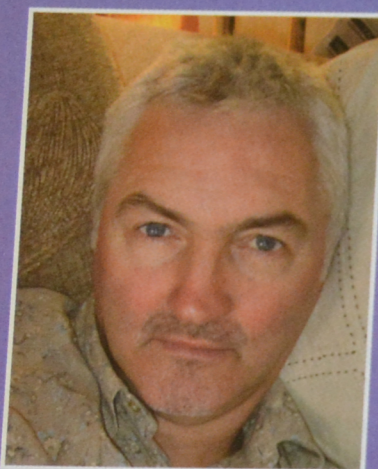


# FOCUS ON *Spiritual Healing*

BY CHRISTINA RHODES



WITH JOHN  
FLANAGAN

Last month I travelled to Glastonbury, reputedly the 'heart centre' of the world, following in the footsteps of countless pilgrims through the ages, dating all the way back to Joseph of Arimathea who is reputed to have visited with his nephew, the boy Jesus. Here in the tranquil grounds surrounding the ruins of Glastonbury Abbey, nestled within the mystical Vale of Avalon, I spoke with Irish Spiritual Healer John Flanagan of the Divine Light Healing Centre. I learnt of his near death experience, during which he was shown his past lives and at which time his Spirit Guides revealed themselves. This 'dark night of the soul' led to his 'calling' as a uniquely gifted Spiritual Healer and insightful guide to sacred sites within Avalon and far beyond.

As I sat in the sun-dappled shade of majestic beech trees listening to this soft spoken Irishman with his infectious laugh and mischievous twinkling blue eyes talk about his healing work, I felt a definite connection with the Divine. For John has made Spiritual development his life's work and it's obvious that this is something he truly believes in with every fibre of his being and that there is nothing more important to him. John and his American wife Meredith strive to bring a little bit of heaven into the lives of those who come to Glastonbury on a spiritual quest. They offer healing and clean, comfortable accommodation with an emphasis on spirituality. Also, individually tailored guided tours to various sacred sites including private visits to Stonehenge at dawn, Camelot, Avebury, Tintagel, Stanton Drew Stone Circle and an in-depth tour of Glastonbury itself, including a pilgrimage to the Holy Thorn tree on Wearyall Hill, the Tor (reputedly the place where the Holy Grail lies hidden), the Chalice Well and the sacred Druid oaks of Gog and Magog. I ask John what it takes to become a Spiritual Healer and how he works on a spiritual level.

## Q What is Spiritual Healing?

The purpose of spiritual healing is to bring us into an awareness of our true nature.

Disease and discomfort are sometimes 'calling cards' initiated by our higher self, to make us look deeper in order to find a greater meaning for and understanding of our life.

## Q Can Spiritual Healing cure disease?

The degree of realisation of truth operating in a spiritual healer and the degree of receptivity of the client, determine the degree of the cure. Also, from an 'absolute' point of view, there is no disease. When we are separated from source, anything and everything can occur in the world we have allowed to be created, the world of duality, known as 'maya' or illusion. So if and when healing occurs, it is simply a turning away from duality towards greater realisation of 'no-separation'.

## Q How does this work? Do you channel Divine energy? Do you impart healing by the 'laying on' of hands?

Are you asking about my work specifically or Spiritual Healing in general? Healers work in many different ways! Even 'materia medica' is a way of healing.

My work as a spiritual healer and Infinite Way practitioner is to know the truth, and hold that as a point of consciousness. The deeper the realisation of truth, the more the picture that is being presented as separation is dissolved. The 'laying on' of hands is the

connection through the different levels of awareness, spiritual, mental, emotional, physical and unconscious.

## Q Tell us about your work specifically. How do you work with your clients?

Prior to working with a client, I spend time in silence to connect with an inner teacher and guides who I work with. This is where I am shown how to work with the client and the degree and depth that individual is ready for. For some it may be just an emotional release, for some it's a mental process and others will want to go deeper, to be taken into a more intense depth of spiritual understanding.

## Q Does the client consciously assist you in this process?

No, but they have to be receptive, which is evident in the fact that they have sought a consultation. In doing so, they have reached out beyond their human mind to seek understanding. So, they assist unconsciously rather than consciously. Their soul is crying out for recognition.

