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**EMP 752: The Art of Healing (3 Credits)**

### Overview of Course:

Students will explore the interrelationships between a variety of healing modalities and the creative response within those who perform healings and those who receive them.

### Course Topics:

- I. Overview of many alternative modalities including ENERGETIC, INTUITIVE, SPIRITUAL HEALING, and PRAYER. In-person and distant healing techniques will be discussed in detail.
  
- II. Introduction to the role of HEALING in CREATIVITY through what the instructor calls THE CREATIVITY RESPONSE will be explored as a central theme of this course.

### Learning Objectives:

- Students will learn about a wide spectrum of healing modalities often included in energy medicine and spiritual healing.
  
- Students will become familiar with practices of healer preparation and training for various approaches and healing delivery protocols.
  
- Students will study practical examples of how giving and receiving healing is linked to heightened creativity in the lives of healers and intuitives, both contemporary and historical.

### Audience:

Open to all students in the Distance Certificate or Masters program.

### COURSE DESCRIPTION

The course of study will explore the premise that healing is an art, not a science. Numerous examples will be cited of practitioners and recipients of energetic and spiritual healing who have enhanced creativity. The interrelationship of healer training and delivery protocols to stimulation of the *creative response* within both the healer and recipient will be examined.

## NEED STATEMENT

Students will:

- 1) Deepen their understanding of energetic, intuitive, and spiritual healing modalities including, but not limited to the following: energetic balancing, medical intuition, dream work, shamanic healing, psychic surgery, healing with channeled guides and spirit helpers, healing through objects and talismans, prayer through in-person laying-on-of-hands and at a distance.
- 2) Appreciate how many forms of creativity are linked to healing including, but not limited to the following: writing poetry and prose, music, dance, performance, and visual arts.
- 3) Gain deeper appreciation of the role of creativity in healing at all levels.
- 4) Learn how a desire to heal or to receive healing may be related to a need for creative self-expression.
- 5) Come to recognize common blocks to creativity and how to heal or move through them, and thus become more effective at healing self and others.

## FACULTY-STUDENT COMMUNICATION

Telephone Contacts:

It is important that students arrange by email beforehand for all telephone communications. Periodic telephone interactions, as required, at the student's expense, can most easily be arranged through email contact.

Communications:

It is requested that the students stay in weekly correspondence with the instructor using e-mail. Check your email frequently for messages. The student should also set up monthly telephone conversations, at their expense, to discuss problems, concerns, or determine the direction of their course work. Students are always encouraged to contact the instructor by e-mail, fax, or telephone whenever a major concern may arise. It should be understood that as mature students, it is the responsibility of the students to stay in contact with their instructors. The instructor is also willing to set up one-on-one discussions with the student via audio & video Internet exchange using a variety of Net options.

Students will normally send communications via email and submit reports and other paperwork as MSWORD format files attached to emails. Fax or US mail transmission may be used, at the direction of and with the approval of the instructor.

Synchronous Internet sessions will be used for 'chat sessions'. In this case, students are asked to download and use Yahoo Messenger Chat and Voice Chat.

All lessons, coursework and papers must be copied to [lessons@energymedineuniversity.org](mailto:lessons@energymedineuniversity.org) from both the student and professor.

## COURSE DELIVERY STYLE

Distance Education - Coursework is completed at a location determined by the student utilizing a computer that has the ability to play audio and video clips, with Microsoft Office Word, Excel, PowerPoint, Adobe Reader, along with a current web browser, internet connection and email address. Contact and communication with distance students is typically conducted by telephone, Internet, Skype, text chat, and email. Students are also encouraged to contact the University by facsimiles, and postal mail, and by personal visit to the University.

### 1) Reading Assignments

Students will be assigned reading in the course text and additional reference materials, as directed by the instructor and listed.

### 2) Audio Materials

Students will be assigned reading in the course text and additional reference materials, as listed.

