

3.9 Using your senses for feedback

All of us have five primary senses – sight, hearing, feeling, smelling and tasting – plus our intuition that we use to help interpret our worlds. Some people also have strong psychic senses which add to what they perceive. As healers we can use these senses both to help assess our client's needs and to communicate with our healing Guides.

By the time we become adults, we will have usually learnt to rely upon some of these senses more than others. For example, some people might make decisions based upon what they observe, see and read; whereas others might be very good listeners and rely more upon what they hear and are told. Still others might go by how they feel – physically feel and emotionally feel. And when our healing guides communicate with us, they also tend to work with our senses that are strongest.

When a client comes to us for a healing, we don't have to know anything about them because we know that spirit will send the healing energy to wherever it is needed – and that might not be where we think it's needed! However, being observant can help us to make the healing experience pleasant and more effective for the clients. Experienced healers tend to do this automatically, without even thinking about it, often because they have experienced healing situations when the clues observed meant something important in the session. We will still ask our client's how we can help them and listen to their response, however our own observations might give us other clues that we could also take into consideration. Note also that whatever we observe with our conscious minds, is also available through us to those in spirit conducting the healing.

When you are channelling healing for the client, often the client will be so relaxed that they don't talk. Rather than disturb them, your own observations will help you determine whether the healing session is going well or whether you need to make adjustments. This isn't a checklist, it's just making you aware of what information is still available to you.

3.9.1 Before the healing

Things noticed before the healing help us to set up the client's healing environment so they are comfortable and may also help us to plan the healing itself.

What do you see?

- Does the client appear to have mobility issues?
- Do they move stiffly or appear to be in pain?
- If so:

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- If using healing beds, check whether they would prefer to have the healing in a chair
- Check if they will be okay sitting or lying still for 20-30 minutes for the healing (or whatever length is usual) or if they will need a break to move around during the session.
- Ensure you keep the client warm especially if it's a cold day, as their symptoms may get worse if they get cold.
- Can you see bandages, swollen or red/inflamed areas? If so:
 - Check whether they would like special attention paid to any areas.
 - If working in a hands-on mode, check whether there is anywhere they don't want touched (e.g. because it might be painful) so you can work off the body instead.
 - When healing, take note of whether these areas seem to absorb more energy than others and, when the healing has finished, look for (or ask if there's) any improvement.
- Do you understand any cultural expectations the person might have? Regardless:
 - If unsure, talk with the client about how you are planning to conduct the healing session and check whether they would prefer anything done differently or if they are happy with your approach.
 - Ask them to tell you during the session if there is anything that they find uncomfortable so you can stop or change what you are doing.
 - Always ask permission to touch the client if doing hands-on healing and especially if touching the head. (You never touch the genital area nor a female's bosom in any case.)

What do you hear?

- Does the client look or sound stressed?
- Has the client talked a lot about work or something that is worrying them?
- Does the client have trouble keeping still or keeping their mind on topic or is their conversation jumping about all over the place?
- If so:
 - After making the initial connection to your client, plan to start the spiritual healing at head to relax the brain (and body) ready to absorb the healing.
 - Note that the healing energy may feel like it takes a while to flow as the person relaxes enough to let through the energy.

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- Do they look or sound nervous, especially about the healing? (e.g. ultra alert to what's going on around, talking fast, jumpy.) If so:
 - Check if the client has had spiritual healing before and, if not, make sure you explain what Spiritual Healing is and what they might expect to experience. That is, give them the information they need to feel in control of the situation. Start to relax them by calmly explaining how the how the healing will be done. Ensure they understand that they are in charge and can stop the healing at any time. Give them the opportunity to ask questions or change anything about the healing with which they are uncomfortable.
 - Shallow breathing and holding their breath can be indicators of fear and tension in the body or that the person is suppressing their pain. To help relax them at the start of the healing, ask them to take a few deep breaths, relax, and to breathe into and through any pain they are feeling. You don't really want them holding their breath during the healing session.
 - Note also the points in the previous paragraphs (stress). The head is very sensitive so is the most likely place that a person will first feel the energy. If they are doubtful about spiritual healing being "real", feeling the energy there will reassure them that it is happening/real so they can relax more.
- Do they look or sound potentially depressed? (e.g. unmotivated, tired, lacking energy, focusing on the negative and things that aren't going right - and possibly even overly happy and upbeat on other occasions.) If so:
 - After making the initial connection to your client, plan to start the spiritual healing at head to rebalance the brain (and body) ready to absorb the healing.
 - Again, note that the healing energy may feel like it takes a while to flow (there may be some conscious or sub-conscious resistance) until the person relaxes and allows the energy through.
 - The person may open up and want to talk privately after the healing session - remember we can listen but we aren't doctors so can't give advice (unless you are one). There can be tremendous healing for some people in being listened to.
 - If the condition is obvious (perhaps from the discussion, their demeanour) and appears serious, recommend that they see their doctor if not already under medical care. We don't want to pry and we respect every client's privacy, so we need to be very careful how we respond - it needs to be in a non-judgemental, compassionate manner.

