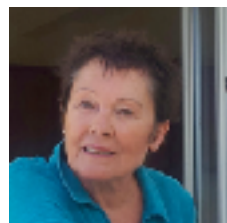


## FROM THE TRAINING CO-ORDINATOR... MARY GAY



Just a reminder that the Short Course, which enables students to give healing to friends and family, is up and running.

As you know, the hours on the Short Course can be deducted from the full Course if students wish to proceed to professional level.

If anyone is interested in finding out more about becoming a Tutor, please contact me.

marygtonkin@hotmail.com

## DISTANT HEALING ADMINISTRATOR ... ELAINE BURCH



The distance healing is going well, there seems to be a steady flow of requests. I would like to talk about distance healing in the future to you because it is an amazing gift that we can all send out, if you know of anyone who would like distance healing sent to them, please contact me.

For distant healing Elaine can be contacted at [elaine.burch@virgin.net](mailto:elaine.burch@virgin.net)

### ANNUAL GENERAL MEETING

Sunday 20th October 2019 at 11-00am Chat Room to follow

All members and students are invited to attend

**HOLIDAYINN EXPRESS, TOTHILL STREET, RAMSGATE-MINSTER, KENT. CT12 4AU**

K.I.H.A. is run by the members for the members. Please attend and voice your thoughts on how to take your association forward, maintaining its place at the forefront of healing. (3 CPPD points)

**This magazine can only continue if you the members support it by contacting me with articles of interest to share with others.**

**We like to bring news of interest as well as your own experiences  
Our next copy will be the summer newsletter. Any articles should be with me by the end of April 2019**

If you would like extra copies of this magazine for your Centres  
or other Organisations that would be happy to display it; i.e. Doctors, Dentists and other waiting rooms.

Please contact The Editor:

Douglas Ballard email: [douglas@dbi.uk.net](mailto:douglas@dbi.uk.net)

### DISCLAIMER

ANY CLAIMS OR STATEMENTS MADE BY ADVERTISERS OR PUBLICATIONS IN THIS MAGAZINE  
ARE NOT NECESSARILY THE VIEWS HELD BY THE K.I.H.A.  
CONTENTS OF THIS PUBLICATION ARE NOT SCIENTIFICALLY PROVEN



Dear Members,

It is a pleasure to have been appointed to the position of President. This is not a position that I take lightly. KIHA has had many problems over the past year and this AGM was the deciding factor to see if our association is to continue or close down though lack of support.

We have this single and very important opportunity to try and save the association in 2019. It is clear that we cannot continue unless we are supported by the members. With membership decreasing, and can I say in line with many other Healing Associations, we need to make KIHA what it once was but bring it further into the 21st century.

My gratitude has to go to Fred Groves for the enthusiasm he showed when he took office as President so many years ago. I remember the same afternoon after the AGM discussing that we must make radical changes. The support we gave to each other and at the same time to make up the Three Musketeers Sharon joined us. It was an exciting time with a complete overhaul of our association. New name, Logo, Badge, complete training program for the students, tutors and assessors, a revamp of the Code of Conduct and Constitution. We started with Tutor workshops to enable the Tutors to understand the future of training.

We became International to include Austria and Portugal but it did not stop there, we started weekend lectures, First Aid days and then our biggest jump forward was a program for CPD. Times have changed with other forms of healing so Mary Gay produced a short course that would fill that gap. So where are we now? Unfortunately Tracey Munnings has stepped down after many years as our Treasurer & Membership Secretary, the support she has given us over the years as kept us together, so many thanks to Tracey.

We cannot produce miracles but if there is a miracle to be made is that we save our Association. Established in 1947 and being the oldest Association in England can we find in our hearts to let this go. So dear members, I urge you to please support us with your time, energy and enthusiasm. We need more active council members **NOW** to lighten the load and move forward.

Please contact me on 01732 365947 and/or email me at [douglas@dbi.uk.net](mailto:douglas@dbi.uk.net). I truly welcome your thoughts and support. My very best wishes, Douglas

website: [www.KIHA.org.uk](http://www.KIHA.org.uk)



KENT INTERNATIONAL HEALING ASSOCIATION

## ANNOUNCEMENT: DOUGLAS BALLARD MCM APPOINTED PRESIDENT OF KIHA

We are pleased to announce that Douglas Ballard has been appointed President of the KIHA at the AGM on the 2nd December.

As you will know, Claire Tonkin stepped down as acting President after standing in when Sharon Wise passed away last November.

