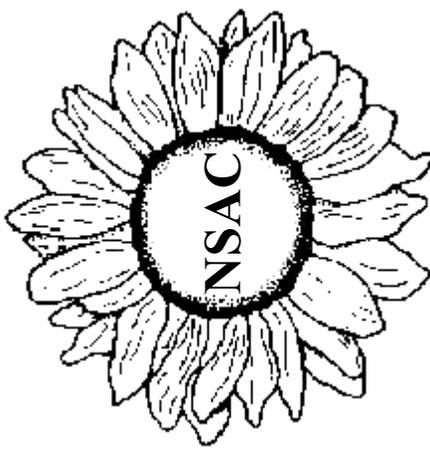


# What is Spiritual Healing?

Developing an understanding  
and maximizing benefits...

National Spiritualist  
Association of Churches

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“As the sunflower turns its face toward to the  
light of the sun, so Spiritualism turns the face of  
humanity toward the light of Truth.”

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### Declaration of Principles Principle 9

We affirm that the precepts of Prophecy and Healing are divine attributes proven through mediumship.

### Prayer for Spiritual Healing

I ask the Great Unseen Healing Force to remove all obstructions from my mind and body and restore me, to perfect health.

I ask this in all sincerity and honesty and I will do my part.

I ask this Great Unseen Healing Force to help both present and absent ones who are in need of help, and to restore them to perfect health.

I put my trust in the love and power of God

### Definition of a Spiritual Healer

A Spiritualist Healer is one who, either through his/her own inherent powers or through mediumship, is able to impart vital, curative force to pathologic conditions.

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## How Does Spiritual Healing Work?

Spiritual Healing is recognized by many sacred texts, including New Testament scriptures, and is a tenet of ancient and modern religions. A Spiritual Healer possesses a gift, or talent, for passing healing energy from spiritual forces to recipients. This energy helps to bring about relief, cure and healing of both mental and physical conditions.

The primary manner of conducting spiritual healing is through the laying on of hands. Absent Healing is also an important means of healing.

In brining about the healing, spirit beings combine their own healing forces with the magnetism and vitalizing energy of the healing medium. This energy is conveyed to the recipient through laying on of hands, or absent healing, and is absorbed by the recipient. Absent healing works even if the individual does not know healing is being sent.

Belief in the body's ability to generate its own healing energy is important in bringing about healing. Thought is the basis of all actions. Our thoughts have an impact on every cell, for either health or disease. Anger, fear, hatred, jealousy, and despair depress vital energy. Faith, hope, happiness and kindness stimulate essential life forces and promote healing.

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## Guidelines for Receiving Spiritual Healing

- Strengthen your innate healing ability by sitting regularly in meditation and by practicing a healthy lifestyle.
  - Thought is powerful! Think good thoughts, visualize recovery, maintain an attitude of hope and cheerfulness.
  - Practice affirmations and daily say the NSAC Healing Prayer.
  - When sitting for healing, place your feet flat on the floor and your hands laying open on your lap. This creates a positive flow of energy.
  - Remember that healing is a complementary therapy, not an alternative therapy.
  - Never give up medication or stop taking your health professional's advice. If you have not yet seen a licensed healing professional, please proceed to do so.
  - Spiritual healers should not make a medical diagnosis or provide psychological counseling unless specifically licensed to do so.
  - Spiritual healers should not recommend drugs or a specific type of treatment, manipulate the recipient's body, or use/sell any product, including herbs or crystals, in giving a healing.
  - Remember, you are sitting for a healing, not a clairvoyant reading.
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