

How Does Distance Healing Work?

By Abby Wynne

In Western Society, we identify ourselves with what we do instead of with who we are. When you meet someone for the first time, there is a natural tendency to ask "What do you do?" before asking "What type of music do you like?" or "What is your favourite food?". I once heard the celebrity chef, Jean-Christophe Novelli say "If I cannot cook then I am nothing". I was sad for him because one day he actually might not be able to cook. He is wrong about that though, because on the day that might arrive when he may no longer be able to cook, he is most indeed NOT nothing. He is still himself, his essence, his own light energy.

Let me explain this further.

There are about three Abby Wynne's out there that I know of. We all have the same name but line us up in a room and we are very different I guarantee it. So we are not our name.

There are people out there that look similar, people that our friends mistake us for, until they get up closer and the eyes are a little different, the hair, the colour of the skin. They are not us. Taking this to the next level, look at identical twins - their bodies have the same DNA but the actual people inside the bodies are different. They have different personalities, like different things, are different people. So we are not our bodies.

We are the energy inside the body. The energy that holds personality, behaviour patterns, likes, dislikes....it is the place where our dreams reside. It is a fingerprint. A unique pattern of different emotions and experiences which, when consolidated, form a unique entity, which is you. Or your brother. Or your best friend. That's the energy that makes the difference between alive and dead. Strip off the body and you get the Soul. The Soul is the real difference between you and somebody else.

So how does Distance Healing work then?

Distance Healing is about connections, connecting in with that pure, life force energy of the Soul. Everyone you know is connected to you energetically. You think of a friend, the phone rings, it's your friend. This has happened to everyone at one time or other. When you think of this friend, you might imagine their face, their voice, because that is how you recognise them, but the connection you make to them is between your Soul Energy and theirs. You could imagine a shaft of light runs between you, fed by your thoughts of them, and like a current of electricity running between you, can nudge them into thinking about you, too.

When I do a distance healing, first of all I ask you some questions so that I can connect into your Soul Energy. I find out the essence of you through contact via email or telephone. I want to know who you are and what you are going through at this time. Because we all have a body, I find a recent photograph helps me focus in on you, specifically. It lets me see the lines on your face, the tiredness around your eyes, the laughter lines on your face.



When I begin a distance healing, I call you on the phone to make sure you are in the right space where you won't be disturbed. We breathe together, we open a sacred space and invite in our healing allies. When the breathing is established and you are comfortable, we hang up the phone and the energy healing begins.

In the sacred space and in sacred time I invite your Soul Energy to come travel through this connection between us to be healed. I feel the energy rush into the room where I am, sometimes strongly, sometimes hesitantly, depending on the person, on the experience. This does not mean that you, lying on your bed where you are, suddenly have no energy at all and are, in essence, dead! No. Not at all. What happens is that the energy that needs healing comes to me, while the rest of it remains with you. And amazing still, is that some of my energy travels to where your body is, too. It is a two way connection. I find that when I do a distance healing, part of me is in Ireland with your energy, and part of me is with you, where you are, doing even more healing. It is very intense, very strong, and the work is beautiful, amazing work.

I can work on your chakra system, just as if you were in the room. I can help you release emotions, shed heavy energies and let in new, light energies. I can work with your energy body just as well as I can with someone who is physically in the room with me. Some of the things that I do in Ireland, you may feel where you are, at the same time. You may feel tingles or your body gently shaking. You might want to cry, or laugh. You might see colourful lights. Or, you might feel/see nothing. It really depends on your sensitivities, where you are on your personal journey, and what you need to happen for you at the time of the healing.

When the healing is complete, with grace the connection between us is closed, and I return fully to my body, and you return fully to yours.

The phone call afterwards is for the mind, to see how you are, to ask what happened for you, to find out if you are ok. And you always will be.

If you want to contact me for a distance healing, you can call me in Ireland at +00 353 87 6593626 or you can email me abby@abby-wynne.com

