

FRIENDS FELLOWSHIP OF HEALING

Registered Charity No 284459



A SIMPLE GUIDE TO DISTANT HEALING

(Large Print Version)



A simple guide to 'distance' healing.

***Be still.* And be receptive to the Holy Spirit.
Remember that God is the only Healer.**

***Attune* or 'Tune in' to the Presence of God.**

Ask to be used as a channel for healing.

**Have a clear *intention* where you feel healing
is needed.**

***Release:* 'Let go and let God' give healing,
according to God's will for the highest good
of the person or situation.**

Give thanks for the healing given

Nationwide Quaker Days of Healing

See our website www.quaker-healing.org.uk for dates.

This guidance is not intended to replace any patterns or procedures a Quaker Meeting may already have established. This day is an extended Meeting for Worship with a specific focus on healing.

Ensure that the meeting place is as quiet as you can make it. Do all you can to create an ambience of peace and calm. Make a separate room available for quiet conversation and refreshments. Remind folk that mobile phones should be switched off.

People may stay for as long as they wish. Some may want to come for a short while only. Others may wish to stay for much longer with optional comfort and refreshment breaks. In the interests of confidentiality all healing requests shall not leave the meeting.

At the beginning, have a short period of time for the group to centre down into the stillness and silence of that divine space. Be receptive to the presence of the Holy Spirit. Then begin the Worship for Healing in the Quaker manner.

Be mindful that there is only one Healer - that Healer is God, and it is from God that all healing energy flows. However, with 'that of God within us' we ask to be used as channels for healing, putting Love into action and sending out the Light to where it is needed. If prompted, Friends are encouraged to express their concerns verbally, so that the group may silently add their prayers and spiritual energy. Ministry should be totally focussed on healing.

Some groups may find it helpful to visualise a pool of healing in the centre, where names and concerns may be placed. If you have been joined by folk from other churches or faith groups, be aware

of their needs and encourage them to participate with their prayers for healing in their own way

For those not used to the concept of 'distance healing', one very useful pattern to adopt is the 'AIR' process (Attunement, Intention and Release).

Begin by 'tuning in to the Presence of God' (Attunement). Look deep within and focus on 'that of God within you'. Be aware of the Presence of God surrounding all.

The second stage is Intention. Have the very clear intention in mind of the person or situation in need of healing. As a channel for healing, let that of God within you reach out to the healing concern. Visually surround that concern with the Light and the Love of God. Do not seek for a specific outcome. Ask that the healing given be for the highest good of the person or situation.

The third stage of the process is release. At best, we are channels for healing, so 'let go and let God' : allow your spiritual energy to join with others, so that our corporate spiritual energy is released to focus on those healing needs that are of concern to us all.

At the end of this extended Meeting for Worship for Healing, join hands, REMEMBER to give thanks to God for the healing that has been given, and then 'let go and let God.'

'ALL HEALING IS LOVE IN ACTION'



To find out more about FFH:-

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