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- Do they have a cough or is their breathing laboured and noisy? If so:
 - Check if they have a virus or something else contagious and, if so, ask them to return when they have recovered. Explain that their body will have enough to contend with, without adding any extra stress that may result if spiritual healing clears blockages and releases more toxins. Sending them home also reduces the risk of them spreading it. If the condition sounds serious, recommend that they see their doctor.
 - If they have breathing troubles, they may be more comfortable having the healing sitting in a chair, or with extra pillows to raise the chest if lying down.
- Is what the person is telling you that is inconsistent with what you are seeing or observing in other ways?

This could happen for a number of reasons: for example: the person is shy or private and doesn't want to share their true state/concerns; the person doesn't yet recognise what is going on themselves; the person is in denial or in fear of what is going on.

- Give spiritual healing in accordance with whatever the person is telling you and, in addition, with what you are perceiving. We don't judge but if you are seriously concerned about their health, you could recommend that they check with their doctor if not already under medical care.

What do you smell?

Note that as healers in close contact with our clients, we should also be aware of our own personal hygiene. We can't always smell ourselves or our breaths. See the Code of Ethics for Spiritual Healers.

- Does the client smell as if they have been drinking? (... probably quite a bit if you can smell it.) If so:
 - Ask them to return when they haven't been drinking (or when they have recovered). Explain that their body will have enough to process, without adding any extra stress that may result if spiritual healing clears blockages and releases more toxins.
- Do they and their clothes smell of cigarette smoke? If so:
 - Pay special attention to the client's chest area (heart and lungs) when channelling spiritual healing if the client is a smoker or in close contact with a

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smoker. Be aware also of any circulatory problems (first bullets under “What do you feel?” later.)

- Do they have bad body odour?
- Do they have smelly and dirty feet?

Ours is not to judge as we don't necessarily know their personal circumstances. Teenage boys particularly have a reputation for not noticing how they or their clothes smell! Remember, Jesus did not discriminate when he healed. However we do have a number of options:

- If really bad, you may need to quietly ask them to return when they have had a shower and changed their clothes.
- If obvious but able to be withstood, try to heal this person away from the other clients so they aren't disturbed by any smell.
- Some people will gag really easily when they come into contact with certain smells and if you are a healer like this, you might want to get another more resilient healer to do the spiritual healing.
- If you notice that the client has dirty and/or smelly feet, you might suggest healing them on a chair in the sitting position so their feet are further way from your face and just channel healing into their upper body area (where it can disperse to wherever it is needed.)
- If the client is lying on a healing bed, their feet be much closer to your face. If you notice that the client has dirty and/or smelly feet before you lie them down (e.g. when wearing jandals or sandals), you might casually ask the client if they would like to wash their feet before the healing (if there is the facility available for them to do so). Some centres will automatically wash all bare feet with wet wipes before starting any healing.

What do you (already) know?

- Do you know your client, either personally or from previous healings you have given him/her? If so, check:
 - Are you too emotionally connected with the client, either positively or negatively, such that it could influence the healing? E.g. a loved family member, or someone that has crossed you in the past. If so, ask another healer to do the healing. (See Section 3.1.3 Attunement and Connection Challenges)
 - Try to recall what they have shared previously about their health situation and what they like/dislike during a healing session. Some healing centres may keep written healing records on each client (which will be subject to the Privacy Act)

where this information is held. Clients like to be treated as the special and unique beings they are, so would expect you to recall something from your past encounters rather than having to repeat everything again each time they come to you for a healing. Being able to recall information (starting with their name!) proves to the client that you have taken an interest in them.

- Use that knowledge to help direct the healing session, checking for any updates and new instructions from the client first.