It was a difficult time for Claire to take over as she knew Sharon very well and due to the wonderful work Sharon had done over many years and known to all the members. We are most grateful to Claire for her good work and pleased to have a few words from our new President:



# How Healthy Are Your Boundaries?

Guest speaker at the 2018 CHO AGM meeting:

For the past 10 years, Louisa Beejay has worked as an integrative transpersonal psychotherapist, in private practice and at the London Fire Brigade. She has specialist qualifications in cognitive behaviour therapy (CBT), eye movement desensitisation and reprocessing (EMDR), emotional freedom technique (EFT), as well as relationships and the psychosexual. For the past two years, she has been learning and practising shamanic healing in a community. Through all her roles - as therapist, as healer, as client, Louisa has learnt about professional boundaries and continues to learn.

The presentation focused on the psychology of professional boundaries; what they are and why we need them, and defining where our boundaries lie, as well as practical considerations in how to maintain them.

Louisa's talk raised some thought-provoking points and was so useful from a personal perspective, as well as a professional point of view.

Good examples of unhealthy boundaries that we can all relate to (how many of us can honestly say that we've never agreed to something when we'd really rather not) were used to illustrate which aspects of work and life might benefit from drawing up some ground rules around:

- Saying "yes" when we mean "no"
- Personal space
- Out of hours contact
- The basis of relationship – "friend" or "friendly"
- Time and money
- Self worth.

In the discussion of boundaries, we considered whether boundaries should be set in stone; a line never to be crossed, or whether there was a degree of conscious flex that could be applied and when that might be appropriate. And we looked at what happens when our boundaries are crossed and how sometimes, we are the ones that overstep our own mark.

It was certainly a subject that raised plenty of questions, shared examples, situations and suggestions. If you have an opportunity to hear Louisa talk about healthy boundaries, we would whole-heartedly recommend it. For further information, she can be contacted on [louisabeejay@yahoo.co.uk](mailto:louisabeejay@yahoo.co.uk) and LinkedIn.



## TRIP TO CHRIST THE REDEEMER STATUE - RIO DE JANEIRO

Last year I booked a cruise, point of origin being Genoa Italy and sailing via points in Spain, Portugal and the Canary islands to Brazil and ending in Buenos Aires, Argentina.

The highlight of this for me would be to visit Rio de Janeiro and see the Christ the Redeemer statue.

I left work and went directly to the Mind Body and Spirit festival at the Birmingham to spend two days healing with the CHO and travelled from there to Gatwick where my partner Beverley joined me for our flight to Genoa on November 5th.

Having never cruised before I really enjoyed the tranquillity of being on deck watching the sea which was a mesmerising experience. The expanse of the endless ocean was humbling to behold especially with 5 days at sea and the only other sign of life were Great Frigate birds following the ship.

Once we had passed through the Cape Verde islands the weather became warm and crossing the equator was a magical experience for me.

There was a Tai Chi course on the ship which we participated in and usually took place as the sun was setting and I really enjoyed taking part in that.

After the 5 days at sea we landed at Recife in Brazil, followed by a day in Salvador de Bahia also in Brazil and then Rio de Janeiro.

We booked an excursion to the Christ the Redeemer statue as the logistics and safety of getting there were not easy and journey through the chaos of Rio to the neighbourhood of Cosme Velho. We then climbs at an absurdly steep gradient which is a tropical rainforest to the top.

At wayside halts tropical birds could be heard in the forests laden with Jackfruit.

Once at the top there is an option to take an escalator, lift or steps to the statue to fully experience the awe of the clear day and apparently it had rained was clear and hot, 33°C.



Redeemer statue as the logistics and we arrived by coach after an urban railway station of Corcovado in the took a Swiss built rack train which through the national park of Tijuca

heard in the forests laden with

an escalator, lift or steps to the statue to fully experience the awe of the clear day and apparently it had rained was clear and hot, 33°C.

The Christ the Redeemer is considered to be the largest Art Deco statue and the 5th largest statue in the world. Built between 1922 and 1931 with the help of the French, It stands at 39.6m tall, a pedestal of 9.5m, 30m wide and weighs 635 tonnes. We had now climbed 710 metres above sea level.

The views did not disappoint and it was a very emotional. Walking up we saw the back of Christ's statue which looked slightly smaller than imagined and stood in front of the statue and just felt overwhelming emotion. Beverley told me to look at his eyes and it was just a really special moment. There is a chapel at the base where we spent some time in meditative contemplation.

