

# HEALING AWARENESS WEEK

*SUPPORTING MENTAL HEALTH THROUGH HEALING*



*1ST-7TH MAY 2022*



**STAND WITH  
UKRAINE**



# Healing Awareness Week

## ABOUT

Healing Awareness Week is a chance for people to come together to explore the art of healing. It's a wonderful week of discovery, experiences, and sharing that raises awareness of the benefits of healing, while bringing people together to heal after the challenges of recent years.

We invite people from all walks of life to join this mass healing event to generate much-needed positive intention and healing for people and planet.

This pack is designed to help anyone - no matter what their experience or knowledge of healing - to organise a get-together to support wellbeing in their community.



## WHY HEALING?

Healing is the oldest and most natural form of non-invasive support for wellness of body and mind. The word 'healing' means 'to make whole'. Many people who have received healing claim it to be a wonderful and life-changing experience.

In an appointment with a healer, healing energy is channelled from healer to patient; stimulating the client's own facilities to self-heal. The healing energy is not of the healer but is universal energy which exists in all things.

Anyone can draw on these universal healing energies to support their own wellness. Participants simply need to be open to the healing experience by keeping an open mind and an open heart.

We hope that Healing Awareness Week will provide the opportunity for as many people as possible to learn how to benefit from healing, and find out more about how healing work can support their wellbeing.



# organising a healing event



## THE EVENT

During Healing Awareness Week, people around the country will be coming together to heal.

This could be as simple as two friends on an online call sitting together with a clear intention. They might use the meditation provided, or choose another way to practice together, being sure to leave plenty of time to catch up before and afterwards. A lovely excuse to reach out to loved ones!

Others will want to be part of a slightly bigger collective experience. The resources in this pack are designed to help people shine a healing light within their community by bringing a group together to share the experience.



## WHAT HAPPENS?

The event leader (you!) organises a space and time to bring people together.

People may wish to bring their own refreshments if they could be provided.

Once participants are settled and have had a chance to say hello to one another, the group sit together in a circle.

The meditation hosted [here](#) on the UK Healers website can be used to run the event, or if you feel confident leading the healing circle, the guidance enclosed will help you ensure the healing meditation is as open to people of different backgrounds as possible.

The group will follow a meditation that channels healing towards the participants themselves, people in their community, and those in need of healing globally.

Once the healing circle is closed, the group take a moment to connect together again through coffee and conversation before returning to their day.

Our hope is that people will feel lighter, more connected, and at peace after taking part. Spreading this feeling throughout their day will magnify the healing from this event, thereby creating a ripple effect which supports the health of all.

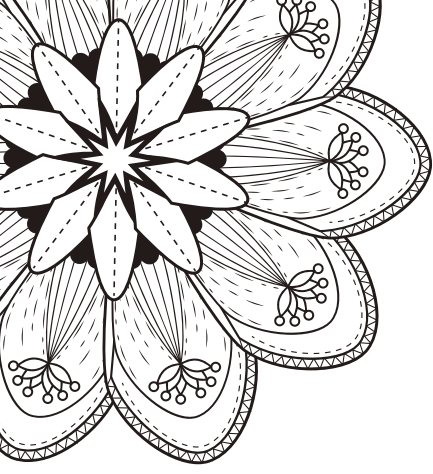


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*The soul always knows what to  
do to heal itself...  
the challenge is to silence the  
mind.*

“

Caroline Myss



# Healing meditation

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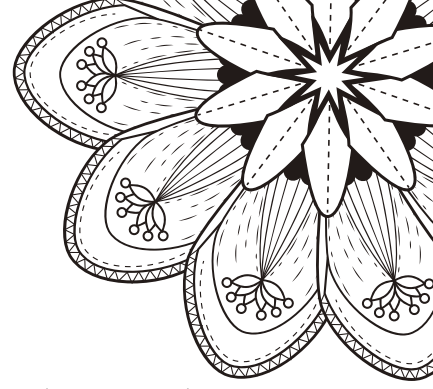
MEDITATION

Add the healing meditation text here

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# Mindful Mandala



Mandalas have been used for centuries to aid self-exploration and relaxation. They are often used to quieten the mind, focus positive intentions or to get into a state of meditation and flow.

Mandala is, in fact, the Sanskrit word for 'sacred circle' so using mandalas is an ideal way to connect people with a meditative practice in a healing circle. While traditional mandalas often use a complex design prescribed by tradition, healing mandalas are often a more intuitive, spontaneous practice - allowing a person to infuse their work with their own feelings and intentions, as shown here:



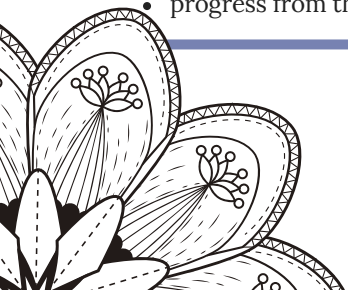
By creating a mandala with vibrant words we radiate healing energy. The following template could therefore be annotated with healing affirmations as another way of connecting with a healing practice. It could also be re-created as a much larger template to create a communal mandala.

