

3 How to do spiritual healing

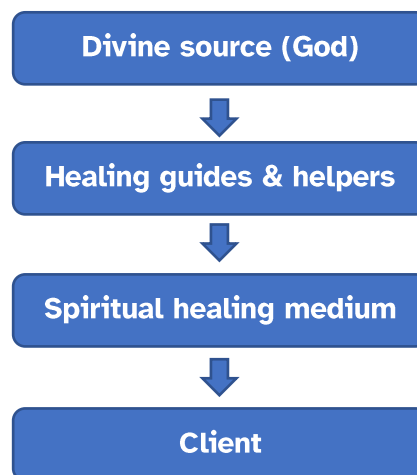
3.1 Attunement

A spiritual healer acts as an open channel between the divine source / spirit world and the client to enable the balancing and healing energies to flow. Remember from our earlier training (*Section 2.2*), that the spirit force flows through the healer's spirit body, through to the client's spirit body, and only then is able to affect the client's physical body.



To channel healing energies effectively, the healer needs to attune to be in a state of “oneness” with both spirit and the client, as this allows the healer to be the passive vessel (i.e. without interference) through which the pure healing energies flow.

Looking at the flow of healing energy in more detail, we believe it travels as follows:



- The spiritual healing energies come from the divine source, the creative force that gives life and which many of us call “God” in its various names. The pure and loving energy from the God force is the source of all the healing and upliftment.
- Guides are those in the spirit realm who have chosen to help and guide us during our earthly life. These are loving and patient spirits who will help and encourage us

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to follow our soul's pathway. Healing guides assist us with healing and we may have other guides to help us with other aspects of life where they have expertise. Some people may think of them as being their personal guardian angels. There are also other helpers in spirit that may connect temporarily to help us with a specific "project".

Our healing guides and helpers take the pure divine energy and make it personal for the client. Without them moderating the source energy, it would probably "fry" our human systems! They may scan the client and even make a diagnosis. They determine what is required for the mind, body and spirit of the client and adjust the energy accordingly, allowing it to "fit" for both the healer and the client.

- They then direct those energies through the healing medium, which is you, the spiritual healer. Spiritual healers allow the spiritual healing energies to pass through them: the healers themselves do not actually "heal". With attunement, the spiritual healer is the "open channel" for the healing energies.
- Those healing energies are then available to the client.

We think of the first two boxes in the diagram as being in spirit and the last two as in the physical.

Attunement is a prerequisite to all forms of spiritual healing. It is how we make the connection between the spirit world and the client and it allows the healing energies to flow between them. In practice, this means we as healers need to attune to:

- The divine source, healing guides and helpers before each healing session and maintain that connection throughout the session; and
- The client that we are working with (although it might be to a group of clients such as when healing *en masse* during a church service, or it might be an animal, nature, countries, mankind, etc).

3.1.1 Attuning to the divine source and spiritual helpers

In order to act as the best healing channels that we can, we need to raise our vibrations and energy to attune with the divine source, our healing guides and spiritual helpers

The divine source, our healing guides and helpers are of a high spiritual vibration. Because we have a human body, our bodies are denser and we will generally be of a lower vibration and energy. Anything vibrating at a similar vibration to us, we will generally perceive as solid or liquid, anything vibrating at a much higher or lower vibration, we may not see or sense at all (e.g. radio waves). The higher our energies, the easier it is for our guides and helpers to communicate and work with us, and therefore the better the healing.

Think of healers as being on the old land-line telephone network which could only pass voice messages to other people on the same network via copper cables in the ground. The healing guides would be on the faster mobile phone network which can pass all sorts of voice, images and other data across the airwaves to anywhere. However, in this scenario, there isn't a bridge between these two networks allowing healers and guides to communicate with each other easily, so either the healers would have to upgrade their system or their guides would need to downgrade theirs for them to converse together. And that is what happens when we attune with our guides: we raise our vibration and energy, and our guides and helpers lower theirs, until we are all aligned and can work easily together and pass energy through.

Even before considering how to attune for spiritual healing, there are lifestyle choices we can make that will help us to keep our general vibrations high. That means that the attunement process won't have to bridge such a big gap in energy vibration if we are already looking after ourselves and our bodies in everyday life. Such choices include:

- Living in the "now". Don't dwell on things that have happened in the past and don't worry about things that may or may not happen in the future. Relax, keep positive, and try to live each moment as it comes.
- Being grateful. Give thanks for all the positive things and people in your life. By showing gratitude for and concentrating on those things, you'll not only raise your vibration but you'll attract more people and situations running the same higher vibration to you.
- Meditating often so your body is practiced at slowing down and raising its vibration. The more often you meditate, generally the higher you'll vibrate.
- This is also true for praying or talking to divine source in whatever way you find appropriate.