What an amazing experience which did not disappoint. Something I will carry with me for the rest of my days.



James Hinton





## DRINK WATER ON EMPTY STOMACH

It is popular in Japan today to drink water immediately after waking up every morning. Furthermore, scientific tests have proven its value. We publish below a description of use of water for our readers. For old and serious diseases as well as modern illnesses the water treatment had been found successful by a Japanese medical society as a 100% cure for the following diseases:

Headache, body ache, heart system, arthritis, fast heart beat, epilepsy, excess fatness, bronchitis asthma, TB, meningitis, kidney and urine diseases, vomiting, gastritis, diarrhoea, piles, diabetes, constipation, all eye diseases, womb, cancer and menstrual disorders, ear nose and throat diseases.

### METHOD OF TREATMENT

1. As you wake up in the morning before brushing teeth, drink 4 x 160ml glasses of water
2. Brush and clean the mouth but do not eat or drink anything for 45 minute
- 3.. After 45 minutes you may eat and drink as normal.
4. After 15 minutes of breakfast, lunch and dinner do not eat or drink anything for 2 hours
5. Those who are old or sick and are unable to drink 4 glasses of water at the beginning may commence by taking little water and gradually increase it to 4 glasses per day.

6. The above method of treatment will cure diseases of the sick and others can enjoy a healthy life.

The following list gives the number of days of treatment required to cure/control/reduce main diseases:

1. High Blood Pressure (30 days)
  2. Gastric (10 days)
  3. Diabetes (30 days)
  4. Constipation (10 days)
  5. Cancer (180 days)
  6. TB (90 days)
  7. Arthritis patients should follow the above treatment only for 3 days in the 1st week, and from 2nd week onwards – daily..
- This treatment method has no side effects, however at the commencement of treatment you may have to urinate a few times.

It is better if we continue this and make this procedure as a routine work in our life. Drink Water and Stay healthy and Active.

This makes sense .. The Chinese and Japanese drink hot tea with their meals not cold water. Maybe it is time we adopt their drinking habit while eating!!! Nothing to lose, everything to gain...

For those who like to drink cold water, this article is applicable to you.

It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine.

Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks:

- Women should know that not every heart attack symptom is going to be the left arm hurting,
- Be aware of intense pain in the jaw line.
- You may never have the first chest pain during the course of a heart attack.
- Nausea and intense sweating are also common symptoms.
- 60% of people who have a heart attack while they are asleep do not wake up.
- Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive...

A cardiologist says if everyone who gets this mail sends it to everyone they know, you can be sure that we'll save at least one life.

Please be a true friend and send this article to all your friends you care about.



## Healing Animals



Many of us, without knowing it, give healing to our animals on a very simple level just by loving and caring for them.

There are times, however, when environmental, physical and emotional influences cause dis-ease in the body. These in turn can lead to the manifestation of symptoms in the body as it attempts to bring to our attention the developing disharmony and unbalance.

The universe and everything created in it is energy, and that includes us and our animals. This energy vibrates at different frequencies and the frequencies produce "form". The body is like an orchestra with each instrument or body part playing a slightly different tune (or frequency) but all together producing a harmonious sound. However, if instruments become out of tune or a body part changes in frequency, there is disharmony. The conductor can address this by stopping the orchestra, giving space and time for the instruments to re-tune. The body's conductor is its innate intelligence, which knows where and in what order "re-tuning" needs to take place to bring the body back into balance again. In this way the body is in full control of its own healing.

As a healer working with animals, awareness of space and stillness, and a knowledge of how energy and the body works, is helpful to support this process of healing. Re-balancing takes place on many levels. The animal's body is able to respond at a deeper level to our awareness.

Acquiring skills in assessing both the behavioural and psychological aspects of an animal enables us to be better equipped to deal with specific problems and to help and support their carers. They also help us to stay safe; cats can scratch, dogs bite, horses kick, but if we understand their body language we can avoid potentially difficult situations.

We work "hands off" in most cases; if an animal wants contact it will ask by placing its body against our hands. Prey animals prefer to have that space because their energy field is so expansive. For example, a deer's space is more specific and larger than that of a horse because it is still wild whereas horses are domesticated.

Animals have many similar emotions to humans such as fear, joy, sadness, anger and love, but their instinctual responses to survival are far more active than in us. They want us to respect them for who and what they are, and to acknowledge that we share many mammalian characteristics, without humanising them. By behaving in this way there develops a mutual respect and ease in the healing relationship.

