

Community Circles  
August 18, 2021  
Healing Prayer — Holistic Healing — Sacred Healing:  
How Do We Get from Here to There? (with Rev. Chris Kell)  
Aired 08/15/2021 – [Watch on YouTube](#) (high-speed available)

---



Welcome! Today, let's share our wisdom and experiences on the subject of healing. Some thoughts to consider:

1. According to the Western Connecticut State University Institute for Holistic Health Studies, individuals actively participate in their health decisions and healing processes using alternative approaches in combination with each other and with conventional medicine to provide an integrated approach to health.

*Do you take an active role in decisions concerning your (and your family's) healthcare? What does that mean to you?*

2. Traditional holistic approaches focus on the use of food, herbs, supplements, teas, homeopathic remedies, and essential oils. Movement, dancing, singing or chanting, sound and vibration, drumming, prayer, meditation, and mindfulness are examples of holistic healing methods.

*What kinds of holistic approaches do you/have you used? Did they help you with your health problems? Would you recommend holistic treatments to others?*

3. As well as addressing physical imbalances, holistic healers work to restore balance in the unseen or subconscious layers of your being that support the health issues you're focused on healing. This helps you reshape your life to release unhealthy problems, support your spiritual wellbeing, and restore your physical wellness.

*If you worked with a holistic healer, do you think you received the kind of healing described here?*

4. Individuals' lives are often transformed when their situations are understood in relation to the whole person. **Approaching healing spiritually is essential because the deepest, most profound, and most lasting levels of healing come through spiritual healing.** With a holistic/spiritual approach, healing is more than a group of techniques. It reflects the truth – that we are essentially spiritual beings having a human experience.

*Do you agree with this statement?*

5. Caroline Myss states: “. . .healing is essentially a mystical experience – not a mental one, not an emotional one, not a psychic one, but a mystical one. Practically all of the ancient texts describe the art of healing as a divine process in which healing the body first requires healing the spirit. . . . [And] The soul is the healing vessel (Myss, <https://www.myss.com/mystical-insights-experience->

healing/). Dr. Norman Shealy says sacred healing, or spiritual healing, has traditionally been considered a miraculous type of healing.

*What do these statements mean to you? Do you agree with Myss and Shealy?*

6. Dr. Christiane Northrup has written: *“When we invite the sacred into our lives by sincerely asking our inner wisdom, or higher power, or God, for guidance in our lives, we’re invoking great power. This can’t be taken lightly. . . **When you sincerely invite in the sacred (your inner guidance or spirit) to assist you with your life, you are granting permission for your life to change**”* (Northrup, <https://www.drnorthrup.com/inner-guidance-and-spirituality/>).

*If you agree with this statement, do you believe your life has changed as a result of sacred healing?*