3.9.2 During the healing

We are spirit's representatives Earth-side, helping to ground and pass on the healing energy and looking after all things physical. That includes the clients and their physical comfort. As healers, we can't just stand with our clients with our eyes closed channelling the energy until it stops – we have to ensure the healing is going as expected and the client remains comfortable throughout the healing. We do this by regularly checking on them during the healing session. Often the client is so relaxed, they aren't really interested in talking to us so using our other senses is important. If their eyes are rolling back in their heads and they are becoming overwhelmed by the energies, it's our jobs to notice and take action to alleviate the situation because they might not be able to tell us. If the client is getting uncomfortable sitting or lying in one position for too long, it's our job to notice and ask if they would like a short break or to reposition themselves, rather than leaving them to stay there in pain. Besides, if the client ends up with an ongoing problem after the healing because we haven't noticed something going wrong, it will be us that the authorities come to investigate and not those in the spirit world!

What do you see?

- Has their breathing slowed and relaxed during the healing? (or have they fallen to sleep?) If so, note:
 - This is an indication that the person has relaxed into the healing energy and will be able to absorb more energy without the mind interfering. You will probably notice that the healing energy is channelling stronger (until the healing starts to draw to the end.) Experienced healers (when receiving healing) and clients very familiar with spiritual healing can sometimes put themselves straight into this state ready to receive the energy.
 - If the client is concerned or embarrassed about snoring, explain that falling to sleep can be a natural and positive consequence of relaxing into the spiritual healing and that sleeping and snoring happens to many people.
- Have they started to jiggle, twitch or move about after initially relaxing? If so:

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- Check if the client is comfortable and wishes to continue. Perhaps they have got too hot/cold, are feeling discomfort somewhere, have stayed in one position for too long and need to move, need to go to the toilet, are wanting the session to finish because they have to go somewhere else, etc, or perhaps it's nothing at all.
- Can you see (or feel) the person's aura or energy field? If so:
 - Note whether there dark patches or holes in the person's aura and energy field that need special attention during healing. You would expect to see the aura brighten and expand during healing, any holes fill or start to fill, and any grey or dark areas start to change to a clearer, brighter energy. However, if the person isn't ready to heal, you might not.
 - If you are being shown the person's energy field in some other way (e.g. moving energy) note any blockages that may need special attention during healing. You would expect to see the blockages disappear or lessen during healing if the person is ready to heal.
- Is the client struggling to respond to you or have their eyes rolled back in their head?

Occasionally the healing energy can be overwhelming, especially for someone new to having spiritual healing. The healers should make sure that they and their guides adjust the healing energy so it is appropriate for the client: it's about the healing being right for the client, not about being the strongest healer.

- If you notice that the client is struggling to remain conscious, finish the healing immediately and help to ground the client by holding their feet and letting the energy run back into the Earth. Talk to them in such a way that the client is required to respond and converse with you.
- It is essential that the client has a drink and preferably something to eat once they are in a condition to safely do so, to help ground further.

What do you hear?

- Has their stomach and digestive system started gurgling or making smells? If so, note:
 - This is another indication that the person has relaxed into the healing and will now be able to absorb more energy. The digestive system only works when a person is relaxed and not in the "flight or fight" state. You will probably notice

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that the healing energy is channelling stronger (until the healing starts to draw to the end.)

- If the client is concerned or embarrassed, explain that this is a natural and positive consequence of relaxing into the spiritual healing and that it happens to many people.

What do you smell?

- If you haven't noticed previously, do they have smelly and dirty feet? You have options:
 - If the client is sitting, you might not be distracted by the smell or state of the feet if just channelling to the person's upper body region. The energy will travel to where it is needed.
 - If part way through a hands-on healing session you discover that the client has dirty feet or smelly socks, try putting a towel or hand towel over their feet to heal through so you can still proceed with the healing or heal the feet last. This will provide minimal disruption to the healing (you won't have to go off in the middle of the healing to wash your hands after healing the feet in order to prevent transferring the dirt/smell elsewhere around the body), and it won't draw unnecessary attention to the feet and perhaps upsetting the client's dignity (which washing the feet with wipes in the middle of the healing might do).
 - The other alternative is just not to heal near the feet and trust that the spiritual healing energy will travel there if needed.

What do you feel?

This can be what you physically feel or emotionally feel.