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- Connecting with nature to help yourself relax, balance and ground (e.g. gardening, walk in the park/bush, paddle in the river/ sea). Issues and dramas can be seen from quite different perspectives when viewed from the peace and balance of nature.
- Actively developing yourself spiritually. This may be with a spiritual development group, or just privately reading, watching, doing or learning about spiritually inspiring things.
- Eating healthy and getting plenty of exercise. The fitter your physical body is, the higher the energy vibration it can accommodate. For example, eat natural foods rather than processed ones, drink lots of water as water is a conductor of energy. Only drinking alcohol moderately and avoiding recreational drugs also helps keep your physical and energetic bodies healthy. On the day and before you are healing, try to eat lightly including such things fresh fruit and vegetables. Don't over-eat, as the digestive system will need more energy to process it all, leaving less available for raising your vibration. For the same reasons, don't eat heavy food and some people believe that includes avoiding red meat and cheese.

Living a more spiritually-attuned life, as described above, will make the attunement process easier and spiritual healing more effective. However, on the day, we still need to attune to connect to the spirit world for the specific purpose of spiritual healing.

If spiritual healers do not link to the spirit world to pick up and channel the divine healing energies, they will be transferring their own vital body energy to the client instead. If this happens, the healer is likely to feel depleted after healing. When the healer is closely attuned to spirit, the healer will feel energised and have a general feeling of peace and well-being afterwards.

The closer the healer can link and attune with spirit, the greater the range of healing energies that the guides and helpers will be able to transfer to the recipient and therefore the greater the benefit for the client. Always ensure you have attuned to the spirit world and built up the energies /connection before you proceed to introduce the client. If you are physically tired or unwell yourself (e.g. have a virus or other infection), you are unlikely to be able to maintain a good strong energetic connection, so defer spiritual healing to another day when you feel better.

Please note that linking to spirit does not mean that the spirit guides can “take over” the healer’s body or “step inside” the healer when giving healing to others. Healers are “healing mediums”. The spirit guides and helpers bring about all forms of mediumistic control through a close association with their healing mediums’ minds and auras. Healing guides do not 'get



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inside' their mediums' bodies.¹ Even Edgar Cayce (1877-1945), known as "The Sleeping Prophet", **allowed** spirit to give healing advice through his voice box while he was in trance, but they did not take over his body. Our spirit guides and helpers work **with us** as healers because we have the Earthly connection needed to connect to the client who still in physical form.

This is not rocket science. In its most simple form, you are attuning to spirit when you have that quiet time before healing begins. This may also be the time you ask for protection. Your intention is to be a clear channel for the healing energies.

Traditionally we are taught that attunement for spiritual healing is passive, in that after we request it, we relax totally (which raises our vibration) and allow it to happen. This is quite different from attuning to spirit for mediumship and clairvoyance, which is an active attunement. That is often done through a guided meditation where the sitter visualises some sort of "journey" to clear and then raise his/her energies, before meeting his/her spirit guides (and possibly those that have passed) and in this altered state actively communicating with them through their senses: words, thoughts, sights, tastes, feelings, etc. Spiritual healers sit in meditation in order to meld with spirit, rather than to attract spiritual entities to them.

For those new to spiritual healing that are looking for more ideas, the preparation for healing and passive attunement to the spirit energies can be done in a number of ways:

- Wear loose, comfortable clothing that will not restrict or annoy you. You may want to remove your shoes or anything that is interfering with the smooth flowing of energy to make yourself a clear channel to receive.
- Find a place where you can be quiet and won't be disturbed for twenty- thirty minutes to calm and quieten your mind and body. Turn off the television, radio and the phone. Shut or lock the doors. If you have a family, ask them not to bother you for that time or do it at a time when you know they won't be around to bother you. It might just be in your morning shower! Alternatively, you might go for a walk and connect to nature, or perhaps visit like the seaside or a park, where you can be alone.
- Once you've prepared your meditation space, you are going to sit in a comfortable position where you will not fall asleep. (You do not have to sit in the "lotus position" on the floor – in fact, your aching legs can be very distracting if you aren't used to sitting in this position!) Perhaps just sit in your favourite chair. Get comfortable, but not so warm and comfortable that you go to sleep. If sitting in a chair, ensure that

¹ From Michael Steffensen's handout "A Brief Introduction to Spiritual Healing"

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your feet are firmly on the ground, and that your legs are uncrossed. Crossed legs and arms stop the energy flow through the body, so keep your central core free to allow the flow of energy.

