

## COMPARING SPIRITUAL HEALING AND ADVANCED ENERGY HEALING

Spiritual Healing is known by many practitioners today as an holistic method of healing used to restore the balance of body, mind and spirit using God's Universal Energy. It will promote self-healing and bring a sense of well being and peace to the recipient. Channeling of these energies by the healer can help a patient to deal with stress, illness or injury. It can speed the rate and extent of recovery from serious illness or major surgery, and debilitating treatments such as chemotherapy and radiation. It complements conventional medicine.

Spiritual Healing can be learned and practiced by anyone with the positive intention to channel these universal healing energies. ASHA is affiliated with *The Healing Trust, National Federation of Spiritual Healers (NFSH, UK)*, which is one of the oldest non-denominational organizations in the English speaking world for training spiritual healers. It uses a particular protocol to scan the aura, balance the chakras, improve the energy flow through both sides of the body, and to bring in specific and complex vibrations directed to the recipient by a Higher Intelligence. The hands of the healer are used as energy poles to direct the subtle energies but the healing itself always flows from a Divine Source. CFSC's spiritual healers are trained and certified by ASHA and offer healing in the sanctuary every Monday, Wednesday and Sunday evenings. Each healing takes 5 to 10 minutes.

Advanced Energy Healing, also referred to as Trance Healing, is a form of Spiritual Healing. Church healers adhere to the protocol taught by well known Spiritualists such as Rev. Steve Upton, instructor at the Arthur Findlay College in England. The healer (healing medium) is trained to do absolutely nothing really well! He/she goes into a very quiet, meditative state (semi-trance) that permits greater linking to the minds and auras of the spirit mediums (health care practitioners in Spirit). According to Rev. Upton, this degree of attunement involves a blending of minds on an intimate level. Once attuned, the healer, who is sitting behind and slightly to the side of the recipient, rests one hand very gently on the nape of the recipient's neck or upper spine in order to connect the recipient's aura with that of the spirit mediums. Without motion and without focusing at all on the process or on the health concerns of the recipient, the healer and recipient sit in silence and stillness for 20 minutes. Healing energies in the form of customized energy packets are transferred from the spirit mediums through the auric field encasing the healer and recipient. The more passive and relaxed the mind of the healer is, the more accessible the healing energies become to the recipient.

A vast array of these energies can apply to a single patient. Healers are trained to have a flexible mind to allow the spirit mediums to adjust their level of attunement to accommodate whatever energies are being transmitted. The healer's responsibility is to make the best link possible that allows the experts in

Spirit to facilitate whatever healing is appropriate for the recipient. Healing may be rapid with one session, or require several treatments. Advanced Energy Healing is offered at the church every second Saturday morning. In addition to the healers, one member of the team monitors the healing sessions while another serves as the client care person, thus ensuring that everyone is comfortable and at maximum ease.

CFSC welcomes everyone to attend any of the healing services, but especially invites people to try out the Saturday morning healing clinics in the quiet atmosphere of the healing booths set up downstairs. An insert with dates and times is always found in the church newsletter. Healing is offered as a free service to the public although donations are gratefully accepted to contribute to the cost of running the church.

Written by Jane Fleming and Marlene Harris