- Can you feel areas of extreme heat or cold in the person's physical body? This may be easier to feel if doing hands-on healing but can also be felt if working off the body. Note the head should always feel warm on a healthy person as it has its own circulatory system.
 - Patches of heat can often indicate areas of infection or damage (because the blood will be rushing to these areas to fight off any invaders and mend any damaged tissues), so pay particular attention to these areas when channelling the healing energies.
 - If the person is hot all over, check if they need to remove a coat for comfort or if you have covered them with too many blankets.

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- Patches of cold can often indicate areas of blockage or damage (where the blood is struggling to get through), so also pay particular attention to these areas when channelling the healing energies.
- If the person is cold in large areas like their legs and feet, it could indicate that the person has poor circulation. Check if they need to put on a coat for comfort, if the room's heating is warm enough, or if you need to cover them with an extra blanket (especially if lying down).
- Note that healers commonly feel areas of heat or cold in the person's body associated with the flow of healing energy between the healer and client in that area, rather than being caused by something physical. Harry Edwards explains:

“There is, however, an effect that is commonly felt by both healer and patient, and that is that, when the healer's hand covers the afflicted area, both are conscious of a sensation of penetrating heat flowing from the hand into the patient's body. Sometimes the opposite is felt—that of intense cold. As the hands move away from the affected part, the sensation of heat or cold vanishes, but it returns as soon as the hand comes back to that particular area. By this means, a healer is able to correctly diagnose the site of the trouble. It is interesting to note that, though the healer and patient may be fully conscious of this heat, if a thermometer is placed between the hand and the patient, there is no variation in the temperature, even though the heat sensation is being sustained.”¹

- Can you feel the person's aura or energy field, if you run your hands through it at least 4” or 10cm off the body?
This is easiest to do if the person is lying down but can also be done if the person is sitting. It doesn't matter what you feel (e.g. some people feel hot or cold patches, some people feel tingling, etc) but it matters if you feel differences. The differences indicate disturbances in the energy field which may or may not also relate to ailments at a physical level.
 - Note any disturbances in the person's aura and energy, and give them special attention during healing. You would expect to feel the energy evened out after healing, with any disturbances gone or reduced. However, if the person isn't ready to heal, you might not.
 - If you feel the person's energy field in some other way (e.g. moving energy) note any blockages that may need special attention during healing. You would expect

¹ Harry Edwards, The Power of Spiritual Healing, London, Herbert Jenkins Ltd, 1963, pp.129-131

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to feel the blockages disappear or lessen during healing if the person is ready to heal.

- Can you feel the person's emotions?
Emotions generate a certain energy frequency and often other people around will recognise those energies, especially if they have experienced those emotions themselves or helped someone else who has. Ensure you have protected yourself well before you start healing as you don't want to be affected by others' energy, but it is useful if you can recognise it.
 - If the emotions involve anger, fear and other negative or destructive emotions, start the spiritual healing at the head to start transmuting those energies into something more relaxing and positive (after making the initial connection to your client).
 - The healing energy may feel like it takes a while to flow as the person lets go of their negative emotions and rebalances enough to let through the energy.
 - If the emotions relate to things like loneliness and self-doubt, understand that being given spiritual healing and being treated as someone special maybe all that person needs to rebalance and feel complete again. Be kind and respectful.

Are your healing guides sharing information about the client or the healing with you?

All of the information we get from Spirit comes through energetically, as a frequency, just like we communicated in spirit before we had a human body. It comes into the brain and the brain, as a frequency analyser, translates that energy into something we understand whether it be an image, a word we hear or a feeling we get. We often interpret that energy using the strongest of our senses initially but any of our senses may be triggered. So consider:

- Are your healing guides showing you other information (clairvoyantly) to help with the healing? For example, they may be in the form of visions, still images or movies.
- Are your healing guides talking to you and sharing information with you clairaudiently to help with the healing? (Voices, music, sounds in your ears.) For, example you might hear verbal instructions or the sound of the client's heart.
- Are your healing guides sharing smells or scents with you (clairalience) to help with the healing? If so, it will be a scent that has no obvious physical source and it will relate in some way to you or the client. For example, if you might smell sulphur, the person may have an egg intolerance and need more energy in the stomach and liver areas.
- Are your healing guides sharing tastes with you to help with the healing (called clairambience or clairgustance)? If so, it will be a taste that is not related to

anything you have been eating or your current environment. For example, if you taste peppermint or Coca-Cola, the person may have been eating/drinking too much of these and need more energy in the stomach, pancreas and liver areas.

