

Introduction

LOVE is an energy with the power to unite, harmonize, and heal, and it is unconditional in its action. Distant Healing is the transmission of this energy, through a person's desire and intention to help, to where it is needed. Instead of being present, as in hands-on healing or other forms of energy therapy, the subject is at some distance from the healer—hence “distant healing.” (When Distant Healing is capitalized, it refers to the special method and techniques described in this book.)

The great advantage of this form of healing is that the “subject” can be a person, an animal, a plant, an environment, or even a situation. This book explains how Distant Healing works, how to do it, what happens during the process, and the different ways in which it can be used. Distant Healing can be applied to friends and family, pets and the home, the environment, and societal and global problems. The book is accessible, at a number of levels, to anyone interested in healing energies and to all who want to work with those energies. This includes beginners, as well as practicing energy workers, therapists, and health-care professionals.

The Distant Healing Perspective

From the Distant Healing perspective, healing energies come from the Source of all energy—a Oneness, which religious people call God. The

energies thus originate *outside* the space-time frame of the physical level and are not governed by its laws until they enter this level. This means they can travel to another person, another being, landscape, or situation, at any distance from us, in an instant.

Why Distant Healing?

There are factors and situations where hands-on help is just not possible. For example, distance prevents certain people from traveling. This is the case with the disabled, those in some kind of confinement, those with a mental or behavioral condition, the sick, and of course those who live just too far away. As a Distant Healer, none of these factors presents a barrier to your being able to offer help.

Similarly, because it is able to work at an energetic level, Distant Healing is an ideal way to address the two urgent issues of our time—environmental and societal problems, whether local or global.

The feeling that you want to help another or do something about a situation is the instinct to heal. When people ask me if they need special qualifications to work as a Distant Healer, I assure them that the most important qualification is this instinct, which comes from the heart.

The Instinct to Heal

I have always been fascinated by the fact that people in all cultures throughout recorded time have been laying hands on others to ease pain, to relieve symptoms, and often to completely heal a condition. This is not surprising when you consider that when we hurt ourselves, our first instinct is to put our hands on it. When this happened to us as children, our mother opened her arms to cuddle us and “kiss it better.” This instinct is a loving gesture that comes before any rational thought of what to do about it. You don’t need to think about how to be loving or supportive; you just do it.

In the mid-1980s, I was encouraged to discover what this meant in practice. Months of chronic back trouble and sciatica had baffled my doctor, and he suggested that I visit a spiritual healer. “After all,” he said, “what have you got to lose?” After two short sessions of hands-on work with the healer, my back trouble was considerably improved, and I pondered how it

was done. But my visits had convinced me that I already knew how hands-on healing was done. I had been doing it for others since I was a child.

Discovering Subtle Energies

My encounter with this healer proved to be life changing. I was a curious patient, and Dennis, my healer, did his best to answer my questions but assured me that I would make my own discoveries. This launched me into the world of healing and subtle energy medicine—the therapies that work with “subtle” energies. Subtle energies travel at speeds beyond the speed of light, so they are not visible to normal sight and everyday sensing. Because of this, some people have found this fact of life difficult to understand or accept.

I had been aware of these energies ever since I could remember; sometimes I “saw” them, but more often than not, I sensed them in some other way. For example, I saw light around people. When they were angry or unhappy, this light became frighteningly dark. When I sat with old people, my hands would sometimes tingle or get warm. To me, this type of awareness was quite normal, and I assumed that everyone was like me. As I grew up, I discovered that we all have the natural ability to sense subtle energies, even if we don’t exercise it. It is exciting to realize that healing energies fall into this category. They are subtle, but they can certainly be sensed or felt by most of us.

The healer described his work as the action of love. This energy came from the Source, then traveled through him and into the patient. It was love that did the healing. He saw this as complementary to everyday medicine and not as an alternative or last resort for the desperate. Dennis’s assertion that love could heal did not sound corny to me—it sounded obvious, but I had never heard any sort of therapy described in this way before.

Healing at a Distance

Quite soon after my time with Dennis, I had the chance to consider his point of view and to put it into practice while on a trip to Italy. Readers of *Your Healing Power* may recall this story. I repeat it here because it tells how I started distant healing and how, in this field of therapy, you can expect the unexpected. I spent my first night in the beautiful Tuscan town of San

Gimignano in a family home. As I lay awake planning the research I was to do in the coming month, little did I know that I was beginning a life in healing. The house had been quiet for some time when suddenly a rasping sound broke the silence. Grandfather Fanciulli was coughing. On and on he coughed, until the coughs changed to groans and cries of desperation. The rest of the house remained still. No one went to his aid. Perhaps the family slept through it because they were already used to these harrowing sounds, and they felt powerless to bring him any form of relief.

