



Sending Distant Healing

Prepare yourself in the same way as with hands on healing. Ask the Angels/Archangel Raphael to help send the healing. Some people feel it is wrong to send healing if people have not asked for it but if you have the right intention to send the healing for the persons/souls greatest good; the recipients higher self can choose to accept or not accept the healing and I believe in most cases it is accepted as whatever is happening with that person, the healing can ease things in some way even if they are not meant to be actually cured at this time.

You should always visualise the person being fully recovered and happy. You may like to see them resting/asleep in your minds eye and visualise healing white light flooding over them from the top of their head all the way down their body.

If you don't have the time to always send healing in this way; even sending a thought for healing towards the person or asking the Angels/Archangel Raphael to send healing will help.

As well as sending healing to people in need it is really important at the moment to send healing to Mother Earth. There is a great deal of energy shifting going on which is affecting the earth and all those currently incarnated here. By sending out regular healing light you help to raise the vibrations of the earth and all those in the area which will make it easier for them to adjust to the changes.

You can visualise a miniature version of Mother Earth in front of you/in your minds eye and see it surrounded in golden healing light and focus on it being flooded with healing energy. Know that the energy will go to where it is most needed but you can also ask the angels to direct it to where it is needed. Perhaps you could make a note on your calendar at least once a month as a reminder to send some earth healing; it only takes a couple of minutes.

The angels are really grateful for whenever you take a moment to send the earth healing as it makes their job a little easier. As always you will be rewarded for your help with love and blessings.

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