

# **HOW TO GET THE MOST BENEFIT FROM A HEALING SESSION**

**By**

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These extracts are taken from his text entitled: 'How to best work in partnership with your Healer'.

Other extracts in the series are:

'The power of the mind'

'The importance of correct breathing'

'Visualisations'

Although avoiding the use of esoteric language, the content is only suitable for the recipient of Spiritual Healing who is prepared to play a full role in the healing process and who recognises that ultimately, each of us must accept responsibility for our own physical or mental wellbeing.

Certain references contained in this text apply to other extracts.

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We have largely been brought up in a culture which embraces the 'Pill popping mentality' and very often we expect to have to do nothing to help the healing process other than take the medicines we are prescribed. Too often we are not prepared to compromise on our life styles which are invariably the cause of, or at the very least aggravating, the adverse condition which we are suffering. We are content to go back to our Medical Doctor to be prescribed even more medicines or drugs which often are doing no more than masking the symptoms and can, particularly if taken over a prolonged period of time, cause harmful side effects. These can only worsen our general state of health leading eventually to the breakdown of vital components or organs in our body. At this stage more drastic intervention is necessary often requiring surgery or the use of even more powerful drugs and often it is only at this stage when everything else seems to have failed will we then perhaps consider trying Spiritual Healing or another form of non-conventional medicine.

Of course, there are conditions which cannot be directly blamed on our life style. We may have been born with a physical defect or inherited a medical condition which we could not have avoided. Other diseases are indiscriminate and appear to be contracted due to our bad luck or are the result of an accident or catastrophe which may have been completely outside our control.

Mainstream medicine most definitely has a vital role to play in treating specific conditions, and in particular serious diseases, as well as repairing our bodies following an accident or violent act, but in the vast majority of cases our state of wellbeing lies with ourselves. None of us irrespective of our physical handicap can avoid accepting at least some responsibility for our own state of health. Regardless of how cruel or unfair we feel life has treated us, we are all ultimately responsible for our own wellbeing. Nobody can take this responsibility away from us. If you approach Spiritual Healing with the attitude of the Healer being responsible for making you well and that your role is simply passive, then healing will be largely ineffective for you.

Therefore, the first and the most important principle to accept for Healing to work is to understand that the Healer is not doing something **TO** or **ON** you but **WITH** you. Your role in the healing process is equally important. There is no seniority. It is an equal partnership. If either party fails to carry out their role then there will be no positive effect.

This is why I have previously stated that Spiritual Healing is not like most other forms of treatment. If you come for Healing with a similar attitude of mind as to when you visit your Doctor or other Therapist, expecting them to make you well, then you will most probably be disappointed by the outcome.

Unfortunately, some recipients of Healing seem unable or very reluctant to accept this important principle. They are not prepared to compromise their existing life style in any way, or are so pessimistic as to a positive outcome, that they lack the will to try and improve their situation. Sometimes it can be simply a case of laziness or being stuck in a particular daily routine.

If you fall into any of these categories and are looking for someone else to take over the responsibility of your state of health, then it must be said at this juncture that Spiritual Healing is probably not going to work for you and with respect, there will be little point in you reading any further.

If you are prepared to approach Healing as an equal partnership between yourself and the Healer, and prepared to make a concerted effort to do what ever is necessary to aid the Healing process, then please pay careful attention to the advice and recommendations which now follow.

Perhaps the most common request given by the Healer to the recipient is to "try and relax". This sometimes can be more easily said than done. The surroundings under which Healing is carried out can vary considerably and are sometimes very public. It is not always easy to relax when you are aware that others are watching you or there is a lot of background noise going on. Often at public venues there is little opportunity for any private discussion to take place between you and the Healer. Most registered Healers belong to healing organisations which require them to give you a full explanation of their procedures before treatment. In reality often the facilities and time available do not permit this to be properly carried out which can lead to misunderstanding as to what is going to take place and result in you not being given sufficient advice on how you can assist the Healing process. Some Healing venues try to get round this problem by nominating an experienced Healer to explain the basics to you beforehand and answer any queries you may have and/or provide a separate room where you may have the opportunity to discuss in private with your Healer any aspects of your treatment. Whilst good results can be obtained from public Healing venues, some recipients find that they are too self conscious to be able to feel fully relaxed. If you feel that this applies to you, then there are many Healers who offer private sessions in their own homes. Whilst some have fixed fees, many will only accept a voluntary donation which can be for any amount that you can reasonably afford. Indeed, many Spiritual Healers regard being able to help you to restore or improve your health as sufficient reward in itself. The National Federation of Spiritual Healers (NFSH) offers a referral service whereby they will give you the name and telephone number of a registered Healer in your area. Their referral telephone number is 0845 123 2767 (9.00am - 5.00pm Monday to Friday).

