

**Healing Study Guide for Initiates and Members  
of  
*Circulos Tenebris Matrem Arcanas*  
Circle of the Dark and Mysterious Mother**



### **Healing**

Energy healing, psychic healing, or spiritual healing are branches of alternative medicine based on the belief that healers can channel healing energy into a patient and effect positive results. This idea itself contains several methods: hands-on, hands-off, and distant (or absent) where the patient and healer are in different locations.

There are many schools of healing and many different methods. This study guide is not meant to be an exhaustive guide to healing, but an overview that can give a practitioner ideas for spiritual healing.

There are many ideas on how spiritual healing works. Some specific theories are:

- A miraculous event that is facilitated by a deity or other spiritual presence
- Psychic ability that translates into physical healing
- Balancing of Chakras to cause healing
- Emotional and spiritual cleansing that facilitates the healing process
- And others

No matter what the theory, the basic idea is energy being moved in a specific way to bring about healing. One can learn specific techniques of healing like Reiki, Qigong, or Therapeutic Touch (a few examples) can be learned through books and courses. These techniques are beyond the scope of this study guide because they are full practices of their own, requiring many hours of study and practice.

### **Deities and Other Spiritual Assistance**

**Archangel Raphael** – in Kabbalah the main assistance from healing can come from the Archangel

Raphael. Raphael is the archangel of healing and is often depicted with a caduceus (the pole with two serpents used to depict medicine). Raphael can be invoked by either chanting his name or the usage of his sigil (see the Angels and Kabbalah study guide). He is a very benevolent angel that gives great energy toward healing work.

**Ghede Nimbo** - The most benevolent of the Loa of the Dead (Voodoo and related Traditions), powerful in healing and as protector of children as well as being a great jester. He is usually invoked with offerings for his assistance.

**St. Lazarus** – Lazarus is the secret disciple of Christianity that Yeshua raised from the dead. Being someone who was dead and brought back to life, he is a powerful symbol of resurrection and can be invoking during a healing ritual.

**Babalú Aye** - Babalú-Ayé (associated with St. Lazarus) is an Orisha strongly associated with infectious disease and healing in the Yoruba religion, including the body, wealth, and physical possessions. Although strongly associated with illness and disease, Babalú-Ayé is also the spirit that cures these ailments. People hold Babalú-Ayé in great respect and avoid calling his actual name, because they do not wish to invoke epidemics.

His worship is widely associated with the Earth itself, and his shrines are often separated from commonly travelled areas. His ritual tools include a ritual broom for purification, a covered terra-cotta vessel, and abundant cowry shells. Usually considered hobbled by disease, he universally takes grains as offerings.

**Brigid** - Brigit, Brigid or Bríg was a goddess of pre-Christian Ireland. She appears in Irish mythology as a member of the Tuatha Dé Danann, the daughter of the Dagda and wife of Bres, with whom she had a son named Ruadán.

It has been suggested that Brigid is a continuation of the Indo-European dawn goddess. She is associated with the spring season, fertility, healing, poetry and smith craft. It is said she had two sisters: Brigid the healer and Brigid the smith. This suggests she may have been a triple deity.

**Sekhmet** - In Egyptian mythology, Sekhmet also spelled Sakhmet, Sekhet, or Sakhnet, among other spellings, is a warrior goddess as well as goddess of healing. She is depicted as a lioness, the fiercest hunter known to the Egyptians. It was said that her breath formed the desert. She was seen as the protector of the pharaohs and led them in warfare.

**Apollo** - Apollo is one of the most important and complex of the Olympian deities in classical Greek and Roman religion and Greek and Roman mythology. The national divinity of the Greeks, Apollo has been variously recognized as a god of music, truth and prophecy, healing, the sun and light, plague, poetry, and more. Apollo is the son of Zeus and Leto, and has a twin sister, the chaste huntress Artemis.

**Ninurta** - Ninurta, also known as Ninġirsu, is an ancient Mesopotamian god associated with farming, healing, hunting, law, scribes, and war who was first worshipped in early Sumer. In the earliest records, he is a god of agriculture and healing, who releases humans from sickness and the power of demons.

There are many other deities of health and healing.

### **Ways of Invoking for Healing**

The two major methods of invoking deity and other spirits for healing are either through laying on of

hands or ritual. Laying on of hands requires the patient to be in attendance where ritual can be done with the person there or at a distance. Sometimes crystals or stones will be used to aid in the healing process: carnelian and citrine are particularly good for healing work.

With laying on of hands the practitioner uses prayer and meditation to invoke the being in question and then applies their hands to the body of the person in need of healing. This can be touching the head, the hands, the abdomen, or the area of distress. There is a visualizing of energy moving into the patient and then any disease or darkness flowing out and disappearing. At the end the beings invoked are thanked.

With ritual the practitioner performs the opening of a ritual (see our ritual study guides – kabbalistic or pagan). During the middle of the ritual the deities or spirits are invoked and asked to perform healing. The practitioner will picture the person to be healed getting well and having positive energy entering them and darkness leaving. The ritual is then closed, and the spirits are thanked for their assistance.

There are many other methods and ways to do healing. It also must be said that spiritual healing should never be done in place of seeing a doctor and following their advice. Professional medical treatment should be sought in conjunction with energy or spiritual healing.