Spiritual & Holistic Healing

Excerpt from

Beyond Reason: Evolving Consciousness

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As a practitioner of holistic therapies I was interested in the healthcare services of the ancient world and its influence on our modern healthcare system. Spiritual healing is an ancient art that has been used throughout history. In ancient times there was no division between body, mind and spirit, so that energy was understood as a force which permeated this trinity. However, the scientific revolution of the seventeenth century brought about changes which resulted in a division. Only that which could be measured was accepted as valid knowledge. The human life force was relegated to an unknowable factor as it could not be measured resulting in the loss of much traditional knowledge.

In more recent times traditional knowledge has being rediscovered and the power of healing is being taken more seriously. Increasingly, people are coming forward not only to be healed but to heal. There is a vision of a new medicine that is not so much revolutionary as evolutionary, in which doctors and healers work together. In 1983, Prince Charles opened
Grove House, the new clinic for the Bristol Cancer Help Centre that incorporates healing with vitamin and natural therapies. This seemed to be an official mark of approval for treatments which, hitherto, had been regarded by the establishment as fringe affairs.

In the ancient world, education was available only in the temples. Knowledge was sacred and was revealed only to those shown to be mature enough to receive it and who could be relied upon not to exploit it for their own gain. This was an inner circle into whose mysteries it was necessary to be initiated. The penalty for breaking the rules was death. Temple education was not specifically concerned with the healing arts only, although some temples were known especially as centres of healing. The medical temple-schools of Egypt, for instance, were famous all through antiquity.

The earliest known healer, or physician-priest, is Imhotep, said to have been one of the greatest of Egyptian sages. His titles included grand vizier, chief lector-priest, architect, sage and scribe, astronomer, and magician-physician at the court of King Zoser, pharaoh of the third dynasty, 2980–2900 BC.
The Hippocratic Oath taken by Western doctors has its origin in the island of Cos, Greece, the birthplace of Hippocrates in the 5th century BC, who is known as the *Father of Medicine*. Before this time disease was assumed to have a supernatural dimension. Five hundred years later Galen, also a Greek physician, continued the work started by Hippocrates which was influential until the 15th century. Swiss born Paracelsus burned the works of Galen. Chemistry was his passion. While Hippocrates, Galen and other doctors before Paracelsus thought that disease resulted from imbalance of humours in the body, Paracelsus claimed disease resulted from a force that was outside the body. Whereas the ancients used herbal medicines Paracelsus preferred to use chemicals in the treatment of disease.¹

The indivisibility of matter and energy forms the basis of the ancient healing practices based on Taoist, Buddhist and Hindu philosophies and with new developments in science is fast becoming the basis of Western healing practices also. Healers reflect the non-Western philosophic view that the universe is a living entity created by a higher consciousness or
deity, and that all things within the universe are interconnected.

With the development of science and the shift away from spirituality, the health professionals separated the three parts and focused their attention on the more physical, material body. The outlawing of healing outside the Christian Church and the systematic execution of lay healers and psychics drove healing practices underground and has led to fear and suspicion. The healing profession now looks to science in general and quantum physics in particular, to support the view that there is a logical foundation to energy healing.

Quantum physics has demonstrated that matter is energy and is not static but exists in a dynamic field; it cannot be separated from its activity. According to Gregg Braden and other scientists, we are bathed in a field of intelligent energy that fills what used to be thought of as empty space. This field of energy connects all of creation, which plays the role of a container, a bridge and a mirror for the beliefs within us. The field is non-local and holographic. Every part of it is connected to every other and each piece mirrors the whole on a smaller scale. We communicate with the field through the language of emotion.
Prior to these developments healers reflected the non-Western philosophic view that the universe is a living entity created by a higher consciousness or deity, and that all things within the universe are interconnected. Many factors are said to influence the effectiveness of a healing, for example, the presence of high levels of the universal life force, mountains, sea locations, wells or springs are believed to have high amounts of the life force. Sceptics can be spiritually healed but fear and distrust can form barriers. A positive attitude on the part of the patient is believed to facilitate the process and makes it easier for the healer to ‘tune in’ and transmit the energy.

Many healers work in an altered state of consciousness. In the 1960s, psychologist Lawrence LeShan, in research with psychic healers, found they could not adequately describe the process of healing but did describe shifting into a different reality, a state of consciousness he termed the ‘clairvoyant reality’, which involved a shift in one’s metaphysical understanding of the world. It is similar but not identical to mystical states, which occur in all cultures around the world, and to the shamanic state of consciousness. LeShan
experimented with various meditation techniques and began to experience this shift of consciousness. Furthermore, he could teach others how to reach the clairvoyant reality and awaken their healing powers.

