

### 3.3 *You are the channel*

The concept of the spiritual healer just channelling the healing energies sent from the spirit world through to the client, is fundamental to spiritual healing. The spiritual healer is sometimes encouraged to be like a “hollow bone” or a “hose” for the healing energies, although being in a “shower” of the healing energies might be a more accurate description with the healing energies travelling through and around the healer unimpeded. As renowned spiritual healer Harry Edwards says:

*“The healer does not heal of himself, the healing comes **through** him and is not **of** him.”<sup>1</sup>*

It is the healing guides and helpers that are doing the work to ensure the healing energies are appropriate for the client. As healers, we stand back and let the energy flow. For spiritual healers, full of enthusiasm and compassion for the client, standing back and doing nothing can often be difficult when first learning: we just want to actively help.

The spiritual healer’s role is to attune to the spirit world, and then attune to the client, mentally requesting that any pain and discomfort be removed, and balance and perfection be returned to the client. The healer should not be trying to influence the healing, for example, by continuing to ask for the healing, nor by imagining or visualising the energy going to certain places or being of any colours or patterns, or by placing any judgement on the client or the outcome of the healing session. Harry Edwards advised (in 1974):

*“... let the mind relax. Hum to yourself a hymn or tune that appeals to you during your break in contemplation. Let your mind swing with the rhythm of the melody, and meditate on some peaceful, happy situation. Picture in your mind a pleasant landscape, with water, trees and hills, etc., and enjoy the contemplation of this. Other suggestions are to think of your favourite flower, picturise its form, petals, colour and scent. Imagine you are strolling through a peaceful wood and watching the rays of the sun as they filter through the trees. Picture within your mind how you would like to render greater service to humanity by healing or in any other way. And by so doing naturally encourage the spiritual aspect of your nature by thoughts that possess grace and beauty and virtue. There is a condition of mind known as “day-dreaming”, when thoughts are wandering oblivious of all else; this is the state of mind to be arrived at during the periods of contemplation.”<sup>2</sup>*

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<sup>1</sup> Harry Edwards (1974), *A guide to the understanding and practice of Spiritual Healing*, p.24, Surrey, The Healer Publishing Company Ltd

<sup>2</sup> Ibid, p.83

I'm sure you see the picture he was painting. Having relaxing music playing quietly in the background may be helpful as it will give the healer's mind something to ponder upon. It can also help to relax the client. If you want to envision the clients, visualise them being perfectly happy and healthy.

Being in the "day-dreaming" state will still let you hear or perceive any instructions or guidance from your guides, so you can respond appropriately.

### **3.3.1 Selfcare: Channelling, not using your energy**

When healers are correctly channelling spiritual energy for their clients, they will feel energised and have a general feeling of peace and well-being after healing. If the healers are transferring their own vital body energy to the clients instead, the healers are likely to feel depleted afterwards.

This can happen if spiritual healers:

- do not fully attune and link to the spirit world to pick up the divine healing energies to be channelled, or
- the healers get too personally involved in the healing and use their own energies to try to heal or help their clients.

When a healer is able to direct some of their own natural energy to another, it is called "magnetic healing". But it is **not spiritual healing** as the energy is not from Spirit. The term "magnetic healing" was inherited from Dr. Franz Anton Mesmer.<sup>3</sup> Mesmer started transferring a healing force to patients using magnets, before realising that the magnets weren't needed and the "magnetic" energies could be transferred by touch alone. This is also the origin of the term "Animal Magnetism". It is a natural thing to happen, whether the healer is conscious of it or not, because through the person's compassion and sympathy their energy will flow to the client. Consider a loving parent willing their sick child better or a close compassionate friend visiting an invalid. The ill person will nearly always feel better after such an interaction. Most spiritual healers can also do this, even if not doing it purposely like Mesmer, and when they exhaust their own natural abundance of energy doing so, they will feel depleted and tired. They will need to rest, breathe deeply and ground until they recover.

If you find yourself feeling tired and drained after doing spiritual healing, you are not being the clear and open channel that you need to be. Go back and review your attunement and healing process against that described in section 3.1 of this manual and/or seek help from your trainer.

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<sup>3</sup> Ibid, p.134