

### **3.7 Where to place your hands**

#### **3.7.1 Initial considerations**

##### **3.7.1.1 Introductions**

The first hand position in spiritual healing is the most important one. It might be a handshake, a gentle hug around the client's shoulders or keeping your hands to yourself as you smile a greeting to the client as they walk into the healing area. Consider what is appropriate for the environment in which you are healing and for the client. When a new client arrives, take your lead from them. First impressions count and you want yours to be friendly, welcoming and appropriate.

If the client doesn't know or remember you, introduce yourself by at least your first name. This gives them the opportunity to introduce themselves too. If they don't, ask them what they would like to be called. Wearing a name badge can be helpful to forgetful or nervous clients that may forget your name. In some settings (e.g. healing during a spiritualist church service), the exchange of names may not be appropriate, and you may just gesture them to a seat and start healing.

If giving a full healing, rather than a short healing as at a spiritualist church service, ask the client what they have come for today. This is their opportunity to request what they want and who they might want to deliver it. If they aren't sure or look confused, this may be your opportunity to explain what is being offered and what spiritual healing is. The question leaves them in control of their healing and, if they are asking for healing, it strengthens the healing potential for them as explained in *Section 2.2 What is spiritual healing?*

Time spent talking with the client initially can assist the client, even before the spiritual healing session starts. Discussing their concerns and encouraging an optimistic outlook can do a lot to raise the client's spirit and create a change in attitude. If a friend / relative is present with the client, you might want to talk to the client alone first to ensure they don't feel restricted in what they say. The friend / relative can join in after the initial discussion with the client. Sometimes it is essential for both to be "interviewed" but, often, one person at a time is best. One exception is when working with very young children who might not yet be able to effectively express themselves.

If the client is new to spiritual healing, you should:

- Explain what spiritual healing is and how it works.

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- Explain that they can be healed in a chair or on a healing bed, if both are available, and check if they have a preference. If only one option is available, advise which will be used and check whether the client is comfortable with that.
- Explain that they will be fully dressed (but you might ask them to take off their shoes, any heavy coats or glasses, especially if they are going to be lying on a healing bed).
- If both hands-on and hand-off healing is allowed in the healing environment, explain that healers can work by lightly touching the client or work a few inches /centimetres off the client's body in their energies and check if they have a preference. If only one option is allowed, advise which will be used.
- Advise the client how many / which healers will be working with them.
- Advise the client what they can expect to feel during and after a healing session. For example, they may experience the healing energies using any of their senses such as feeling heat or cold, seeing colours, feeling a gentle vibration, feeling lighter, feeling elation or just feeling good. Often people's stomachs will gurgle as they relax (because the digestive system works when relaxed). Some people may be overcome with emotion and cry – releasing pent-up emotions is a good thing. Some people may fall to sleep and even snore – deep relaxation is great for the healing.
- Let the client know that the healing energies may continue to flow beyond the time of their healing session.
- Advise the client that they should rest and drink plenty of water afterwards, as the healing continues to rebalance their body and especially if they feel a headache or 'fluey' as their body releases any previously trapped waste or toxins.  
Post healing symptoms may even occur for a day or two after a session while the physical and/or emotional bodies process the energetic changes that have taken place. The client may feel more energised or more tired than normal, emotions may come to the surface and general detoxification in the form of sweating, a runny nose, short-lived diarrhoea may occur. It will be important to continue to drink plenty of water to help cleanse and balance the system.
- Explain how they will know the healing session is finished, especially if you are healing off the body (for example, will you talk to them, gently touch their shoulder or finish in a certain way?)

Once all that has been explained check if they have any questions, would like anything changed, and whether they would still like a spiritual healing session.

If continuing with the healing and they are new to the environment, you should explain or give them a tour of the facilities so they know where the toilets are. If available to clients, you might show them where the kitchen facilities are. If having to wait for a healer or bed to



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become free, they might like a drink while they are waiting, or they might need to have something more to eat or drink after the session (for example, to ground, gather themselves ready to leave or just while sitting and socialising with others).

If a minor is involved (under 14 years), ensure you have the parent's or guardian's consent to continue. Check that the client is happy with the healer or healers proposed for the session (some ladies prefer female healers).

If the client hasn't already told you, you may ask them if there is anywhere in particular (on the body) they would like to receive healing. This may give you an indication of whether your client is dealing with physical problems or emotional ones. Most of your clients will have either one or have both. It isn't necessary to ask or even know this, as the healing will go to wherever it is needed. Regardless, this conversation builds up trust and confidence: it shows that you are interested in them and allows them to feel listened to. Knowing you have their interests in mind, they will be more likely to relax into the healing.

