

**The Bray People - Thursday 20th January 2000**

**"NEWS SPECIAL: What is healing and why do so many people swear by it , Belinda Jackson meets Bray based Healer Noirin Callanan to find out .**

## **Healing hands give hope where all others have failed**

When you're in your car and the oil light comes on, what do you do ? If you ignore it your car will eventually beak down. Most people will fix the problem straight away to avoid this happening.

Your body works on the same principle says Bray healer Noirin Callanan. The problem is that it seems people care more for their cars than themselves, only going to the doctor when its an emergency, then often when its too late to cure the problem. Consequently all that can be done is manage the resultant pain.

## **Trapped energy**

According to Noirin energy trapped in parts of the body is frequently at the root of long term discomfort and pain associated with such common ailments and conditions as asthma, arthritis, back pain, and migraine.

"Energy in itself is neither negative non positive but trapped or stagnant energy can cause pain until it is released, " she explains.

"If you don't have your health, you have nothing. New aim is to help people suffering from physical , emotional or mental pain by helping the body to reawaken an invigorate its own natural healing abilities."

While sceptics may scoff, Noirin points out that healing is well established in the UK, where doctors can refer patients to healers under the National Health Service. In the USA , hospital nurses use a form of energy healing called Therapeutic Touch. At a time when Irelands Health system is overloaded and in crises, surely exploring other medical solutions makes sense?

# Glowing praise

Since she trained as a full time healer just over six years ago, Noirin's healing hands have won her glowing praise from a growing number of satisfied clients, including a number who went to her figuring they had nothing to lose, but went away amazed at the benefits they felt from healing. These include a woman who experienced enormous relief from severe arthritis in her knees and hip after just three half hour sessions with Noirin; a man whose mobility had been affected by severe back injury; and a woman who no longer wears a surgical corset which she had to use after suffering from a prolapsed disk.

Another client is a young mother who believes that Noirin saved her five year old daughter from a life threatening lung infection after all other attempts at treatment failed.

"I was at my wits end when I went to see Noirin " she says. "Our daughter was very ill down to one and a half stone in weight and couldn't even undergo a planned hospital operation because she was so weak. But after four sessions with Noirin x-rays revealed that the infection had shrunk and the operation was cancelled. The hospital specialists were amazed. "It was Noirin who cured our daughter, " says the relieved mother.

# The caring profession

A native of county Galway, Noirin 37, moved to Bray eight years ago. Every time she visited psychics they commented on her healing abilities, asking if she was a nurse or from the caring profession. She had always been aware of natural healing as her grandmother had the gift of raising the cleithn, and would heal family and friends as a matter of course, though never for money. Noirin started to explore her gifts and as word spread of her talents, she decided to quit her well paid job of 14 years with a large semi-state company, opting instead to teach and practice healing. "I get more satisfaction from one hour's healing than I did from a years work as an International quality service manger," Noirin maintains.

I wasn't happy and would try to fill that gap with money buying new clothes and leave them sit unworn in a bag on the floor, buying things for my child to make up for the lack of time together.

The quality of life is 300% better as a healer than when I was a highly-paid executive, she declares.

# Who can heal?

While clients have praised Noirin's gift for healing, she believes everyone has the ability to become a successful healer.

Noirin wouldn't recommend people becoming healers for the money, it's the job satisfaction and flexibility of the work is the real bonus.

Theres such a short space between birth and death, and if I can make a difference, seeing someone I helped, living so healthily and happily after years of pain, then thats the satisfaction and reward for me.

## Empathy

The qualities that a healer requires are simple. While a good healer needs a kind heart and the ability to empathise with people, they also must learn not to carry others problems. And because healing takes a holistic approach, to be aware of how seemingly inconsequential issues could be a major factor in determining someones health.

When a person comes to me for healing, I dont see a little old lady, says Noirin. I see a woman whose husband died three years ago, who is still supporting their children and even grand-children. I see someone who has never been taught to eat well, whose grief has never been properly dealt with.

You have to listen to you body, to care for it by eating unrefined foods, by drinking clean water, and by taking time to relax your body and mind.