- Relax and clear yourself of any personal worries, today's "to-do" list and any other busy-ness that may be going on in your head. We do not want it to distract us. You can thoroughly cleanse yourself energetically and emotionally by visualising yourself walking through a shower or waterfall, or swimming in the crystal-clear pool.
- Ensure you are both grounded and protected. (See *Section 3.2 Energy protection and grounding*). Ensure you are grounded by making a conscious connection with the Earth below. For example, you may just exchange energy with the Earth through your feet, or you may image roots growing out your feet into the ground.
- Protect yourself to ensure you are only going to be interacting with spirits working at the highest and purest levels, and also to ensure you don't pick up any unwanted energies from the clients you'll be healing. There are many ways to do this: it might take the form of an instruction to your guides, surrounding yourself with unconditional love, surrounding yourself with protective white light, putting yourself in a protective bubble, imagining yourself wearing a protective cloak, etc. Go with what feels right for you.
- Attunement starts with our intention to connect to our guides and act as a channel for healing. This might take the form of a prayer or just a mental conversation. In the opinion of Harry Edwards, an international renown spiritual healer:

*"Set prayers are of little use for they become recitations. Your simple thoughts are best and they should be quite natural, as if you are talking to God. Avoid high-sounding phrases and unnatural ones; ... Express your desire to serve Him for all that is righteous; to remove disharmony and evil, whether it be of the mind or of the flesh. Ask that His ministers in Spirit will give you guidance and protection while you mediate, and then have every confidence that only good influences will be with you."*²

- We are then looking to calm our minds, not by concentrating on anything but to abandon any specific thoughts, a bit like day-dreaming. Again Harry Edwards advises:

"Do not, however, try to make your mind a blank for you will not succeed. One cannot divorce all thought from one's mind by mental effort or concentration,

² Harry Edwards (1974), *A guide to the understanding and practice of Spiritual Healing*, p81, Surrey, The Healer Publishing Company Ltd

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but one can, however, let the mind be gently contemplative, thinking of contact with the spirit people and of the purpose for which the attunement is intended, i.e. to heal the sick, to take away pain and to remove causes of disease. By letting one's thoughts dwell lightly upon these associated ideas so the mind becomes amenable to intuitive thought through the spirit-self. Do not keep up any thought flow or the mind will become tense. Tenseness is always to be avoided. For a change let your mind dwell on beautiful things. Take a mental holiday into a garden of beauty, envisaging the glory of the flowers with all their colour and scent; ...”³

Even just relaxing, slows our heart-beat and brain waves, and increases our vibration and connections to the aspect of ourselves that is spirit.

- Listening to calming music may help this process. When you play the music listen to the clarity of the sound, go into it become part of it, absorb it and flow with it.
- Meditation may also help. However, remember **“You are sitting for meditation and for your mind to attune with Spirit rather than the attracting of spirit entities to you”⁴** as you would do if preparing for clairvoyance.

It may be difficult to perceive any difference when you are attuned to the spirit world as the change is so gradual and subtle. Even Harry Edwards says

“It is unlikely at first that any difference will be felt within oneself.” “Attunement is so natural that there are rarely any physical symptoms by which to recognise it. One does not get hot or cold, or feel any physical sensation. There should however be consciousness of a feeling different from normality, which is often more readily appreciated when returning to normal full consciousness after emerging from the state of attunement.”⁵

You may get a sense of well-being, of love, peace and calm. Or you may feel energy moving through your hands, and have a tingling sensation. You may feel nothing and just know that you are closer to spirit, your guides. Until you get to know the signs of spiritual attunement for you, have confidence that if you have allowed yourself adequate time to go through the above processes that your healing guides will be with you, keen and ready to start healing.

“The desire for attunement by Spirit is ever present, but it is necessary for the human instrument to seek the linking-up with Spirit as an intention. The more this intention is

³ Ibid, pp80-81

⁴ Ibid, p81

⁵ Ibid, pp81 & 85



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*sought for, the easier will attunement become, until it is "second nature" as soon as healing thoughts become a directive."*⁶

For some healers, it is not until they have completed the link by attuning with the client also that they can feel the energy running and know definitely that they are fully attuned. For others, it's when they are coming out of the attuned state at the end of the healing session that they notice the difference as they sink back into the heavy energies of everyday life.

If there has been a gap in time between your initial attunement and the healing (e.g. you attuned at home ready to heal in the spiritualist church or healing centre later) you don't need to go through your whole attunement process again if you had initially intended to split it. Before the healing sessions begin in earnest, say a short prayer to God or just re-invoke the healing energies. You might again:

- Ask for help to serve as a pure and perfect healing channel.
- Ask that the disharmony and dis-ease be removed, whether it be of the body, mind or spirit, and the clients' bodies be rebalanced ready to self-heal themselves.
- Ask that the client be returned to perfect health, and that their cells, chemistry and energies return to their original healthy configuration.
- Recognise that all your work will be done in accordance with divine will.
- Ask that you will be guided and protected while you work.

