



MIKE OVEREND  
HOLISTIC  
THERAPIES

***“What is essential is invisible  
to the eye”***

**St Exupéry - The Little Prince**

### **DISTANCE HEALING - some thoughts and information for clients**

During this period of social distancing, which has meant that “hands-on” healing has not been available, I have been encouraging clients to try the benefits of distance healing. Distance healing is something which I have been doing for quite a few years and so, is, for me a natural extension of the hands-on healing relationship with clients.

Many clients, quite understandably, are sceptical about how this works, so I thought that I would provide some information and ideas for you to consider. May I also direct you to my website ([www.moht.co.uk](http://www.moht.co.uk)) where some clients have been kind enough to give me some feedback on their experiences, which they are happy for me to make available.

I have divided my comments and thoughts into two headings, “science” and “spiritual/esoteric teachings” although I believe that this is, in reality, an artificial divide. As science progresses and new ways of thinking are being found and adopted we are slowly witnessing a narrowing of the perceived gap between the two, and at some point in the future, in my opinion, what we consider now to be in the spiritual/esoteric realm, will become mainstream science. At that time, energy healing will take its place alongside current mainstream medical and therapeutic diagnostics and treatments.

For the moment, however, it is convenient to distinguish between the two. Please note that what follows under the heading “science” are my current thoughts, based on my very limited understanding of certain scientific concepts, and no doubt will need to be changed in due course when I have a better understanding, so if any scientists are reading this, please forgive me and feel free to set me straight!

Please also approach this information on the basis that is for you to consider, explore further and test for yourself, as opposed to simply taking my word for it!

### **In the absence of a direct physical connection, how can this healing and treatment work?**

#### **Science**

The starting point is to say that, for most of our day to day existence, we live in the material world. That is to say we are very much tied up in our physical being, with what we see, feel, smell, hear and touch. This approach has been emphasised by the concept of

materialistic or physical science, that is to say, an approach which recognises only matter and energy - that which can be tested, understood, codified and “*proved*”, and this has been constraining our thoughts and experiences for centuries. It is predicated on the basis that matter creates consciousness. Having said this, I understand that Newton appears to have recognised, but could not prove the existence of what was termed “ether”.

Investigations have shown how, with “hands-on” healing therapies like Reiki, an energy field connects the healer, the client and the earth, such that not only do the brain wave patterns of the healer and client become synchronised (a process known as “entrainment”), but they pulse in unison with the earth’s magnetic field, known as the Schumann Resonance. [1]

Over the last one hundred years or so, scientific discoveries have pushed our understanding and questioning beyond material science boundaries, and indeed, have resulted in perceived anomalies, which, at the time of discovery, could not be explained. For example, Einstein referred to “spooky things at a distance”, which is now referred to as “quantum entanglement”.

As I understand it, quantum entanglement basically states that where a pair or group of particles are formed such that the state of each is indefinite until measured, the act of measuring one, determines the result of measuring the other, even at vast distances.

To paraphrase, no doubt badly, Einstein’s difficulty with this was that for quantum entanglement to exist, it would require matter to travel faster than the speed of light, which according to his theories, was impossible. Recent experiments have, however, proved quantum entanglement from vast distances.

Quantum entanglement is just one way in which the views of material science are being challenged. Rupert Sheldrake has advocated the concept of “morphic resonance” and a “morphogenetic field” of a specific organism which is used by that organism to trigger its growth in a particular way or form. [2] As I understand it, these concepts could lead to the possibility of a collective memory, or a collective consciousness, which was also advocated in the last century by the philosopher C. G. Jung.

This collective consciousness is thought, by Sheldrake, to exist at an individual and group level, with morphic resonance being an interconnection between all similar organisms across time and space. It is also thought by Sheldrake to be capable of working within the animal and plant kingdom and crystals.

This, if correct, could allow for the possibility of a sort of database of past experiences, available to humanity, and affected by each action and experience of each human and each group of humans, as well as a collective intention.

Dr. Bill Tiller, Fellow to the American Academy for the Advancement of Science and Chairman Emeritus of Stanford University’s Department of Materials Science, has, in fact, devised experiments which suggest that intention can affect physical structures.

Yet another school of thought suggests that mind or consciousness is primary, and that matter and energy arise out of mind. In other words, consciousness creates matter, which itself, over eons and many, many lifetimes, then reaches different stages of consciousness such that consciousness is able to become aware of itself. At this point, these new scientific approaches and some spiritual teachings start to feel very similar.

## Spiritual/esoteric teaching

Chinese teachings about “chi”, believed to be a vital life force common to all living things, (translating literally as “breath”) include energy centres in the body known as “*dan tien*” of which there are three. Practitioners of martial arts are no doubt familiar with the lowest of these just below the belly button and known as “lower heaven” which is regarded as a centre of balance and energy (in Aikido known as “one point”).

