



Distant Healing: Loving through the Distance

On many occasions, we find ourselves in need to reach out and help someone we love. Even when it is not possible to be present to compassionately support someone; we, as multi-dimensional beings, can accomplish a similar effect by sending Distant Vibrational Healing.

Healing energy is a vital force of the original energy of the creation. This miraculous energy is in everything and is everywhere. It permeates every single inch of the manifested Universe as we perceive it.

Our body is comprised of energy fields vibrating at different speeds and frequencies. They can be understood as our physical body, our thoughts, emotions, and our spiritual core: all vibrate at a particular rate or speed.

These varying vibrations or pulsations create a field around them which are often referred to as our aura or energy field.

The aura is an information center and a vastly perceptual structure that conveys and receives messages from the external and internal environment. This is also true of the Ki energy.

The access of this energy, “Chi” or “Ki”, is offered to all, because the baseline is pure love, and love is ALL THAT IS. There are many ways to reach this energy and different schools of healing teach different techniques. They are all valid ways.

Nevertheless, to attain and send distant healing in a clear and simple way, all you will need is to be genuinely aware of the four elements:



- The authentic desire to help
- A clear and acute set of intention
- A pure heart
- A loving attitude.



To accomplish the perfect state where you can send healing energy to someone else at a distance, you have to first center and ground yourself; breathing in and out a few times, and consciously being aware of the energy getting in and air going out of your body. Concentrate and imagine the divine energy of plenty and grace to permeate your entire body. Now you are becoming, by the power of your intention, a clear conduit of this eternal energy and love that comes fluently from the One Divine source.

Never lose the perspective that you are just the vehicle in which this energy is working through: the healing is coming directly from the Divine Healer.



Give attention to the liveliness of the love that is coming through you and gently try to direct this energy, first to your heart center, expanding out from there, and then, direct the same vibrational waves towards your hands.

While you do this exercise, envision peace reaching all beings, happiness, wholeness, healing, because all of this is possible if you send forward all this pure love energy. Do not direct this energy to the past¹, because we cannot change what is done, but you can foresee and project beautiful circumstances for the future, the fulfillment of what is lacking in other's lives, creative and miraculous events and solutions, and the infinite possibilities that can spur from the Divine mind of God.



Connect with your higher self and send a determined prayer towards all of those that are suffering, lost feeling abandoned, and hurting. Ask with your heart for the Higher Spirit of God to take over their lives, restoring hope, wellness and blessings in many ways. You can imagine this as a shower of abundance of blessings.

With your mind's eyes, hold the ones you are intending to send the healing to and let your energy of love pulsate into their hearts along with the tender beat of your own heart.

¹ There are ways to send healing energy to the past, but only if you are willingly intending to heal a situation, especially with the main purpose of forgiveness.



Strive to put aside all the feelings and troubles that you may be feeling inside your own being, because while you are vibrating pure love, all those sensations will cease to exist inside of you, you just have to give it sometime

This information is provided by the Humanity Healing Network and is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.



Warning:

Please do not overdue it.

As with sitting meditation, 10 minutes of concentrated, focused, good quality distant healing is better than 10 hours of distracted, bored, mindless distant Healing.

A Tibetan proverb says 1 moment of meditation is better than 100 years of normal life.

You are more likely to be consistent with your Prayers practice and healing sessions if you keep a joyful and cheerful mind that does not feel burdened.

Push yourself to increase your willpower, but do not over do it. Keep it reasonable. Intend for joyful effort.