Even if you have experienced Spiritual Healing before, perhaps you may not have previously fully appreciated the importance of your role in the process. Furthermore, different Healing organisations can adopt a different approach in the method by which a Healing session is conducted, and this can often vary even between individual Healers in the same group. You will often be asked by a Healer who has not seen you before, if you have previously experienced Healing. If you indicate that you have, the assumption may be made that many of the formalities can be dispensed with, but this can unfortunately lead to assumptions being made by both parties which can if only very occasionally, lead to unfortunate misunderstandings. It is for this reason that a Healer who has never given you Healing before may insist in explaining his or her procedure even though in the past you may have been a recipient of Healing. Please do not resent this, which in itself will create a barrier. You should in fact be appreciative that your Healer is prepared to take the time and trouble to explain fully to you how they wish to conduct the session. This helps to create a bond of trust between both of you which can only help the effectiveness of the Healing process.

As I have already stated, no two Healers will be identical in their method of giving Healing, although some of the larger Healing organisations, such as the NFSH, are now trying to apply a standard approach, at least at public venues. There are Healers who very much believe in some degree of physical contact when giving Healing whilst others will make little if any such touch. You may on occasions be given some very light massage mainly around the neck and shoulders in order to help you to relax. This does not officially form part of the Healing process and is only endorsed by some Healing organisations.

It is because of these variances in approach that registered Healers in their code of conduct are required to explain fully the procedures in their treatment. As we have already mentioned, this is to avoid the possibility of any misunderstanding. If you have a preference for a particular type of Healing for example, 'Hands Off' as opposed to 'Hands On', then you should make this perfectly clear before the Healing session begins. Most healing groups can accommodate this request but not always since some Healers will, or can, only perform Healing in a certain way. If you are making an appointment to see a Healer privately, you should establish if your specific requirements can be met. Before I leave the subject of actual touch taking place during Healing, which is often referred to as 'Laying-on of Hands', it should be emphasised that it is often NOT necessary to touch the body in the area which is effected. For example, an arthritic joint which may be causing pain or lack of mobility does not have to be touched in the effected area. The Healing energies will travel to where they are needed. You should never be touched in sensitive areas which may cause offence or embarrassment. If a Healer should feel impressed to touch you in an area which has not previously been explained to you, then they should firstly ask your permission.

It is most important that you inform your Healer straight away if at any time during Healing you should feel uneasy over what is taking place. In reality, this is most unlikely to happen especially if the Healer is registered or approved by one of the recognised Healing Organisations, such as the NFSH.

Being relaxed and confident that you are 'in safe hands' is an important factor if a Healing session is going to be effective. It is natural to some degree for you to feel a little anxious or uncertain if you have not received Healing before or it is being given by someone who is unfamiliar to you. This is another reason why Healers will explain to you what is going to take place and describe any sensations you may feel. It gives them an opportunity to get to know you and to gain your confidence and trust. If you have a good idea as to what to expect, this will help you to shut your mind off from your surroundings and to be less conscious of what the Healer is doing.

This will enable you to focus your mind exclusively on **YOUR** role in the Healing process. Your important part is not just limited to the actual Healing session but your preparation beforehand and what you should do afterwards.

Before I move on to this important aspect, I must emphasise once again how important it is that you feel totally at ease and confident with your Healer. I have already made the point that you will be working **WITH** the Healer during a Healing session and that your role most certainly is not just to sit there and expect something to happen to you without any effort on your part. If you are not compatible with your Healer, then it is only common sense that any negativity which is created will hinder the Healing process. If therefore, you cannot create a proper 'mind set' with the Healer (I will explain further what exactly I mean by this later on), then this situation must be recognised and addressed. Only if this cannot be resolved should consideration be given to a change of Healer. However, most Healing groups will accept that some recipients of Healing are uneasy at being paired with someone of the opposite gender and will try to provide, subject to availability, a Healer of the same sex. Some public venues may permit you to nominate the Healer that you wish to see but this may not always be possible and some groups or organisations have a policy which expects you to take the next Healer who is available. This is to ensure a fair distribution of workload and to avoid a build up of persons wishing to see a particular Healer.

If you resent not being able to see your preferred choice of Healer especially if you communicate this in some way to the Healer who has offered to see you, then these negative feelings which will have been created between you, can only adversely effect the Healing session. Remember, your Healer has feelings just the same as you, and at public venues is most probably giving their time free in order to give an expression of God's unconditional love through the act of healing. So, your rejection of help from a fellow human being is in point of fact, a rejection by you of the Divine Creator. So please try and remember that all the Healing energies ultimately come from the same source and if you approach a Healing session with that in mind and that all the Healer is trying to do is to assist YOU to make a better connection with that source, then you can be virtually assured that Healing will be effective.

