

# Helping Friends and Family Heal

*By Marianne Zinn-Kuwabara*

Do you have loved ones going through emotional trauma or physical illness; you are not a trained healer and you are wondering how to help? Well, the good news is that everyone can help others heal.

## ***Who does the Healing?***

Healing techniques are very much like concentrated and focussed prayer. The best healers know that they are the source of the healing energy, but are the conduits. The healing energy runs through them to the recipient. The energy is offered, and the recipient heals him/herself to his/her highest good.

## ***How do I start?***

There are some things that make the process much more effective. The first is to choose a special place for your healing. It seems that healing energy flows more easily in a place where it is frequently used. Scientists are now finding that sacred spaces do indeed create some kind of special atmosphere that facilitates energetic connections.

## ***Getting in the mood***

It is important that the healer prepares for the event. The healer must be calm, peaceful, even blissful in order to be of the most assistance. Trained healers are taught that healing from a tired or distressed state is not only unhelpful, but may even be detrimental to the recipient. In order to achieve this state of peace, the best practice is daily meditation. However, even without this practice, one can prepare oneself for healing. Some people find soft, soothing music of assistance; others prefer total silence. Begin in meditation, whatever that means to you.

Take your time. Relax, close your eyes and wait. Then think of something that brings you into a state of bliss. Perhaps it is the remembrance of sitting in your favourite place in nature, perhaps it is the thought of looking up to the night sky in wonder, perhaps it is the face of a loved one. For those who are religious, it could be the vision of the little Christ Child. You get the idea. Sit with this feeling for a while.

## ***Making your statement of intent***

Open yourself to Universal Energy. Allow it to move through you. This is a feeling of openness, perhaps a prayer. It is okay to ask for help from whatever powers/beings you believe offers help. Then, state very specifically in words, silently or out loud, what it is you desire.

### ***The feeling is the prayer***

The next step is the most important part. The laws of physics say that 'like attracts like'. It also says thought and belief affect the outcome of experiments. You must create within your mind and heart the image of your stated intent in its fullness. See your loved one in full health and wholeness. Make it as graphic as you can. Visualize all the details; feel all the feelings. See the person totally healed and know that because you have created this image, it is already done. Feel your joy at seeing him/her well. Feel great gratitude for the wholeness. Spend lots of time enjoying your knowingness and your joy. Remember, feelings not thoughts create results. If you sense negative thoughts entering your mind, cancel them. Focus solely and with great intent on the positive. This is a celebration.

### ***Surrender***

Know that you have helped your loved one in the best way possible. Now, you get out of the way. Surrender the results to the power of the Universe and let go of what the outcome will be, or how the outcome will be accomplished. Give thanks.

### ***Closing Thoughts***

Healing works best when your intentions are in alignment with the intentions of the recipient. It is also best if the recipient is in a calm, restful position when it is happening. Consider doing your healing work very early in the morning, or late at night when most people are resting. When a recipient knows you are sending healing to them, that knowledge amplifies their expectation of recovery. If you feel comfortable, share this method with them. It can be used on oneself. Perhaps there are others who would like to join in the endeavour. The power of each person joining in the same intent amplifies the power at an exponential rate. That is the wonder of physics and prayer.

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