Sue Newport  
Asentia College of Animal Healing



## Eat This “Weed” to Eliminate Pain

Ever hear of the “ditch weed?”

Over 150 years ago, Native Americans used this weed and its sour berries for everything from tenderizing pemmican (the ancestor of our beef jerky) to curing foods. They even used it to make pigments for war paint and clothing...

But it was the berry’s “miraculous” healing properties that made this botanical such a treasured feature of everyday life.

In some tribes, it was even a part of religious ceremonies – kept under watch by tribal elders in a ceremonial pouch known mysteriously as the “grandmother.”

But as Western pharmacology shifted its focus away from natural medicine, the healing benefits of this berry were lost to legend...

That’s how this once-sacred plant became known as “ditch-weed.”

In recent years, however, academic institutes across Europe and America have rediscovered its powerful anti-inflammatory properties, and how it affects everything from cardiovascular to joint health.

CBS News reported this berry has “one of the highest antioxidant values ever recorded for any other fruit,” citing research published in the *Journal of Agricultural and Food Chemistry*.

## IMPORTANT NOTICE

### Gift Aid

As of last year we are now registered and able to claim Gift Aid on any donations that you make to KIHA. If you are a U.K. tax payer and you pay any kind of tax i.e. tax on wages, corporation tax, or tax on any savings you have; then all you have to do is tick the box on the membership subscription form and we'll do the rest. It won't cost you a penny more and KIHA can claim an extra 25% of your donation from HMRC; that's 25p in every £1 you donate. So don't forget to tick the box please ✓ and make a difference!

### Insurance

There's an important announcement to say regarding insurance. In order to bring the insurance renewal and the membership renewal in line with the FCA Regulations we have to have a renewal date for both on 1st January 2019. Any membership subscriptions not received by then will mean the member will not be covered by insurance. So please don't forget to renew promptly by 31st December.

## THE HEALING POWERS OF ANIMALS

Animals have been shown to act as healers. Therapy animals visiting nursing homes and hospices have brought comfort to patients and even lowered their blood pressure. There are stories of how people who have swam with dolphins have found it therapeutic. Ponies have also played their part in providing healing for children with special needs.

Audrey, a beautiful Tabby, who appeared one winter during a heavy rain storm, and never left, loved to be in the room when I was giving healing. She liked to be involved. She often gave group hugs when being held, putting both paws out to touch my daughter and myself at the same time, sharing her love. The energy in the house seemed to change after she came to live with us – it seemed warmer somehow.

Cats are sensitive to atmosphere and can pick up on the emotions of others. A friend confirms that her cat Spike sits on her lap when she is sad or feeling unwell but stays clear of her when she feels angry.

Moriah Galvan and Jennifer Vank in the USA compared the behaviour of cats when their owners were smiling compared to frowning. Smiling owners were more likely to have their cats jump on their laps or purr than the cats of frowning owners. This was the case also when owners were replaced with strangers. So, cats can also read our faces.



Cats, as well as dogs, know when you are coming home and run to greet you on your way in. How warming a welcome is that. Is it because they know the sound of your footstep on the path or the sound of the car engine? A survey carried out by Rupert Sheldrake in 1998 using 1,000 households, reported that nearly half of the cat owners said that their cats knew when they were going out before they showed any signs of getting ready. Are they psychic too?

During the second World War cats saved lives as they acted as early warning for approaching enemy aircraft. Cats can hear things we can't. Owners followed the example of their cats when they took cover, and quickly made their way to their garden Anderson Shelters or nearest air raid shelters. As some of you reading this will know, Anderson Shelters, designed in 1938 by Sir John Anderson, consisted of corrugated steel panels bolted together. Families were provided with the materials and were expected to construct the shelters from a set of instructions. Once constructed, the shelters were buried about a metre down in the garden and covered over with a thick layer of soil and turf.

A cat's incredible sense of smell enables them to detect many more scents than we can. Some cats can detect sickness in their owner before any diagnosis by a doctor. Snuggling up.

## ANTIBIOTIC ANGST

Antimicrobial resistance, described last month as a “global health emergency” and “a problem with disastrous ramifications,” could kill 5m people a year in Asia alone by 2050, and cause economic damage on a par with the global financial crisis. The plethora of warnings for World Antibiotic Awareness Week included a report from the World Health Organisation detailing consumption across 65 countries. Some are overusing antibiotics but in other areas they are desperately lacking.

