

# HEALING AWARENESS WEEK ~ 4<sup>th</sup> – 10<sup>th</sup> May 2020

## BIGGER THAN EVER FOR A NEW DECADE OF WELLNESS

### Press Release from the Healing Forum

The second decade of the twenty-first century, a century where wellness has become the issue of concern for the public and government alike. An epidemic of Mental Health issues is affecting more than one in four UK residents, almost equalling the figure for cancer sufferers in this country. In the UK, in this new decade we seem to be facing a crisis of confidence in conventional medicine and conventional treatments and people are looking for alternatives which can work alongside existing treatments, but bring back a measure of self-healing and a feeling of control to one's life.

This is where **Healing Awareness Week** will help everyone with new ideas, strategies and alternatives to bringing 'Wellness' to the forefront of living. By a combination of body, mind and spiritual concepts, positive thinking and constructive strategies, **Healing Awareness Week** will offer help to everyone and a chance to find 'Wellness'.

### Healing Awareness Week 2020

Is an initiative of a collaborative group of like-minded organisations, working together under the title of the 'Healing Forum'. The 'Healing Forum' and its four member organisations who represent the majority of healers in the UK, are dedicated to promoting Healing, and the benefits of balance in body, mind and spirit, that can bring back wellness in to everyone's lives, be they young or old, while maintaining a professional and ethical standard the public can rely upon

*(For more on these four organisations see the details at the end of this press release).*

## Healing Awareness Week - Monday 4<sup>th</sup> May to Sunday 10<sup>th</sup> May 2020

### THE BIG HEAL

A big new idea to celebrate Healing Awareness Week 2020. Members of the 'Healing Forum', who represent the majority of registered complementary healers in the UK, will host an online event called: '**The BIG HEAL**' where Healers from the four organisations, will open the Healing Awareness Week Facebook page or the Healing Awareness Week website and through the power of thought and their own conscious and positive intention to heal, charge these locations with energy for anyone in need of healing. They will simply channel healing energy to blend with all those other healing channels taking part, to create a wonderful reservoir of healing thoughts, which is free to be used in helping those in need of any healing issues, be they mental health or a cancer diagnoses, or simply anyone in need of a burst of positive healing energy in their lives. All they have to do is visit the Healing Awareness Week locations and ask for some healing energy to help themselves through the power of thought.

Anyone in need of healing can visit the Facebook page:

([www.facebook.com/HealingAwarenessWeek/](http://www.facebook.com/HealingAwarenessWeek/))

or the Healing Awareness website:

[www.healingawarenessweek.org](http://www.healingawarenessweek.org)

# HEALING AWARENESS WEEK 2020

4th May - 10th May

## Join us for the **Big Heal**

Each day between 8.00PM to 8.30PM. during Healing Awareness Week, healers will visit the Facebook page and channel healing energy to the collective pool of loving and healing energy.

Anyone can visit the page at any time during the week and ask for healing to be given to them.

Through the power of thought alone they will be helped in a positive way, maybe not in a way they expect but helped nonetheless.

For more information please visit [www.healingawarenessweek.org](http://www.healingawarenessweek.org)

Sponsored by:

Organised by the Healing Forum:



The Confederation of  
Healing Organisations  
Advancing the practice of Healing



Anyone can register and ask for healing for themselves or a loved one, they will then be sent healing from the reservoir of healing energy channelled by the hundreds of Healing Forum healers taking part. All the 'Healing Forum' ask is for those receiving healing to send feedback of their experiences.

Each day between 8.00 p.m. to 8.30 p.m. during Healing Awareness Week, (*Monday 4<sup>th</sup> May to Sunday 10<sup>th</sup> May 2020*) the members of the Healing Forum will visit the Facebook page and channel healing energy to the collective pool of loving and healing energy.

People can register on the page at any time during the week and ask for healing to be given to them. Through the power of thought alone they will be helped in some positive way, maybe not in a way they expect but helped none the less.

The '**BIG HEAL**' is a free service, however any donations to the Healing Forum during Healing Awareness Week will be used to enhance the awareness of 'Wellness' around the UK.

The 'Power of Thought' to heal has been explored by many organisations over the last two decades, as evidenced by the many studies detailing the existence of the 'Placebo Effect' which is extensively documented on the internet and by many scientific experiments which suggest our human consciousness can physically change our body by positive thought alone. It is hard to ignore the suggestion in US medical and scientific studies that over 75% of physical illness is caused by negative thoughts. Which begs the question; what the power of positive thought can achieve.

### **Healing Forum Therapists & the Power of 'Positive' Thought.**

Unfortunately, not many people believe they can change their 'wellness' in this way, which is where the Healing Forum Complementary Therapists can help. Through their training, skill and understanding of belief in the process of healing through positive thought and practical strategies, these trained therapists can support people on their healing journey. Please see the recourses section of this release for more on the 'Power of Thought'.

## HEALING AWARENESS WEEK

And that is not all, the '**BIG HEAL**' is just one of many 'wellness' and educational events put on by the Healing Forum membership across the UK, to promote ideas of wellness in young and old, with simple strategies to help improve lifestyle and engender a positive mental attitude to modern living.

