



## SPIRITUALISM NEW ZEALAND HEALING MANUAL

### 4 Absent healing

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#### 4.1 The art of absent healing

Absent healing is exactly the same as any other form of spiritual healing, except the client is not in the same location as the healer. So the healing energies are directed by the power of thought to someone in a different place. It can also be called “Distant Healing” (i.e. over a distance) and religious institutions often refer to the same thing as “Prayer Healing”.

World-renowned spiritual healer, Harry Edwards held absent healing in high regard;

*“Absent healing is, as the name implies, healing from a distance. When prayers are given for the sick in a church, that is a form of absent healing, but today the term "absent healing" is more generally accepted as part of the healing work of Spiritualist healers. ...*

*In the author's opinion it is prayer plus directive intercession through attunement with God's healing ministers in spirit, who administer the healing directive. Absent healing is a spirit science involving a more advanced and special technique. It only needs a little consideration to see that, when a patient is healed from a severe or "incurable" malady without any physical contact with a healer, we have the prima fade evidence of a far more evolved science.*

*I have been conducting absent healing practice for over a quarter of a century, and for nearly twenty years it has been my main mission in life. Let it suffice, for the moment, to say that, if there had not been appreciable success, then in the usual way of things the extent of the work would have diminished and died away. Instead of this, its scope has not only been maintained, but steadily increased throughout the years by healers, not only in our country but throughout the world.”<sup>1</sup>*

Healing someone over Zoom or Skype is more aligned to regular hands-off spiritual healing because the healer is in virtual contact with the client - the healer and client can see each other, and they can converse easily before and after the healing session. In absent healing the contact is more detached - the healer may not know or see the person at all, or have any idea where they are. It's primarily a name and the flow of healing energies that connect them. The catalyst for absent healing may be a list of people requesting healing, a list of names in a healing book, a letter or email from someone, for example.

Absent healing has been proven to be effective: Harry Edwards talked about cases when its use had been the only explanation for someone's long-term symptoms reducing, their pain

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<sup>1</sup> Harry Edwards, The Power of Spiritual Healing, London, Herbert Jenkins Ltd, 1963, pp.56-7



## SPIRITUALISM NEW ZEALAND HEALING MANUAL

decreasing and their health being restored.<sup>2</sup> In some of his books he teaches it first, before healing in person (hands-on or hands-off).

Note that one form of spiritual healing is not more effective than another. Whether the healer works with the client directly in front of him or many miles away, the healing still works to restore health to the spiritual, mental and physical bodies of the client. However some people may respond better when having personal contact with the healer, and others when absent healing is given. With healing in person, the client has the psychological advantage of seeing and talking to the healer, and feeling the energy flowing from the healer's hands. With absent healing, all the client may notice is that they begin to feel better. Absent healing seems to be particularly appropriate in the treatment of young children, in cases of mental illness, and of drug and alcohol addiction.<sup>3</sup> It is often requested for someone who, because of their religious beliefs or agnosticism, would not ask for it themselves.<sup>4</sup>

The flow of energies from the Divine source for absent healing is exactly the same as already described in section 3.1 *Attunement*. The spirit world is doing the work. The energies from the Divine source are customised by our healing guides and helpers for our client, they are channelled through us as attuned healing mediums, and directed to the client.

The attunement process is also exactly the same for the healer – sit in a quiet place and calm the mind, begin the attunement with a prayer or request which sets the intention, focus on the spiritual aspect of yourselves and raise your vibration, invite your guides and helpers from the spirit world to join you and build the energies still further, and then attune to the client's spiritual energy and “place” them into the field of love and healing energies that has been created.<sup>5</sup> With absent healing, the healer may envisage that field of healing energies being a large cloud of energy extending out around them or a beam of healing energies extending to the client. Go with whatever feels right for you.

With this attunement process in mind, Harry Edwards also talks of occasions where he'd listen to someone talking about a sick relative's illness and promise to place them on his list for absent healing - only to accidentally forget. Then a day or so later the person returned to him to thank him for the healing that had occurred. He discovered that other healers had had the same experience so came to the conclusion that their healing guides had acted on the original intention and proceeded with the healing straight away. They also noted that a similar thing sometimes happened when someone wrote a letter to a healer requesting absent

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<sup>2</sup> Harry Edwards (1974), *A guide to the understanding and practice of Spiritual Healing*, p14, Surrey, The Healer Publishing Company Ltd

<sup>3</sup> New Zealand Federation of Spiritual Healers Inc, *Questions and Answers*, dated unknown, self-published.

<sup>4</sup> *ibid.*

<sup>5</sup> Paraphrased from SNUi Film, *Absent Healing Workshop with Anneke de Graauw*, 9/5/2022, <https://www.youtube.com/watch?v=dgNOQo24n7I>



## **SPIRITUALISM NEW ZEALAND HEALING MANUAL**

healing for a sick person, and the healing had transpired before the letter was delivered. They concluded that the letter-writer must have been tuned into spirit at the time and had initiated the healing.<sup>6</sup> Our learning is never to underestimate the power of intent to get healing and the power of spirit to follow through, even if our human selves have forgotten or haven't yet been made aware of the need in our timeline.

