



Distant Healing for a Large Number of Recipients

It is highly likely that the organisation with which you trained taught distant healing. However, we are often asked how to send distant healing to a large number of recipients, whether they be people, animals or situations.

Aim of Notes

The aim of these notes is to help clarify methods to do this and is easy if you are doing Source Attunement Healing. These notes cover:

- Key elements of doing distant healing to a large number of recipients
- Examples of different styles of doing distant healing to a large number of recipients
- And finally, information about the *Omnes Circle of Distant Healing*

Distant healing

Distant healing is essentially intercession by a healer to Source for healing energy to be received by a recipient, without the healer practitioner being physically present with the recipient. As with all healing, the intention is based on the highest vibration of unconditional love.

It works on the principle that energy follows thought. As soon as the healing thought is made about someone or some situation, energy is instantaneously transmitted there. Essentially, through visualisation and centred thought, the healer practitioner asks for healing to go to people, animals, plants or situations.

Distant Healing has been found to be a very effective method of creating positive change towards wellbeing. As with contact healing, no promise of a cure or a particular outcome can be made and the recipient should continue with any prescribed medical care.

The consent of the recipient is not legally required in distant healing and so the recipients may or may not be aware that the healing has been requested for them. Very often people feel comforted to know that others are taking action on their behalf for their wellbeing, however. If someone is being sent healing who would rather not be receiving it, their Higher Selves will block the healing energy. Healing is always in accordance with the intention of the Higher Self.

How to send Distant Healing

There are many different and equally effective ways of sending distant healing. As long as certain key elements are incorporated, you can find a method which best suits you. You may find it helpful to set a regular time for distant healing.

Preparation. Find a quiet place to sit and do the healing. Tell other people that you do not wish to be disturbed. You can also have a physical sign, (such as hanging a scarf on the door handle outside the room where you are going to send the healing) to indicate to people that they should not enter. It is often a good idea to remove any pets who might become restless.

Some people like to light a candle at the beginning of their Distant Healing practice and dedicate the light to this work.

Key Elements of Distant Healing

This follows the same steps as in face-to-face healing/energy rebalancing:

1. Perhaps do a meditation / visualisation / breathing exercise to raise your energetic vibration prior to starting and find your stillness within.
2. Protection – One way of doing this is to simply thank Source that *you, the space you are in, the recipient(s)* and the *spaces they are in* and *all souls within these spaces* are all protected. You might like to imagine all these being filled with the light of Source energy.
3. Ground yourself. For example, you might like to feel your feet on the ground and the earth supporting you.
4. Attune to Source
5. Thank Source and intend that healing, as appropriate, goes to the recipients' mind, body and spirit. It is important that you do not focus on a particular condition or outcome, which reinforces negativity. Requesting that the healing is 'appropriate' for the recipient/s means that the cause of the problem will be addressed, not merely the symptoms. This removes the need for focus on a particular condition or set of circumstances, leaving everything to Source

When you have a sense that the process is complete (this may be much quicker than anticipated):

For the Recipients first:

6. Thank that their energies have returned to a level which is appropriate for daily life. Get the sense that this has happened.
7. Ground the recipients - perhaps by just thanking that they are fully grounded
8. Visualise the recipients as Divine Light – Leaving them as highly vibrational as possible at this time.

For yourself:

6. Thank that your energies have returned to a level which is appropriate for daily life. Feel your expanded energies return to their normal levels
 7. Ground yourself - in your usual way, or perhaps by just thanking that you are fully grounded
 8. Visualise yourself as Divine Light – Leaving you as highly vibrational as possible at this time.
9. Intend and know that your energy and that of the recipient/s are separated
 10. Give thanks to Source.

Sending distant healing need not be a lengthy or very involved procedure, unless the healer practitioner wishes it to be so.

Distant Healing can be to one person, animal, plant or situation or to very many. If to many, for example, hundreds of names of many recipients on a distant healing list, simply ask Source that all on the list receive healing, as appropriate. This makes it manageable.

