

# Aetheric Healing 101

## Forward

While the particulars of Aether may not be known to the everyman of Eorzea, the subject of Aetheric healing, from its mechanisms to its limitations, is a well researched and documented subject which a great deal is known about, in contrast to many other subjects relating to Aether. While this is beneficial in the sense that it helps cohesive Roleplay, and helps to prevent powergaming in regards to medical roleplay, the unfortunate reality is that a number of people do not actually do even cursory investigation into the lore of something before they try to use it, which can lead to drastic breaks from the established canon of the setting, which leads to a great deal of frustration, stress, and even anger, and can entirely ruin the immersion for an individual.

The purpose of this document is to help educate people in regards to this subject, and to serve as a reference tool for those seeking to utilize aetheric healing in their Roleplay without outright breaking canon, a situation which can often entirely disrupt or shatter other players' immersion. Due to the nature of the lore available, this is primarily inference and speculation gathered from scattered references, comments, and exposition dumps across the game and it's connected media.

To that end, this document will hopefully serve to clarify and compile all of this information and present it in a more easily comprehended format and arrangement to help ensure a higher likelihood that people not just learn the lore, but comprehend the actual implications of said lore.

For those wanting to check our sources themselves, citations for the source of information has been provided where appropriate, and the majority of the quotes relevant to most of the covered topics can be found at [Mirke's Menagerie](#), which is considered a reliable source of information by most who have an interest in the lore of Final Fantasy XIV, though an effort has been made to be more specific about where much of the information is sourced from just to ensure maximum accuracy where possible. Furthermore, as of Christmas 2023, additional verifications and information have been made available thanks to the Encyclopaedia Eorzea's third volume, the addition of which to this document is an ongoing process

## TL;DR for the document on a whole

Healing magic is very clearly defined within the lore. While it can treat a great number of conditions and injuries, it is not able to treat everything with just a wave of the hand. The more practical medical knowledge you have, the more effective magical magics can be applied.

Healing magic can;

- Close wounds
- Stop bleeding
- Stabilize someone's condition in some cases
- Treat aetheric conditions, (commonly known as debuffs oocly.)
- Accelerate recovery if applied properly (this is not recommended ever.)

Healing magic cannot;

- Replace lost tissues or fluids such as bone, muscle, skin, blood, etc
- Cure diseases<sup>1</sup>
- Remove non-aetheric conditions<sup>2</sup>
- Instantly heal every wound
- Revive the dead<sup>3</sup>

Contrary to what some people may believe, Aetheric healing is very clearly defined, and has very clearly set rules within the canon of the FFXIV setting. The limitations, requirements, and mechanics through which it works are all very well known, and very clearly documented. The above is a summarized list of what follows, but further information on all of the above is available later in this document.

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<sup>1</sup> While it is possible to treat many conditions with magic, indiscriminate application of healing magic is likely to make the situation exceedingly worse, and accelerate decline of the patient's health.

<sup>2</sup> Non-aetheric conditions are those stemming from physical, chemical, or external causes which will go unaffected by a re-stabilization of the patient's aetheric state. This includes things such as embedded weapons, chemical exposure such as acids or poisons, and so on.

<sup>3</sup> Revival of the dead would be necromancy, and is not in itself healing magic, not least of all due to the fact that once the soul is gone, it cannot be reclaimed by currently known means. While Necromancy is theoretically possible, that isn't something that will be covered in this document, and honestly, should probably be avoided ICly entirely

# Job and Class Summaries and analysis

The following section is a brief overview of what we know of the individual healing classes, as well as a breakdown of their abilities in more detail, covering their philosophy in healing, their technique, and their limitations. While these sections are not going to cover every possible aspect of the classes, they should suffice for a general understanding of a given class's capabilities.

As a general overview of the classes, they can be broken down as part of a spectrum, with Pure healers, healers focused on just mending injuries after they've been inflicted, serving as one end, while Shield Healers, who primarily focus on preventing damage in the first place, serve as the other end. Beyond this however, several other classes have healing spells which they can utilize, such as Paladin and Arcanist, who do not fall into the traditional healing role, which will also be covered after the dedicated healers.

