

CONTACT THE HEALING TRUST
TO FIND OUT MORE ABOUT:

- ❖ Healing and Distant Healing
- ❖ Healing Practitioners and Healing Centres in your area
- ❖ How to request Distant Healing for yourself or others
- ❖ Healer Training and Development courses
- ❖ The work of the Healing Trust



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office@thehealingtrust.org.uk

August 2018

After a HEALING Session

You may wish to have more healing sessions. The Healing Trust has Healing Centres and Healing Practitioners throughout the UK and in some other countries. For more information, ask us for a list or contact The Healing Trust.

Your body has a natural ability to refresh, rebalance and heal itself. This is what is stimulated when you receive healing in person or as distant healing.

And there are ways you can help your own body continue to heal. This leaflet offers a few suggestions...

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RECREATING THE EXPERIENCE

Because you have experienced a healing session you can also recall how that felt in your body. When you do this you are connecting again to the same healing energies.

CREATING YOUR OWN SELF-HEALING SESSION

Many people find it helpful to choose a quiet place and regular time each day and to pause for a self-healing session.

Find a comfortable position, with your feet and body well supported. Allow the out breath to deepen and your body to relax and soften. You might imagine that every cell in your body is repairing and healing as you: recall a healing session; visualise a place you love; focus lightly on something that brings a smile; or simply settle into having some quiet time.

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USING AFFIRMATIONS

These may inspire some of your own:

“Every cell, tissue, organ and system in my body is working to reconnect, renew, rebalance and re-energise.”

“I am receiving whatever healing I need and is for the greatest good”

“I am trusting and grateful for the healing energies and the process of healing within my body”

MAKING POSITIVE CHOICES

Drinking plenty, especially water;
Choosing to eat regularly, a wide variety of mostly fresh, wholesome, low sugar foods;
Including daily exercise and activities you enjoy;
Beginning a meditation practice;
Creating a technology-free time zone before bedtime, to help restful sleep.

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