**Distant Healing from The Sam Buxton Sunflower Healing Trust**

Q) When is distant healing sent?

A) Distant healing will be sent every day from the date we receive your written request via letter or email, you can also contact us by telephone between 0900-1300.

Q) What time will Healing be sent?

A) Every evening at 8pm from our healing room for 30 minutes.

Q) Do I need to make any special preparations?

A) No special preparations are required although many people find it of benefit to sit or lie quietly and experience the healing coming in.

It is useful to have a glass of water to hand to drink at the end of the session.

Q) How long before some benefit is experienced?

A) Many patients report an improvement as soon as they send the letter requesting distant healing. However, we would expect that you experience some benefit within 48 hours of your confirmed request for distant healing.

You may experience positive changes on the physical level or more subtle changes emotionally and physiologically. Each case is of course unique and therefore the response to distant healing will reflect this.

Q) What are the costs for this service?

A) There are no fixed costs for this service but donations are very welcome and will be used to enhance our charities work. Our charity funds healers to work in an integrated way in Hospitals and Hospices. [www.cancertherapies.org.uk](http://www.cancertherapies.org.uk) (1115614)

Q) Will this interfere with conventional treatment from vets or doctors?

A) Distant healing and hands on healing is extremely supportive alongside any conventional treatment. It is of course important that you seek medical or veterinary help for any problem that you or your pet may have.

NB: Please update us on your well-being by phone, letter or email after 14 days This will ensure continuity of the healing being sent.

**Contact address:**

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Our holiday cottage in Cornwall is available free of charge to any cancer patient -to book your holiday please email Angie on [info@cancertherapies.org.uk](mailto:info@cancertherapies.org.uk)