- Is your healing guide sharing information about the client or the healing with you such that you now just know things that you wouldn't otherwise know (claircognisance)? For example, you may know what is going on for the client even though the client didn't share it, and therefore how to adjust the healing.
- Is your healing guide sharing what the client is feeling physically with you (clairsentience) such that you are able to feel the client's discomfort and pain in the equivalent part of your body? Harry Edwards explains it this way:

“In the early days of the development of the gift of healing, some healers experience in their own bodies the actual discomforts being felt by the patient. For example, if the patient is suffering from severe abdominal pains, the healer will feel the same, and this effect will last throughout the healing treatment and sometimes for a while afterwards. The reason for this assists us to understand the nature of the healing need and the diagnosis, too. All pain and sensation is a mental appreciation. If one burns a finger, then the injured nerve-ends convey the sensation to the mind through the nerves, where it is interpreted into the experience of pain. It is said by medical authorities that a person will rarely die from burning himself, but can do so from the effects of shock and deep upset of the mind. When a healer establishes a state of affinity with a sufferer, there is established an affinity between the spirit self of the healer with that of the patient. Upon the patient's consciousness is registered the sensation of pain, say, in the abdomen. Through the affinity existing between the patient's consciousness and that of the healer, the latter receives this mental experience of pain, just as if it exists within the healer's body. When the healer becomes more experienced, and is better used by his spirit doctors, so the healer's mind becomes trained not to physically acknowledge such experience of pain and he is not distressed. “²

- Is your healing guide sharing what the client is feeling emotionally with you (clairpathy) such that you are able to feel the client's deep emotions? For example, you are suddenly feeling unexplainably sad or scared.
 - Make sure you know how you are feeling before you start healing so you will recognise any pain or emotion that is not yours.

² Harry Edwards, The Power of Spiritual Healing, London, Herbert Jenkins Ltd, 1963, pp.129-131

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- Once you recognise the message, thank your guide(s) and ask for the pain or emotion to be removed as it isn't yours.
- Regardless of which sense you may be picking things up with:
 - As long as that information makes sense (ultimately you are responsible for what you do), you might try using that information during the healing in whatever way is appropriate and check for any results.
 - If you have no idea what the message is that your guides are trying to convey, you can ask the client after the healing if the message means anything to them (if the opportunity arises and it is appropriate) so you can learn from the experience.

3.9.3 *After the healing*

After the healing session, we are responsible for ensuring the client is back grounded and can safely navigate the world outside again. It can also be an opportunity for the healer to learn.

- Does the person look, sound and feel brighter, happier, more balanced and healthier after the healing?
 - Congratulations to you and your healing guides, if so. If not, debrief with / talk to your tutor or a registered healer for any help and advice. There may be a valid reason (e.g. the client is resisting, the client isn't ready to accept spiritual healing, the energy is working in an area where the results aren't obvious) - it doesn't mean the healing has "failed" as any channelled spiritual energy will help the client in some way.
 - Sometimes the client might mention something after the session that will reinforce what you were doing. If it's not a positive experience for the client, then you, your tutor (or other Registered Spiritual Healer) and your healing guide will need to reassess what went wrong and how to improve the experience. As spiritual healers, we are always learning.
- Is the person struggling to respond to you and come back into Earthly reality?

Occasionally the healing energy can be overwhelming, especially for someone new to having spiritual healing.

Occasionally the client likes the spiritual energy environment more than the Earthly reality, and doesn't want to return.

- In either case, the healer should help to ground the client by holding their feet and letting the energy run back into the Earth, and talking to them in such a way

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that the client is required to respond and converse. (e.g. “It’s time to come back now. Can you feel your breathing and feel any excess energy returning back to the earth? (*pause for answer*) Can you wriggle your fingers and toes? (*pause for response*) How do you feel?”)

- It is essential that the client has a drink and preferably something to eat once they are in a condition to safely do so, to help ground further.
- Have you just been healing someone with cleanliness or odour issues? If so:
 - Discreetly change any linen the client has come into contact with, and wash your hands thoroughly especially if you have been doing hands-on healing.

Group Exercise: Class Discussion

1. Discuss what you currently perceive during a healing session and how you use that information. At the trainer’s discretion, the discussion can be throughout the session as different aspects are read and reviewed, or at the end.
2. If healing within a healing organisation or church, also discuss their expectations and standards.