



SPIRITUALISM NEW ZEALAND HEALING MANUAL

3.2 Energy protection and grounding

3.2.1 Protection

When doing our spiritual healing, we are opening ourselves up to be the clear channel between the spirit world and the client. So when doing our initial attunement, we ask to be protected. We do this to ensure:

- We are working with the highest appropriate healing guides and helpers from the spirit world.
- We do not pick up and **retain** any negative or unwanted energies from the client (e.g. their thoughts, emotions, pains, etc)

When we refer to “protection” here, we are actually talking about “filtering” energy to let the healing energy through but blocking out anything negative or anything we do not need to hold.

When we are healing someone, our guides may assist us to feel or sense what is happening for our client but that should be temporary and disappear naturally or when we ask. That information may be shared with us for our learning so we can do something different in the healing session, or shared so our compassion for the client increases and the healing energies available to be channelled can be increased.

Always check your own energies and what you feel like before you start a healing session so you know what belongs to you. You should feel lighter, calmer and happier at the end of any healing session. If you finish the healing and you are still noticing the client’s thoughts, feelings or aches in you, you have probably retained some of their energies and need to do some clearing before doing anything else.

Protection is especially important when working with clients who suffer from depression as they often attract lower energies to them, and with clients who come for healing because they suspect they have a negative attachment. This latter situation does not happen often: it is the exception rather than the rule.

A negative attachment is considered to be a dark force or spirit that has attached to someone through cuts, holes or distortions in the person’s aura. The aura damage may be the result of weak emotions, fear, anxiety, depression, abuse, loss of personal power, or the use of alcohol or drugs. The symptoms are similar to other mental health issues such as feeling unlike yourself, out of your control, burdened and heavy, depressive thoughts possibly including suicide, conflict-creation, unexplained anger and aggression, phobias and obsessions, horrendous nightmares, and being tired or unwell. Removing negative attachments is best left to experienced spiritual healers or other experts, to be done away from other vulnerable

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people so it does not reattach to someone else. In this sort of case, our healing guides would send energies to fix and seal the client's energetic body to stop anything attaching as well as address the initial cause of the client's energetic disruption. However, because not everyone with an entity will know they have one, all spiritual healers should protect themselves regardless.

The easiest way to protect ourselves is to always:

- Ensure we are well ourselves when healing; and
- When we are making that initial connection or prayer to the divine source, we ask for protection and to be working with our highest healing guides and helpers.

There are other simple ways of protecting yourself if you want additional protection, generally involving your intent and visualisation:

- Visualise yourself and your energy body in a bubble of any appealing colour with an outer membrane or mirror that lets through positive, helpful energies but repels negative energies.
- Visualise putting a hooded floor-length cloak of protection around yourself and your energy body which only lets through positive energies.
- Visualise using a shield, decorated with a protective design of your choice, to protect you from negative energies.
- Carry or wear a symbol of protection that is meaningful for you, such as a cross, a pentacle, a Star of David or crystal. Imagine its protective energy spreading out all around you to repel negative energies. A paper representation in your pocket will do but you may prefer to wear jewellery.
- Visualise your own spiritual source energy expanding out from your heart centre as a flame until it surrounds your physical and energy body, burning off any energies that are not positive and helpful. This method relies upon you knowing that you are a representation of the God force / source energy and that you carry a piece of that energy around inside you.

3.2.2 Grounding

The spirit world channels healing energies through us because we are grounded to the earth and can connect to all things earth-side. If we lose that connection to the Earth, we can become light headed, illogical, feel “spacy” and a bit too carefree! In that state we are of limited use to spirit and can be dangerous to ourselves, especially if doing something like driving. Not only that, but being grounded also offers us some protection from unwanted energies. Basically, grounding is making a connection to the ground or Earth.

Ensure you are fully grounded before you start your healing attunement. You might:

- Go for a walk in nature.
- Walk barefoot through some grass.
- Visualise roots growing down from the soles of your feet and connecting you deep into the earth.
- Wear or carry a grounding crystal which will usually be red, brown or black in colour (e.g. hematite, black obsidian, smoky quartz). Remember to cleanse it of any old energies first.

If you find yourself feeling ungrounded after a healing session, take some time out to re-ground before doing anything else, including working on the next client. Going shopping is not recommended in this “floaty” state and driving should definitely be discouraged! Note also that the client might not be grounded after a healing session either, so you should always make sure both you and your client are fully grounded.

To reground, you and your client could both:

- Have a drink of water and/or something to eat (e.g. a biscuit is fine)
- Hold your hands under cool running water, especially the wrists.
- Walk barefoot outside on some grass or dirt. Concrete is not the best for grounding, and rubber soled shoes will not allow you to ground.
- For your client at the end of their healing session, you could close their session by holding their feet to the ground if they are sitting, or hold their feet and visualise a link going down into the earth grounding them if they are laying down.
- Taking time to tidy, wash up and pack up at the end of the healing session/day will also help you to ground, as it forced you to think and work logically.

Allow enough time to feel fully grounded again before continuing your day.