We will now consider how we should make ourselves ready to receive Healing. We should in fact, have already started the process before we even meet our Healer. In the case of a public venue, we will be restricted as to the choice of time that Healing is available but with a private appointment it should be easier to choose a time which allows us to arrive in as a relaxed state as possible. Try to avoid a time which follows closely after finishing work, or coming from a previous appointment. If you have had a tiring or stressful day or get delayed by public transport or heavy traffic and end up rushing to get to your Healing session on time, it stands to reason that you are hardly going to be in a relaxed state of mind and therefore, receptive to receive Healing. Remember, that unlike other therapies, you are going to have to play a key role in the Healing process. Indeed, you should try and fix a day for your Healing appointment when you have little else planned, In other words, try and make it a 'Relaxing Day', freeing your mind as far as possible from your normal pursuits and activities. Of course, if you have for example, family commitments this may well be easier said than done, but do try and make as much free time for yourself before and after the Healing session.

When you are waiting to receive Healing, use this time to calm your mind. Close your eyes and start to become aware of your breathing. Try to take longer deeper breaths keeping the inhale and exhale of each breath of the same duration. Hold the exhale for a few moments before discharging the air from your lungs. Do not occupy your mind thinking about everyday concerns or worries or getting into any deep conversation with a friend or acquaintance who may be sitting next to you. You must try and clear your mind of such earthly matters and start preparing your mind to receive Healing energies.

When your Healer invites you to sit down (or lay on their couch), try to make yourself as comfortable as possible. By all means take off your coat or jacket and remove you shoes, if you want to. The Healer will not expect you to remove any other clothing. Usually at public venues, only chairs are available and quite often the Healer will require that you sit sideways so that the back of the chair is on your left or right. This is because many of the Healing passes or movements that the Healer will make either by actual contact or working a few inches away from you will involve areas of your back or spinal column and the back rest of the chair may hinder this process. However, if you feel uncomfortable sitting this way, particularly if you suffer from any form of back trouble, then you should not hesitate to point this out to your Healer who should allow you to sit in your preferred position on the chair. It is more important that you feel as relaxed as possible and therefore, be more receptive to the Healing process. An experienced Healer should be able to work around any problems associated with you sitting in the normal manner with the chair back behind you. A few Healers do sometimes use a second chair to support your legs off the ground. Likewise, if this could cause you any discomfort, you should say so. Some private Healing sessions may be conducted with you lying on a couch, or even lying on the floor, but here again if you suffer from any physical disability which

could prevent you from mounting a couch, or laying at ground level, you should make this perfectly clear to the Healer. It would be a good idea when you make an initial appointment to see a Healer privately, to point out any physical disability you have. This will not only ensure that they can cater for your needs but also establish that they have suitable access both to their property and the actual Healing Room. If you have for example, to negotiate stairs, this may make their facilities unsuitable for you.

Having sat on a chair or stool to receive Healing, and made yourself comfortable, please do not cross your legs, but try and keep them firmly on the floor so that you remain properly grounded. If you are restricted to a Wheel Chair, your feet may remain on the platforms. There is no need for you to try and put your feet on the ground.

As well as asking you if you have received Healing before, the Healer will also probably ask how he or she can help you, or if you have come for Healing for a specific reason or medical condition. Some Healers do like to get as much background information as possible about the recipient. This can help to create empathy between you which will aid the Healing process. It can be reassuring if one can feel that the person who is sharing Healing WITH us has a real understanding of our condition either through having dealt with others who have similarly suffered or through their own personal experience. However, some Healers prefer not to know specifically why you have come for Healing. One of the reasons for this can be that because the Healing energies will only travel to where they are needed, the Healer may feel that it is unnecessary to know the precise details of your medical condition. They may also feel that having such prior knowledge may prejudice their natural attunement whereby they may be influenced in terms of how they are impressed to conduct the Healing session. Other Healers do not feel that the effectiveness of their Healing will be adversely affected by having as full an understanding as possible of any specific condition which may be affecting the recipient, and will sometimes tailor their approach to take account of the recipient's physical and emotional needs. Indeed, the Code of Conduct of any registered Healer will require them to ascertain certain specific details about your state of health and to establish that if you do have a known medical condition, that you have consulted a Doctor.

