

### 3.15 Practical mini-assessment of spiritual healing basics

<b>Trainee</b>	<b>Assessor/Trainer</b>
Name:	Name:
Date, time, place:	

Categories	Tick if covered adequately	Notes (from observations & answers to questions).
<b>Personal Preparation</b>		
Cleared self (e.g. meditation, etc)		
Connected to Spirit		
Protection		
<b>Introduction</b>		
Introduced self		
Elicited client needs		
Explained spiritual healing		
Potential reactions / effects explained		
Relaxed client		
<b>Delivery</b>		
Appropriate position for client (sitting/lying)		
Ensured client comfortable & in charge		
Asked permission to touch client if hands-on healing		
Initial connection reassuring (e.g. prayer, shoulder hold, etc)		



## SPIRITUALISM NEW ZEALAND HEALING MANUAL

<b>Categories</b>	<b>Tick if covered adequately</b>	<b>Notes</b> (from observations & answers to questions).
Appropriateness of hand positions		
Connection to Spirit		
Connection with client including checking on their welfare during healing		
Timing		
Did the client look relaxed & peaceful?		
<b>Closure</b>		
Appropriate method to ground client (e.g. hold feet, drink of water)		
Assistance to alight / sit / stand		
Final instructions to client (e.g. effects, drink water, continue to relax)		
Closed session with client		
Disconnected & self-cleared		

**Feedback from Client:** (Can be done openly or privately after the healing session.)



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### Outcome.

For this assessment, all elements of each section should have a tick where the healer is performing well or have "N/A" where the topic has not been applicable. Are there any aspects in which the healer could do better? Are there any aspects in which the healer is exceling? Overall competence?

Improvement plan to be set with Trainer

		<b>Comments.</b>
Signed trainee.	Date.	
Signed assessor.	Date.	

### **Notes for the assessor:**

This assessment is focused on the healers' ability to attune themselves for healing, communicate with and heal the "clients" in a manner that is safe and competent.

Healer will use the equipment already on-site (e.g. chairs, training equipment, etc) and the environment/equipment may already be set up ready for the assessment. The healer's ability to set up the equipment and environment is not being assessed.

Observe what the trainee healer does but you will also need to ask questions to understand what else might have been going on that wasn't obvious e.g. "Tell me how you prepared yourself before you started the healing."



## **SPIRITUALISM NEW ZEALAND HEALING MANUAL**

**Cleared self; Connected to Spirit;** Protection For example, may be done with meditation, prayer, visualisation, smudging, etc. May all be done together.

**Explained spiritual healing** Depending upon the client's familiarity with spiritual healing, may have to explain what spiritual healing is, what the client might feel/experience, how it is performed in this environment (e.g. hands on or off, lying down or seated, etc), how long it will take and how they will know when it's finished.

**Initial connection reassuring** Initial energetic connection with client, for example, may be a prayer, shoulder hold, energy scan, etc.

**Connection with client** including checking on their welfare during healing. If the healer closes their eyes during the healing, this will include regularly looking at the client to check that the healing is progressing as expected (e.g. client has relaxed into the energy) and that the client is still comfortable. If the healer is changing positions during the healing, it may be done at that time.

**Timing** Was the length of the healing session appropriate, rushed or extended unnecessarily.

**Appropriate method to ground client** For example, may be done by holding the client's feet, leaving the client on the table/seat to let the energy run its natural course, giving the client a drink or biscuit to eat, talking to the client). It is important that the healer ensures the client is grounded before they leave them as crossing the road, driving a vehicle, etc may be dangerous in an ungrounded, unfocused state.

**Final instructions to client** For example, may include talking about the healing continuing beyond the session, the effects the client may feel, recommending that they continue to drink plenty of fluid to flush away any toxins released, recommending that they continue to relax and take it easy for the day, and requesting that they contact the healer if they have any further questions or concerns afterwards).

**Closed session with client** This may be as simple as giving them a farewell hug, saying goodbye and seeing them safely off the premises. It needs to be appropriate to the healer and the client and contribute to the client's overall experience healing, safety and wellbeing. For example, not everybody finds the closeness of a hug comforting nor appropriate.

**Disconnected & self-cleared** For example, may be done by washing hands, flushing self with white light (visualisation), quick meditation to cut energetic connection, or prayer, etc.



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### ***Notes for Trainer / Assessment Organiser:***

This assessment can be done as part of a normal training session. It is an internal mini-assessment focussing on enhancing the healer's learning – identifying areas for improvement (and that may need further training) and areas of strength. Whenever possible, enlist the assistance of another trained experienced SNZ Registered healer(s) to help perform the assessment (e.g. help monitor, act as client).

Give feedback to the healer(s) after the assessment (at a time to suit) and file the results. You can give the healer a copy of the results for their file.