

Spiritual Energy Healing in the UK

by ROGER FORD MHIA, MNFSH and KIM VINCENT MHIA, MNFSH

Any doubt surrounding the efficacy of spiritual or “energetic” healing is a comparatively new phenomenon. For millennia, acceptance and belief were the norm, with a depth of understanding surrounding the body’s ability to heal itself. Hippocrates, considered the father of Western medicine, believed that we hold within us the natural forces that can heal disease (Brownstein, 2005). As medicine as we know it today became formalized, proponents of the new sciences treated claims made for the power of prayer and healing with disdain. After several hundred years, the tide is turning again—and with Britain and Europe leading the way, the scientific community is listening.

In Britain it is not unusual to see energy healers working alongside medical doctors in their offices, hospitals, hospices and cancer care centers. The Penny Brohn Cancer Center in Bristol, England was formed in 1980 and is typical of this type of integrated approach to health care. This non-profit agency provides specialized support including complementary therapies, advice, and counseling for people living with cancer and their supporters (www.pennybrohncancercare.org).

Since September 1991, Britain’s Department of Health has allowed healing to be part of the National Health Service, provided the doctor remains in charge of patient care. The trend took another step forward recently, when four spiritual healers were hired as full-time staff by University College Hospital in London, one of the country’s oldest, most highly regarded teaching hospitals. Such powerful relationships between doctors and healers seem to have eluded the U.S. medical community, and for many years, as more Americans discovered the National Foundation for Spiritual Healing (NFSH), now The Healing Trust, they would either have to travel to the United Kingdom, or receive distant healing from an NFSH certified spiritual healer based in Britain.

The respect with which spiritual healing is held by the medical community in Britain is largely due to a larger than life healer named Harry Edwards. Before Deepak Chopra and Andrew Weil, recent proponents of energetic healing, it was more than 50 years ago that Edwards realized the power inherent in a synergetic relationship with the medical community whose hearts and minds must be won if progress was to be made (Edwards,

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1978). Edwards founded the NFSH in 1954 and began the work of streamlining the spiritual healing process, developing standards and a code of ethics along with a stringent training process to underline credibility (www.thehealingtrust.org.uk/).

Dr. Jean Robertson, in general practice in St. Albans, England since 1981, has earmarked Friday afternoons for offering energy healing services, setting aside her prescription pad in favor of “channeling” healing energy to her patients. Says Robertson, “The size of my practice has increased due to this approach, and I now employ four spiritual healers.” Dr. Craig Brown, who has practiced medicine in Devon since 1993, meditates before seeing patients. According to Brown, “By combining modalities, patients benefit, and I have seen a decrease in the amount of drugs dispensed – thus reducing costs.”

Time and time again, after the patient has worked with an energy healer, both doctors and patients have reported recovery from terminal illness, pain reduction and much-improved quality of life, often defying the statistical odds for recovery (Benor, 2002).

Such evidence has drawn the attention of scientists, many of whom were critical of such interventions—but those same scientists are now beginning to understand the powerful energies brought together with spiritual healing. University of Connecticut researcher and department of surgery Professor Gloria Gronowicz (2008) recently led a study in which Therapeutic Touch, performed by trained energy healers, significantly stimulated the growth of bone and tendon cells in lab dishes.

Any illness, whether physical, mental, emotional or spiritual—from a dose of the flu to a dark night of the soul—will cause the body to become “blocked” at an energetic level. In turn, the innate power to heal ourselves is effectively turned off, and from that comes a risk of greater compromise to good health. Stress, poor nutritional choices, and a tainted environment all play a part in blocking healing energy. Aches, pains and fatigue are signals that energetic pathways must be cleared to prevent more serious health consequences. This is where spiritual healing has a powerful part to play in wellness, bringing divine or universal energy to the individual, releasing blockages and enabling the body to do its work—that of healing itself. The balancing of the mind-body-spirit connection reinstates a sense of wholeness, and it is with this added “push” that the most serious illnesses

have been overcome. A healer is trained to become sensitive to energy and can channel energy, from the divine source, through them and into a patient. This in turn releases blockages in the patient’s body and allows their own healing to take place. Those who profess no religious affiliation benefit from energy healing in exactly the same way as those who profess a given faith—spiritual energy healing is non-denominational and requires only a mind open to healing. Even the most die-hard atheists have benefited from the unconditional, universal love at the heart of spiritual healing.

As practitioners of energy healing, we, and all who support this work, collectively believe in the patient’s full recovery, and on some level the patient’s sub-conscious mind attunes to that message. Our work and the response to it can only be positive.

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