for healing, divine love, and transformation.

When balanced, the body has an innate ability to heal itself unless we introduce things to disrupt it like environmental stressors, unhealthy food choices, negative thinking, and destructive emotions.

Spiritual healers do not need to know anything about a client's illness or be medical experts, as the channelled energy will go to wherever it is needed, wherever there is an imbalance. Energy always works towards balance. Whenever the mind, body, spirit, or the environment get out of synchronisation with each other, an imbalance will develop which may show as a stress, a pain or lethargy, for example. If not addressed, it will eventually lead to a more obvious mental or physical illness. Hence, an improvement in the client's vitality and feeling of wellbeing are often the first signs of successful healing treatments. If this happens, an improvement of any medical symptoms should follow.

Sometimes an energy imbalance is perceived as a blockage and is seen as disrupting the body's energy flow. In this case, disease is understood to be a blockage of energies. Accordingly, when the healers and clients connect with the divine energy, they often perceive a "*flow of energy*", and the healer maintains the channel until this flow is dynamic and not blocked. Bringing "*energy to flow*" is often described as a central aspect of spiritual healing treatments.

A successful healing is not just about the actions of the healer and the spirit force. Our minds can have a powerful influence over our health and healing. Cognitive thinking of the clients can be a hindrance in the process of healing – they can have subconscious resistance to change including to the healing, or perhaps their mind is busy overthinking and not letting the body relax. When the client releases their nervous tension and lets their body completely relax, they will assist the reception of the healing power. Often during a healing session, the energy doesn't flow well initially until the client has relaxed their mind as well as their body.

Similarly, clients and the healers can influence the healing by thinking positively. Thought is a very potent force in human life because it precedes most of our actions. Clients and healers alike can aid the healing effort by positive and creative thinking. If the client can adopt an enthusiastic attitude in anticipation of the desired results, the healing process will often be accelerated. When they envision themselves happy and healthy, and they feel how great being like that makes them feel, it's like every cell in their body rushes to oblige. Good health is a state of spiritual and physical harmony, and the client has to decide whether they want good health or not and invest their emotions and energy into it too for the best results.

In a different way, having the client's listen to their intuition can help the healing. Often the

SPIRITUALISM NEW ZEALAND HEALING MANUAL

healing of one condition may be conditional upon the client solving some other underlying issue. In this case, spiritual healing alone may help improve symptoms but until the client makes changes to address the underlying problem the dis-ease will remain. Because the clients do their own healing, it may require the clients to listen to their “inner voice” and try to intuitively understand the real problems. By connecting with spiritual sources during healing, clients can be helped to look at their problems from a different or higher perspective, and then learn more about themselves and understand their problems in a broader context. This may lead to a revelation about the true cause and then to strategies to solve the problem. This could then empower the client to overcome the barriers and make significant changes which will lead to relief and cure. In this case, the original presenting issues were just warnings that called for a change elsewhere.

Sometimes the healing takes a lot longer to work than expected which can be counter-intuitive if the energy to heal is coming from a divine source. Although there are many spontaneous recoveries, most healings progress through a number of healing sessions over a period of time.

- If a condition has deteriorated over a long period of time, then it is not unreasonable to expect it to improve over a period of time too as the long-standing damage repairs, rather than it be instantly restored.
- Sometimes a physical condition cannot be remedied until balance and harmony have been restored elsewhere. In this case, there will often be other signs of change within the client to indicate that the healing is progressing as it works towards the full restoration of their physical, mental, and bodily health.

Sometimes the healing appears to have only limited effect or no effect at all, and we may not always know the reasons why.

- Perhaps the client is resisting being healed because they get some subconscious benefit out of being ill, e.g. attention.
- Perhaps state of imbalance is now so imbedded in the client, that it presents an effective barrier to complete recovery.
- Perhaps the client has not addressed the underlying condition (or required self-learning), so the illness has not changed, or it has returned after an initial improvement brought about by the healing. For example, the client has not moved away from the environment that is triggering the illness; the client has not learnt to live harmoniously with self or others so still has to deal with negative emotions, e.g. fear, anger, selfishness, jealousy, etc. which keep the bodily system out of balance.



SPIRITUALISM NEW ZEALAND HEALING MANUAL

- If the client has died, perhaps their earthly lessons were over and it was time to move on, or perhaps their passing was a “*gift*” to others left behind to encourage them to look at their own spirituality, actions, or health. The healer, the spiritual helpers and the Divine energy will help all they can, but they cannot do the impossible and they can only work within the limits of natural laws. In such cases, especially when painful terminal conditions are involved, the healing will often have brought the client instead a sense of comfort, peace and acceptance. It has been beneficial in the relief of pain and restoration of function and generally has a beneficial influence on client’s attitudes and their quality of life. It is very calming and strengthening, and has often allowed them to pass without distress and sometimes without the need for pain killing drugs.