Attune yourself to the divine source / God in whatever way works best for you – the more practice you get, the more you will know what works best. Because everyone is unique, it may not be the same way others attune, and that is fine. Some people may need to go through an elaborate relaxing process before they feel ready to be attuned and others may just flick a mental switch, especially if they are experienced healers working a lot with the energies. Most of us are somewhere in between.

As one example, Michael Steffensen uses the following attunement method⁷:

- On the way to healing, he begins his attunement.
- He says a prayer.
- Together with his guide, he creates protection from picking up unwanted and unnecessary energies.
- He asks for guidance, and asks that he be a clear and pure channel for the healing energies.

⁶ Ibid, p87

⁷ Michael Steffensen, "Spiritual Healing for Beginners" training material



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He advises that when healing, it is important to remember that it is your Spirit, not your physical self, being used for the healing rays. This is why we say to you “Get your physical self to step aside.”

3.1.1.1 Meditation to attune with your healing guides

(Note to Trainer: You can skip over section 3.1.1.1 if you are going to lead the class through your own attunement process and leave them to read it in their own time. There are two meditations below: a guided meditation for people that have not meditated before (split into two 5-minute segments), and a more traditional healing attunement for people that are already comfortable meditating.)

During your initial training sessions, your trainer will probably lead you through one or more guided meditations to help you relax and attune with your healing guides. Your trainer may talk you through the meditation, or play one off a CD or YouTube.

When practising outside the training sessions, you may want to be able to do an attunement meditation yourself. There are many meditations available free on the internet but be aware that many of the attunement meditations are for attuning to guides other than your healing ones (i.e. guides for mediumship and clairvoyance).

Guided meditations are often the easiest meditations to start with if you have never meditated before because they guide your mind into relaxation and through the experience – it gives your mind something to focus upon until it relaxes. If you try starting with other meditation types, you might find your mind jumping all over the place because it may not be used to being still and quiet – except when you go to sleep.

Preparation

Begin by creating a quiet, relaxing and safe space for yourself. How you do this will be personal to you – everyone is different. You might play relaxing music, or burn candles or incense, etc. Make sure that you won't be disturbed.

Sit in a comfortable position where you will not fall asleep. Ensure that your feet are firmly on the ground, and that your arms and legs are uncrossed.

Sense the energy around you as that is your “starting position” – it is not energy created and shared during the meditation, but it belongs to you and your environment at this point in time.

Attuning with your healing guides - Guided meditation for those who have not meditated before

Part 1 - Grounding and Protection

Close your eyes and allow yourselves to focus on the flow of unconditional love. Feel that flow coming down from the universe, and gently flowing down through your body, and out through the soles of your feet. This is a connection to all that is, to the spirit realm, to the divine energy and also a connection to Mother Earth. So already, you are making those connections.

*Just allow yourselves to sit, to feel that beautiful peace, to feel that love. Allow yourselves to **relax. Let go** of anything that's happening in your world at the moment. Allow your thoughts to just drift by, so that you come into that beautiful space, that is just you.*

*From that space, you are being asked to **ground** yourself. And for each of you, you will feel a different way of doing this. You are being asked to follow your instincts, to follow your feelings and to ground yourself. Make that grounding strong and deep, so that you can feel your connection to Mother Earth.*

As you ground, as you make that connection, be open to the fact that Mother Earth will send her nurturing energy back up to you as she feels that connection being made. So there'll be a two-way flow of energy: the energy that is going down deep into Mother Earth and grounding you, and her loving nurturing energy coming back into you. Sit for a few moments feeling that flow. Feeling your connection with all that is beneath your feet. (Pause)

Now refocus onto that flow of unconditional love, and as you do so, ask that it expands. You may see this flow or you may feel it. It may be colours, it may be patterns, it doesn't matter. You may already know that the flow is there. Allow it to expand, expand outside your body. You can feel it and see it, and know that it is there under your feet, over your head, all around your body, like a beautiful bubble filled with unconditional love.

*Feel the lightness within you as you allow that expansion to happen. You can expand it as much as you like. You know that as you do that, it is forming a **protection** around you that will allow positive energy through but will not allow others' energy through. Feel the beauty of being in that bubble, feel the peace, feel the joy. Each of you know, you are totally grounded and you are safe within that bubble. (Pause)*

Now bring yourself back to the awareness of your physical body and open your eyes.

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(Trainer: Check-in with everyone that they have kept up with the meditation and are experiencing it as intended.)