Chinese tradition also refers to the gate of “ming men” or the gate of life or vitality in the lumbar spine, being a place where it is believed that energy (chi) enters and leaves the body. Traditional Chinese medicine approaches treatment through concepts of energy and meridians which flow through the body, and which are recognised in acupuncture and acupressure treatments and meditative practices in movement such as “Tai Chi” and “Qi Gong”. Recently, scientists at Seoul National University have claimed that they have confirmed the existence of meridians.

Ancient spiritual and esoteric sources from India teach us about energetic structures existing at different levels or layers. These are known, collectively, as the aura, or in some sources, “bioenergy fields” or the “Human Energy Field”.

The aura, as it is taught and understood, essentially comprises seven layers of consciousness, each intermingling within themselves and with connection to the physical body. Within these layers, and on each layer, are chakras, or receivers and transmitters of energy (“Chi”, “Ki” or “Prana” and within Rei-ki as “Divine Energy”) by which the physical body absorbs energy from its surroundings (sometimes called “the Universal Energy Field”).

The chakras, are believed to connect into, and hence empower a central energy column and a network, or matrix of energy channels known as “nadis” which constitute the counterpart of the nerves in the physical body. These nadis, are also believed to have a glandular connection at the physical level and hence a connection also to the blood and its circulation.

In referring here to the “physical body” it is important to recognise that the first layer of the aura, known as the “etheric layer” is both within the physical body and extends out from the physical body. It is believed to be the inner form upon which the physical body is built (and hence does it have a connection with the morphogenetic field referred to above?).

As taught, it contains the nadis and is a mechanism for both intake and outlet of forces. One school of thought suggests that the etheric layer is what permeates our fascia (or supportive tissue) and that blockages in the fascia create blockages in energy-flow and from which follows physical problems and problems with our physical well-being. [3]

The emotional and mental layers of the aura also believed to have a significant effect upon the etheric/physical body (which they permeate) with trauma being retained within the fascia and hence, with the potential to cause energy blocks.

My own view is that we are all individual expressions of a unifying consciousness and are therefore connected to everything and everyone. It is our conditioning and human condition which results in our thinking that we are an individual and separated from everything.

## **So how is all of this translated into the healing experience?**

The starting point is to recognise, in spiritual and energetic terms, that “where the mind goes, energy flows” or, “energy follows thought”.

In a “hands-on” physical treatment or healing, therefore, the mind goes first. Taking a Bowen treatment as an example, the therapist forms an intention to make a physical move at a specific location, using a particular technique, using a particular amount of force and with a particular outcome intended. That move may be part of a series of moves all of which have a combined intention and which, in my opinion, together, form a sort of energetic “flow”. Bowen therapy also recognises the benefits of “taking the hands-off” the physical body during the treatment, and the “hands-off” time is considered part of the treatment.

So at which point do the energetic effects of a “physical move” actually start - when the intention is formed, or when the hands are placed upon the body, or when the physical move commences? When does the move finish in energetic terms - when the physical move reaches its end point, when the hands are taken off, or when the mind considers that the move has finished and hence the energy of that move stops flowing?

All of this is from the therapist’s perspective. When does the client’s body and aura perceive the move is started, with what intent, and when does it perceive the move finishes?

You will see therefore, that “intention is everything”. Bowen practitioners are also increasingly being taught of the interconnection between Bowen therapy and acupuncture, many of the Bowen moves corresponding to specific acupuncture points and meridians.

In a distance healing session, I make an energetic connection to you, through intention, to affirm and confirm that we are linked. I ask and intend that healing love is sent to you for your highest good (a concept that bears explanation at a different time). I can also direct attention and hence, energy, to specific areas of your body, or to specific situations in which you find yourself.

If the intention behind the distance healing is primarily to do with physical issues, and visualising you being present on my treatment couch, I send healing intention as I would if you were present and I was giving you a hands-on Usui Reiki or Bowen treatment. This can also be done by using a surrogate “body”. After all, “energy follows thought”.

Part of the distance healing may also involve a perception of the client’s physical and emotional reactions to the healing. It may also enable the client to see, feel or “know” information as part of the healing process.

As I am also an Angelic Reiki master, I also make connections with the angels, asking them to bring healing of the highest aspect of Divine light and love to you, for your highest good. If healing is being sent to a situation in which you find yourself, perhaps with others, I ask that healing is sent for the highest good of all concerned, recognising that we are all linked together and linked with our physical, emotional and mental environment.

In love and light.

Michael Overend July 2020

- [1] *\*For an extensive review of this research see J Oschman 'Energy Medicine', pub. by Churchill Livingstone, 2000.*
- [2] *Rupert Sheldrake "The Presence of the Past - Morphic Resonance and the Habits of Nature" pub. Icon Books Ltd 2011 (first edition pub by Collins 1988).*
- [3] *Dr. Barbara Ann Brennan "Light Emerging - The Journey of Personal Healing" page 71 copyright Penguin Books.*

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