

Energy Healing – Fact or Fiction

Since the beginning of time, people have wondered if there really a power that enables you to heal illness simply by thought or touch.

Science has always treated the claims made for the power of prayer and healing with a touch of skepticism, however, after an exhaustive analysis of all the available evidence, scientists are beginning to accept that such unconventional and un-scientific methods of treatment can reduce pain and speed recovery from a wide range of illnesses.

In Great Britain, a number of energy healers are now working in doctor's surgeries, cancer help centers, hospices and hospitals with several doctors themselves using healing alongside conventional methods of treatment with some excellent results. Since 1977 medical doctors have been able to refer their patients to healers and from September 1991, the Department of Health in the UK has allowed healing to be a part of the National Health Service, provided the doctor remains in charge of the patient.

Dr Jean Robertson, a GP from St Albans, North London, sets aside Friday afternoons for healing sessions instead of conventional medicine, banishing her prescription pad in favour of "channeling" energy to her patients. Dr Craig Brown from Devon, starts the day in his surgery with a meditation.

There is currently considerable interest in mind-body medicine and the realization of the power of the mind in helping us to overcome overwhelming health problems. People with so-called terminal illness's with a prognosis of living a few days, have been helped to prolong their lives in some cases by many years. Recipients of healing also experience pain reduction and a much-improved quality of life- defying the statistical odds for recovery.

Why should this be - what happens?

When we become ill - be it physical, mental, emotional or spiritual, a part of us, on an energetic level, has become blocked. Our bodies are not able to do what they are designed to do - that is - to heal themselves.

If we cut our finger, we really do not have to do very much to repair it - our body will send out the blood clotting agents to the area needed, white blood cells will fight infection etc and other things being equal the finger will stop bleeding.

Because of the stressful lives we lead, the food we eat, the environment we live in we can create within our body energy blockages, and we become ill. Be it an ache, pain, or something more serious such as cancer.

Energy Healing brings divine energy – or universal energy as it is sometimes called - to the person, unblocking the blockage, and thus allowing the clients own body to heal itself. It is the restoration of a sense of wholeness- a balancing of the mind/body spirit connection irrespective of any religious beliefs.

Those who receive healing just need to be open-minded - it works very effectively on children and animals who really do not have a belief system. This complementary therapy works alongside conventional medicine and is not an alternative to it. Many healers work alongside medical doctors or in the case of animals, working with the veterinarian, bringing a holistic approach to health.

Monthly guided meditation & healing circles are held in the oncology departments of two hospitals in California – for both cancer patients and their care givers.

Dr John Aston from the coronary unit at University of Maryland, who calls himself an “open minded skeptic” states there is compelling evidence for a positive effect of this type of healing.

In a recent study at the University of Connecticut, researcher and department of surgery Professor Gloria Gronowicz 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. To Gronowicz's astonishment, the cells treated by trained Therapeutic Touch practitioners grew faster and stronger than those that received no treatment at all.

In 1991 Deepak Chopra, recognizing the potential of a system of medicine that treated the whole person - body, mind, and spirit - founded the American Association of Ayurvedic Medicine and in 1995, he formed the Chopra Center for Well Being in La Jolla, California.

Formerly the Chief of Staff at Boston Regional Medical Center, Dr. Chopra built a successful endocrinology practice in Boston in the 1980's. His teaching affiliations included Tufts University and Boston University Schools of Medicine. Chopra realized in his medical practice that there was potential in western medicine for the establishment of a new life-giving paradigm, one which encompassed the fundamental principle that perfect health is more than just the absence of disease. He began to envisage a medical system based upon the premise that health is a lively state of balance and integration of body, mind and spirit.

Being able to heal ourselves as well as others is not a privilege of the few – we all have the inherent ability to heal. The gift which we all possess is often dormant and can be awakened and used to transform our lives, and those around us, into something remarkable.

International Healer and co-founder of Healing in America Roger Ford will be running a healing development weekend workshop in Naples, on September 3rd, 4th & 5th where you can learn how to develop your gift.

For more information and reservation details call 805 640 0211 or email
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