Part 2 - Connecting with Healing Guides

Once again, connect with that flow of unconditional love, just feel it. Notice how it connects with your soul and how beautiful your soul is. This may be something you have not seen or felt before, but within your heart space is that connection to your soul, and the unconditional love highlights that. Just take a moment to acknowledge your own beauty. (Pause)

The flow of unconditional love is connecting you to the Spirit realm and each of you are reaching out, whether you are aware of it or not, and asking your healing guides to come close. We have asked for today that one comes. Each of you will have contact with many guides but for today, we are connecting to just one. You may feel movement behind you, you may feel something touching your head, you may feel something within your body.

Ask your guides to come close, and if you are not feeling anything ask them to come a bit closer. If it feels too much, ask them to step back for you are in control. Always with the spirit realm, you are in control.

Whether you have a feeling or a knowing about your guide or not – talk to them, welcome them, build a connection with them. (Pause). If you are not feeling it, ask them to do it stronger, for each of you have a strong connection now, each of you have a guide standing with you. And this guide is waiting to heal with you. (Pause)

*Ask your guide to help you to deliver the divine healing energies to your clients, to those you are going to work with;
to help remove the disharmony and the disease that may be within their body and within their energy fields;
and to help rebalance their body so that they may heal themselves;
to help them to return to perfect health, whether it's in the mind, the body or the spirit, and that their cells, chemistry and energies return to their original healthy configuration. Ask for that pure healing energy to be ready to flow via you, when you make the connection with those that you are healing. (Pause)*

Now just relax and sit in the loving, peaceful energy your guide brings, and let it build and continue to expand at its own pace. (Pause) Now, knowing that your guide is going to stay with you, gently open your eyes.

(Trainer: Again, check-in with everyone that they are experiencing the meditation as intended, and are now feeling great and ready to heal.)



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Attuning with your healing guides - Guided meditation for experienced meditators

*In this meditation we are going to **attune with the spirit world and our healing guides**.*

*Now let us take a few deep breaths and **relax** deeper with each out-breath. (Pause)*

If any personal concerns enter our minds, we know they are of no consequence right now. We thank them and let them go, giving them their freedom and knowing we can pick them up again later from the ether if we so desire.

*Now, imagine an intense white light coming down from the universe. With each in-breath we are bringing that loving source energy in through our crown chakra at the top of our head, and with each out-breath we are releasing any negative emotion, any worries, any fears. While we continue to breathe deeply, the loving white light showers gently down through our bodies, **cleansing and clearing** as it goes, and then flows deep into Gaia, Mother Earth. We continue here until we feel completely cleansed, free and deeply loved. We are feeling lighter already. (Pause)*

*Let the intense white light that we sent into the Earth, circle around at the centre of the Earth and come back up around our feet and, this time, its energy flows up the outside of our body encasing us in a loving cocoon of spiritual **protection**. Only positive and helpful energies can come to us through this protective cocoon, but we can still pass energy out through it. We are feeling safe and comfortable. Let any excess white light go back to the universe, from where it came. (Pause)*

*We can feel our feet firmly connected to the ground and we can imagine roots going down deep into the soil, and into the core of the earth. We feel firmly **grounded** to Gaia, Mother Earth and also loved by her for this work we are doing. (Pause)*

*Now we are going to **request help from the spirit world** to attune and channel spiritual healing.*

“Divine Source / Giver of all Life (or whatever terms you would like to use), we thank you for the opportunity today to be of healing service working with our healing guides and helpers to help those in need Earth-side. Please guide us and help us attune to your highest divine presences to be clear and pure channels for the healing energies. Please deliver the divine healing energies to our clients, to rebalance their bodies ready for them to heal themselves, to remove their disharmony and dis-ease, to return them to perfect health whether it be of the body, mind or spirit,

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and that their cells, chemistry and energies return to their original healthy configuration. Please ensure that the loving, healing energies are appropriate for each of our clients. We acknowledge that healing will be given in accordance with divine will. Please guide and protect us from unwanted and unnecessary energies as we work. We thank you and our healing guides and helpers for the compassion, love and healing that you share so willingly to all Earth-side and are humbled that you channel it via us now.

So be it / Amen” (or some such words of your own) (Pause)

*We are now **relaxing** in the loving, peaceful energies created, knowing that the attunement will happen now that we have requested it. Let the energy build and continue to expand at its own pace.*

We might hear music playing in the background, from our music player or from nature outside, and as it serenades us we relax still further. Whatever you might hear, feel free to listen to the clarity of the sound, go into it, become part of it, absorb it and flow with it.

*We are in a state of bliss and balance, feeling totally at one with our serene environment, just **allowing the attunement to happen**. (Longer pause)*

In this state, we may notice that our spiritual energy body has expanded far beyond our physical one, as it readies for the healings ahead. We are in the right space. (Pause)

Our senses may seem strengthened somehow and we may feel the loving energy of spirit around us intensifying, and flowing through us and surrounding us. (Pause)

We are filled with feelings of well-being, of love, peace, calmness, lightness and happiness. (Pause)

We may feel tingling in our hands or other parts of our bodies as the attunement intensifies and the energies flow stronger.