Any level of recovery is possible with absent healing, just as with spiritual healing in person, and it is also bound by the same natural laws. For example, if it is someone's time to pass, the healing energies might bring them calm, acceptance and reduce the pain but not effect a recovery. If a client with arthritis lives in a cold damp house, then the arthritis is likely to continue at some level despite the healing. As healers, we also look to direct our healing to the source of our client's problem, rather than just the symptoms, wherever possible.

You can be very flexible with absent healing – you can slot it into your healing day whenever you don't have any other clients (e.g. a break between clients) or you can schedule a set time of day / week to always do it. It is a convenient and useful way fill in any spare time.

The client's time and place are not obstacles to absent healing – time and place are constructs created in our Earth environment but spirit is not limited by them. The client may be just down the street or on the other side of the world. You can make an appointment with your client for the healing in advance, so they are sitting quietly at the appointed time and date, or you might just advise them afterwards that it has been done.<sup>7</sup>

Harry Edwards describes what his absent healing clients felt:

“One of the most common experiences with those who are receiving absent healing is the awareness of a feeling of inner upliftment and new strength, as soon as the help commences. The reason for this is that the first task of the spirit doctors is to soothe and calm the nervous tensions and fears (probably the basic cause of the trouble), thus bringing about an improved health tone, and from this the perceptible improvements naturally follow.”<sup>8</sup>

If you want feedback as to what the client felt, it would probably be better to set a time for the healing so the client can make observations. Try not to heal them at a time when the healing could be dangerous should they react to it, such as when the client is likely to be driving or using heavy equipment. Harry Edwards liked to receive feedback from his absent

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<sup>6</sup> Harry Edwards (1974), *A guide to the understanding and practice of Spiritual Healing*, pp36-37, Surrey, The Healer Publishing Company Ltd

<sup>7</sup> Paraphrased from SNUi Film, *Absent Healing Workshop with Anneke de Graauw*, 9/5/2022, <https://www.youtube.com/watch?v=dgNOQo24n7I>

<sup>8</sup> Harry Edwards, *The Power of Spiritual Healing*, London, Herbert Jenkins Ltd, 1963, pp.59

## SPIRITUALISM NEW ZEALAND HEALING MANUAL

healing clients. This gave him the opportunity to adjust the healing being sent and also gave him evidence of its success or otherwise:

*“Once the healing process has commenced it is continuous, but I like to receive weekly reports of progress so as to be informed of improvements or otherwise, or any other need, in order that a report of the physical or mental condition can again be transmitted (in attunement) with the healing intelligences, for it is my conviction that the spirit doctors like to know in this way what effect the healing is producing. It may be that some additional factor has arisen—it may be influenza, a fall, or some other condition that is associated with the healing need. Over and over again we have the evidence that, following intercession for any particular fluctuation or other intervening condition, the trouble is speedily overcome.*

*The sick who are gravely ill need special attention, and for these more constant intercession is necessary, and we endeavour to arrange for a daily report to be given to the healer, either by a message when the sick one is near by, or by telephone etc. In this way, the healer is kept in close touch with the state of the patient, and he is able to transmit all information to the spirit doctors. This practice is continued until the time of urgency passes.”<sup>9</sup>*

Absent healing is stronger when done in a group or healing circle as you not only have more healers sitting for the client but you have all their healing guides sending the healing energy as well. A much bigger portal is created for the healing energies to pass through.<sup>10</sup> The group leader reads a name from the list so all the healers can focus on passing healing energy to the same client at the same time, and when the energies subside the leader reads out the next name. Group healing is a more sociable situation in which to heal, with less chance of getting bored or falling to sleep. If absent healing by yourself, establish a sacred space somewhere you won't be disturbed, where you can comfortably be one with the Divine source and sit with your healing guides and helpers. As with healing in person, we are always working in love.

With absent healing, the range of things you can send healing to is limitless because they do not need to fit into your healing room! You can send healing to one person, many people, all people with a certain illness, other categories of people, animals and other creatures, family conflicts, international conflicts, countries, nature, oceans, mankind, planets or stars, etc. You may be healing people you do know and those you don't. You can be healing people with violence, mental health and addiction issues, etc. in safety.

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<sup>9</sup> Harry Edwards, *The Power of Spiritual Healing*, London, Herbert Jenkins Ltd, 1963, pp.58

<sup>10</sup> Paraphrased from SNUi Film, *Absent Healing Workshop with Anneke de Graauw*, 9/5/2022, <https://www.youtube.com/watch?v=dgNOQo24n7I>

There are many ways to “sit for absent healing”. You may have a list of names (such as in a healing book), a letter or email or message from someone, a photo, etc. The more information you have about the client, the more focused your healing intention can be and potentially the more effective the healing (i.e. you know who the client is and what needs to be solved for them.) As explained in section 2.2 *What is spiritual healing?* the healing is strengthened if the client requests it but that isn’t always practical. Having the client’s permission is preferred so they cannot object if they find out about it later. When absent healing is requested by someone else on behalf of the client, the healing energy will still go to the client and it will be up to their spiritual self whether to accept it.