### 3) Threaded Discussion

Some of the course transactions will be on the Internet in a “threaded discussion” page that will maintain an on-going discussion among the students and faculty for the entire semester. It may be accessed anytime. The thread page is located at:

[http://groups.yahoo.com/group/Energy\\_Medicine](http://groups.yahoo.com/group/Energy_Medicine)

### 4) Course Paper/Project

Students will conduct research based on secondary and primary source materials and the required text. From this research, students will write papers consisting of the assigned length and instructor assigned and/or approved topic. Papers are to be submitted typed and double-spaced.

### 5) Class Forum

The class forum consists of a one-and-one-half hour chat meeting on line, which will be held several times during the semester. This will take place at a time arranged by the instructor to accommodate as many of the students as is possible. Please note in the schedule when written materials are to be submitted either prior or within a specified time period after the session. Students are asked to download and use Yahoo Messenger Chat.

### 6) Essay Examination

Students are issued a set of topic assignments, readings and explorations, in preparation for an oral examination of the materials. Before the deadline, students schedule with the instructor the time and date for the face-to-face, telephone or Yahoo Messenger Voice Chat conference. During the examination, the instructor will make notations of the effectiveness, qualities, and weaknesses of the student’s replies.

## 7) Additional Note

When enrollment is limited to one student this class will be conducted as Mentorship. The instructor reserves the right to include an additional Mid-Term examination which will be fully announced and explained at the beginning of the semester when the class is delivered in a Mentorship format. When delivered as Mentorship to a single student online participation may be modified by the instructor to maximize the learning experience.

## COURSE ASSIGNMENTS

**Required reading** assignments refer to the course text, Randall-May, Cay 2009 *Healing and the Creative Response* (CayMay Press)

Audio assignments refer to the CD by the same title.

### Assignment #1: **What is Healing?**

Participate in the first online voice enabled forum, or in an alternative group discussion as facilitated by the instructor, in which the class and the techniques for online interaction will be introduced.

(Read pgs. .... in the text and the discussion of What is Healing on the following web site: [www.CouncilforHealing.org](http://www.CouncilforHealing.org)) Write a four-page, double-spaced typed discussion in which you define energetic and spiritual healing. If you are a healing practitioner, or would like to become one, please indicate if your healing modality fits into either or both of these definitions. Why? If you have received energetic or spiritual healing treatment please describe your experience. Did the treatment you received fit into the definitions of energetic and/or spiritual healing? Why?

### Assignment #2: **Exploration of Alternative Healing Methods. Energetic Healing.**

(Read pgs. .... in the text.) Identify three alternative healing modalities which use energetic healing. Interview two practitioners of these methods to find out how they were trained or certified in their particular healing method. Ask if they have a creative outlet, such as writing, painting, music, etc., in addition to their healing practice. Do they feel that their creativity has been enhanced by their healing training or experiences? Compile the responses in a 3-page double-spaced typed report.

Enter into the Threaded Discussion page of the class web site. To the extent that is practical, share online with other students in the class which alternative healing modalities your practitioners use. The instructor will assist you, as time and opportunity permit, to pick modalities which complement, not duplicate, what other students are using. Note this may not be easily determined or may be difficult to do, but will provide as much variety in the class experience as possible.

### Assignment #3: **Exploration of Alternative Healing Methods. Spiritual Healing.**

(Read pgs. .... in the text) Identify three alternative healing modalities which use a spiritual approach to healing. Interview two practitioners of these methods to find out how they were trained or certified to do their healing work. In addition to their healing practice, do they have a creative outlet, such as writing, painting, music, etc.? Do they feel that their healing practice inspires or otherwise supports their creativity?

Post your responses to assignment #2 and #3 on the Discussion Page of the course Internet site at least **three days (72 hours) prior to the second** online session. **One or two days (24 to 48 hours) before the session** comment briefly on each person's posting. **Between 24 and two hours before the session** respond briefly to at least half the comments on our own responses.

**Assignment #4: Healing As Transformative Experience.**

(Read pgs...in the text) In a 3-page double spaced paper describe a healing crisis, period of grieving due to personal loss, or other stressful time in your life or in the life of someone else. Did you, or the person you are writing about, receive benefit during this time from an energetic or spiritual healing modality? What creative outlets did you, or the person you are writing about, find most helpful during this time? In what way(s) might that experience have changed you or the person about whom you are writing?

