



GUIDELINES FOR STARTING A DISTANT HEALING GROUP

There is a subtle difference between prayer for healing and distant healing through a healer. Friends Fellowship of Healing would like to explain this difference as they see it:

Praying for an improvement in either mental, physical or spiritual health is asking for the Spirit, or God, to do something for someone, and it is left to that other power to do,

Distant or absent healing involves the active participation of the group or individual in that they are asking to be used by the Spirit as channels for the healing to go through them to the patient and are therefore taking a positive step in the process.

Either method is fine, according to the wishes of the different groups or individuals.

When you have half a dozen or so people who are interested and are prepared to make a commitment to meeting regularly, seek the support of your Meeting, especially if you intend to use the Meeting House for your distant healing. Discuss with your assembled group the methods they would like to use, and the form the proceedings should take. Try to encourage all of the members to take their turn in leading a meeting, so that they feel fully involved. Give them freedom to choose which of the many ways they would like to go about it. The following suggestions are a few to consider:

In all cases it is helpful to start with a short period to share information about their patients as appropriate, with each other. When asked if they are happy with this arrangement, most patients will say they are.



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For short, half-hour meetings before Meeting for Worship:

- 1 Start with either:
 - a silence
 - b a reading
 - c a short relaxation
 - d tuning in by holding hands in a circle (preferably standing) and pass love around, taking with the left and giving with the right hand.

- 2 Then either:
 - a the leader reads a list of names on a common list of people needing healing
 - b Each member reads their own list in turn
 - c drop names into the centre of the group as and when each member feels, speaking either aloud or silently. If this is done, it is helpful if the leader starts with a visualisation, creating a pool of water, light or healing energy in the centre.
 - d place a list or lists of names under a candle, book or vase of flowers, crystal or other object in the centre on a table, and either sit in silence, holding those mentioned in healing, or the leader speaks for everyone along these lines.

- 3 The leader then brings the group together, by inviting everyone to send healing to the planet and all it contains, and other concerns, e.g. floods, earthquakes etc. or other topical situations and events.

- 4 The leader then gives a few thanks of words for the healing and brings the proceedings to a close with whatever blessing they feel is right. Some say "God bless you", others "may we all be at peace" and yet others may say a simple "Amen".



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- 5 When everyone opens their eyes and if a candle is used the leader asks for a specific person or concern for the light to be sent to, and speaks a few words about it such as “We send this healing light to “ and then blows it out. The meeting is then over.

If a longer period is required, perhaps in the home of a member, then it can have additional things such as:

- a A longer visualisation or relaxation culminating in
- b A self-healing exercise led by the leader at the time
- c Then the distant healing
- d Healing of each other after the distant healing, and even relatives and friends if wanted. If there is an accredited healer in the group, others may also be invited.
- e Tea and biscuits and a time for sharing.

The last method can be held at any time of day for as long as the members want it.

Some further points for consideration.

- 1 Do make sure, if you are using a candle, that it is acceptable to everyone, and is a symbol of healing light. Also, scented candles can be distressing for some.
- 2 If music is used to enhance relaxation and help visualisation, or as an accompaniment to the distant healing, be aware that some musicians find it distracting as they are unable to prevent themselves listening to it., instead of allowing it to remain in the background. Otherwise music can be a lovely asset to a group’s proceedings.

END



FRIENDS FELLOWSHIP OF HEALING

LOCAL QUAKER MEETINGS WITH ACTIVE HEALING GROUPS

BANGOR	LEIGH ON SEA
BATH	LLANIDLOES
BARNSTAPLE	LONG SUTTON
BEDFORD	MARAZION
BEWDLEY	NEWTON ABBOT
BLACKBURN	NOTTINGHAM
BLACKHEATH	OAKHAM
BOURNEMOUTH	OSWESTRY
BRADFORD	OXFORD
BRIGFLATTS	OXTED
BRIGHTON	POOLE & Wimborne
BURY ST EDMUNDS	PURLEY
CAMBRIDGE	READING
CARDIFF	SHAFTESBURY
CHESTER	Sherringham
CHORLEY	SHEFFIELD
CLACTON	SIDCOT
CLARIDGE HOUSE	SOUTH AUSTRALIA
CROYDON	REGIONAL MEETING
DERBY	STOCKPORT
DISLEY	STREATHAM
DISS	SUTTON COLDFIELD
DITCHLING	TELFORD
DORCHESTER & WEYMOUTH	THAXTED
DORKING	TOTTENHAM
ECCLES	WANSTEAD
ESHER	WARWICK
EXETER	WATFORD
FINCHLEY	WELLINGTON
FOREST OF DEAN	WESTON-SUPER-MARE
GLASGOW	WINCHESTER
GREAT AYTON	WITNEY
HALL GREEN	WORCESTER & WORTHING
HARLOW	YEALAND
HARROW	IMMEDIATE PRAYER GROUP
HEMEL HEMPSTEAD	URGENT PRAYER GROUP:
HEREFORD	MOTHER & HER UNBORN CHILD
HULL	POSTAL GROUPS
ILMINSTER	
ISLE OF MAN	
KESWICK	
KETTERING	