## Q So, you aim to help them to take control of their lives and to tune in to their spirituality?

Absolutely! I do not want them to become dependent on me. For with my help they should be able to pick up the pieces of their lives, tune in to Spirit and trust their own judgement and the guides they have working with them. I will show them techniques and assist in this process. This is how I have been shown to work.

## Q So it's all about the client becoming empowered?

Totally, they must take back their power and trust in their own inner intuitive self, make the connection and nurture it until it is fully established within them.

## Q Does this approach help those with physical ailments, as well as mental and emotional problems?

Absolutely! As previously stated, illness can be a 'calling card' from our higher self, its purpose being to bring us back into alignment. Misalignment happens on all of those levels, the physical level being the final warning when we are not listening to our higher self.

## Q Is disease a symptom of not being properly aligned?

Yes, it is a result of being aligned with illusion. Although at an 'absolute' level, we are all aligned, all perfect, all whole. We have allowed separation from Spirit and built a world around it, which includes all forms of duality, poverty and illness on all levels. Sometimes disease or pain is the cry of the soul for recognition.

## Q How did you become a Spiritual Healer? Did you wake up one morning and think 'I want to do something with real meaning' or was it a gradual process for you to proceed along that path?

That's a tough question; if you'd asked me that question a couple of years ago I would have resisted answering it. It's only quite recently that I've become more open to explaining why I became a Spiritual Healer.

It's a life process and I continue to evolve and grow every day. It is also a 'calling', a vocation, not something I've consciously tried to 'become' through my own desire or will. The fact is that I personally went through a near death experience. It happened during a night in Istanbul, Turkey. At this time I surrendered personality and I had to face myself, my

patterns, my demons and I had a choice, either to move on or to return to the earth plain. As a result of this experience I say to people 'never fear death! For by learning to die while living, we achieve true freedom.'

## Q What happened to you in Istanbul?

I was staying at a hotel in Istanbul, I had arranged for the hotel reception to give me a 'wake up' call in order to catch a flight back to the UK. I was in the shower at about 3.30am when the phone rang. I jumped out of the shower, ran across the room and slipped on the marble floor. I hit my head hard, causing a deep gash and just lay there passing in and out of consciousness. I found myself facing death, asking myself such questions as 'would my passport be found?' 'How would my body be taken home?' I felt myself float free from my body and the spiritual teachers I met on the other side gave me a choice, either I had to look at myself and face my patterns or I could move on and surrender the earth life. I was told that if I came back, my life would go through change and I would be taught and shown the way forward. Altogether, this experience lasted for about an hour. I came back and re-entered my body. Three inner teachers revealed themselves to me during this experience and to this day they are still working with me.

## Q It must take a great deal of courage to talk to others of this experience. Were those you encountered on the other side Spirit Guides?

They were Spirit teachers, energy teachers, esoteric teachers, whatever you want to call

them, working with me on the other side. I went through hell the year after I came back from this near death experience. I lost everything, my inner life was incredible, but my outer life was falling apart.

**Q Sometimes we have to lose everything in order to realise what is really important, don't we?**

That's the whole message, that's the message I was given. In order to teach this, I had to first experience it in order to teach it to others. Otherwise it would have been just an intellectual perception. If you have gone through such an experience as this, you can empathise with people who are dealing with a crisis because you've been there.

**Q So, you worked with these three teachers for a year, when did you decide you were ready to help others? How did you know you were ready?**

During the aforementioned experience in Turkey, I was told that if I returned to the earthly plane, I would go through a year of being 'inner taught' and that I would accept everything that was given to me. I decided that I wanted to remain on the earth. Following my return to the UK from Turkey I went through a financial crisis, my relationship

not reacting to the things of the world with anger is very important. Thus, my work is not about changing the human experience from bad to good, but from bad and good into spiritual.

Usually, when a client comes to me they want to change the human experience, to make it better. So, I gradually guide them away from the concepts of good and bad into acceptance, to into finding out who they are. This is something that cannot happen immediately, it may take a while and they need to be assisted in this. However, once in that space they see the world quite differently and come to realize that the world they meet is a reflection of their inner world.

Spiritual consciousness is speeding up and those still attached their own ego desires (good and bad) will find life very difficult. During my near death experience I was taken into the future, shown the future for the next thirty or forty years. If we do not align ourselves with our spiritual destiny, we are going to find life extremely difficult, as our soul will constantly put pressure on us, to bring us back home.

