

8 Basic anatomy

As spiritual healers we are taught that we do not need to know what or where something is troubling our clients because, regardless, the energy will travel to wherever it is needed. While this is true, it is useful to have a basic understanding of anatomy for a couple of reasons:

- If the client shares their concerns with us before the healing, they might expect us to heal over the relevant area of their body (but that doesn't mean we need to stay healing there if we feel the energy is better sent somewhere else);
- If the client shares their illnesses with us after the healing, we can correlate that with the areas we were feeling/seeing/intuiting intense energy during the healing and use that for feedback for ourselves. This can be especially important for healers just beginning their healing journey because they are still looking for proof in order to develop their trust and faith in what they are feeling/seeing or otherwise sensing. For example, if a healer feels intense energy moving in the mid-abdomen and the client confides that they have been having kidney problems, this could confirm to the healer that their senses had been correct and they were healing in an appropriate area.

We have assumed that healers will have a good understanding of the skeletal structure. That is, if someone says they have sore knees or a sore lower back, the healer will know where those places are. In this section, we will investigate the placement of the major organs and endocrine glands, which are more difficult to detect through the skin, and their effect on our health. We don't expect spiritual healers to retain all the details included in anatomy sections of this manual but rather just have a general understanding of the human body's intricate and amazing design.