Submit your responses to the instructor and post them to the Discussion Page of the course website according to the **Course Completion Timetable**. Post brief (up to 75 words or ¼ double-spaced, typed page) comments about each of the other student's reports.

**Assignment #5: The Creative Response**

(Read pgs. ... in the text) Make a list of at least 5 ways in which going through a healing crisis and/or training to be a healer might stimulate the *Creative Response* as described by the instructor in class and in your assigned reading. In a 3-page paper expand upon what it means to be 'in the zone', that unique state of awareness where intuitive and innovative thinking predominate. Compare and contrast between being 'in the zone' during healing (receiving or facilitating for another person) and being 'in the zone' during a creative activity, such as writing, singing, dancing, painting, etc. Describe any blocks to creativity which you presently experience or may have experienced in the past. How might training as a healer benefit you in moving through these creative challenges?

**Assignment #6: Artists as Healers**

(Read pgs.... In the text) Art, in itself, is a well-recognized healing modality. In a 3-page paper report on your interview of two professional artists who are also intuitives and/or healers. Ask if they have always been aware of their healing abilities or if they became more sensitive to the healing capacity of their work as their artistic careers progressed. If they identify themselves as healers, do they consider their art to belong be an energetic or a spiritual healing modality? Why?

Post your responses to assignments #5 and #6 on the **Discussion Page** of the course Internet site **at least three days (72 hours) prior to the third** online session. **One or two days (24 to 78 hours) before the session** comment briefly on each person's posting. **Between 24 and two hours** before the session respond briefly to at least half the comments on your own responses.

**Assignment #7: Final Essay Examination.**

The Essay Examination will be consistent with and will reflect EMU's Master's level focus on demonstrable comprehension of the class subject materials, students' ability to clearly and concisely communicate a thorough understanding of the topics presented in this class as well as an ability to integrate and apply their knowledge in practical ways. The instructor will

provide sample questions for discussion purposes at least two weeks before the test is administered. The student is responsible for setting the time, date, and means of communication preferred for this test by the Week 8 of the semester. These particulars will be confirmed by the instructor. The Essay Examination will have both written and oral questions which will be provided to the student in a timely way by the instructor.

### INDIVIDUALIZATION OF STUDENT ASSIGNMENTS

Each research or creative assignment or written paper will be chosen by the student, under the guidance of the instructor, to best support the student's individual professional goals. Each student will also benefit from seeing the fruits of all fellow students' research and creative projects and by providing professional criticism of each others' work.

Each student will be afforded the opportunity of writing on subjects that are related to his or her field of interest. This will assist the student in making each paper individualized. Also the student is encouraged to go outside the field and obtain research data from other interdisciplinary areas. Each student, based on his or her background, will be encouraged to transfer that generalized and theoretical information which the course provides into practical application in the individualized summarizing assignment.

### COURSE EVALUATION

#### **EXAMPLE:**

The course grade will be based on the student's demonstrated comprehension of the topics covered, the quality of papers and other assignments or projects, the use of the 'Threaded Discussion Page', when appropriate, participation and promptness of postings, helpful comments on other students' work, and the Examination(s). Please read 8) Additional Note section for mentorship class structure.

### COURSE GRADING DETERMINANTS

Grades are based on the following elements of a student's participation and accomplishment. In determining a grade for this course, the following formula will be used:

Reading required texts and on-line readings:	= 25%
'Treaded Discussion Postings (when used)	= 25%
Course Papers or Projects	= 30%
Essay Examination	= 20%

There will be 100 points assigned to the course. Final semester grades will be calculated as follows:

92-100 points	= A range
86-91	= B
80-85	= C
70-79	= D
Below 69	= F

## COURSE COMPLETION TIMETABLE

Course is to be completed in one five-month semester.