**Q What were you doing in Turkey at this time of spiritual awakening?**

I had been on holiday with my partner at that time and another Spiritual Healer

of what I was given by Spirit at that time. I lost this spiritual revelation until about five years later, when just after my experience in Turkey; it fell out of a book. I established the Divine Light Healing Centre and the Divine Light Bed & Breakfast accommodation in the centre of Glastonbury. More recently, I have expanded the accommodation to include the Glastonbury Rose self-catering accommodation. Both of which provide a tranquil sacred space in the centre of Glastonbury where seekers of inner peace and spiritual enlightenment can base themselves during their visit to this ancient place of pilgrimage.

**Q How do you cleanse this sacred space? Presumably, when people come on a spiritual quest or for healing, they may leave some residual negative energy?**

Prior to working with a client I light a candle and meditate in the space. I do not give power to negativity. The truth is there is nothing to be afraid of and if you have nothing to fear you cannot have negativity. No matter how demonic a situation, the space is always clear.

**Q So, you do not feel the need to cleanse and protect the healing sanctuary?**

If you know the truth, the truth will set you free. Freedom comes from knowing the truth and the healing sanctuary and accommodation are set up on the assumption that there is nothing to fear.

**Q Many people feel the need to go on courses and register with certain recognised bodies in order to practise Spiritual Healing. Is this the correct way to proceed?**

In this day and age it is imperative to be trained and registered; in fact this is essential for

insurance purposes. I am affiliated with the National Federation of Spiritual Healers. I am also a practitioner of the 'Infinite Way' founded by Joel Goldsmith and this spiritual philosophy forms the main foundation for my work.

**Q Can you give us some examples of the positive benefits of Spiritual Healing?**

There are many benefits, the right people are drawn into the lives of those who seek healing, relationships are enhanced, there may even be financial benefits. Difficult situations which have caused years of pain may be resolved by forgiveness of ourselves and others. By releasing anger and connecting to Spirit we can achieve inner peace and a return to optimum health and wholeness. Spiritual Healing can enable us to become at peace with ourselves and with the world.

**Q So, Spiritual Healing brings abundance in terms of health, improved relationships and finances?**

You cannot find your inner self and not benefit from this process. However, you should not undertake this process in order to look for the benefits; you should connect for the right reasons. 'Seek first the things of Spirit and all things are given unto you'!

**Q So, if someone comes along to you and says 'I've got a bad back, can you help me?' Although they think they are coming for help with the pain in their back, in fact they are coming to you for a much deeper reason?**

Absolutely, they have been guided through this affliction to know themselves and gain spiritual understanding?

**Q In addition to your work as a healer, you also take those who are on a spiritual quest on tours of sacred sites. Is there a link between this healing work and acting as a guide? Do we receive healing when we visit such places of power?**

During my near death experience I was shown what I would do on my return to the earth plain and how I would do it. The tours to the various sacred sites form part of this work, bringing me into contact with a wide cross-section of people I wouldn't normally meet. I am able to work with them on a deeply Spiritual level, working with archetypes to bring them back into alignment.



## Difficult situations which have caused years of pain may be resolved by forgiveness of ourselves and others

broke down, I became ill with chickenpox, everything started to fall apart. Yet, I was being taught how to work and how to trust. Yes, trust was a major part of this process. For in following a spiritual path, I worked beyond the five physical senses.

**Q What I find quite remarkable about you is that you always see beyond the obvious, you always see that there might be good in any negative situation?**

Absolutely! That's the key, because good humanity and bad humanity are just one and the same. We are a long way from Spirituality! My work is not about changing the human experience from bad to good, for to do so would not make it spiritual.

The only way we will get a better 'human' world is to first find spirituality and bring it into manifestation. Therefore keeping positive and

from Glastonbury and his wife. When we returned from this holiday, I was told during a meditation that I must return to Turkey alone and within a few hours I was on a flight back there. I spent four days alone in Istanbul, I travelled up the Bosphorus and with amazing synchronicity I met many people who were relevant to my spiritual quest. It was on the last day that I had this 'accident' in the early hours of the morning. Prior to this I had had the most amazing experiences; I have a very strong connection to this part of the world.

