



Spiritualism

New Zealand

**Spiritual
Healing
Manual**



SPIRITUALISM NEW ZEALAND HEALING MANUAL

Contents

1. Introduction
 - 1.1. Aim of this course
 - 1.2. Your motivation
 - 1.3. This manual
 - 1.4. Disclaimer for spiritual sealing services and workshops
 - 1.5. Recommended reading material
 - 1.6. Acknowledgements
2. What is spiritual healing?
 - 2.1. Overview
 - 2.2. What is spiritual healing?
 - 2.3. Benefits of spiritual healing
 - 2.3.1. How spiritual healing works
 - 2.4. Code of ethics for spiritual healers
 - 2.5. Standards of best practice for spiritual healers
 - 2.6. Passing on messages (from spirit)
3. How to do spiritual healing
 - 3.1. Attunement
 - 3.1.1. Attuning to the divine source and spiritual helpers
 - 3.1.1.1. Allowing the connection to expand
 - 3.1.1.2. Example meditations to attune with your healing guides
 - 3.1.1.2.1. Attuning to your healing guides – Guided meditation for those new to meditation
 - 3.1.1.2.2. Attuning to your healing guides – Guided meditation for experienced meditators
 - 3.1.2. Attuning to the client(s)
 - 3.1.3. Attunement and connection challenges
 - 3.1.4. Closing the connection
 - 3.2. Energy protection and grounding
 - 3.2.1. Protection
 - 3.2.2. Grounding
 - 3.2.3. Selfcare: Releasing static & negative energy

- 3.3. You are the channel
 - 3.3.1. Selfcare: Channelling, not using your energy
- 3.4. Introduction to cultural considerations
 - 3.4.1. Cultural considerations for Māori
- 3.5. Energy exercises
- 3.6. Preparation of the environment and self
 - 3.6.1. The environment
 - 3.6.2. Personal preparation
- 3.7. Where to Place Your Hands
 - 3.7.1. Initial considerations
 - 3.7.1.1. Introductions
 - 3.7.1.2. Healing using a chair or healing bed
 - 3.7.1.3. Hands-on or hands-off healing
 - 3.7.1.4. Hand positions
 - 3.7.1.5. Closing the session and final instructions to client
 - 3.7.2. Where to place your hands with the client sitting
 - 3.7.3. Where to place your hands with the client laying down
 - 3.7.4. Where to place your hands with two or more healers working together
- 3.8. How long to heal
- 3.9. Using your senses for feedback
 - 3.9.1. Before the healing
 - 3.9.2. During the healing
 - 3.9.3. After the healing
- 3.10. Healing children and teenagers
 - 3.10.1. Consent
 - 3.10.2. Sick children
 - 3.10.3. Suspected abuse
 - 3.10.4. Recommendations
- 3.11. Healing animals
 - 3.11.1. Recommendations
- 3.12. Healing people with new energies
- 3.13. Medical co-operation
- 3.14. Contra-indications: When not to heal
- 3.15. Practical mini-assessment of spiritual healing basics