Most orthodox medical authorities are sceptical of psychic healing and ascribe its benefits to short-term psychological effects. In the UK, the General Medical Council allows a physician to prescribe this sort of healing, provided the doctor remains in charge of the case. Healers follow a code of conduct drawn up between the General Medical Council, the Royal Colleges of Medicine, and the Confederation of Healing Organisations. The code prohibits healers from promising results or claiming cures. Many healers belong to the National Federation of Spiritual Healers, which is affiliated with the Confederation of Healing Organisations.

The protective electromagnetic field that surrounds the body, the aura, is an absorber, soaking up vibrations from everything around: the sun, moon, animals, plants, stones, and people. The size of the aura increases as the consciousness develops. A strong aura influences those with whom it comes into contact. The weaker a person is (i.e., the weaker the aura), the more susceptible to other people’s energies. The healer
should have an inner calm. A healer coming into contact with an overactive person should have a calming effect, while a lethargic person should feel a charge of energy. The energy body, only recently verified by scientists has long been known to healers and mystics, who recognise that it is the starting point of all illness. It is through this energy field that we have the power to heal ourselves. There is nothing magical or mysterious about this. As with other areas in life those who have the knowledge have the power. We all have the ability to learn how to clear the energy field by learning the ‘science’ of healing.

Many of the holistic healing practices work with the energy field surrounding the body and use the chakra system to balance these energies. There is an intimate relationship between the aura, (sometimes called the bioplasmic or electromagnetic body) and the physical body. Diseases first appear in the bioplasmic body. Energy healers work with the seven major energy centres called *chakras* or energy points. The word *chakra* is derived from a Sanskrit word meaning *wheel*. Each of these centres corresponds to an area of the body. Chakras draw in life-force energy from the Universe and
distribute this vital energy to the physical glands, organs, bloodstream and nervous system maintaining optimum health and well-being. The chakras absorb energy that comes from our thoughts, feelings and outside environment. When energy is stagnant or barely moving, disease can set in. An energy medicine practitioner can identify the stagnant area, release the blockages and allow vital energy to move in the physical body thus enabling a natural healing process.

I have experienced the benefits of energy healing first-hand. I trained in Reiki, which traces its roots back to what is now Tibet; originating around 3,000 BC, Reiki is a natural healing method that uses the hands of a healer to channel energy to another person. It is an ancient laying-on of hands healing technique that uses the life force energy to heal, balancing the subtle energies within our bodies. If one’s ‘life force energy’ is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Reiki is not a religion and requires no doctrine or specific belief in a supreme being or even in Reiki itself to work. Reiki can be beneficial for adults and children alike and even works on animals! It can be very helpful for children who may have difficulty concentrating. It will assist in their enjoying
life, being more peaceful, and functioning in a more balanced and harmonious energy.

I also trained in pranic healing with its modern founder and proponent, Master Choa Kok Sui, a chemical engineer and international lecturer, from the Philippines. Pranic healing is an ancient energy healing technique. Prana is a Sanskrit word meaning ‘life-force’. Pranic healing is non-invasive and requires no physical contact. It utilises the chakra energy centres.

For many years pranic healing or pranic energy healing was shrouded in mystery and secretly practiced. This is because during ancient times many people feared that energy technology using vital life force or subtle energy might be selfishly misdirected toward a practitioners own personal interests or toward energetically ‘attacking’ other people. Despite these limiting beliefs for many centuries, energy based practices were used by shamans of various early civilisations, as well as by Egyptian Priests, Indian Rishis and Chinese Taoists, Tibetan Monks and many others.

Pranic healing is a collection of practices based on ancient knowledge and has been called by many different
names. Some of these names include Prana Therapy, Prana Yoga Vidya, Prana Treatment. Some also recognise pranic healing as a part of Chinese Traditional Medicine.

Energy healing such as pranic healing can increase vitality, enhance the immune system, calm the emotions and improve well-being. It can be used to treat physical and psychological ailments and can be utilised to harmonise physical, emotional, mental and spiritual energies, thus improving the quality of life, health and happiness. Energy healing seeks to address the whole person, not just the body. It is not intended to replace orthodox medicine, but rather to complement it.

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