



*Rhys Thomas*  
INSTITUTE



THE *Rhys*  
METHOD®

## LONG DISTANCE HEALING

Long distance healings are just as effective as in person healings. In fact, some studies have shown that distance healings are more effective. In any case, it's very handy to be able to work on someone far away from you. We encourage you to practice your healings long distance with your classmates.

It is very important to receive permission to do a long distance healing on someone. Please make sure that they know what time you will be doing it since receiving a healing will put someone in an altered state and you need to know that they are not driving or at work.

**METHODS:** There are a few ways to do the healing. Experiment with them until you find one that works best for you.

- If you have a healing table present, you can do the healing around the table while visualizing the client on it. Some people use a bolster or pillow to represent the person on the table. Perform the healing as if you had an actual person on the table: walk around it as needed, position your hands, etc.
- Sit in a chair and imagine there is a healing table in front of you with a person on it. You imagine the client's body moving under your hands even though you are not moving in your chair. For example, begin by imagining your hands on their ankles to do the lower half of the bow and then imagine going to their head to complete the bow, but you remain sitting in your chair. (Some seated healers do the hand positions during visualization.)
- Use a "proxy" like a teddy bear or doll. There are specific human-like figures available for this and they are widely used in healing modalities like Tong Ren. Do the healing as you would on your client using the proxy as a stand-in.

**LONG DISTANCE PROCEDURE:** Any of the Full Spectrum healings can be done long distance:

1. Prepare for the healing by asking permission and arranging a time. The client should be in a place where they can lay down quietly for about half an hour. As the healer, have your own space ready.
2. You can begin your healing with a phone call or Skype session with the client. Do a brief intake by asking the client how they are doing, any pain or presenting issues.
3. Tell the client that you will call them back when the healing is over so that you can briefly discuss the healing.
4. Chose the healing and the method of doing the long distance session. Long distance sessions often take less time than in-person sessions.
5. Do a pendulum check and start the healing.
6. Complete the healing according to the instructions and give the client a few moments to rest. Check the pendulum again and record the readings.
7. Call the client back and first let them share what they experienced. If it's a classmate, feel free to share more of your experience and compare notes. It's always amazing what the connections are. If it's not a classmate, keep the sharing to a minimum to allow the client to stay out of their head and in a more relaxed state.