(this may be modified by the instructor with agreement of the students)

Week 2	Complete Assignment #1, participate in on-line course forum
Week 3	Complete Assignment #2
Week 5	Complete Assignment #3
Week 7	Complete Assignment #4
Week 8	Mid-Term Examination ( <i>at instructor's discretion see 7. Course Delivery Style</i> )
Week 10	Complete Assignment #5
Week 14	Complete Assignment #6,
Week 15	Respond to comments on Assignment #6
Week 16	Assignment #7, Essay Examination

## SPECIAL NOTES AND INSTRUCTIONS

All coursework must be completed in a timely fashion. Students are encouraged to phone or email the instructor whenever they need advice, comments, or instruction.

## REQUIRED TEXT

Text: Randall-May, Cay 2009 *Healing and the Creative Response* CayMay Press

CD by same name.

## ADDITIONAL RECOMMENDED SOURCES

Randall-May, Cay 1999 *Pray Together Now, How to Find or Form a Prayer Group*  
Element Books, republished 2000 by Vega

Randall-May, Cay 2005 *The Intuitive Career, How to Succeed as a Consultant, Reader, or Healer* CayMay Press

Randall-May, Cay 2005 *Modern Options* workbook and CD. CayMay Press

Randall-May, Cay 2005 *The Foundation* workbook and CD. CayMay Press

## FURTHER READING

Adair, Margo 1984 *Working Inside Out. Tools for Change.* Wingbow Press

Andrews, Ted 1993 *Sacred Sounds, Transformation Through Music and Word*  
Llewellyn Publications



- Ballenger, Bruce and Barry Lane 1989 *Discovering the Writer Within*. Writer's Digest Books
- Beam, Mary Todd 2001 *Celebrate Your Creative Self. More Than 25 Exercises to Unleash the Artist Within*. North Light Books
- Benor, Daniel J. 2008 *Seven Minutes to Natural Pain Release. WHEE for Tapping Your Pain Away..The Revolutionary New Self-Healing Method*. Energy Psychology Press.
- Benor, Daniel J. 2004 *Consciousness Bioenergy and Healing. Self-Healing and Energy Medicine for the 21<sup>st</sup> Century. Healing Research Vol. II*. Wholistic Healing Publications.
- Benor, Daniel J. 2001 *Spiritual Healing. Scientific Validation of a Healing Revolution. Healing Research Vol. I*. Vision Publications
- Brennan, Barbara Ann 1988 *Hands of Light*. Bantam
- Brennan, Barbara Ann 1993 *Light Emerging*. Bantam
- Bruyere, Rosalyn L. 1989 *Wheels of Light. A Study of the Chakras*. Bon Productions
- Cameron, Julia 2002 *The Artist's Way: A Spiritual Path to Higher Creativity*. Tarcher/Putnam
- Cassou, Michele 2001 *Point Zero. Creativity Without Limits*. Jeremy P. Tarcher
- Cornell, Judith 1990 *Drawing the Light from Within. Keys to Awaken Your Creative Power*. A Prentice Hall Open Center Book
- Delaney, Gayle 1979 *Living Your Dreams*. Harper and Row Publications
- Dossey, Larry 1999 *Reinventing Medicine. Beyond Mind-Body to a New Era of Healing*. Harper, San Francisco
- Dossey, Larry 1996 *Prayer is Good Medicine*. Harper San Francisco
- Dowding, Lady Muriel 1980 *The Psychic Life of Muriel, the Lady Dowding. An Autobiography*. A Quest Book of the Theosophical Publishing Company
- Edwards, Harry 1959 *The Hands of a Healer*. The Healer Publishing Co.
- Edwards, Harry 1968 *Thirty Years a Spiritual Healer*. Spiritual Healer Publishing Co.
- Epel, Naomi 1998 *The Observation Deck. A Took Kit for Writers*. Chronicle Books.