**Q So, on your return to Glastonbury did you then set up the Divine Light Healing Centre?**

The name Divine Light and the concept of the healing centre were given to me some years prior to events in Turkey. I woke up in the middle of the night and wrote an account



**Q Glastonbury is a renowned centre of power, with the Michael and Mary ley lines merging here. Is your work more powerful in this place of power which draws many people to explore their spirituality in greater depth?**

Glastonbury has become a magnet for those seeking spiritual enlightenment, but no, I am not more effective here, because it's not about me. A healer is only an instrument for energy which is passing through, if the healer takes credit for it, the ego has become elevated. Spiritual Healing can be effective anywhere, not only in Glastonbury.

**Q How early on in your life did you know you were destined to live such an unusual life as a Healer and guide to Sacred Sites?**

I've been interested in philosophy since the age of about 15 years. I've always been a loner, I like my own space. Initially though I threw myself into the world, into drink, drugs and transient relationships with women, to try to kill the pain and to find a meaning for my life. Then in my mid to late twenties, probably in my first Saturn return, I passed through a really dark period of my life. This made me look deeper at myself and caused me to embrace spirituality and to look into Hindu philosophy, in particular the teaching of Rama Krishna.

**Q Is the concept of Spiritual Healing generally accepted by most religions?**

Totally, as far as I know it is recognised by every religion.

**Q So, Spiritual Healing is not seen as a threat to the status quo in the way that many other aspects of what is considered to be New Age could be?**

This depends on the type of healing work. If the healer is working esoterically this could be perceived as a threat, but the 'laying on' of hands is generally more acceptable. However, if you are seeing things, taking people into deeper experiences beyond the norm, then this could engender disapproval. In the past the established church has persecuted such people or driven them underground.

**Q You were brought up as a Roman Catholic in rural Ireland. It must have been quite a big step for you to turn your back on this very traditional Irish upbringing to follow your chosen path?**

Yes, that's true; I have had no contact with the Roman Catholic Church since I was sixteen years old. I feel that the Roman Catholic Church exploits poverty and ignorance and has held Ireland in bondage since it gained a foothold there. Fortunately, its influence is

## FOCUS ON *Spiritual Healing*

waning. I have the greatest love and respect for the principles and teachings of Jesus, but not for the organised church.

### **Q Are you able to heal past lives?**

I can show people their past lives, these past lives are sometimes manifested during healing sessions. This involves working with their subtle unconscious and the two lower chakras, the sacral and root chakras.

### **Q Do you work with the aura and the seven main chakras?**

Initially, I work predominately with the first two chakras as this is where the patterns are tied in. It is through these chakras that we are tied to our karmic patterns and this can hold us back from the power and potentiality that comes from the higher chakra centres, as each carries a vibration and a teacher on the other side of the veil. It would be dangerous to open the higher chakra centres if completion has not first taken place on the lower chakras.

### **Q So in this sense you undertake past life healing?**

Yes, I take people back; they can see what comes through.

### **Q Are you saying that our ailments, our physical, mental and emotional suffering emanate from our past life experiences?**

