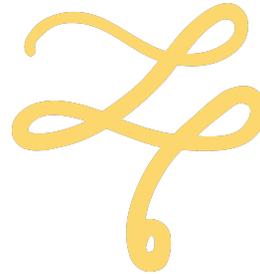


Healing Ministry at Knox



Our mission...

Following the example of Jesus, our mission is to provide healing through the energetic "laying of hands" to bring harmony to the body, mind, and spirit for ourselves and others.



Healing Ministry is founded on the belief that all people are able to facilitate healing through compassionate intent. Healing Ministry sessions are conducted with respect for the physical, emotional and spiritual selves of the individuals involved.

How does it work?

To start, you will lie on a massage table with your head and knees resting on pillows. You will remain fully clothed, and may have a blanket over you if you wish. Treatments can be received while seated in a chair as well.

The practitioner will begin with prayer, to invite God's presence into their minds and bodies, and to allow God's healing energy to flow towards you. The practitioner will state their intention to be an open channel for God's healing power. You will be invited to state your intention to be open to receive that healing power.

You will be asked for permission from the practitioners to touch you. Healing Ministry can be given without touching the body directly. Any physical touching is respectful and gentle.

The treatment concludes with grounding and an understanding that healing will be ongoing.

For best results...

- ... be in a peaceful state prior to treatment**
- ... pray, meditate, sit and relax while waiting**
- ... be present with what is happening**
- ... try to clear your mind of distractions**
- ... be open to whatever healing comes to you**



These healing sessions are not a substitute for medical care and Knox Healing Ministry practitioners do not diagnose.



About healing touch...

Healing Ministry influences the human body's energy system, affecting one's health and healing process. It complements conventional health care and restores harmony and balance to help the individual self-heal. Healing Ministry is a process of being open to God's intention for us to achieve wholeness and health as individuals and as a community.

The Healing Ministry group members have all completed at least one course in the Healing Pathways or Healing Touch program. Knox Healing Ministry uses techniques from both.

What are the effects?

After treatments, people have reported:

tingling sensation

relaxation

temperature change

remembering an experience

swirling energy

seeing colours or images

increased energy

clearer thinking

improved mobility

reduced pain

letting go

feeling loved

peace

Your body may retain these effects for a few days. It is wise to drink water after a treatment, and keep well-hydrated generally. You may reflect upon your experiences. The decision to share is always yours.

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To make an appointment...

The Healing Ministry of Knox United Church provides ongoing training, support and healing opportunities for all members of the congregation.

Healing Ministry sessions are offered upon request to members of the congregation. Fees are not charged for Healing Ministry treatments, as it is part of the pastoral care ministry of Knox United Church. If you wish to support this ministry, donations are accepted.

If you have any questions or would like to book an appointment for treatment, please contact the team through email at healingtouch@knoxunited.ab.ca or call the church office.