I wanted to help him. I was lying on my back, and something made me put my hands outside my bedclothes as if I could send some “healing” toward the grandfather. To my surprise, my palms and fingertips began tingling—a feeling at once strange yet oddly familiar. I mentally asked for help to be sent to the old man. The next moment his coughing stopped abruptly. The house returned to silence, and I dropped off to sleep.

In the small hours of the next night, the old man began to cough again, hardly able to pause for breath, until it sounded as if he would cough up his whole body. There was no space for a groan or a cry. Again I stretched out my hands and asked for help to come to him, and again his coughing stopped immediately.

The same thing happened every night until I left San Gimignano. As I said goodbye to the Fanciullis, old Nonno gave me a smile that seemed to say he knew what had been happening. Perhaps on some level he did know. This first attempt at Distant Healing taught me that whatever was making my hands tingle could be sent somewhere to help. I did not need to analyze how this could happen. During the rest of my time in Italy, I frequently felt the need to send healing thoughts out to people I passed in the street. I guessed that this was healing at a distance, distant healing, and it seemed such an easy way to help out.

Working as a Distant Healer

On my return to my home in Wales, the locality of a small mining village seemed a daunting place when faced with what needed to be done. The land and the people were trying to recover from centuries of mining and now from the trauma of closure and unemployment. A clever, mocking voice in my head seemed to be saying, *Come on, Jack. What can you do*

here with distant healing? Something needed to happen to balance my innate skepticism. I joined a local meditation group. The leader said she sensed that I had the gift of healing and suggested I send distant healing to a list of people she had drawn up. She did not tell me how to do this; instead, she said that I would be “inspired from within” to find my own way intuitively.

One evening after a meeting of the meditation group, a young woman came up to me. She was obviously pregnant. She had heard I was a healer and wondered if I could help her. Her boyfriend had left her, her parents had thrown her out of their home, and the fetus kept returning to the breech position, even after being turned by the midwife. Without wondering how, I said I would do my best to help her; I would work out how to assist her later. That night, I sat quietly in a chair. Using my breathing to help me relax, I attuned to the Source. When I felt centered, I asked the Source if I could help the young woman.

With closed eyes, I soon sensed the body of a woman as if it were lying in front of me, hovering in midair. Instead of being surprised, I assumed this was part of the process and relied on my instinct to heal. My palms were already tingling. As I reached out, I could feel her baby in her womb; other unknown hands gently turned the baby so that the head faced downward again. This was accompanied by an overwhelming sense that everything would be all right for mother and baby. I sat for a while, just absorbing the experience. Suddenly the feeling came to hand over their fate to the higher power that seemed to be looking after them. I got up and thought no more about it.

I didn't see the young woman for a while. Then, a few months later, she turned up at the group meeting again. She had a few things to report. Her baby boy had eventually turned into the right position, never returned to breech, and was born naturally. Her boyfriend came to her hospital bedside and asked her to marry him. “What wonderful news!” I said. But that wasn't all. Her parents seemed to have had a change of heart too, because they also visited her and welcomed her back to their home. I heard the list in amazement. So this was the world of Distant Healing!

Sometimes I sent help and nothing seemed to happen. I had to learn not to take it personally when people didn't bother to report back one way or

the other. But during the ensuing weeks, positive feedback from many of those who had requested my help gave me proof that Distant Healing was effective for all kinds of concerns.

Becoming Aware of the Energies

When I sat to do distant healing, I was aware of an energetic change in my hands, which signaled to me that I was working. But this was not always accompanied by a sense of the presence of the person who needed the help. When I did sense the person, I was able to sense the body from whatever angle seemed necessary. I knew where I needed to place my hands on the body, and the organs concerned gave off information about what was wrong. I often saw or felt what was taking place as the healing progressed. In this way, I was able to work with people as if they were physically present. I also picked up a range of messages coming from different parts of a person's body. These told not only of the physical conditions but also of worries, sadness, stress, past traumas, life incidents, unfulfilled needs, as if everything that had happened to that person was recorded somewhere in the body or in the energy field of that body.