We may feel like we are back to our original selves, like when we were first born, with our physical and spiritual selves in a united balance or we may just feel slightly “different” or know we are very close to spirit and our healing guides right now.

We take our time, sitting in the love and harmony, and giving those energies and any feelings time to intensify. (Pause)

We know we are attuned and are ready to continue, and we ask our spirit helpers to help us to maintain this level of attunement, or higher, as we work together in the time



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ahead. We thank them in love and light, knowing that they are staying to work with us in divine service. (Pause)

Now, we can once again feel our physical bodies sitting in our chairs and our feet on the ground. However, we are much lighter now and filled with joy. We know we are still protected and deeply loved. We feel totally relaxed, clear and open, ready to channel the healing energies to our clients, in love and compassion. We begin to breathe deeply again, feeling the air fill and exhale from our lungs. We are at one with the universe. We wriggle our fingers and our toes and then gently open our eyes

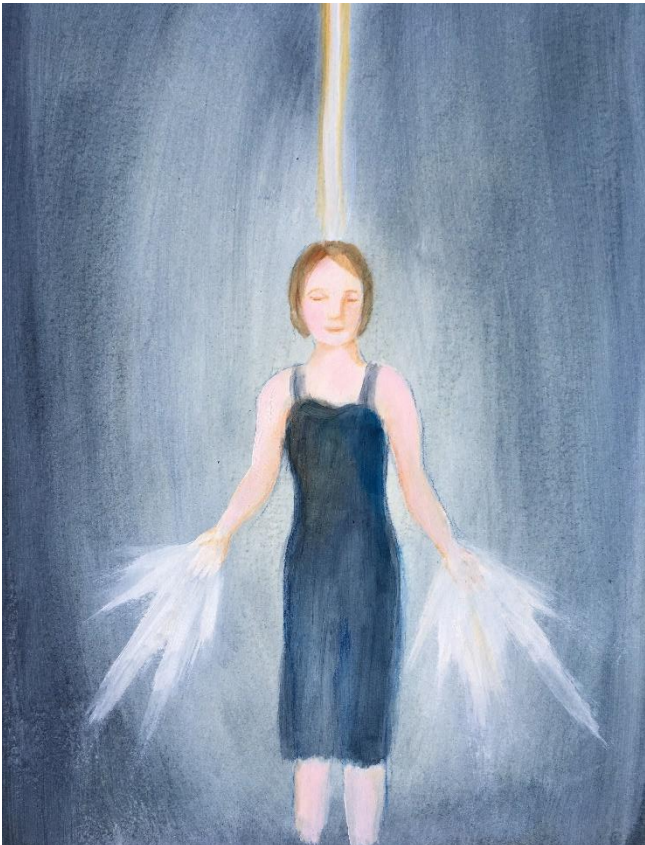
(Trainer: Check-in with everyone that they are experiencing the meditation as intended, and are now feeling great and ready to heal.)

3.1.1.2 Allowing the connection to expand

The more you allow the energy connection you have with the spirit world to open out, the more energy and different types of energy the guides and helpers can send through you. The power of the healing energy increases.

- So don't rush the attunement process. Those in the spirit world may have to do some healing and rebalancing on you before you are in an optimal state to channel the divine energies – especially if you have been busy, stressed or ill (normal human experience things). Give them time to fully attune with you, and this time may vary between healing sessions.
- Don't let your impression of your physical body limit the stream of healing energy that can be sent via you. Your spiritual body extends well beyond the physical in all directions and it is this that is used to transfer the healing energy.

When you first attune to the spirit world, you might visualise or feel a shaft of energy coming from the spirit world travelling through your body and out again through your hands, feet and elsewhere on your body. Contemplate on the compassion and love of your energetic and spiritual bodies which extend well beyond your physical one.



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Allow that shaft of healing energy to expand out to use all your spiritual body too. It will do this naturally if we don't constrain it with our own thoughts and impressions.

The more we work with the spirit world, whether in healing or other spiritual initiatives, the bigger and stronger our spiritual body will become. So, this is not a static situation.

By acknowledging the use of our spiritual body, we allow our level of attunement to increase and as well as the power of the energy that can be transferred via us. Once we have attuned to the client, we can just bring that client into this massive expanse of energy that is being channelled around our physical body so they can absorb whatever they need. The energy does not need to go through our physical bodies first, as that just increases the chances that we may be distorting it in some way. We are facilitating the healing, not doing it.