It must be left entirely up to you to decide how much personal information about yourself you are prepared to disclose to the Healer. Such information should be treated by the Healer in the strictest confidence. Please remember that the Healer is not there to offer a medical diagnosis and you should not invite them to express an opinion about your state of health. Sometimes they may pick up whilst channelling energy certain impressions concerning your physical or emotional wellbeing but you should respect that it may not always be appropriate for them to pass on such information. I only mention that this sometimes occurs, because of the practice which exists, particularly in some churches, to pass on any impressions they feel they have received from their understanding of the source of the Healing power. Not all Healers feel that this is necessary and indeed, can cause in some situations unnecessary anxiety. Please therefore, leave it to the discretion of your Healer to pass on to you any specific impressions which they may have received.

The Healer may agree with you a method by which you will know when the Healing session has come to an end. They will normally try to make this as unobtrusive as possible so that if you are in a fully relaxed state and have retreated into your own private world, that you are allowed as much time as possible to return your thoughts to the everyday world around you. Take your time - do not hurry back from this place which you have created for yourself where you may feel free from pain and any anxiety and be totally at peace. You are indeed, in a special way, linked to the source of your creation

and it is perfectly understandable that you may feel reluctant to return to the reality of your everyday life. So take a few minutes, if you need them, to collect your thoughts before withdrawing from your special haven.

It should be emphasised that at all times during a Healing session you will remain in a conscious state and at no time is any form of hypnosis used. It is sometimes very obvious to the Healer if the recipient is fully co-operating with the Healing process. Some Healers can be very sensitive to the effects of the Healing energies and if they are being transmitted to and through the recipient. If you have not prepared yourself to receive them, or you create barriers, the Healer could feel that they are wasting their time and they may be inclined to 'switch off'. If you sit on the chair or stool just thinking about what is going on around you and what the Healer is up to next, and if you are experiencing any physical sensations, or start going over specific events happening in your life, or what you are going to have for tea that evening, then it is almost certain that Spiritual Healing is not going to work for you. For Healing to be effective requires the creation of the correct state of mind. This is just as important for the recipient as for the Healer themselves and this is why I have spent so much time in these instructions trying to emphasise this very basic but crucial point.

Whilst dramatic results can be experienced from the first Healing session, so called 'Miracles' are extremely rare and should not be expected. Healing is usually a gradual and an ongoing process and can often take many sessions. The actual period that you spend with a Healer should only be regarded as a part of the process of restoring or improving your wellbeing. Do not allow yourself to get into the state of mind of allowing regular Healing sessions to simply become another activity in your normal routine or social calendar. If you merely co-operate with the Healing process only when you see your Healer, and then afterwards simply carry on with your normal life style until the next Healing appointment, then any beneficial effect can often simply wear off. For any sustained improvement with your state of health to be achieved requires YOU to build on the extra energy which you have received during a Healing session.

I am now going to say a few words on the subject of 'FAITH' and answer the question - is it necessary to have Faith for healing to be effective? But what do we mean by 'Faith'? Do we mean a belief in God or the existence of a Supreme Being, or can Faith only need to mean the acceptance that there are Cosmic Forces which are around us, which although we cannot fully comprehend, we can still utilise for our own wellbeing? Maybe the only Faith we need is in ourselves, and the belief in our own body's ability to heal itself, given the right conditions.

Many leaflets and books written on Spiritual Healing will state that, as the recipient of Healing, you do not need to have a Faith - but is this statement only meant in the context of a belief in a Divine Creator or a 'Knowing Entity' from which all substance in the Universe emanates? It will often be stated that all that is necessary for Healing to work, is to have an open mind and to try and think positive, but is this really all that is required? There can be little doubt that some of the most dramatic results after receiving Spiritual Healing, come from persons who have a devout Faith. This gives them a very powerful focal point from which to direct or to receive the Healing energies. This coupled with an absolute trust in their Maker as well as their Healer, who they may in effect regard as 'Gods Ambassador' carrying out his Will, creates a very powerful interaction between the psyche and the physiology of the recipient. Therefore, whilst having an open mind to the possible effect of Spiritual Healing does undoubtedly help, a great deal more is required of the recipient if they are likely to receive any lasting benefit.

If we liken our brain to that of a Computer, we know that nothing is going to happen if we do not first load a program and we are not going to get the right responses if we do not load the correct program, or input the correct data. Regard your mind as the program, if we take the trouble to make sure we are placing into it the correct input, then it stands to reason that we are more likely to obtain the effect we are looking for. Likewise, it is with Spiritual Healing - you must create the right state of mind to receive positive results and therefore we must first **'HEAL THE MIND'** before we can address any adverse physical condition.

In the next extract entitled 'The Power of the Mind' I am going to examine the vital role that the mind plays in the Healing process. This will then enable you to understand better the use of Visualisation Exercises, such as those given in a later extract. Understanding the theory behind such exercises will, I hope, encourage you to take them more seriously and appreciate the very powerful effect they can have on the subconscious part of your brain which controls your physical wellbeing.