Now you can show your client to the chair or healing bed you will be using.

- Invite them to sit or lay down.
- Reinforce that they are in control of their healing session, and they can ask you to stop at any time.
- If it is cold or you are using a healing bed, ask if they would like to be covered with a blanket.
- Invite them to relax, perhaps take some deep breaths in and out, close their eyes if they would like.
- Attune to your client (see section 3.1.2 Attuning to the client(s)) and because spiritual healing is based on love, you may consciously connect your heart centre to theirs in divine love, peace and humility. This is like a soul to soul handshake or introduction and it is optional.
- If appropriate, invite the client to say their own prayer or otherwise request to be healed, either aloud or to themselves.
- Seek the client's approval to commence healing.

### ***3.7.1.2 Healing using a chair or a healing bed***

Whether you are going to heal your client with them sitting in a chair or laying on the healing bed can be dependent upon a number of factors:

- You will only have a choice if you have both a chair and a healing bed available. If you only have chairs available, that's what you will be using.

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- If you are healing with an organisation, you will probably have to adhere to their protocols. For instance, spiritualist churches will usually have the congregation members sitting in chairs for the shorter healing during a service, but on their “healing days” dedicated to providing spiritual healing for their congregation and the public, they may also have healing beds available.
- If doing longer healings, laying on a bed can be more comfortable and relaxing for the client. Their only concern may be about snoring when relaxing deeply but not about slumping or falling off their chair!
- Your client may have a preference. Some clients may not be able to get up on a healing bed, for example, someone elderly or someone with a back or leg injury. Some clients aren’t comfortable laying still for a period of time, for example, people with sciatica or other back issues. People with back issues may prefer to have healing in a chair or to lay on the bed on their stomach for better comfort. If on a bed, they may also like to turn over on their side part way through healing.
- You may have a preference (for example, if you have leg or back injury, you may try to avoid standing for long periods so will prefer to use equipment and methods that will facilitate you moving around or sitting).

The effectiveness of the spiritual healing is not affected by whether you are using a chair or healing bed, so use whatever equipment is the most appropriate for everyone involved.

### **3.7.1.3 Hands-on or hands-off healing**

These are sometimes also called contact or auric healing, and relate to whether the healer puts their hands lightly on the client or works a few inches / centimetres off the body in the auric field. Both are effective. Some organisations insist on their spiritual healers working off-the-body, so ensure you understand what is normal in the environment in which you are healing.

With both ways of spiritual healing, **a healer must never use direct contact (hands-on) healing around the genital area of any client and around the breast area on a female.** This isn’t necessary around the breast area of baby or toddler. Again, check your local protocols and, if in doubt, heal off the body around those areas. Also, be aware of any cultural considerations.

The benefit of **hands-off healing** for the healer, is that often the energy can be felt easier by their hands without the interference of the fabric in the client’s clothes. This is especially so for beginners. The spiritual healer may be feeling the spiritual healing energy following through their hands as tingling or heat / cold, and also feeling when it has stopped flowing. Or it may allow the healer to feel the energy differences in the client’s body, which helps to

identify where the healer could place their hands while healing. Hand-off healing also means that the healer does not need to worry about where or where not to touch the client.

The disadvantage of hands-off healing for the client is that they can't feel where the healer is. This can be un-nerving for some clients, and they don't relax properly for fear that they will miss when the healing has finished. It is important that the healer has advised the client what will happen at the end of the healing so they can relax until that situation happens (e.g. conversation, touch on the shoulders, holding the feet, etc).

Conversely, the benefit of **contact healing** for the client is that they can always tell where the healer or healers are working should they be conscious enough to take notice. This can be very comforting and relaxing for some people – they like to know where other people are around them (perhaps they have been traumatised in the past and still hold fears) and they can tell that the healing has finished when they don't feel any hands. However, that is not always a good indicator of when the healing session is over as many clients swear that they continue to feel hands on them even when the healers have moved away! So, it is still important that the healer has advised the client what will happen at the end of the healing so they know to “come back” and prepare to move off the chair or bed. Sometimes the healing guides will encourage the healer to touch the client when physical contact will help the healing process.

The disadvantage of contact healing for the healer is that initially it may be more difficult to feel the healing or client energies, and that they always need to ask the client's permission before touching them, and especially the head. The healers also need to remember to work differently near the genitals and females' chests:

- The genital area can be healed from either side via the hip joints, instead of directly over the top.
- The healer can *ask permission* to move the female client's arm so their hand is resting over their chest area (or ask the female client to place their hand(s) on their chest area themselves) in order for the healer to place their hand over the client's hand to heal.
- Heal both the genital and breast areas off the body.