To find out more then, a visit to the Healing Awareness Week Facebook page: ([www.facebook.com/HealingAwarenessWeek/](http://www.facebook.com/HealingAwarenessWeek/)) or the Healing Awareness website ([www.healingawarenessweek.org](http://www.healingawarenessweek.org)) Where you will find all you need to know about becoming wellness-aware!

Join us in a week dedicated to promoting healing and wellness for all, no matter their age or gender. There will be ideas and professional help to inspire everyone to a more positive, healthy and satisfying lifestyle.

All these wellness possibilities are showcased nationally during **Healing Awareness Week**, where members of the 'Healing Forum' four organisations, will be putting on wellness events locally, offering a variety of strategies to help change lives in a positive and achievable way. Visit our Facebook page or website to find out what is happening in your area.

In a world filled with change, with stress, and with pharmaceutical solutions frequently offered as the only option, we offer a different and much needed holistic approach to keeping our body, mind and spirit fit and healthy. Wellness is something we can all achieve, even with a hectic and busy life or a slow retirement, and **Healing Awareness Week** is there to help everyone find out how simple it is to change one's lifestyle for the better.

**Healing Awareness Week** is supported by the four leading UK Healing organisations representing the majority of healers in the UK. All our members are dedicated to wellness and healing for all and the maintenance of professional standards through a national network of Healing practitioners trained to the highest quality and following a robust code of conduct.

### Our member organisations are:

**The Confederation of Healing Organisations (CHO)** is the leading charity advancing the practice of Healing: promoting its benefits as a recognised complementary therapy by providing education, research and information to a wider audience of Healing and healthcare practitioners and society as a whole.

**The British Alliance of Healing Associations (BAHA)** is one of the oldest and largest bodies of UK healing associations representing a significant number of healers. They work with Skills for Health, NHS Groups, other umbrella healing groups and international organisations to develop the standards within the healing sector. BAHA is a verifying organisation for members applying to join the CNHC.

**UK Healers** is a voluntary organisation representing the largest number of healers in the UK. It sets Quality Criteria for its associated organisations for the training and practice of Spiritual Healing and checks that they meet them. It contributes to national standards. It is also a verifying body for healers wishing to register with either of the two independent regulatory bodies for complementary therapists: CNHC and GRCCT.

**Spiritualists' National Union (SNU)** A recognised UK Religion and Union of churches that include in their divine service Spiritualist Healing, which is a dedicated universal remedy

provided by the spirit source that if utilised positively promotes wellness of body, mind and spirit.

**For more about Healing Awareness Week visit** our website:

[www.healingawarenessweek.org](http://www.healingawarenessweek.org)

or Facebook page:

[www.facebook.com/HealingAwarenessWeek/](http://www.facebook.com/HealingAwarenessWeek/)

**For more information about the Healing Forum and Healing Awareness Week contact:**

- **The Confederation of Healing Organisations** [www.the-cho.org.uk](http://www.the-cho.org.uk)  
or call: 0300 302 0021 or email: [events@the-cho.org.uk](mailto:events@the-cho.org.uk)
- **The British Alliance of Healing Associations**  
[www.britishalliancehealingassociations.com](http://www.britishalliancehealingassociations.com) or call 01709 560462 or email:  
[secretaryforbaha@gmail.com](mailto:secretaryforbaha@gmail.com)
- **UK Healers** [www.ukhealers.info](http://www.ukhealers.info) or email: [admin@ukhealers.info](mailto:admin@ukhealers.info)
- **The Spiritualists' National Union** [www.snu.org.uk](http://www.snu.org.uk) or call: 01279 816363 or email:  
[snu@snu.org.uk](mailto:snu@snu.org.uk)

## RESOURCES SECTION

Click on links or copy and paste into your search engine to access:

1. A study carried out by Northampton University for the CHO on the power of healing.  
<http://www.the-cho.org.uk/research/two-meta-analyses-of-non-contact-healing-studies/>
2. Sandy Edwards book 2017 re-healing in hospitals:  
<https://www.amazon.co.uk/Healing-Hospital-Scientific-Evidence-Spiritual/dp/0957516908>
3. The Science of Healing Thoughts-Scientific American:  
<https://www.scientificamerican.com/article/the-science-of-healing-thoughts/>
4. The Guardian-All in the mind how research is proving the true healing power of the Placebo.  
<http://theguardian.com/science/2016/feb/15/jo-merchant-mind-body-health-medicine-science>
5. Harvard Health Publishing- The power of the placebo effect.  
<https://www.health.harvard.edu/blog/the-placebo-effect-amazing-and-real-201511028544>
6. How Positive thinking builds your skills, boosts your health and improves your work.  
<http://jamesclear.com/positive-thinking>
7. The Guardian-to cure my chronic pain, I had to learn about the links between mind and body.  
<http://www.theguardian.com/commentisfree/2019/jul/01/chronic-pain-mind-body-brain-physical>
8. HSS Public Access- Placebo analgesic: Psychological and neurobiological mechanisms.  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3626115/>