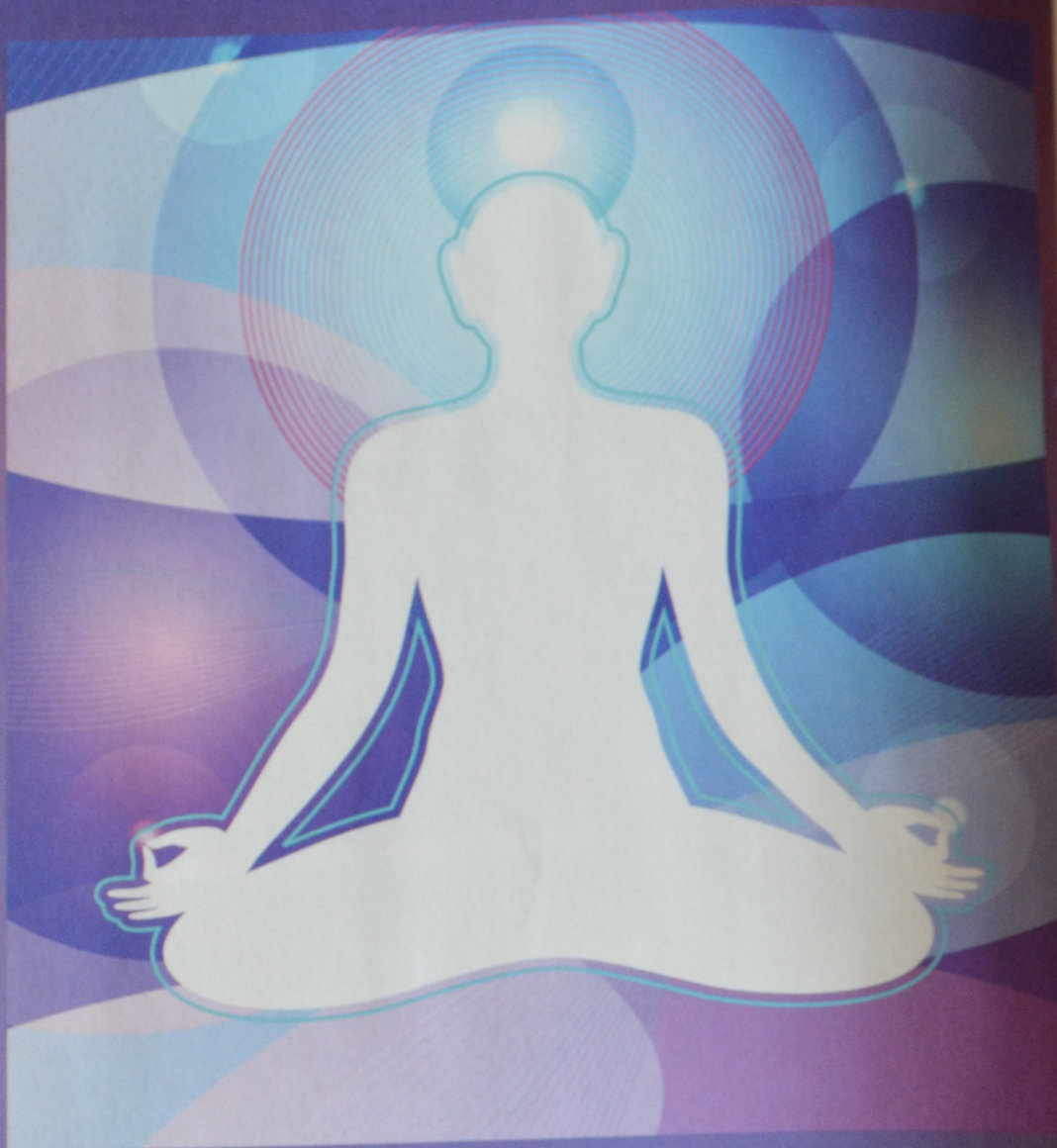
Yes, they are caused by our attachment to past life patterns. We are born into the family, the country and the situation that best suits us, to give us the necessary life experience on a journey back to self-knowledge.

### **Q So, difficulties, even illness or disability are not a karmic judgement on us as some would say?**

We choose this life prior to incarnating on the earthly plain. If you've had a tough upbringing, that's what you needed and you need to move into forgiveness, not judgement, for it's a learning process. We are not victims, but victorious when we achieve understanding.

### **Q What about those who have seemingly perfect lives, if they are not suffering, does this mean they are not learning?**

They are learning for they have chosen this incarnation; they may need that experience in order to evolve into who they really are. Although, mostly we learn and grow as a result of suffering, learning compassion and empathy as a result of this process. The darkest periods of my life have been the periods of the greatest spiritual growth.



### **Next month:**

In Part 2 of Focus On Spiritual Healing, John Flanagan takes the mystique out of death, telling us why we should not fear it. He tells us of his personal experience of the Divine and how this divinity has manifested in his life. He describes how he is guided in his healing work and how we can differentiate between reality and illusion.

To find out more about the Divine Light Healing Centre and to book an appointment for Spiritual Healing contact John Flanagan on: **01458 835909** or email: [glastonburyrose@lineone.net](mailto:glastonburyrose@lineone.net). Visit: [www.divinelightcentre.co.uk](http://www.divinelightcentre.co.uk) for further details.

For spiritually attuned accommodation in the heart of Glastonbury visit: [www.glastonburyrose.co.uk](http://www.glastonburyrose.co.uk). For guided tours of sacred sites in and around Glastonbury and further afield visit [www.divinelighttours.com](http://www.divinelighttours.com) or telephone: **07796 907710**.

Christina Rhodes is a professional psychic consultant, intuitive counsellor and motivational life & business coach. To book a consultation with Christina telephone: **01843 866861**.