Healing through the client's own hand, as in the second bullet above, can be done in any areas where direct contact healing may potentially be uncomfortable for the client or healer.

To facilitate feeling the client's energy imbalances, spiritual healers using either method will often do a body scan of their clients' energies from their head down (about four to six inches or 10 to 15 centimetres off the client's body), at the start of the healing. Wherever the energy feels different, the client's energy is disrupted or out of balance and may be in need of

particular attention. The healer will then do another off-the-body energy scan at the end of the healing session to check that the client's energy is balanced again (it all feels the same, flowing evenly).

The choice of whether to do contact or hands-off healing is dependent upon:

- the protocols of environment in which the healer is working, and
- the client's personal preference, and
- if not decided by either of those, the healer's personal preference.

Sometimes the healer's preference will change over time so don't become fixated on one method being better. The spiritual healing energies will travel via the spiritual bodies regardless of which method the physical bodies are using.

### **3.7.1.4 Hand positions**

We have said before that the spiritual healing energy will travel to wherever it's needed so the healer does not need to know anything about the client or why they have come for healing. So if that's the case, why go through all this process and why have multiple hand positions at all?

As spiritual healers, we don't have to know anything about the client, and we can heal quite adequately from just one position. The healer can do shorter healings quite comfortably from a single position, just moving their body around when changing clients. In some spiritual church services such short healings may be the norm. However, some hand positions may facilitate the exchange of energies better than others, and the humanness in us may be more comfortable moving around "doing something" during a longer healing session.

- Our bodies have energy vortexes (chakras) which exchange internal and external energies, and connect to all our major organs and glands. See the seven main chakras explained in section 9.1 Chakras. Our hands also have minor chakras through which the energies flow. When a healer places their hands over the client's chakras and channels the healing energies, this position facilitates the flow of spiritual healing energies between the healer and the client. It isn't necessary to heal this way, but it may help the process.
- As a healer, moving around the client gives our mind some variety and gives us something "to do". This hopefully pre-occupies our brains just enough to stop us interfering with our attunement to spirit and the client. It might also help prevent boredom setting in or the healer falling asleep (if sitting still) during a longer healing session.
- The human body is built for movement rather than being still for long periods, apart from when sleeping or relaxing deeply. If doing a long healing in one position, our

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healer bodies which are often standing might begin to ache and crave movement or a stretch. Once uncomfortable, we might disrupt the flow of healing energies or worse, pass our discomfort or stress onto our clients during the channelling or with the energy. It's better if both the client and the healer are physically comfortable during a healing and that may mean that the healer needs to stand with their legs wider apart, regularly change positions, sit on a healing stool or chair, or adjust the healing table/bed up or down (not with a client on it!) The healer also needs to place their body and hands so they are comfortable, and are not working in an awkward or unsuitable position for them.

- The client might have expectations that we heal certain parts of their body where they feel discomfort, whether they have already mentioned it in conversation or not. They might not fully appreciate that the energy will go to wherever it's needed regardless. If we let our guides, our assessment of client's energy patterns and our healer instincts draw us to places on the client where we should place our hands, we will hopefully cover any areas the client might be expecting us to heal.

When attuned and connected to the spirit world and our client, our healing guides will direct us intuitively to where on the client they want us to heal. We just have to be open and "listening". So focus on your intuition for guidance and trust the instruction that you receive, go with it. Never forget that you are only the channel for healing and when those guys upstairs want you to move they will soon let you know. At times, you will get a strong sense to move to another area, so just go there. Often these will be the same places in which we noticed energy disruptions when we did our energy scans of the client's body at the start of the healing.

However, when first starting out we might prefer to begin with some basic positions until such time as we notice our guides directing us. The more you practice your spiritual healing, the more you will develop your own preferences for the basic positions. The following sections contain suggested hand positions to get you started.

### ***3.7.1.5 Closing the session and final instructions to client***

Eventually the combined energy force of you, your client and the divine, will let your hands know when enough is enough, and your hands will stop channelling. When the healing feels done, we can do a number of things.

- Firstly, you can again do another energy scan in the client's energy field from their head towards the feet, smoothing the aura and checking for any remaining blockages that would indicate that the client may need further healing (which you would generally go back and do). If the person is laying down you would start with the top of the head and end by going totally over the ends of the feet. If the person

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is sitting, you might only go down their back and around the sides of their legs as far as is comfortable for you.

