

## **Healing or Curing?**

There is so much written about healing; sceptics scoff at the very idea but we have a whole palette of different techniques from which to make our choice. There is shamanic healing, holistic healing, hands-on healing, spiritual healing, Reiki healing, absent healing, distance healing, therapeutic touch, etc. Then there is healing with crystals or crystal bowls, with music, with sound, with herbs, through prayer. And that is just a sample of what's on offer.

Many people have found relief from all sorts of physical problems and there are shelves of books written about healers such as John of God, Harry Edwards, Stephen Turoff, to name just a few who feel that a higher power is working through them. The idea of healing is certainly much more mainstream in cultures outside the developed world

### **Belief is not necessary**

Belief in being healed comes into the equation of course, but even when people who don't believe and have only consulted a healer to please their family, they can often find that something positive has happened.

But does it last? That's another question people ask. Well sometimes it does and sometimes it doesn't. Healing is not to be confused with curing. Sceptics can point to someone who died rather than getting better and say: 'I told you so'. Healers can't promise a cure because that depends on the patient. You see, the only person who can heal me is me and the same goes for you. Healing comes from within and what healers are doing is tapping into a form of energy which they transmit to their patients. If the patient is genuinely ready to heal, then the results can be absolutely amazing. Hands-on healers often start with the head, to open the patient's subconscious up to a wider range of possibilities and then move down the body.

### **Our will has the last word**

A friend told me that, after her father died, her mother, who was in poor health, was so devastated that her only wish was to join him. I offered her some absent healing but she refused categorically, scared that it would keep her here when she wanted to leave. But it wouldn't have done that; in fact it could have helped her feel less anguished and able to move on more peacefully. Healing can never, ever go against the deep-seated wishes of the patient.

I recently watched *The Sacred Science*, a wonderful film where a group of people with so-called incurable illnesses were taken to spend a month in a shamanic hospital deep in the Amazon rainforest. The narrator explained that five people would come back healed, two wouldn't and one wouldn't come back at all. The one who didn't come back was the most enthusiastic; staying in the most remote hut, he raved about the romance of the place, the friendly sounds of the jungle and had the most positive attitude. He knew that his tumours had disappeared, but then he died there. Was he cured? Maybe. Was he healed? Oh yes, I think so. He had found the peace that he sought and even when we think that being cured is what we want, are convinced it's what we want, at a deeper level where our innate wisdom resides, this may not be the case at all.

Healing can mean letting go, feeling more at ease with the world, realising why we are unwell and being thankful for the lesson and it can lead to absolutely amazing physical results; we may be healed but not necessarily cured. That is surely no mean feat.