- You can use deep breathing techniques to fill your body with oxygen and therefore energy. The more energetic and healthy you feel, the more this will positively influence the client and also increase your spiritual attunement allowing your guides to channel more energy. The Japanese refer to similar deep breathing as “hara” or “tanden” breathing, and Harry Edwards referred to it as cosmic breathing:

“The sitter (i.e. the healer sitting for spirit - AR) should enter into meditation as outlined and then, after a while, having established “peace within”, he should become consciously aware of his breathing. Then he should inhale very gently and slowly through the nose, filling the lungs, and, after a pause to give time for the blood to receive oxygen and strength, breathe out the used air just as slowly.

As the inhalations take place the sitter should in all confidence be conscious of taking in with the air, inner strength and vitality to supply his body with cleansing and invigorating forces. As he exhales he should also feel conscious of exuding waste.

The normal healthy body naturally absorbs a blending of all the cosmic forces necessary to maintain a good health balance, but by purposefully characterising the inhalations one strengthens and invigorates oneself and fills up the reservoir of inner strength.

This practice, when sitting for Absent Healing, should be a prelude to the time when the sitter intercedes for the sick. Cosmic forces are pertinent to the physical realm, but are more closely in tune with the spirit healing forces. Therefore, as the sitter builds up his reserves of energy and he feels this new



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strength, his inner mind can be more attuned to Spirit and his intercessory thoughts for healing to reach a sick one will be better received.”⁸

Note that you might not always have the same spiritual healing guides. New guides may join your 'band of helpers' as you get more experience and your sensitivity unfolds, but some of your closest guides will probably remain with you throughout your period of healing service.⁹ If they change, you may notice the change in energies. This is nothing to be fearful of but rather rejoice that you are progressing.

⁸ Harry Edwards (1974), *A guide to the understanding and practice of Spiritual Healing*, pp.32-33, Surrey, The Healer Publishing Company Ltd

⁹ From Michael Steffensen's handout "A Brief Introduction to Spiritual Healing"

3.1.2 Attuning to the client(s)

If a healer attunes with spirit but not to the client, the complete healing link is not made so the spiritual healing energies will not be transferred or be of any benefit to the intended client. Therefore, having attuned yourself to your healing guides and before trying to channel healing energies for each client, take some time to attune to the client and their healing guides:

- Wash your hands as a matter of cleanliness and to clear them of any energetic residue from your previous activities, or the previous client (if doing contact healing). Alternatively, you might wipe your hands of any energy, or visualise yourself standing in a waterfall, rainbow, golden light, etc to assist with this clearing. If doing absent healing, where the client is not physically with you, you need to allow your line of thought with the first patient to stop before seeking help for the next one. Whatever method of spiritual healing you are using, you need to completely disconnect from the previous client before channelling for the next client.
- When the client is physically with you (and after introductions and settling the client), you might initially place one hand on the client (e.g. on the shoulder of the sitting or laying client) or just mentally connect in love and compassion, contemplating the client's energy and any areas that may need healing or energy. Harry Edwards explains:

*"As a patient comes before him for healing, the healer feels a sympathy for him, or her, and then seeks to attune or "blend in" with the patient. After inducing in the patient a relaxed state, it is well for the healer to spend just a moment or two to deepen his attunement both with Spirit and the patient. By this we have the perfect state: healer attuned to Spirit and to the patient, bringing about a state of "oneness" between all three. ... Therefore, the first contact with the patient is to obtain harmony in the fullest sense between the healer and the patient."*¹⁰

When doing absent healing, initially you will mentally connect to the client generally using a name (e.g. using the name in a list in a healing book). If you already know the person, this connection is easier but if not, the more information you have the better (like an address, a photo, a physical letter from the client, the memories of a phone call or video call with them, etc.). Once the mental connection is made, the spiritual connection will follow.

¹⁰ Harry Edwards (1974), *A guide to the understanding and practice of Spiritual Healing*, p86, Surrey, The Healer Publishing Company Ltd

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- Make your request for healing for the client. It may be via a prayer or other request the healing. It may be a mental request or verbal so the patient can hear it and align their intent with it, but be respectful of their beliefs. You could ask the client to say the prayer, if you know they would like that. If doing absent healing, you can co-ordinate your timing with the client so they are praying / asking for healing with you and then sitting quietly to absorb the energies but, while this is effective, it is not necessary.

You might:

- Ask the healing guides of the highest light to work with you and the client, to administer whatever healing is appropriate currently. (Note that we don't want to "fry" the client with too much divine energy – it needs to be appropriate for the client and their condition.)
- Ask that disharmony and dis-ease be removed, whether it be of the body, mind or spirit, and that the client's body be rebalanced ready to self-heal.
- Ask that specific pain, stiffness, stress (or whatever) be removed, so that comfort and perfection may return to the client, in accordance with divine will.
- Requesting that the client's cells, chemistry and energies be returned to their original healthy configuration can also be effective as it covers all potential disease, whether known or not.