Group Exercise 1: Class Meditation

This is a meditation to experience the practice of grounding¹. It also establishes a mechanism which will allow you to ground quickly if ever you need to (e.g. you begin to feel spacey after doing a lot of spiritual healing). Grounding should always be done before spiritual healing as part of your attunement preparation, regardless of having the “quick fix” available to help you out later. Your trainer will lead you through this meditation or one that your trainer prefers to use for this purpose.

First get into a meditative state. For example, make yourself comfortable and relax. Take some deep breaths and let go of the busy-ness and worries of the day with each out breath.

Feel a flow of unconditional love coming down from the universe through the crown of your head. Allow the unconditional love to touch every part of you. Feel the peace and harmony that comes with that unconditional love.

Allow the unconditional love to flow down through your entire body and out through the soles of your feet deep into Papatūānuku, Mother Earth.

As the energy flows from the universe, feel the connection with all that is and as it sinks down into Mother Earth, know that you are securely grounded. (pause)

Allow yourself to gain a sense of security as you feel that grounding and know that Mother Earth will hold your feet firmly on the ground as you do your spiritual healing.

Allow yourself to feel some of the other methods that have been talked about to ground yourself and get a feeling for which one feels right for you. (pause)

Once you have a feeling for what you would choose to use, ask spirit to give you a symbol that you can visualise whenever you feel the need to ground yourself. This symbol does not replace the practice of grounding yourself but does give you a way to do so very quickly if you need to. (pause)

Bringing with you the knowledge of your choice of grounding and your symbol, become aware again of this room, the chair that you are sitting on and open your eyes.

As a class, discuss how you feel after this meditation compared to how you felt before it. Discuss also whether you established a preferred grounding method and whether you were given a grounding symbol. If comfortable, discuss what they were.

¹ From Barbara Hand

3.2.3 Selfcare: Releasing static and negative energy

Sometimes when channelling a lot of spiritual energy or when channelling for a long time, healers can get a build-up of static energy which is usually felt through their hands. This is natural and just means you have been working well with your guides on behalf of your clients.

Your hands might feel extra tingly, extra hot and/or just agitated and fidgety. It doesn't affect what your client is experiencing, but you are better to get rid of this excess energy so you can feel more comfortable again.

Don't make a big demonstrative show of releasing the excess energy but do so quietly and inconspicuously. You can:

- “Flick off” the energy by dropping your hands and shaking the energy off your fingers. Flick the energy into the ground where it can be used and transformed into something useful, not onto other healers or clients. This is probably the easiest way to release energy during a healing session.
- Wash your hands in running water.
- Place your hands on the earth or grass outside.

Prevention is better than the cure when it comes to picking up unwanted energies. However, if you think you have picked up and retained someone else's energies or negative energies during a healing session, ask your guides and helpers to help remove them in the first instance. Other additional actions that you may take are:

- Hold your hands under cool running water, especially the wrists.
- Visualise a shower of intense white light running through your aura and dissolving any negativity.
- Do a meditation to cleanse and remove any foreign energies.
- Take a shower when you get home and visualise the water flowing through your energy field, clearing and cleansing any negativity and letting it go down the plughole. If you prefer a bath, you may dissolve about a cup full of sea or rock salt in the water to help remove the energies. Salt has long been renowned for its cleansing properties.
- Smudge your aura with white sage (smoulder the sage and waft the smoke through your aura) or use frankincense.
- Use sound healing to cleanse and rebalance (e.g. Tibetan bowl ringing, chanting)
- Seek the help of an experienced healer.

Group Exercise 2: Class Meditation

This is a meditation to filter out unwanted energies. Your trainer will lead you through this meditation or one that your trainer prefers to use for this purpose.

This meditation can be used at any time to cleanse and clear your energy field, not just of energies picked up during healing. So before starting this meditation, take notice of how you feel.

First get into a meditative state. For example, make yourself comfortable and relax. Take some deep breaths and let go of the busy-ness and worries of the day with each out breath. Ground by imagining roots growing out from the soles of your feet deep into the earth below. Protect yourself and do an initial cleanse by bringing in the white light of spiritual protection down from the universal source, in through your crown chakra, through your body and out your feet into the earth. Invite and instruct your highest healing guides to assist you to clear. You may also activate each of your charkas through a chakra meditation.

Next visualise a screen in front of you, like a large mesh door.

Then imagine yourself moving through the screen and imagine that all unwanted energies attached to you - the worries, fears, expectations from others, etc. - are filtered out as you move through the screen.

As you picture yourself on the other side of the screen, feel what it is like to be your most genuine self without any unnatural energies attached to you.

Walk through another screen, in your mind's eye, with an even finer mesh and see yourself purified of all that is not your true essence.

Walk through as many screens as it takes until you see the colours of your aura as pure, and radiating a brilliant light. (Allow time for this).

When ready, begin to return to the room. Feel your breath going in and out of your lungs, feel your feet firmly on the floor / ground, wriggle your fingers and toes, open your eyes and return to the room now.

As a class, discuss whether you had any issues with this meditation (e.g. was there any resistance to the clearing) and discuss any differences you feel between your before- and after- meditation states.

As a spiritual healer, it's important to be aware of your own energy and whether you are "carrying" anything that is unhelpful or that can be passed on to your clients.