

# Is Permission Needed to Give a Healing?

by Wanda Buckner, Ed.D., HTCP, HTAP

**M**ost energy modalities, including Healing Touch, say yes, we do need the other person's permission or their guardian's permission to give an energy healing. For me, Mary Ellen Flora's explanation of why asking permission is a good idea makes the most sense. In the November 2012 "**A Spiritual Perspective**" from [www.c-d-m.org](http://www.c-d-m.org) Mary Ellen writes, "*A friend of mine is a determined healer and often becomes invasive with her desire to heal. Most of the time I enjoy her enthusiasm but there are times I resist her insistence to change me. . . The main thing I need to learn from my similarities with my friend is that no one can fix, heal or change someone else. . . We both have lessons about allowing everyone to heal in his or her unique way instead of the way we wish.*"

For me, that is often the crux of the matter—I want others to be different than they are. Five years ago a friend of mind chose death. She was a non-smoker diagnosed with lung cancer and opted for no biopsy to confirm this and no treatment. She took to her bed to die and did so within a few weeks. I wanted her to choose life - she refused. She wanted me to help her die - I refused. However, I did go to her home every few days to provide Healing Touch. The energy therapy soothed her and made her more comfortable and perhaps more. I don't know. I did not try to heal her; I did not try to grant her wish. I did the work and let it go.

Being unattached to the outcome is a challenge for me—I want people to feel better. I want them to get the healing for which they came in the form they want. I want them to be pain-free. I

want to help others, often whether they've asked or not. Theta-Healing® suggests showering people with unconditional love -- doing so supports people where they are, as they are. I like that. I shower my friends and non-friends with unconditional love. I appreciate it when they do the same for me.

Dr. Eric Pearl, in The Reconnection, says "You can only *offer* a healing; you can't *inflict* a healing." If I, from a place of unconditional love and wanting only the highest good for the person (which I recognize I don't know what that is) with no investment in a particular outcome, "give" a healing to someone without prior permission, that healing flows through the universe to the person. The person either accepts or rejects it. According to Dr. Pearl, accepting the healing is giving permission.

However, if I feel a need to whisper to the receiver whose situation improved that I gave him/her a healing, then my intention was not pure—I DID have an investment in a particular outcome AND I wanted to take credit. Many things occur simultaneously in every person's life, any one of which could be the tipping point toward healing. The universe heals, I do not.

Do I wait for permission to give a healing? Generally yes. I do not approach random people in the store and ask if they or their animals would like a healing. Sometimes I do approach friends and offer a healing, but it is always a gift given freely, not a business arrangement. I am surprised at how few people accept these gifts of healing. Which brings me full circle to Mary Ellen's comment, "*A friend of mine is a determined healer. . .*"

Abraham says, "When you are feeling the discomfort from seeing other people in a lackful or needy situation, and you decide to help them from your place of discomfort, no lasting value ever occurs, for two important reasons: first, you are not in alignment with the Energy of your Source, and so you have no

real value to give; and second, your attention to their need only amplifies their need. -- When you feel an inspired eagerness to offer something because you want to participate in their happy, successful process, your attention to their success harmonizes with the point of view of your Source and the infinite resources of the Universe are at your disposal. And that does help. (Excerpted from Abraham's Getting into the Vortex Guided Meditation CD and User Guide).

At my best, I unconditionally love others and myself. I honor the perfection of them as they are, where they are and I honor the same perfection in myself. Having said that—loving others unconditionally and with no investment in the outcome—there are times when I silently offer a healing. There could be times when it is accepted.

About the author:



Wanda Buckner, Ed.D., HTCP, HTAP, retired from education after 30 years at the school, district, and state levels as a librarian, teacher and administrator. After retirement, she helped fund innovative programs for children through her Proposal Development and Writing business. In 2007, Wanda opened her energy therapy business To soothe and to heal. Wanda provides Healing Touch and Aromatherapy to people and their companion animals at her office in Olympia and at Catherine Place in Tacoma, Washington. She also volunteers in Providence Hospital's No One Dies Alone program and on the Inpatient Rehabilitation Unit with her registered Pet Partner®, Sophie.