- You can put up field of protective energy around them by visualising them wrapped in a protective cocoon / bubble, letting only positive and healing energies through to the client. Alternatively you can visualise zipping up sleeping bag or wrapping a bandage around them (including the head). They will have been in an open state while allowing the healing energies to flow, and we don't want to leave them exposed at the end of the healing.

Another time you may feel that they don't need this, and the normal healing is quite enough.

Disconnect from the client: disconnect your heart centres, gently and slowly lift your hands away from the client, and move back. Some healers will continue to heal through the client's different auric layers as they slowly move back before disconnecting – do what feels right for you. The client may still feel hands on them and the healing energies travelling through them so, if possible, leave the client and their guides to finish the healing themselves. Clear any unwanted energies you may feel around you, and thank your guides and helpers.

If there are no time constraints, tell your client to sit or lay there if they wish and just enjoy the wonderful feelings that continue to flow through from the divine. Sometimes people may stay there for five minutes and then again, some people could stay there for another thirty minutes, depending how strong the healing was and how emotional it was for them. The important aspect is that when they are ready, they will move. Try not touch them or speak to them until they have started to stir. Keep in mind that they are still in contact with the divine. Even though you think you have finished healing, in fact you are still being used by the divine while your clients are in this state.

During the period while the client may be sitting or lying down after healing (the quiet time), you may go and wash your hands to rid yourself of any negative energy or any surplus energy that may be held by them. Sometimes your hands may ache, so just run them under water, or give them a good shaking. You can prepare a glass of water ready for the client to drink.

Once your client has stirred and is “back” with you, you can help them sit upright if not already sitting and give them the drink of water. This helps them to re-attune with their body. The water helps to flush out their system and get rid of any toxins.

It is a good time after the healing and the client has grounded for you to remind them that:

- the spiritual healing may continue to flow beyond the session
- they may feel tired, a headache or ‘fluey’ as their body releases any previously trapped waste or toxins, but then they should feel better. Many people feel great straight afterwards

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- it is recommended that they continue to drink plenty of fluid to flush away any toxins released
- it is recommended that they continue to relax, take it easy and enjoy the rest of the day, if they can
- they should contact you or the healing organisation / church if they have any further questions or concerns afterwards.

If they need more time to recover or if they just want to sit longer in the healing energies before leaving, usher them to somewhere comfortable to rest. If refreshments are available, you might invite them to have a hot drink and biscuit.

Let the client lead any other conversation that occurs after the healing. They may or may not be open to discussing it further as privacy may be important to them.

When parting from the client, farewell them appropriately (e.g. say goodbye, perhaps give them a farewell hug if appropriate and, if the client is leaving you, see them safely off the premises.)

If you need to do a more thorough energetic cleansing after the healing and before working with another client, go to a quiet place away from any other clients and healers to do so. (See *Section 3.2 Energy protection and grounding*)

If “case cards” / professional records are kept of each healing, update them each session, preferably before seeing the next client. They can be used to remind healers of the details concerning their clients and add to the evidence as to the effectiveness of spiritual healing, or not, for that client. Their access and storage does however fall under the requirements of the Privacy Act, so many voluntary organisations do not keep them because of the administrative overhead.

This final process is usually very abbreviated if giving spiritual healing during or after a church service, where time is restricted and/or you are healing multiple people at once. Follow the protocols in place for that organisation.



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## Group Exercise 1: Class Discussion

In your healing environment(s):

- What are the appropriate ways to greet your client(s)?
- Are you going to connect to the client's heart chakra (the soul to soul handshake)?
- Will you be using chairs and / or healing beds?
- Is contact and / or hands-off healing appropriate?
- Will you be doing an energy scan before and after healing so you can feel what difference your healing has made?
- Discuss anything you are unsure of at your practical class to clarify, especially your Church's / Centre's protocols.

## Individual Exercise 2

Write, in your own words, what spiritual healing is as if you were explaining it to a new client that knows nothing about it. Be prepared to discuss it with the rest of the class.

## Group Exercise 3

Split into pairs, with one healer to act as the client. Practice giving a healing session to the "client" as if this person is totally new to spiritual healing. Go through the full introduction through to the closing the session process. Use your notes if needed. It may feel artificial and awkward but it's better to be prepared and practiced before you have to deal with this situation for real! Swap roles and repeat.

### **Notes for Trainer:**

Unless you are running very long training sessions, you will probably need to spread the remaining sections (3.7.2 to 3.7.4) of *Section 3.7 Where to place your hands* training and exercises over multiple sessions. It is a lot for new healers to absorb.