- Epstein, Donald M. 2000 *Healing Myths, Healing Magic*. Amber-Allen Publishing, San Rafael, California
- Goldberg, Philip 1983 *The Intuitive Edge*. Jeremy Tarcher, Inc.
- Hadden, Peggy 1999 *The Artist's Quest for Inspiration* Allworth Press
- Hammerschlag, Carl A. 1988 *The Dancing Healers. A Doctor's Journey of Healing With Native Americans*. Harper & Row Publishers, San Francisco
- Hanks, Kurt and Jay Parry 1991 *Wake Up Your Creative Genius*. Crisp Learning
- Harman, Willis and Howard Rheingold 1984 *Higher Creativity, Liberating The Unconscious for Breakthrough Insights* Jeremy Tarcher Publ.
- Kassy, Karen Grace 2000 *Health Intuition. A Simple Guide to Greater Well-Being*. Hazelden.
- Krieger, Dolores 1979 *The Therapeutic Touch. How to Use Your Hands to Help Or to Heal*. Prentice-Hall
- McGarey, Gladys with Jess Stern 1997 *The Physician Within You. Medicine for the Millennium*. Health Communications, Inc.
- Menahem, Sam 1997 *When Therapy Isn't Enough. The Healing Power of Prayer And Psychotherapy*. A Relaxed Book.
- Michalko, Michael 2001 *Cracking Creativity. The Secrets of Creative Genius*. Ten Speed Press, Berkeley, California
- Morse, Melvin and Paul Perry 1992 *Transformed by the Light. The Powerful Effect Of Near-Death Experiences on People's Lives*. Villard Books. New York
- Moss, Thelma 1974 *The Probability of the Impossible*. New American Library.
- Murphy, Michael 1992 *The Future of the Body. Explorations Into the Further Evolution of Human Nature*. Jeremy P. Tarcher, Inc.
- Murphy, Michael and Rhea A. White 1978 *The Psychic Side of Sports*. Addison-Wesley Publishing
- Myss, Caroline 1996 *Anatomy of the Spirit. The Seven Stages of Power and Healing*. Harmony Books
- Oech, Roger von 1998 (or most recent edition) *A Whack on the Side of the Head. How You can be More Creative*. Warner Books

- Radin, Dean 1997 *The Conscious Universe*. Harper Edge.
- Reed, Henry (Charles Thomas Cayce, Editor) 1989 *Edgar Cayce on Channeling Your Higher Self*. Warner Books
- Reed, Henry 1988 *Getting the Most From Your Dreams*. Vision Publ. Co.
- Ring, Kenneth 1985 *Heading Toward Omega. In Search of the Meaning of the Near-Death Experience*. Quill. William Marrow. New York
- Roth, Ron 1997 *The Healing Path of Prayer*. Harmony Books
- Roth, Ron *Prayer and the Five Stages of Healing*. Hay House
- Samuels, Michael and Mary Rockwood Lane 2000 *Creative Healing. How to Heal Yourself by Tapping Your Hidden Creativity*. Harper SanFrancisco
- Samuels, Michael and Mary Rockwood Lane 2000 *Spirit Body Healing*.
- Shealy, C. Norman 1999 *Sacred Healing*. Element Books
- Shealy, C. Norman 1996 *Miracles Do Happen*. Element Books
- Sherwood, Keith 1994 *The Art of Spiritual Healing*. Llewellyn Publications
- Stroud, Betsy Dillard 2002 *Painting From the Inside Out. 19 Projects and Exercises To Free Your Creative Spirit* North Light Books
- Tanous, Alex and Katherine Fair Donnelly 1988 *Understanding and Developing Your Child's Natural Psychic Abilities*. A Fireside Book. Simon & Schuster, New York
- Theosophical Research Centre 1958 *The Mystery of Healing*. A Quest Book
- Washburn, Loretta R. 1994 *Mind Travelers. Portraits of Famous Psychics and Healers of Today*. Hampton Roads Publ.
- Williams, Heather C. 2002 *Drawing As a Sacred Activity. Simple Steps to Explore Your Feelings and Heal Your Consciousness*. New World Library, Novato, California
- Zdenek, Marilee 1983 *The Right-Brain Experience, An Intimate Program To Free The Powers of Your Imagination* McGraw-Hill Publ.