SPIRITUALISM NEW ZEALAND HEALING MANUAL

4. Absent Healing

4.1. The art of absent healing

4.2. Connection challenges

5. Laws & Regulations

5.1. HDC Code of Health & Disability Services Consumer Rights

5.2. Privacy Act

5.3. Human Rights Act

5.4. Other Legislation

5.4.1. Health and Safety at Work Act 2015 (HSWA)

5.4.1.1. To whom the HSWA applies

5.4.1.2. Requirements of the Act

5.4.2. Care of Children Act 2004 & Children's and Young People's Well-being Act 1989

5.4.2.1. Care of Children Act 2004 (COCA)

5.4.2.2. Children's and Young People's Well-being Act 1989

5.4.3. Health Practitioners Competence Assurance Act 2003 (HPCAA)

5.4.4. Veterinarians Act 2005 & Animal Welfare Act 1999

5.4.4.1. Veterinarians Act 2005

5.4.4.2. Agricultural Compounds and Veterinary Medicines (ACVM) Act 1997

5.4.4.3. Animal Welfare Act 1999

5.4.4.4. Animal Welfare (Care and Procedures) Regulations 2018

5.5. Assessment of basic spiritual healing concepts

6. The Healing Environment

6.1. Colour in your healing environment

6.1.1. The science behind colour

6.1.2. Historical context of colour in healing

6.1.3. How colour healing tells us colour affects us

6.1.4. How colour is used in medical healthcare settings

6.1.4.1. Evidence based design

6.1.4.2. Environmental psychology

6.1.4.3. Physiological responses

6.1.4.4. Biophilic design

- 6.1.4.5. The role of natural light
- 6.1.4.6. Colour harmony
- 6.1.4.7. How the use of colour is being applied in healthcare settings
- 6.1.5. Cultural considerations
- 6.1.6. Learning for spiritual healers
- 6.2. Sound in your healing environment
 - 6.2.1. Resonance
 - 6.2.2. Rhythm
 - 6.2.3. Melody
 - 6.2.4. Harmony
 - 6.2.5. Pitch
 - 6.2.6. Timbre
 - 6.2.7. How sound is used in medical healthcare settings
 - 6.2.7.1. Psychological impact of sound
 - 6.2.7.2. Physiological impact of sound
 - 6.2.7.3. How the use of sound is being applied in health care settings
 - 6.2.8. Learning for spiritual healers
- 6.3. Scents in your healing environment
 - 6.3.1. Historical context and traditional uses of scents
 - 6.3.2. The olfactory system and the brain
 - 6.3.3. How scent is used in medical healthcare settings
 - 6.3.3.1. Psychological impact of scents
 - 6.3.3.2. Physiological impact of scents
 - 6.3.3.3. How the use of scent is being applied in health care settings
 - 6.3.4. Challenges and considerations
 - 6.3.5. Learning for spiritual healers
- 6.4. Crystals in your healing environment
 - 6.4.1. Historical context and traditional uses of crystals
 - 6.4.2. Scientific perspective on crystal healing
 - 6.4.3. Psychological and emotional benefits of crystals
 - 6.4.4. Practical applications in healing environments
 - 6.4.5. Challenges and considerations
 - 6.4.6. Learning for spiritual healers
- 6.5. Other Energy in your healing environment

- 6.5.1. Candles
 - 6.5.1.1. Historical context and traditional uses of candles
 - 6.5.1.2. Psychological and emotional effects of candlelight
 - 6.5.1.3. Physiological benefits of candles in healing
 - 6.5.1.4. Spiritual and meditative benefits
 - 6.5.1.5. Practical applications in healing environments
 - 6.5.1.6. Challenges and considerations
 - 6.5.1.7. Learning for spiritual healers
- 6.5.2. Water features
 - 6.5.2.1. Historical context and traditional uses of water
 - 6.5.2.2. Psychological benefits of water features
 - 6.5.2.3. Physiological benefits of water features
 - 6.5.2.4. Biophilic design and water features
 - 6.5.2.5. Practical applications in healing environments
 - 6.5.2.6. Challenges and considerations
 - 6.5.2.7. Learning for spiritual healers
- 6.5.3. Plants
 - 6.5.3.1. Psychological benefits of plants
 - 6.5.3.2. Physiological benefits of plants
 - 6.5.3.3. Biophilic design and plants
 - 6.5.3.4. Practical applications in healing environments
 - 6.5.3.5. Challenges and considerations
 - 6.5.3.6. Learning for spiritual healers
- 6.5.4. Pictures and art
 - 6.5.4.1. Theoretical foundations behind art's effect
 - 6.5.4.2. Psychological benefits of art
 - 6.5.4.3. Physiological benefits of art
 - 6.5.4.4. Types of art most effective in healing environments
 - 6.5.4.5. Practical applications in healing environments
 - 6.5.4.6. Challenges and considerations
 - 6.5.4.7. Learning for spiritual healers
- 6.5.5. Other ornaments
 - 6.5.5.1. Understanding ornaments in healthcare settings
 - 6.5.5.2. Psychological benefits of ornaments



SPIRITUALISM NEW ZEALAND HEALING MANUAL

- 6.5.5.3. Physiological benefits of ornaments
- 6.5.5.4. Practical applications in healing environments
- 6.5.5.5. Challenges and considerations
- 6.5.5.6. Learning for spiritual healers

