



## **SPIRITUALISM NEW ZEALAND HEALING MANUAL**

### **3.8 How long to heal**

There are no hard and fast answers about how long a spiritual healing session should take. Ideally, you should continue to heal until the energy stops flowing. Note that the healing energy may stop flowing through you before it stops flowing through the client.

In practice, the length of a healing session will depend on the circumstances. Generally seated healing sessions given after or as part of the church service tend to be short (5-10 minutes per person) as there are often other people waiting or there is an allocated time before the service continues.

A private healing session or one given at a healing centre may have more time flexibility around it. Unless appointments require you to keep set appointment times, a healing session may take 20-30 minutes. If a person is unwell, it may extend out to an hour or longer. If the person is lying comfortably on a bed and there is no urgency to move them on, you might leave them after your channelling has finished to continue absorbing and integrating the energy until they are ready to get up.

The healing can also be instantaneous, happening after the energy has been channelled for just a few seconds or minutes. Often in these cases when the energy flows through you, it may feel like an “energy dump”. Because its directed by the healing guides (not you) it will always be appropriate for client – the client will be capable of absorbing it in that way and there might be some other reason the guides are wanting to condense it (e.g. the person may need to get up or away within a short time).

So how will you know when the session has finished and it’s time to move away from the client? Use your intuition and senses. If you feel the energy flowing through your hands when you are healing (or they feel hot or cold) and this stops, then the session may be over. If you see auras and the client’s aura brightens, expands and then stabilises, then the session may be over. If you feel or intuit energy around the client and it now seems to be calm and flowing around the client, without holes or hot/cold patches, then the session may be over.

Your Guides will give you signals in the most appropriate way for you, and as you channel more spiritual healing those signals will become more obvious to you. However, those signals can also change as both you and your guides develop a stronger relationship so “listen” and be open to progress.

### **Group Exercise: Class Discussion**

Discuss how you currently know when a healing session has finished.