

What are the things to be considered when setting up and running a healing sanctuary?

The conditions that spiritual Healers work in can have a profound effect on patients and healers alike. Healers and the sick can be very sensitive to their surroundings, so good organisation is essential to bring about an appropriate harmonious spiritual atmosphere for healing to take place.

Reception.

The reception area may be a separate room or part of the church where new and regular patients are welcomed by the person acting as the receptionist.

Welcoming entrances and reception areas enhance the experience of those visiting from the point at which they approach the church entrance, to their first impressions of the inside of the church and reception area itself. The reception area should be comfortably warm, well lit and free from unwelcome smells and kept clean and tidy. I cannot stress enough the importance of the person acting as receptionist should be friendly and give a warm welcome when meeting and greeting patients and visitors and able to assist with any questions they may have. The receptionist can then record details such as the name and address and any other relevant information necessary on the patient record card.

Waiting Area.

Waiting area's if different from the reception area should be made comfortable for the patient who may have to wait for some time. A well-designed and functional waiting area can be a huge asset to your church, reducing patient anxiety and enhancing patient perceptions about quality of care. It's generally found that quiet background music of a suitable nature is beneficial and helps to induce relaxation, as well as creating a harmonious atmosphere conducive to healing. Books, leaflets and magazines available for the patient to read, can reduce the tendency for people to talk which can be a distraction for healers and patients alike.

Those who visited attractive facilities reported better overall satisfaction with the quality of care received, their interactions with staff and a reduction in anxiety. In addition, a comparison of actual time and patients' perception of time spent waiting was underestimated by those who'd visited attractive facilities and overestimated by those at less attractive ones.

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Bottom-line: active waiting by browsing through magazines and listening to suitable music makes the wait feel shorter than it is.

Place of Healing.

The healing environment must reflect a welcoming atmosphere for members of the public in all aspects, including decor, health and safety, comfortable temperature, convenience, refreshments etc.

In the selection of premises for a healing centre, the first consideration should be easy access for patients. Ideally, the premises should be on a ground floor location with ease of access to other necessary facilities such as toilets. If there are steps which cannot be avoided, consideration for a ramp for wheelchairs should be given. It may be that a local council may be able to help with the cost of a ramp. If one room is used for healing then the room should be arranged for ease of movement around the room and to and from the room to another area such as reception. Incidentally the trainee healer should prepare and clear the healing room and ensure it is free from all hazards for at least twelve weeks and make an entry in their trainee log book to the effect that the healing room or space has been prepared.

Healing Area.

The suitability of the healing area is very important whether healing takes place in cubicles, or in a room where a number of healers are working side by side. A working space for each healer does not need to be large, the healer should be aware of the method of healing they use, and should set out their area with this in mind without infringing on space needed by other healers. A calm peaceful atmosphere must prevail and suggests reassurance to the patient, gains their confidence and helps with the psychological approach. This cannot be achieved easily in the hustle and bustle of communal activity in one room.

There is no need for the healing area to be furnished elaborately. If you are using cubicles, chairs and a small table will suffice. In a larger room the size of the room will dictate whether small tables are used. Above all the area must be safe for patients and healer to move around safely. Items such as carpets must be fastened to the floor to avoid trip hazards, electric heaters must not have their cables lying on the floor where they become trip hazards.

Patients may have bags with them which they put down by the side of the chair they are sitting on. This can be a very real trip hazard for the healer as the bag straps tend to protrude from under the chair. It is better to ask the patient if they or you can put the bag safely to one side out of the potential trip area. But let the patient see the bag at all times so that claims of impropriety cannot be made.

Decor in the healing area should be harmonious and conducive to a relaxing atmosphere. Anything that is dominant should be avoided, but on the other hand the area should not look like an operating theatre or slanted towards a dogma or belief. Pictures and wall hangings should be of an inspiring and relaxing nature,

easy on the eye. It's important that the healing area should be kept clean and dust free if fresh flowers are used the vase must be clean. Remember, the cleanliness of the room reflects the attitude of the healers.

Flowers can be very pleasant but we must also bear in mind that many patients suffer with asthma, hay fever and other respiratory illnesses so the fragrance of the flowers may affect the patient, it may be beneficial to use artificial flowers instead making sure the artificial flowers are dusted regularly as dust on the flowers may also cause the patient allergy problems.

Music played should be of a relaxing nature, never dominant and in the background. If it's too loud it may interfere with the attunement process. Everybody's taste in music differs so if possible all the healers could be consulted as to what music is played.

Lighting should not be too bright or irritating but bright enough for patient's and healers to move around the room safely. Some patients will have poor eyesight and so the level of illumination must be enough for them to move around without tripping. Safety must always be paramount. Coloured light bulbs are unnecessary and can often put newcomers to the healing room on their guard rather than creating a relaxing atmosphere. Everyone in the room must be able to see what's going on in the room especially the healing leader and or approved healer to ensure no impropriety takes place.

Personal Appearance is important, first impressions do count as to what the patient thinks and expects of us as healers. It is very important to present a professional appearance which will instil confidence in the patient. Healer's should have a clean smart appearance with clean clothes and good dress sense and I do recognise everybody's taste in dress sense if different. Many healer's consider a white coat lends an air of efficiency and dignity. However, some patient's note that it gives the appearance of a medical practitioner which of course we are not and we must never give that impression. Healers are prohibited from wearing any clothing that are indicative of the medical profession.

