



SPIRITUALISM NEW ZEALAND HEALING MANUAL

6.7 *Practical mini-assessment of spiritual healing preparation & process*

Trainee	Assessor/Trainer
Name:	Name:
Date, time, place:	

Categories	Tick if covered adequately	Notes (from observations & answers to questions).
Environment		
Equipment		
Set up		
Temperature		
Ambience / atmosphere		
Safe		
Energetically cleansed the space (e.g. smudged, meditation, etc.)		
Personal Preparation		
Timeliness (on time)		
Cleanliness		
Cleared self (e.g. meditation, etc)		
Connected to Spirit		
Protection		
Introduction		
Introduced self		
Elicited client needs		
Explained spiritual healing		
Potential reactions / effects explained		
Got written consent from guardian if client a minor		



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Categories	Tick if covered adequately	Notes (from observations & answers to questions).
Explained location of amenities (e.g. toilets)		
Relaxed client		
Delivery		
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)		
Appropriateness of hand positions		
Connection to Spirit		
Connection with client including checking on their welfare during healing		
Responsiveness to questions & client's body language		
Timing		
Did the client look relaxed & peaceful?		
Closure		
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		



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Notes for the assessor:

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

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 everything and yourself before you started the healing."

Environment Healer will probably use the equipment already on-site (e.g. chairs, training equipment, etc) but can use own equipment and props if agreed with trainer prior to the mini-assessment. The healer will be responsible for the set up and checking of "their" equipment and their part of the healing environment. Things like the room temperature and ambiance may be dictated by the overall environment, however the healer may need more blankets available for the client if it's cold.

Energetically cleansed the space For example, may be done with incense, smudging, candles, sound, white light meditation, prayer, visualisation etc. If using incense, smudging or scented candles, the healer should first ensure the client(s) and other healers don't have allergies to them. Spaces dedicated to healing will probably need less cleansing, only cleansing between clients (e.g. changing any used linen, clearing with white light).

Cleared self; Connected to Spirit; Protection For example, may be done with meditation, prayer, visualisation, smudging, etc. May all be done together and cleansing the space included too.

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.



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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 with the client 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.