6.6. Client record keeping

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

7. Healing Aids

7.1. Healing guides & angels

7.1.1. Understanding guides and angels

7.1.2. Metaphysical theories of guides and angels in healing

7.1.3. Scientific and psychological perspectives

7.1.4. How spiritual guides and angels are used in healing modalities

7.1.4.1. General use of guides and angels in energy healing

7.1.4.2. Practical roles and examples of guides and angels in healing modalities

7.1.4.3. Specialist guides and angels in healing

7.1.5. Methods of communicating with guides and angels

7.1.6. Integration into healing practices

7.1.7. Challenges and considerations of using guides and angels in healing

7.1.8. Learning for spiritual healers

7.2. Breathing techniques

7.2.1. The breath-energy connection

7.2.2. Breathwork in ancient traditions

7.2.3. Breathwork in modern modalities

7.2.4. The theoretical and scientific foundations- why breathwork works

7.2.4.1. Physiological basis: nervous system regulation

7.2.4.2. Psychological basis: quietening the mind

7.2.4.3. The scientific lens – evidence and mechanisms

7.2.5. Breath as a bridge between energetic and physical realms

7.2.6. Practical applications – techniques for the healer and client

7.2.6.1. For the healer: preparation and empowerment

7.2.6.2. For the client: during the session

7.2.6.3. Closing the healing session

- 7.2.7. Contradictions and ethical considerations
- 7.2.8. Breathwork as a sacred practice
- 7.2.9. Learning for spiritual healers
- 7.3. Using a pendulum in healing
 - 7.3.1. Short history
 - 7.3.2. What is a pendulum
 - 7.3.3. How pendulums are understood to work
 - 7.3.3.1. The metaphysical perspective
 - 7.3.3.2. Theoretical frameworks
 - 7.3.4. Preparing yourself and the pendulum
 - 7.3.4.1. Choosing and connecting with your pendulum
 - 7.3.4.2. Calibration: understanding your pendulum's movements
 - 7.3.5. Practical applications – assessing the client's energy field
 - 7.3.5.1. Treatment feedback and timing
 - 7.3.5.2. Chakra assessment
 - 7.3.5.3. Aura scanning
 - 7.3.5.4. Localised imbalance checks
 - 7.3.5.5. Distant/absent healing: transcending space and time
 - 7.3.6. Ethical considerations and limitations
 - 7.3.7. Learning for spiritual healers
- 8. Basic anatomy
 - 8.1. The major organs
 - 8.1.1. Learning for spiritual healers
 - 8.2. The endocrine system (hormonal glands)
 - 8.2.1. Hormones
 - 8.2.2. Endocrine glands
 - 8.2.3. Endocrine dysfunctions
 - 8.2.4. Learning for spiritual healers
- 9. Energy systems and spiritual healing
 - 9.1. Introduction to the body's primary energy systems
 - 9.1.1. Our bodies as energy systems
 - 9.1.2. Principles of energy healing with the energy systems
 - 9.1.3. The nine main energy systems
 - 9.2. Chakras

- 9.2.1. Where from
- 9.2.2. Analogy
- 9.2.3. Proof
- 9.2.4. Description
- 9.2.5. What they affect
- 9.2.6. Chakra systems with more than seven main chakras
- 9.2.7. Learning for spiritual healers
- 9.3. The aura
 - 9.3.1. Where from
 - 9.3.2. Analogy
 - 9.3.3. Proof
 - 9.3.4. Description
 - 9.3.5. What it affects
 - 9.3.6. Learning for spiritual healers
- 9.4. Meridians
 - 9.4.1. Where from
 - 9.4.2. Analogy
 - 9.4.3. Proof
 - 9.4.4. Description
 - 9.4.5. What they affect
 - 9.4.6. Learning for spiritual healers
- 9.5. Triple warmer
 - 9.5.1. Where from
 - 9.5.2. Analogy
 - 9.5.3. Proof
 - 9.5.4. Description
 - 9.5.5. What it affects
 - 9.5.6. Learning for spiritual healers
- 9.6. Radiant circuits
 - 9.6.1. Where from
 - 9.6.2. Analogy
 - 9.6.3. Proof
 - 9.6.4. Description
 - 9.6.5. What they affect

- 9.6.6. Learning for spiritual healers
- 9.7. Celtic weave
 - 9.7.1. Where from
 - 9.7.2. Analogy
 - 9.7.3. Proof
 - 9.7.4. Description
 - 9.7.5. What it affects
 - 9.7.6. Learning for spiritual healers
- 9.8. The five rhythms
 - 9.8.1. Where from
 - 9.8.2. Analogy
 - 9.8.3. Description
 - 9.8.4. What they affect
 - 9.8.5. Learning for spiritual healers
- 9.9. The electrics
 - 9.9.1. Where from
 - 9.9.2. Analogy
 - 9.9.3. Proof
 - 9.9.4. Description
 - 9.9.5. What they affect
 - 9.9.6. Learning for spiritual healers
- 9.10. The basic grid
 - 9.10.1. Where from
 - 9.10.2. Analogy
 - 9.10.3. Proof
 - 9.10.4. Description
 - 9.10.5. What it affects
 - 9.10.6. Learning for spiritual healers
- 10. Influential spiritual healers
 - 10.1. Brief history of spiritual healing
 - 10.2. Jesus Christ
 - 10.3. Harry Edwards
 - 10.4. George King
 - 10.5. Matthew Manning



SPIRITUALISM NEW ZEALAND HEALING MANUAL

10.6. Rose Gladden

11. Next Steps

11.1. Final assessment of practical spiritual healing knowledge & ability

11.2. Requirements to complete registration

11.2.1. Registered Spiritual Healer Application Form

11.2.1.1. Log of healing sessions from the past 2 years

11.2.1.2. Training log from the past 2 years and any spiritual healing training certificates

11.2.1.3. Four written testimonials

11.2.1.4. Spiritual healing, its associated guidelines and ethics, absent healing and attunement

11.2.1.5. Copy of your assessment results

11.2.1.6. Application fee

11.2.1.7. Agree to

11.2.1.8. Nomination section

11.2.2. Registered spiritual healing application processing

11.3. On-going requirements & support after registration

11.3.1. Abiding by the SNZ Code of Ethics for Spiritual Healers

11.3.2. Undergo a police vetting check every five years

11.3.3. Attend a healing course for registered spiritual healers each year with a Spiritualism New Zealand trainer

11.3.4. On-going support