



Sacred Order of Living Paganism
Lesson Outline
Shanddaramon
Level One Class Twenty: Spiritual Healing

Preparation

Questions to consider:

- What experiences have you had with non-traditional healing?
- Why is there a need to supplement traditional Western healing techniques?
- What is a Pagan understanding of the causes of disease?
- What ethical principles are involved in healing for another person?
- What are some methods of non-traditional healing?

Study:

- Healing and the Four Elements
- Ethics in Healing
- Methods of Healing

Activity:

- Choose a method of healing and begin a deeper study

Recommended Reading:

- Energy Healing by Jim Gilkeson

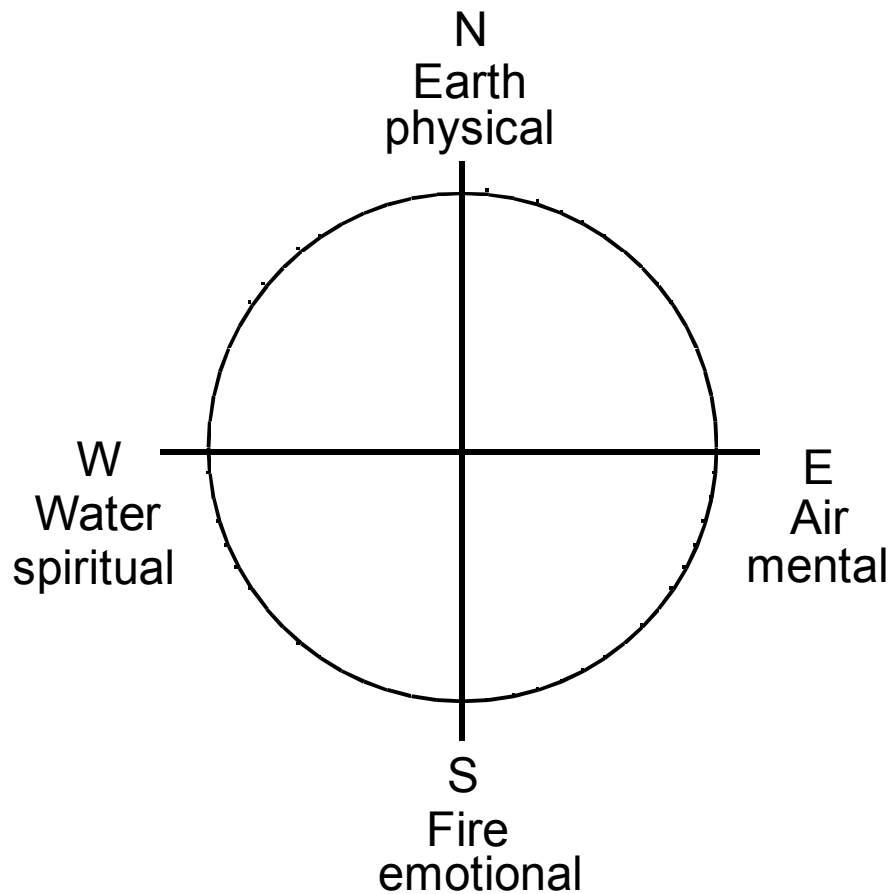
Follow-Up

- Send the answers to the above questions
 - Report on the results of your practice
 - Enter all information to your BoW
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Thirteen Ethics in Healing

- 1) Do not belittle any other method of healing including any traditional Western method.
- 2) Always heal only with prior consent.
- 3) Know well the tools and substances with which you are working and practice often.
- 4) Always use positive imagery in your work.
- 5) Be non-judgmental. always advise in a non-threatening and receptive manner
- 6) Know your limits.
- 7) Develop and maintain confidence.
- 8) Respect the cycles and lessons of life.
- 9) Honor your doubts and intuitions.
- 10) Take care of yourself.
- 11) Don't give advice which you do not follow yourself. offer insights and options.
- 12) Do not go beyond the scope of the session as defined by your client.
- 13) Always ground afterwards.

Healing and the Elements



North = The response of your physical systems to stress
East = Your attitude and emotional strength in response to stress
South = The flow of energy movements in relation to changes and stress
West = What you draw upon as outside strength in response to stress

Stress and illness is a blockage of energy brought on by:

- ◆ outside influences;
- ◆ inner influences; and/or
- ◆ inside influences perceived as outside

Methods of Healing for others

acupressure	pressure to body pressure points
acupuncture	needles inserted in body meridians
aromatherapy	through specific smells
aura visioning	seeing the shape and condition of auras
bach flowers	through specific flower treatments
chiropractic	through body alignments
color healing	through the use of specific colors
energy healing	through manipulating energies
homeopathy	through like materials in small portions
herbology	through the use of herbs
hug therapy	through close contact
iridology	through analysis of the eye
prayer	through divine intervention
reflexology	massage of specific areas of the feet
radiesthesia	through pendulums
reiki	through specialized touch
toning	through vibrations of pitch

Methods of Healing for self

chi kung	through access of chi energy from movement
meditation	through focused thought
tai chi	similar to chi kung but with a longer set of movements
yoga	through physical and mental discipline