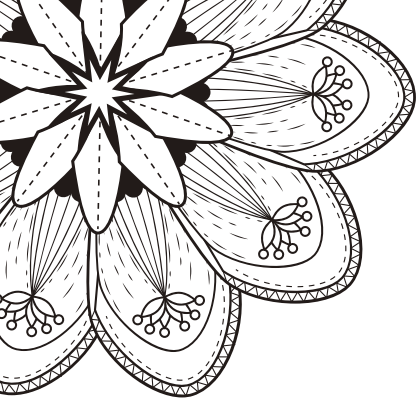
Each healing circle or individual within the circle may choose to have their own focused healing affirmation. The following are potential inspiration.

**Infinite Love, Healing and Light**  
**Infinite Health, Vitality and Growth**  
**Infinite Hope, Harmony and Gratitude**

As a suggested practice:

- participants may wish to use a pencil to draft their design
- invite participants to write an agreed affirmation (or personalised alternative) using a fine point pen
- start writing from the smallest, centre-most circle
- write the words as closely as possible to each other in a clockwise direction (counter-clockwise in languages read from right to left)
- progress from the centre to the outer edge, being sure to finish on a complete word.





# Mindful Mandala

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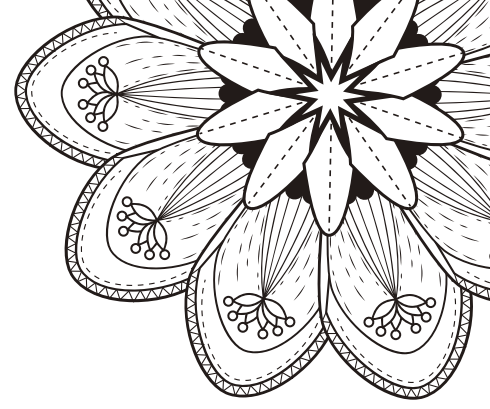
*Silence is a great source of  
power and healing.*

“

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Rachel Naomi  
Remen

# FAQ'S



## WHO ORGANISES THIS?

The healing events are open to all and could be organised by anyone who feels called to do so - no experience is required.

An organiser would ideally have access to, or would book, a room in a public space such as a library, community centre or event room. It would also be possible to convene a group outdoors at a designated space such as a park if the weather is likely to be fine and the organiser is happy to brave the elements.

## WHAT WOULD I NEED TO DO?

Alongside an event space, the organiser would need to be able to advertise the event - perhaps via social media, posters, flyers or local newsletters. An example poster is included in this pack.

On the day refreshments would help people feel welcome. Participants could pay for these via an honesty jar.

Lastly, the organiser would need to consider how they wish to run the healing session - would they play the online meditation (in which case speakers would be helpful), would they invite attendees to complete a mandala (in which case printouts, pencils and coloured pens would be needed) and would they want people to be seated on chairs or blankets etc.

## WHAT DO WE CHARGE?

There should be no charge for the event as the aim is that healing should be made available to all.

However, donations to cover costs could be requested, and donations towards UK Healers would allow the organisation to continue to promote healing and its benefits. A suggested donation of £1 would make a significant impact. To pass on donations, follow [this link](#).

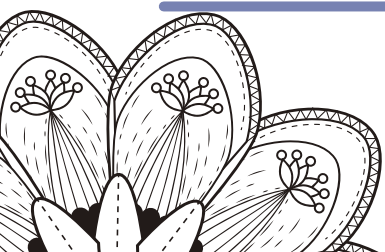
## WHAT ABOUT COVID?

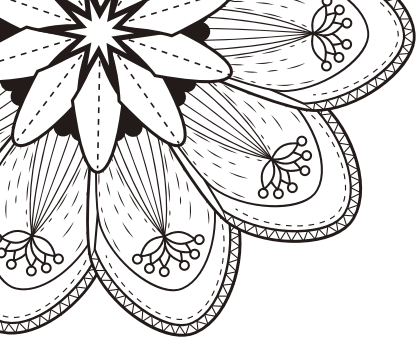
At time of writing, government restrictions have eased and there are no mandatory requirements for event organisers.

However, participants may feel more comfortable if organisers make provision for social distancing and keep any indoor venues well ventilated.

For further guidance, see <https://www.gov.uk/guidance/working-safely-during-covid-19/events-and-attractions>.

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# UK Healers

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## ABOUT

UK Healers is the one of the largest voluntary self-regulating body for Spiritual Healers, Energy Healers and Energy Therapists in the UK.

It was formed in 1999 as a voluntary self-regulating body for Spiritual Healers in the UK with the aim of regulating and maintaining the standards of professional practice for healers.

UK Healers run and assess training for practitioners as part of a commitment to promoting a healing service that considers the whole person. They run events to promote wellbeing, such as those set up as part of Healing Awareness Week.

UK Healers has established a certification framework and assessment process to help members of the public to feel reassured that they are choosing a reputable healing practitioner. An online directory of healers who have met these standards is available on their website.

To find out more about how healing with a healing practitioner can support wellness, visit the UK Healers website at [www.ukhealers.info](http://www.ukhealers.info).



# HEALING AWARENESS WEEK

Come along to find out more about healing and to experience a healing meditation.

Come as you are. Free to all. Donations welcome.

BEING HELD AT:

DATE:

TIME:



# HEALING AWARENESS WEEK

*THIS WAY*

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