The request may be slightly different for someone that is terminally ill, as it may be more about making them feel comfortable and peaceful rather than cured.

Harry Edwards advises:

*"... Then follow this up with your mental request, again gently and naturally made to those who are "listening in", that they may be able to take away the pain, stiffness, stress, or whatever it may be, so that comfort and perfection may return to the sick one. Let these thoughts be purposeful and directive as distinct from a casual application for help. For example, if the patient has a painful arm, let the outgoing thought be that the pain may be taken away from the arm and easement given."*¹¹

- At this stage, ensure you have set aside any prejudices and pre-conceptions about the client or the healing, and you can connect your heart centre to the client's heart centre in compassion and unconditional love. Relax and mentally "stand back" to allow the energies to flow.

¹¹ Ibid, p82

3.1.3 Attunement and connection challenges

Once attuned to both your spirit helpers and the client, you may feel the healing energies start to flow. If not, there may be a blockage somewhere in the link or the healing is happening at a vibrational level that you can't detect.

There are many experienced spiritual healers who have not felt anything during some of their more profound healings. They will also have experienced some healings where they felt or intuited lots, but the client didn't. Because we aren't controlling the healing, just facilitating it, we can't assume that nothing is happening just because we can't sense it so in general we will continue to channel the healing unless we suspect a problem somewhere in the spirit world – spiritual healer – client chain.

If you suspect a blockage:

- Perhaps it's not appropriate for the client to receive healing energies from the divine source at this time (e.g. there is more work the client needs to do before being ready for healing, such as showing forgiveness or remorse, taking self-responsibility and stop blaming, etc).
- Perhaps you are not as clear and open as you should be. If you cannot feel your healing guides with you, recheck yourself, your personal energies and your connections.
 - Did you attune to the client too early, before you had built up the field of energy enough with the spirit world and therefore the power of the healing energy is weak or your guides and helpers aren't as close and connected as they need to be?
 - Do you still have too much "human stuff" going on in your head, that is distracting and worrying you?
 - Are you too emotionally involved with the client and therefore have not been able fully step aside from the healing and the healing outcomes? As a healer, you need to be passive with no desires and expectations, as the healing is between the spirit world and the client and you are merely the channel. For example, healing an ill family member might best be done by another healer if you are worried, wanting to help, wanting a set outcome, etc. In this case, your emotions may get in the way of the healing and even block the needed energy getting through from spirit.
 - Are you tired, ill or unfit? If so, you may then struggle to keep a strong energetic healing connection and may even fall to sleep.

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- Are you treating the healing as just another routine chore because you have done so many healings and have become bored? This can be especially challenging when doing absent healing for many people. Every healing session is different with a different patient, different energies and different opportunities to learn something new.
- Are you being precise enough about your client? For example, if sending healing energies to the forests, the subject may not be specific enough and you really need to send spiritual healing to the people that are destroying and polluting them instead.
- Perhaps the client is blocking the energies because of being fearful or not yet fully relaxed, and the energies will start flowing later in the session when the client is more accepting.

Trust that whatever is appropriate is still happening. It's your job to be that clear and open channel to allow the healing energies to flow and the appropriate energies will find their own way to wherever they are needed.

Sometimes the challenge isn't around not having the energy flow but around having a negative, rather than positive, effect on the client. This is not common when you have attuned correctly. On the occasions when it has been known to happen, the healer and client have been known to each other. On one occasion, the client came out of the healing devoid of energy. The subsequent investigation revealed that there had been control and dominance issues between the healer and client previously, and the healer had unconsciously exhausted the energy of client.

- Again, avoid healing anyone with whom you are too emotionally involved and in this includes avoiding healing anyone with whom you have issues. Get someone else to heal the person.
- If you notice someone else's client has no energy and can't move after a healing:
 - Ensure someone looks after the client and does not leave them until they are stable.
 - Advise the supervisor /lead healer to ensure that the situation is addressed with the healer involved, so it doesn't reoccur.



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3.1.4 Closing the connection

Just as you attuned to the spirit world before your healing session, always give thanks to the divine source / God, the guides and helpers for the work they have done at the end of each client's healing and again at the end of your healing session if you have been channelling for multiple clients.

This is often done at the end of the healing session with a closing prayer or karakia, either privately or in a group prayer if working with others. This is also an opportunity to ensure you and any other healers are grounded again by including a sentence connecting everyone back to the Earth (see also *Section 3.2 Energy protection and grounding*). If any healers have opened their chakras during the session (refer to *Section 9.1 Chakras*), they should also be reminded to close all but their root chakra now.

Group Exercise: Practice Attunement

Your trainer will lead you through the attunement process and then some spiritual healing of each other. Afterwards, if time allows, you can discuss how attunement felt (or didn't feel) to you.