Part One of this book will prepare you for experiences like these. In Part Two, we will look at these experiences in detail to see how they can contribute to more advanced work.

My Healing Journey

My journey as a healing practitioner began with distant healing. I kept a working journal and built a very useful database of experiences that gave me an excellent grounding and understanding when I began to work “hands on.” My interest in the natural world led me to work with the healing ways of many indigenous peoples, especially Native Americans. Even though I was able to work with these “medicine” people for only a few days at a time, I found that they were able to transmit further teachings at a distance. Sometimes I would wake up and grab paper and pencil, realizing I had just received a teaching during my sleep. This book also includes some of the knowledge gained from my indigenous, or “shamanic,” encounters.

During twenty-five years of “hands-on” subtle energy work, I have written a number of books on the subject, including *Your Healing Power*,

which has become an international healing classic. Its sequel, *The Spiritual Healing Handbook*, appeals to those who want to take the work even further. Things have now come full circle and distant healing is again my main therapeutic focus.

The Next Step for Healers—Distant Healing

The dozen or so years since *Your Healing Power* was published in 1994 have given those who have used my books time to achieve a good level of proficiency in healing. This has prepared them for the next important step in healing—to work with situations where hands-on healing is difficult or impossible. The field of energy medicine has been considerably expanded now that two further, but crucial, issues present themselves. Their call to us is urgent, and there is little time for us to stop and think about what to do—our response must be immediate, just as it must be when a child has fallen and lies crying. These issues concern our global environment, the Earth, and the fear that fuels chaos and violence everywhere on this beautiful planet. This is why this book is needed now.

How to Use the Book

Start your practice, like I did, by learning how to send healing to another person or a favorite pet. With exercises at each stage, the book will guide you carefully, giving you a firm foundation from which you can move to the more advanced work in Part Two. Stay with each section until you feel confident with the practice.

You will have many experiences once you start work, and Chapters 7, 8, and 9 are designed to prepare you for them. You can start your Distant Healing work straight away and dip into these later chapters when you feel the need. Keeping a journal of your progress will allow you to maintain your own record of what you do and the results that you observe. This will help you build your own database of experience.

About the Exercises

The exercises are designed to lead you to the point where you will feel confident making Distant Healing a life skill. The exercises with a partner are essential for developing your knowledge base but are not essential to your

work as a caring individual. Your knowledge base can be acquired over time by practicing when the opportunity arises.

You may find it helpful to tape or digitally record some of the exercises so that you can carry them out without referring back to the book. Or your working partner can read them out for you.

Interaction with a partner or a group as you practice Distant Healing adds the extra dimension of being with others, which is so helpful in developing an open and compassionate heart. But there may be reasons why you have to work on your own. When this is the case, it is worth recalling that you care about others because you are aware of them and their needs, and you are aware of being part of a diverse global family. Through Distant Healing, you essentially interact with others so that you are an effective and vital contributor to individual and world healing. Meanwhile, it is important not to let your lack of a working partner stop you from making a start with Distant Healing. You will soon see that the exercises for individual practice will prepare you to work quite adequately.

Practice the exercises and experiment with the techniques in the book to find out how Distant Healing works. Sooner or later a pattern will emerge that will indicate that you are creating your own individual practice.

Please note that none of the exercises should be used for purposes other than those specified.

part one

Widening Our Circle of Compassion

What Is Distant Healing?

For millennia, healing at a distance has been a time-honored way of ministering to the sick and needy. Evidence from around the world shows that this form of healing has always been just as common as hands-on healing. Among the Middle Eastern peoples of the first century CE, for example, two famous healers from Galilee are recorded as working this way: the healing of the great Gamli'el's son by Hanina ben Dosa (in Babylonian Talmud: Berakhot 34b) and the healing of the royal official's son by Yeshua/Jesus (in John 4:46–53).

People with different worldviews or religious beliefs have different ways of defining distant healing and of explaining how it works and the energies with which they work. Moreover, each worldview has a different language to describe the process. At an individual level, people's life experience and their at-oneness with their own life journey influence these views and definitions. However, all worldviews incorporate our instinct to offer help to one another. We can do this by thought, by what we say, and by what we do.

Your instinct to heal means that you may often send out a thought or prayer that healing will be directed to a person, an animal, the environment, or a situation. In Distant Healing, we further strengthen this simple,