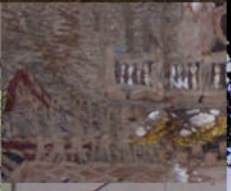


# Healing Magic: discovering your healing path with Baruch



## [Healing Magic: discovering your healing path](#)

**Welcome to our class!** Here you will find a course description, breakdown of classes by topic, bibliography, and access to our discussion boards with some helpful information about how to use them. There's also a section about healing practice.

Each week you will receive an email with a link to a downloadable pdf file with the next week's lesson. Each lesson includes a mini-lecture, exercises to do on your own, and a link to that week's discussion board. There may also be links to articles or other relevant points of interest.

**Course description:** This course is intended to introduce or deepen your awareness and relationship with healing as a life practice, as well as specific healing practices. We will focus on the experiential as well as the theoretical, weaving both into daily life.

**Goals and objectives:** Through a variety of observation exercises, readings, class discussion, and interactive homework assignments, we will develop our awareness of healing as a reality, as a world view, which we can put into practice in any context, at any time.

**Methods and materials:** Participants receive access to the lesson documents, each of which includes a mini-lecture from the instructor, suggestions for a web search for additional readings, and an exercise. There will be occasional hyperlinks in the mini-lectures and exercises. These are links to internet sites which are relevant to the topic at hand. Click on them and explore what you find.

### **Weekly Topics:**

- Week 1 -What is healing? What is its relationship with health? What does this mean to me? What is my personal cosmology?
- Week 2 -Developing awareness through observation.
- Week 3 -How is intentionality part of my life? How does intentionality affect outcome, especially with regards to healing?
- Week 4 -Becoming aware of my deepest intentions, including my shadow.
- Week 5 -What is a healing interaction? How do I cultivate them?
- Week 6 -The path of service; what is my job in this life?
- Week 7 -Putting it out there; how is offering different from giving?
- Week 8 -Expanding the vision; what comes next?

### **Practice:**

You may decide you'd like to work with a healing practice for the purposes of this class. Perhaps you already do. If you choose this I suggest, as you go through the course and find yourself applying the concepts, you include in your writing for class what you are experiencing in your healing practice. A healing practice could be your daily meditation, or you might want to offer body or energy work to others (or Earth, or an animal or plant) for the duration of the course. Maybe you work with herbs or food or counseling or any of the myriads of other forms of healing practice. Maybe you volunteer somewhere. A healing practice can be anything, especially any form of service. Focus in your healing

practice, on applying what we are working on in class with one or two specific people or situations. It could prove interesting and informative.

If there is nothing currently in your life that fits with your idea of a healing practice, consider what you might do, if only for the duration of this class, that would be fitting. Feel free to [email](#) Baruch with questions.

**Discussion:**

You will learn more from the coursework if you discuss it with others; friends, family. You are also welcome to [email](#) Baruch.

**Reading:**

Select one book from each category of the bibliography. The categories are Body oriented, Awareness oriented, and Fiction. Each book is selected because I think is relevant. Read what you like, think about its relevance to this class and write something for your fellow students. Read them in whatever order appeals to you. I have found that when I read a few books simultaneously, the material (information, story, etc) all weaves together synergistically creating a very different experience from reading the same three books one at a time. If that appeals to you, give it a try.

If you want to find any articles to share with the class, choose something which is of interest to you and that seems relevant to the class.

**Web Search:**

The internet is a great source of information. It is not a complete source of information. Not everything can be digitized, and not all information that can be digitized has been. I mention these things to add perspective to the web search activity. Each week allow some time to do some web searching on the topic of the week, or anything you are inspired to research. Share your findings with the class.

**Healing Magic Bibliography**

(please feel free to suggest additional reading, music and film!)

Body oriented:

Essential Reiki: A Complete Guide to an Ancient Healing Art Diane Stein

Psychic Massage Roberta deLong Miller

Hands of Light Barbara Brennan

Integral Hatha Yoga Sri Swami Satchidananda

Anatomy Coloring Book

Non-fiction:

Be Here Now Ram Dass

Joy's Way Brugh Joy

Uncommon Therapy Jay Haley

Mindful Politics Melvin McLeod

[Virtual Survival: Staying Healthy on the Internet](#) Walter I. Zeichner (free download)

[Peace Pilgrim](#) Peace Pilgrim

[Earth Psalms](#) Angela Magara (available at <http://angelamagara.com>)

[Pathologies of Power](#) Paul Farmer

[Mountains Beyond Mountains](#) Tracy Kidder

Fiction:

[The Fifth Sacred Thing](#) Starhawk

[The Forbidden Tower](#) Marion Zimmer Bradley

[Xenogenesis](#) Octavia Butler

[Till We Have Faces](#) C.S. Lewis

[St. Francis](#) Nikos Kazantzakis

[We Took to the Woods](#) Louise Rich

Film:

[Home](#)

[Harold and Maude](#)

[Little Big Man](#)

[The Lion in Winter](#)

[V for Vendetta\\*](#)

[Zelig](#)

\*Someone who took the class this spring emailed me with a question about one of the films on the film list. It was an eye opener for me, and we agreed that it would be worth sharing our exchange with people in subsequent classes.

Questioner: How the movie V for Vendetta is connected to healing? I was born in Russia long before the Perestroika when it was still called the Soviet Union and under the Communist party. My grandfather was a counterrevolutionary and barely escaped to another side of the soviet union.

I know all about Corrupted governments and people scared for their life. Scared to say their thoughts out loud, scared even to think. To me the film is not science fiction. To me the film is history. I know all about Propaganda and lies on television and radio. I know all about hiding the truth and lying to the people. In fact I developed a skill of reading between the lines and so did many others. Unfortunately The ending of the film is so unbelievable and dangerously naive. In reality, If things will come to that point, there will be bloodshed. Neither the soldiers nor the people would avoid violence. If you look through the history, you will see that every revolution was very costly and one can ask himself was the cost worth it? The communist revolution was initially for the people and by the people, but the result was oppressing the people. I am alarmed that you put this film as a part of a healing course material.

There is a famous Israeli poet who wrote in one of his poems "One can't erase blood with blood". I'm adding, you cant put out fire with fire. Can you explain me how this film connected with healing?

Baruch: It is an alarming film. To me the film has a healing component because it is about liberation from numbness, it addresses the question...what does it take to wake us up to what is actually happening around us? It's not a comfy warm film to be sure, it is hard and scary, and at the same time it puts up a mirror for the viewer to look at their own complicity in a deadening status quo. This film says to me...if you allow your power to be taken away, what do you have? How do you, how do I, reclaim that which I have allowed others to take?

Questioner: I want to recommend you a film that from my point of view is strongly connected both to politics and healing. It is truly moving and touching showing true bravery and at the same time is very realistic. The film title is "The Life Of Others" It is a German film. And another beautiful film, "Pan's Labyrinth" This one is a fairy tale weaved into reality of the Second World War in Spain. It is not an easy to see movie but I feel that it has a lot with healing.

I have two objections to the film V for Vendetta. The first is That the film is not realistic. In reality, for example in the Soviet Union Many knew the government lied and many were against the government but there was very little they could do. Any opposition could cost ones freedom or even life. This is in addition to what I said about the ending. The second thing, Is the vendetta. I cant accept revenge as healing. I don't believe in fighting for peace. Fighting is fighting. This of course is my personal belief.