Pneumonia caused by bacteria can be treated with antibiotics, for example, but only a third of those sufferers get the drugs they need. Experts have also raised the alarm about the overuse of antibiotics in farming, key driver of the increase in antibiotic resistance. Whole herds of animals are sometimes treated with antibiotics as a preventive measure, even when only one is sick. Expect the drumbeat of warnings and dramatic language to continue. The most alarming so far comes from England’s chief medical officer. We are “at risk of putting medicine back in the dark ages”.

## CLIMATE CHANGE

The elderly — especially those in Europe and the eastern Mediterranean where they are concentrated in cities — are most at risk from heat - related death and disease as climate change takes hold, says this week’s report from Lancet Countdown, an international project tracking the effect on health. Some 157m more people were exposed to heatwaves in 2017, compared with 1990, the study says. Climate change is exacerbating problems of air pollution, causing problems in the food chain and facilitating the speed of vector-borne diseases such as dengue. The lancet analysis follows last week’s comprehensive report from US authorities on the impact of climate change, which critics accused government of burying. Both sets of data could help shift the perception of climate change from an environmental concern to an imminent public health danger. As the Countdown director puts it: “This is no longer about a polar bear a long way away, but a child with asthma standing next to you.”

## STAYIN’ ALIVE

Administering CPR to resuscitate someone should be done at the rate of 100-110 chest compressions per minute- not an easy number to estimate when you’re likely panicked. Most people have that the ideal song to administer CPR compressions to is ‘Stayin’ Alive’ by the Bee Gees- but a New York hospital has put together a list of 50 other songs with the perfect beats per minutes to give CPR to. Take your pick from Abba to Adele and the Beastie Boys to Beyonce. the full list can be found here <https://goo.gl/TqtrU9>

## Caring, curing and healing: medical students' views

I was teaching a class of 120 medical students. The topic was ‘narrative-based medicine’, but I used it as an opportunity to talk with them about the art of medicine: about listening and caring.

‘As a patient, what do you want from your doctor?’ I asked them. ‘Someone who can cure my illness,’ replied one of the students.

I told him (or was it her) that he was quite wrong about that. What you need if you are ill, I explained, is someone who will listen to you and guide you through your illness. OK, I agreed, some of our pills or operations may help nature effect a cure, but many diseases and illness are not curable, even by nature.

That provoked a lively discussion, with lots of them clearly outraged to hear a doctor tell them that being a doctor was not about curing disease (‘Oh dear’ I thought).

Then a young lady put her hand up. ‘He is right’ she said, pointing to me, ‘Organs in the body may get diseases, but illness is about a person being broken, and being in need of help to heal.’ She went on to talk briefly about her own experience of illness, and the lack of help she got from doctors. It was moving, and the others listened to her in respectful silence.

I thanked her. We talked a bit more as a group, but the mood was quite different now, it was about how to do both things – to diagnose problems with organs or systems in the body, and offer the right things to help nature cure that (if possible), whilst also being able to help sick people heal. That is what good medicine should be about we concluded.

Professor Paul Dieppe



## The Confederation of Healing Organisations

Advancing the practice of Healing

### Professional Resources

This is the right place to begin if you're a healer or other therapist, a healthcare professional or anyone involved in the practice of Healing.

- It's also helpful if you want to find out [more about the CHO, our story](#) so far as well as more about [what we do, our members, who we work with](#), and why. You'll find all of this in our About Us section.
- 
- Our About Healing section contains a world of useful information including a wide range of [Articles](#) looking at healing, from the practical to the academic. This is complemented by our [Education & Research](#) section, which outlines how we work in each of these areas as well as providing up to date information about the latest news in these areas. We also provide [funding for research](#) into healing and here you'll find all the information about [how to apply](#).
- 
- As a healer or someone involved in the practice of Healing, there's a lot to be gained by becoming a member and working with us. Membership is open to healers of any modality, other complementary therapists, doctors, nurses, social workers, carers; individuals or organisations - all are welcome. Our [Membership](#) area explains the benefits and how to join.

We hope you enjoy your visit to our site and that you find the information you're looking for; this time and every time. If for whatever reason you can't, or if you have any further questions, please get in touch via our [Contact](#) page and we'll do our best to help.



## Light Linked to Emotional Health

A number of studies reveal that mental health can be affected in some way by light. For instance, one group of female employees working in rooms with windows was compared to a similar group who spent their working day relying on artificial light.

