

theosis

The Quiet Path of Healing

A small introduction to the Theosis Healing Training

WITH PAUL SKORPEN · SPIRITUAL HEALING TRAINING I–IV

A WORD FROM PAUL



A warm welcome. I am glad to meet you on this quiet path – at your own pace, with everything you bring with you.

PAUL SKORPEN

HEAD OF THE THEOSIS INSTITUTE · TEACHER OF SPIRITUAL HEALING IN THE TRADITION OF DASKALOS

CONTENTS

Welcome

What Spiritual Healing is

The path in four stages

What you take with you

An exercise: Arriving

Dates

WELCOME

We are glad you are here.

This little booklet asks nothing of you. Read it at your own pace – perhaps with a cup of tea, perhaps just a few pages today.

It tells of a path that begins with stillness: the Spiritual Healing Training at Theosis. At the end you will find a small exercise you can try right away.

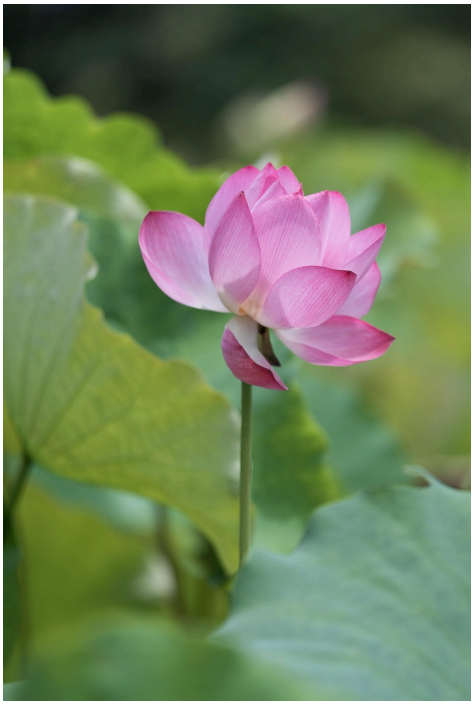


WHAT SPIRITUAL HEALING IS

Spiritual healing does not necessarily begin with doing. It begins with presence, with inner calm and with a finer perception of what is happening within ourselves and within another person.

In the training, Paul Skorpen guides you step by step into the foundations and the deeper methods. The work is based on the wisdom and the traditional techniques of the Cypriot mystic and healer Stylianos Atteshlis, known as Daskalos.

You come to know it on two levels: for your own development – and as a way of accompanying other people spiritually.



"Spiritual healing does not begin with learning a method, but with the willingness to recognise people and life in their deeper reality."

— PAUL SKORPEN

THE PATH IN FOUR STAGES

I Laying the foundation

PRESENCE, PERCEPTION AND HEALING WORK

You learn the foundations and experience them directly in practical exercises: the etheric double, etheric vitality (prana) and elementals – the thought and feeling forms that, according to this teaching, shape our experience. Together with a conscious attunement to the Archangels Michael, Gabriel, Raphael and Uriel. No previous knowledge is needed.

II Understanding more deeply

FOR YOURSELF AND IN WORKING WITH OTHERS

The connection with the Christ Logos and the Holy Spirit, the cleansing of the two energy channels (nadis), the four-elements treatment, the Theosis treatment of karmic family structures®, opening of the heart, a technique of distant healing and ways of self-healing.

III Transforming patterns

INTO STRENGTH, LOVE AND WISDOM

Personal and family karmic connections, the tribal elemental treatment®, a deeper study of the seven chakras, subtle energies and colours – and a practice from the tradition of Daskalos: the seven lines of the Lord's Prayer connected with the seven chakras. Also the spiritual cleansing of houses and places.

IV Integration

DEEP AND LASTING

The union of the divine feminine and the divine masculine, Sophia and Christos. Recognising and integrating karmic imprints, spiritual guidance in healing work and the Christos-Sophia treatment. We close the shared journey with a diploma celebration.



WHAT YOU TAKE WITH YOU

You do not learn the methods only to apply them to others. Many exercises first turn your attention to yourself: to your perception, your inner calm, your reactions and the way you align yourself.

If you wish to accompany others, you also learn different techniques and develop a feeling for when which form of spiritual accompaniment is right.

Over time, individual methods grow into a more conscious and personal way of healing work.

QUESTIONS THAT MAY ACCOMPANY YOU

How do I become quieter and clearer?

How do I refine my perception?

How do I recognise my patterns of thought and feeling?

How do I meet another person without wanting to force anything?



AN EXERCISE: ARRIVING

About ten minutes. All you need is a quiet place. There is nothing to achieve here – only to perceive.

1 ARRIVING

Sit comfortably with your feet on the floor. Keep your back upright and your shoulders soft.

2 BREATH

Breathe in a little more deeply three times and breathe out slowly. Then simply let the breath flow by itself.

3 THE BODY

Let your attention travel slowly through your body – from your feet to the crown of your head. Notice what is there without changing anything.

4 THOUGHTS

When thoughts come, watch them like clouds in the sky. You do not have to follow them. Gently return to your breath.

5 LIGHT

Imagine a calm white light surrounding you – bright, warm and kind. Breathe into this light.

6 STILLNESS

Stay like this for a few breaths. Present. Without a goal.

7 RETURNING

Slowly move your fingers and feet and open your eyes. Take a moment before you stand up.

Feel free to repeat the exercise on several days. Notice how your perception becomes finer over time.



DATES

15–18 OCTOBER 2026

Spiritual Healing III

Starnberg & online · Thu 3–9 pm, Fri & Sat 10 am–5 pm, Sun 10 am–4 pm

3–6 DECEMBER 2026

Spiritual Healing IV

Starnberg & online · with diploma celebration

13–21 FEBRUARY 2027

Retreat Spiritual Healing I & II

Starnberg & online · I: 13–16 February · II: 18–21 February

When booking a single seminar, the price is €800.

Already attended Spiritual Healing III? Returning participants receive a 25% discount.

REGISTRATION AND ALL DATES: WWW.THEOSIS.COM

Spiritual healing is understood as spiritual accompaniment. It does not replace medical or psychotherapeutic diagnosis and treatment.

theosis

THEOSIS · INSTITUTE OF MYSTICISM AND HEALING · STARNBERG

WWW.THEOSIS.COM

Photos: Theosis, Unsplash, Pixabay