



Promoting Healing as a Natural and Holistic Choice for All

HELPFUL HINTS FOR NEW HEALERS

AT THE FIRST APPOINTMENT

Clients may ask questions at the beginning or the end of the session, perhaps to ask if you have had success with their named health condition. Respond with positive optimism, without promising anything – ‘healing is known to be beneficial with a wide range of conditions’. Use positive words like ‘releasing’, rebalancing, calming’. Avoid worrying words like ‘blockages, (sounds medical) and negative energies (easily misinterpreted as a range of scary problems)

ABOUT GOD AND RELIGION

NFSH The Healing Trust is a non-religious organisation, we are not ‘faith healers’. Some people come to the Trust because they feel more comfortable with this. Some healers may have a concept of God, clients may not. If a healer is asked a direct question about their beliefs, it is their choice whether to discuss it. The usual reason for this question is worry/anxiety about the source of the healing energies, due to traditional scare-mongering by those who do not understand it. A useful response is that the healing ‘comes from the creative force or is universal’ etc.

Be discreet when completing the record card if others are nearby.

Explain HT healing, ‘it is gentle and relaxing, you may feel warmth, coolness, or nothing at all, but the healing will still be flowing. We work away from the body and only touch in appropriate places, with prior permission. You may like to relax, you can watch or close your eyes, whichever you feel comfortable with. The signal for starting and finishing will be a gentle touch on the shoulders.

DURING THE HEALING SESSION

Discomfort during healing, perhaps pain in a limb. This is a sign of unwanted energies beginning to move prior to being released. Ask the client to relax muscle groups, imagine breathing out the discomfort. You may choose to place your hands in area of discomfort to assist in the release. If the discomfort is still present after the session, explain that it will fade away as it rebalances.

AFTER THE HEALING SESSION

Some clients may take a little time to return to everyday awareness. This is no cause for alarm, some people who practise yoga for instance, or do meditation regularly are able to relax very deeply. Remain with the client, please don't watch the client's face, this can be off-putting for them to open their eyes and find you staring at them. Try to look sideways, into the room or outside, avoiding looking bored. Wait for a minute or two, then quietly say their name and gently touch the arm or shoulder, if they have given permission to touch at the start of the session. Repeat if required, with a slightly louder voice. They will always respond!

Once eyes are open, allow a minute for them to be ready to sit up or to speak to you, avoid all sense of rush. Please don't ask them questions about what they saw/sensed, this is not a healer's remit. A client may ask a variety of questions about the session, all of which are asking about intuitive/clairvoyant impressions.('Did you pick anything up, did you get anything?') HT healers are there to channel the energy only, and we do not offer clairvoyance. A useful response to such questions may be something like ' as healers we just channel the energies, we don't need to be aware of anything for the healing to be beneficial.'

The Code of Conduct limits physical contact to a light touch, with permission. Hugging a person in need, like a client, may drain a naturally giving person, like a healer. Other clients may see a hugging and be uncomfortable in case they will receive one also, and they do not wish it.