6.5 *Other energy in your healing environment*

There are other miscellaneous items that you might have in your healing environment that add to its atmosphere and energy. Each will bring its own energy, whether inherent in the object (e.g. crystals), or reflecting the person or environment associated with it. That energy can enhance or detract from healing energy you are trying to foster as spiritual healers.

From a medical perspective, the intuitive understanding that "surroundings influence recovery" dates at least to Florence Nightingale, who wrote in 1859 that patients should "have something to look at" other than the ceiling[1]. A century later, environmental psychologist Roger Ulrich delivered empirical proof: surgical patients whose windows faced trees and nature rather than a brick wall used fewer opioids and were discharged almost a day sooner[2]. Ulrich's landmark 1984 study seeded the modern field of evidence-based design (EBD), pushing architects, clinicians, and researchers to test environmental variables in healing environments with the same rigor as applied to medications. When our clients arrive for a healing session, we can expect them to respond similarly to items and decorations that we might have in our healing environments. So in this section, we are going to look at some of those more common items.

If you have a personal healing area set aside somewhere, you can decorate it to suit your tastes and intentions. If using a shared healing area, such as in a church or healing centre, then the environment might be fairly set. In some shared healing environments, healers may be encouraged to bring their own additions and decorations in order to add to the atmosphere and make it special to them for the time they are there healing. Make sure you understand what is allowable in your healing environments.

[1] Stoppard, L. (2021) "What Should Hang on the Walls of a Hospital?" The New Yorker 31Jul2021 extracted from www.newyorker.com/culture/culture-desk/what-should-hang-on-the-walls-of-a-hospital?

[2] Ulrich, R. S. (1984) "View through a window may influence recovery from surgery" *Science, 224*(4647), pp.420-421.

 All Rights Reserved © Spiritualism New Zealand