

3.14 *Contra-indications: When not to heal*

Spiritual healing has no contra-indications. It is regarded as a completely safe and gentle practice that can be used safely with all other medical treatments. Spiritual healing sessions are natural and holistic; there is no physical manipulation, nothing is ingested and nothing is applied to the skin.

However there are some practical situations where a healer might avoid giving spiritual healing:

- When you, as the healer, are feeling unsafe or threatened by the situation or client.
- When you are not well. You will find it difficult to be the open channel needed and you might absorb most of the healing energy yourself.
- When the client has an infectious illness. You might be better to give them absent healing rather than risk catching the bug yourself or have it passed on to other clients.
- Sending absent healing at times when the client is not relaxing and safe. You don't want the healing energies' relaxing effect to influence the client while driving or using dangerous machinery, for example.
- When you or the client are intoxicated or under the influence of recreational drugs. Apart from the higher risk of being exposed to erratic or unsafe behaviour, the sensations created by the healing energy can get very uncomfortable. For the healer, being under the influence is similar to being unwell – you won't be doing your clearest or best healing, you just might think you are!
- There are some schools of thought that advise not to send a client healing while they are in surgery – send it before or after surgery instead. That's to ensure that the healing energy doesn't interfere with the anaesthetic and have the client wake up too early. Harry Edwards, the internationally renowned spiritual healer, advises that it is important to give surgery patients healing before surgery whenever possible:

“We always ask those who are about to undergo surgery to let us know, if possible, the day and time of the operation. When this is known, the patient is held in intercession with the aim of directing new strength and vitality to build up the resistance and to minimise any operational shock. Thus it is that the patient does receive "strength" which not only helps him or her during the operation, but gives that special help to permit the healing of the wounds to take place more easily.

Perhaps one of the greatest services that healing bestows upon a person about



SPIRITUALISM NEW ZEALAND HEALING MANUAL

to undergo surgery is in the preparation that the healing gives to the patient's outlook to accept the surgery without fear. ...

Another known but unprovable effect of spiritual healing is observed on the surgeons themselves, and any surgeon who reads these words will know how true they are; that, when a patient is being operated upon, the surgeon has felt inspired to depart from the original intention in his mind and work upon the patient in a different way altogether, and invariably for the patient's good."¹

¹ Harry Edwards, The Power of Spiritual Healing, London, Herbert Jenkins Ltd, 1963, pp.96-7