Although it is not necessary for the recipient to be aware of the healing being sent for it to be effective, some healers arrange to do Distant Healing for a particular individual at a specified time.

If this is the case, it is beneficial for the recipient to sit or lie down in a quiet environment and afterwards, for the healer practitioner to speak to the client to receive feedback and check that they are back to full consciousness.

Many people report that such a method of doing Distant Healing is powerful and felt by clients similarly to healing when done face to face. It also can be a very reassuring method, allowing the recipient to feel that someone is caring for their wellbeing.

Confidentiality. It is common for healer practitioners to keep a list of recipients to whom they regularly send Distant Healing and it is important to maintain the confidentiality of those on the healing list. Confidentiality is part of the Omnes Healing Code of Conduct and can be achieved simply by making sure that the physical list is locked away, or if your healing list is a document on the computer, that you use a password on your computer so that others cannot access the list.

Omnes Circle of Distant Healing

Omnes Healing has a network of distant healing which is called the *Omnes Circle of Distant Healing*. This is to provide a free healing service to the wider public and also for Members, Associate Members and Students (after they have been taught distant healing in the Foundation Course) to have increased opportunity to do healing work on a voluntary basis if they so wish.

It is an email network of healer volunteers who send distant healing to a large number of recipients whose names are on a regularly updated email list. It is an easy way to make a difference to people, animals, places or situations in need, in the comfort of your own home.

What does membership of the Omnes Circle of Distant Healing involve?

- Healer practitioners are sent a monthly e-mailed list of the names of recipients. In addition, they receive emails throughout the month, requesting distant healing for those in urgent need; often this is daily.
- Distant healing can be sent to everyone named on the list, as frequently as healers wish. This means that each person, animal or situation on the list receives healing sent by all the members of the Omnes Circle of Distant Healing at various times of the day or week, throughout the month
- At the end of each month the network Co-ordinator e-mails the healer members of the distant healing circle, requesting the names for whom they would like healing to be sent for the coming month
- At the beginning of each month a new, full list of recipient names (comprising names sent from the healers in the circle and directly from clients via the website) is sent out to the healers.
- A network member may contact the Distant Healing Co-ordinator, via email or the website at any time to request urgent healing for someone. At the top of the page, click on 'Healing' then 'Healing Services' and then on 'Distant healing' in the pop-up box.
- Any feedback on the outcome for recipients is usually included in the next Distant Healing e-mail that is sent out.

Ways to do Distant Healing

There are many ways to do Distant Healing. You just need to find a method with which you are happy and which incorporates the key elements so as to ensure the wellbeing of the recipients and yourself.

Here are some example quotes from different Healing Practitioners:

- *I still myself and ask for protection for all concerned. I ask Source that healing is given as appropriate, for the greater good of their mind, body and spirit, to all on the list, visualizing*

Healing Light entering all and KNOWING that healing has taken place. Then, I thank Source that it has been done

- *I visualise all in a volume of light with healing rays beaming down on them*
- *I personally seek a quiet space in my heart/mind /, read the e-mails sent and the names of the recipients and ask for blessings of healing and divine adjustment to be sent to those people. Then, I let go and let God, knowing that the best outcome for the patients will be achieved.*
- *As Healing is asked for, I read each name and mentally request Healing. I then send the e-mail request to my computer Healing Folder. At bedtime/, I then follow through with asking that 'Loving, Healing and Protective light surround each person on my Healing list and their families'.*
- *We enter all names in a distant healing book and ask the Universal Spirit to bring healing to those in the book. In addition, I put the names in the Distant Healing book at our local church and they are prayed for each week.*
- *Firstly, I sit in my healing room or a place where I won't be disturbed. I quieten my mind. I ground myself and do my usual protection and attune to Divine Source. I ask for healing to go out to every person on our healing list, for their highest good and well-being and I know instantly that the healing has been done.*

How can I join the *Omnis Circle of Distant Healing*?

We would be delighted if you would like to join our *Omnis Circle of Distant Healing*. Just email admin@omneshealing.com and we can add you to our group.

It is great to be able to make a difference to those in need, in the comfort of our own home!