Sometimes a healer will struggle with the abstract nature of absent healing without a physical client in front of them. If you know the client, you might visualise them in perfect radiant health as you attune to them. If you don’t know the client, you might visualise their spiritual body as a ball of radiant energy and focus on attuning with that instead. You may also work with a proxy as it gives the healer something tangible to focus upon. The “proxy client” may be a doll, a teddy bear, a cushion, a pillow, a “healing hanky”, a flower, a card, etc. There are a couple of ways you might work with a proxy:

- You may place the proxy on your lap and heal through it to the client: it becomes part of the channel. You would heal through the bear, doll, pillow, etc. as if was the client, but the energies would go to the actual client because of your intent for them to do so.
- You may ask that the healing energies be placed in the proxy as well as be sent to the actual client. The proxies would then sent to the client after the healing, delivering further healing energy. Things easy to post were traditionally used such as a handkerchief, a card or a piece of paper. A teddy bear proxy would often be used with a sick child.<sup>11</sup>

For example, Harry Edwards would write a letter to every client after their absent healing session. During the absent healing session he would ask that the letter also be imbued with the healing energy (even though he hadn’t yet written the words). Once the letter was written, it was then posted to the client.<sup>12</sup>

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<sup>11</sup> Paraphrased from SNUi Film, *Absent Healing Workshop with Annekee de Graauw*, 9/5/2022, <https://www.youtube.com/watch?v=dgNOQo24n7I>

<sup>12</sup> *ibid*

### 4.2 Connection challenges<sup>13</sup>

The connection challenges for absent healing are also similar to those for other forms of spiritual healing. See section 3.1.3 *Attunement and connection challenges*.

The most common challenges are:

- Attuning to the client too early, before you have built up the field of energy enough with the spirit world, and therefore the power of the healing energy is weak or your guides and helpers aren't as close and connected as they need to be. In this case you may end up just giving your own energy i.e. doing magnetic healing.
- Being too emotionally involved with the client and therefore have not been able fully step aside from the healing and the healing outcomes. As a healer, you need to be passive with no desires and expectations, as the healing is between the spirit world and the client and you are merely the channel. Having a vested interest can block the flow of energy from spirit and leave you giving magnetic healing instead of spiritual healing.
- Being too tired, ill or unfit. You may then struggle to keep a strong energetic healing connection and may even fall to sleep. With absent healing, you may be more prone to falling to sleep as the client is remote so there is less stimulation to keep you alert. Some people lay down to give absent healing and that can increase the chance of falling to sleep, so it's better to sit instead with your feet on the floor. There is little point in trying to heal if you've just had an argument, have a headache or have had a bad night's sleep.
- Absent healing has become a routine chore that you always do the same way, working through your list of names. In reality, every absent healing session is different because the client and their problems are different, the healing energies are different and you are different. If you aren't feeling it, it's time to change things up a notch or take a break.

You may lose your connection to the client such that you no longer feel your client or the flow of energy through you, and you are just left "sitting in the power" or self-healing. Consider the following causes of potential issues:

- You don't know the client, and don't feel any compassion or link with them. For example, this can happen when the client just a first name on a piece paper passed down a chain of other people to you. It's important that you develop a way to

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<sup>13</sup> ibid

## SPIRITUALISM NEW ZEALAND HEALING MANUAL

connect to people you don't know with compassion, and that you can focus and attune with them.

- The list of clients is too long. Each healer is unique and a long list of twelve names might work for one healer where another works better with a shorter list or even just one client. This is something each healer can experiment with to work out what works best for them. You may be able to contact your clients for input after the healing, to help you with the decision – “Did you feel anything? Did you feel any benefit from the healing?”
- You may find that healing from a list of names or a healing book just doesn't work for you. You might work better with a photo, letter, email or proxy instead. If you feel that the way you attune to the client might need to change, then experiment and change it.
- When trying to heal situations, you might not be precise enough about your client. Try to target the cause of the issue you are trying to heal. For example, instead of sending healing to warring countries, try sitting for their leaders that are making the decisions to fight. Instead of sending healing for a healthy atmosphere, forests or oceans, sit for the people that are destroying and polluting them.

### Group Exercise 1

Sit in a group to provide absent healing to a list of people (e.g. use a list in a healing book or create a list of people that need healing if you don't already have one). Nominate someone to act as the group leader. Remember to go through your attunement process at the beginning.

(If you aren't part of a bigger group, do the exercise as an individual healer.)

Discuss what you felt and how you found the experience compared to giving healing in person.

Discuss which processes and techniques worked for you and which you would like to change next time you sit for absent healing.