Those exposed to natural light reported fewer symptoms of depression and better quality of sleep.<sup>1</sup>

In another human study, a series of tests revealed that people feel emotions of any kind - positive or negative - with greater intensity under bright light. The initial reaction to a given stimulus appears to strengthen under such conditions.<sup>2</sup>

But what is actually happening in the brain in response to light?

In their initial studies, neuroscientists from Michigan State University carried out experiments on Nile grass rats. Like humans, this breed of rat is diurnal and sleeps during the night.

The researchers found increased anxiety and depression among those kept in dim versus bright daylight conditions. They also found dysregulation in the hypothalamic pituitary adrenal (HPA) axis - the primary stress response system.<sup>3</sup>

In their most recent study, published in the March edition of *Hippocampus*, and funded by the National Institutes of Health, the Michigan scientists exposed the rodents to either dim or bright daytime conditions for four weeks. The wavelength of light spanned a range normally encountered by humans. Both groups had also been trained to navigate a maze as a way to enable the researchers to assess spatial memory.

## Vital Brain Protein Plummets in Poor Lighting

The bright light rodents demonstrated marked improvement when they were retested in the maze. But the dim light rats lost nearly one third (30%) of their capacity in the hippocampus, a region of the brain vital for memory and learning. The dim light rats also failed to perform normally on the maze test.

These poor performers were returned to normal living conditions for a month before being exposed to another four weeks of light - this time, the bright kind. Their brain capacity and task performance made a full recovery.<sup>4</sup>

The researchers found that prolonged periods of time spent in ill-lit conditions caused a drop in brain-derived neurotrophic factor (BDNF), an important brain-growth protein that protects brain cells, encourages the creation of new ones, and promotes connections between neurons for better communication. BDNF is likewise vital in humans (see [Issue #470](#).)

Joel Soler, one of the authors, explained that in a dingy environment "...there are fewer connections being made. This results in diminished learning and memory performance that is dependent upon the hippocampus.

"In other words, dim lights are producing dimwits."

Fellow study author Antonio "Tony" Nunez added, "When we exposed the rats to dim light, mimicking the cloudy days of Midwestern winters or typical indoor lighting, the animals showed impairments in spatial learning.

"This is similar to when people can't find their way back to their cars in a busy parking lot after spending a few hours in a shopping mall or movie theatre.

I think it's likely these animal studies hold true for humans, too, given the evidence for increased depression during the winter months. It would be a good idea for all of us to make sure we work and play by natural light when we can.

Best Regards, Lee Euler Publisher

## Hands on or hands off healing? What's truly important about the process



As a healing practitioner for the past 30 years, I get asked by many people to explain how hands on healing works, as the process is a bit of a mystery to many.

Whether it's Reiki, Crystal Healing, Sound Healing or Massage, the mechanics are roughly similar: different modalities, devices and practices that deliver the same result.

What we know among the Healing Community is that the process is a transfer of energy from the healer to the recipient. We know that the healing energy does not come directly from the healer, but is channeled through the healer so as not to use or drain their energy.

What the world at large perhaps do not collectively realise, is that everybody is capable of healing on some level.

Healing pre-dates any kind of medicine and it's primordially ancient. Rather than a complicated explanation, it's the intention of the healer that is the 'power' within the process. The intent to want to make better, reduce pain, and, in essence, improve the quality of life.

We don't have to look any further than the animal kingdom for examples of this in practice: they possess this power as they sense the need to nurture, rear young, rescue, and to comfort in situations of need. Therefore ancient man, without any medical equipment, professional training or scientific knowledge could only use his intent to heal when the need arose.

There continues to be a multitude of scientific research that looks at so many different characteristics of the healing process, but the bottom line of its delivery sits in the intent to heal. We pray in churches, at home or in nature for outcomes to work in our favour, not only in times of need. Praying is widely accepted, across cultures and yet, in essence, it carries a similar potential to the benefits healing can deliver - praying carries an intention to bring about change for the positive and to HELP.

While modern medicine continues to make incredible strides and innovations, one must not forget the original form of healing, which has supported the world for millennia and still continues to this day.

So, while there are numerous forms of healing, it's important to recognise the common strand that holds it all together.

Like medical doctors' code 'first do no harm' healing's role as a complementary therapy is to bring together the good intent, care and goodwill. In my view, there should be no plurality between healing and medical care. The two go hand in hand as part of the integrated healing process.

I look forward to watching medical science and healing come together in this realisation as we become more conscious as a society.

Douglas Ballard