Perfumes and aftershave lotion, We must take into account that everybody's taste in perfume and after shave is different. What one person likes another person may not. Heavy perfumed toiletries or a strong perfume fragrance may irritate a patient causing an allergy reaction. If you feel sick from a perfume or other substances that have a strong smell, it could be that you suffer from a perfume allergy. Perfume substances are something we are exposed to every day, for example as we spend time on public transport, at work or in school. Many of the products we use on a daily basis contain perfumes and chemicals, like shampoo, soap, make-up and washing powder. Most of us do not react to these substances but if you are allergic to perfume it may be that you contract

eczema and other skin problems from common hygiene and household products. People with asthma may also experience that their symptoms become worse when they inhale perfume, air pollutants and other strong smells.

Perfume allergy is a problem that has been increasing during the last 50 years, most likely because of our western lifestyle. Today perfume allergy is the second most common type of contact dermatitis, after nickel allergy. Since there are perfumes and strong smells everywhere it may be hard to avoid them, and for some people the allergy can lead to long-term sickness.

Water. In a healing sanctuary water is important for a number of reasons. It is used to refresh the patient and healer and a necessary requirement for personal hygiene observed between patients. Washing hands between patients serves as a break and is hygienic if the previous patient has infections. Some healers will take a drink of water between treatments to break conditions between patients. Each healer should have their own bowl and a clean towel to dry their hands. Anti-bacterial wipes or cream are now acceptable and can now be used.

Financial records and healers costs. People often place a value on something based on how much money it costs. If an item is priced high they would think it is better than something which is a lower price. Spiritual Healer's can charge for spiritual Healing provided the charges are clear and apparent and made known to the patient before healing takes place. Any monies collected should be duly recorded and put in a safe place during the healing service or healing session.

Timekeeping is essential for the healing service session to run as smoothly as possible, it also indicates to patients that there is a caring and professional attitude.

Timekeeping includes arriving well on time to help with the laying out of the healing area, ensuring during the healing that there is no excessive time spent with a patient, especially when there are other patients waiting. On completion of the healing session the healing area should be returned to its original layout and leaving the room clean tidy and secure.

Health & Safety.

Health & Safety is paramount for patient and healer alike. Trainee healers should carry out the preparation of the healing area for minimum of 12 weeks during their 100 weekly practical sessions and this should be recorded in their Trainee Healer Log Book. Any trip hazards such as frayed carpets, electrical wiring lying on the floor for whatever reason should be eliminated and the workspace made trip hazard free. Lights not working, broken seating, leaking water taps, faulty electrical plugs, sockets and fixings should be reported the healing leader who should report it to the church committee for immediate action. The room in which healing takes place should be made safe, comfortable and

free of all obstructions. The trainee healer should tell the healing leader if they think inadequate precautions are putting anyone's health and safety at serious risk.

Personal Health & Safety regarding the issue of bodily fluids.

All blood and body fluids are a source of infectious micro-organisms, bacteria, viruses and fungi and can present risks to healer's and patients whilst healing. The main risk is infection following hand to mouth, nose and eye contact. There is also a risk of infection via broken skin, cuts or scratches.

Therefore, it is our personal responsibility to ensure the health, safety and welfare of our healing colleagues, patients and others by not giving healing if we have a cold or flu or any other infectious condition that may be transmitted to another person and this will ensure the risk of exposure is reduced to its lowest level possible.

Many food-handling companies prohibit the wearing of jewellery for sanitation purposes. Rings and watches provide hiding places for bacteria that may cause food-borne illness. A number of studies have shown that ring wearing increases the likelihood of bacterial contamination and in particular these studies have demonstrated that the skin under rings can be more heavily colonised with bacteria than areas of skin without rings and can be a major contributor to hand contamination. So thought must be given to thoroughly washing hands and the areas under rings and watches etc before healing.

Dealing with emergencies.

Knowing what to do and knowing one's own limitations in regard to First Aid. If you come across a casualty, a conscious person has the right to either refuse or accept care. If the person is conscious, you must ask for their consent before commencing any first aid. If the person is unconscious or unable to formally consent, the law infers their consent and you can then give the necessary first aid. If the person is under 18, you must obtain consent from their parent or guardian if they are present. If they refuse your help, stay nearby and call emergency personnel, who can then deal with the situation

In England and Wales there is no obligation to be a Good Samaritan - in other words, there is no obligation to be a rescuer. Until you intervene to try and rescue someone, you do not owe that person a duty of care. However, if that person does choose voluntarily to intervene to render assistance they will assume a duty of care towards the individual concerned. Specifically, you owe them a duty not to make the situation worse. Does this mean that you'll be liable if you give someone first aid and in doing so, you make the situation worse? Not necessarily, as duty is different to liability. On that basis, as long as you take such care as is reasonable based on your expertise, or lack thereof, then under English and Welsh law, you're unlikely to be liable.

But what if the casualty does not want to be treated?

If the casualty does not want to be treated:

- * Inform someone else, such as 999 if it is an emergency.
- * Make the area around the casualty safe for yourself, the casualty and others.
- * Monitor the casualty and/or find out what happened.
- * Comfort the casualty until qualified help arrives.