

Awaken the Healer Within You *by Roger Ford*

Despite popular beliefs, each one of us has the ability to develop our healing gifts, a gift as normal and natural as breathing. So what is it then that enables some people to become healers, while others view it as something that only a few gifted individuals are able to do? I believe it has to do with our intent, compassion and a real desire to help others.

Our bodies are designed to be well and if we live in ideal conditions—being in the right environment, relationship, and job, having the right spiritual practices, eating the right food, et cetera—we would not become ill. When we do fall ill, it means that our bodies are out of alignment, out of balance and that there is some form of energy blockage. Our bodies have the intelligence to heal themselves, but sometimes we need a “kick start” to remove that blockage and allow our bodies to heal naturally. This is where the services of a spiritual healer can come into play. Eastern medicine is based on the principal that we have energy meridians and a number of healing modalities will help to keep these channels clear so energy may flow freely around our bodies, keeping us well.

The National Federation of Spiritual Healers, established in 1954 and based in Britain, is the largest healing organization in Europe with over 6,500 members. The healing methods taught are simple but very effective, and with a strict code of conduct, healers in Europe are embraced by the medical profession, hospitals, hospices, et cetera. They are now also represented in the U.S. with NFSH Healing in America, based in California.

It is important to note that healing does not come directly from the healer; the healer is simply acting as a conduit or channel for directing divine energy (energy from the source) into the client’s body. If anyone claims that they are able to “heal”, question whether this is coming from the ego, rather than the heart.

As with any therapist or medical practitioner, one of the most important aspects of healing is the relationship you have with your healer. If they have empathy, are interested and attentive to what you have to say, there is a much stronger likelihood that you will be helped with your healing process. It has been shown that where a surgeon or doctor has a positive belief about the outcome of a patient, there is a significant difference in the chances of recovery.

A spiritual healer will normally spend 15 to 20 minutes listening to a patient to discover why they have come, their intent from the healing, whether they have a positive outlook on recovery and other factors. The healer will then relax the patient, usually while lying on a massage table, and check the seven main Chakras, or energy centers. A healer is trained to sense energy and discern whether these vortexes of energy are open to their maximum and if not, they can gently open them to the optimum amount for the client.

The healer will then “scan” the body, either lightly touching the outside of the arms and legs, or working a couple of inches from the body. This will enable the healer to sense where blockages are, which they can then release. Having worked around the whole of

the body, the healer will then revisit any area the patient indicated was causing problems.

The patient often feels warmth from the healer's hands and invariably feels relaxed, safe and comfortable. After the healing, the client often has questions or discusses what they experienced. A trained healer will also be able to help clients, if applicable, to look at emotional issues that may be occurring in their lives. Often, with health challenges such as cancer, there are unresolved emotional traumas, sometimes dating back years, and using tools to help clear these has a very positive effect with the healing process.

While no one welcomes illness, it is important to recognize its diagnostic abilities. Illnesses grant us the opportunity to change and consider what we need to do to be healed. Listen to what your body is telling you. We don't suddenly become ill—it is because we have not listened to the warning signs, and eventually the body will take more serious action to get our attention.

Roger Ford has been a spiritual healer for 28 years, working all over Europe, and now lives in California. He and wife Kim run Healing Development Courses on behalf of the NFSH at Meditation Mount, Ojai, California. They also work on a one-to-one basis with clients in Ventura, Santa Barbara and Santa Monica. Contact Roger Ford at 805-640-0211 or www.healinginamerica.com, www.nfsh.org.uk.