

- 1. The Arrow of Eros (meditation)
- 2. A Healing Story of Doe and Snake
- 3. What is a Healer? (guidance)
- 4. A Healing Circle (guided visualization)
- 5. Questions for Developing the Inner Healer
- 6. A Healing Journey (guided meditation)
- 7. Closing the Healing Circle (invocation)