These healing classes utilize a range of techniques, but all of them operate on the same underlying principles, which will be outlined in the next section.

## Conjury: Use and Limitations

Out of every discipline of healing magic utilized in Eorzea, Conjury is the most widely used, hailing from the Twelveswood and drawing upon borrowed strength from ambient aether, under the watchful gaze of the Elementals. While it is the most widely utilized, it is also the type with the heaviest restrictions (barring its forbidden cousin, White Magic). In summary, Conjury:

- Draws upon ambient aether
- Never takes enough ambient aether to cause direct harm
- Only takes with permission

The permission aspect of Conjury is vital. At any given point just outside of the Conjurer's Guild in Gridania, there are supplicants wishing for aid that are being turned away because the Elementals simply do not wish someone to be healed. Misuse of Conjury, or using the magic without permission and by force, is enough to earn the ire of the Elementals, which will make further Conjury difficult if not impossible without an apology or offering of sorts. Greenwrath is also possible, where the Elementals send their servants to punish wrongdoing.

It is also worth mentioning that Conjury CAN be used with one's own reserves instead of ambient, but it is a bad idea. The offensive spells can be done just fine without (if significantly more exhausting than normal), but healing magicks will tax the caster significantly, and Raise is all but a death sentence to the caster who tries to do it on their own with how high the expenditure is.

That said, Conjury is also among the most effective schools of magic for the purposes of healing because of this. The land around is an abundant source of aether, and with but a trickle one can heal and harm. The better one's connection to the land around, the more effective they can utilize this art. For this reason, Conjurers generally use twigs and staves made from trees and the like, to cement this connection to the natural world.

In summary, to play a Conjurer as lore-appropriately as possible:

- Limit how much healing you can do without pissing off nature itself
- If someone is disliked by the Elementals or possesses Woodsin, expect asking for permission to go poorly, probably even fail. You cannot heal everyone, and you do not fully decide who you are allowed to heal.
- Remember that you are borrowing aether from the land, not using your own supply. This can still exhaust you, but not to the extent of other classes.
- If you do use your own supply, you will tire faster. Guaranteed.

# White Mage: Don't.

## Astromancy (AST)

The art of Astromancy hails from the faraway land of Sharlayan, and focuses on reading the heavens alongside utilizing aether drawn from those distant stars to adjust one's fate, for weal and for woe.

- There is a distinct difference between Sharlayan astrology and Ishgardian astrology.
  - Ishgardian astrology just reads the heavens to predict things, namely when the Dravanians will attack
  - Sharlayan astrology reads the heavens to heal, harm, and even alter fate itself
- Sharlayan lore is HEAVILY tied to the Heavens and Hells, and to the Twelve themselves. If you are not about researching stuff, consider picking something else as your primary healer for roleplay purposes.

Astrologians attune to the Six Heavens in order to draw upon celestial currents of aether to perform their feats, readings, and healings. Much and more of their kit, thematically, focuses on attuning to the stars and to other people. (Synastry, Collective Unconscious, and so forth). There is a great deal of lore that is only vaguely explained, but in short, think of them as Conjurers, in space, with a side of Tarot and fate-bending.

To roleplay an Astrologian as lore-accurately as possible, consider the following:

- Your power is the power to bend fate. Not to change it. If the one you are healing is going to succumb to their wounds or lose a limb, then it is because it was their fate to do so.
- The art originates from Sharlayan. If you are taught by anyone other than Leveva from Ishgard, or anyone in Sharlayan, there will be *consequences*.
- Be willing to read up on lore. There's a lot of it, and not all of it is helpful.<sup>4</sup>
- Understand that your class is, thematically, the most powerful of healers, and do not let it go to your head. Fate is a fickle mistress. Readings can fail, or be misinterpreted.
- ...most of the lore isn't about actually healing, but on the fortune-telling aspect. So be ready for that.

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<sup>4</sup> The bulk of Astrologian lore can be found during the Astrologian job questline, however a lot of it can also be found in Encyclopaedia Eorzea. As with most lore topics, direct quotes for much of the lore can also be found compiled at [Mirke's Menagerie](#).

# Somanautics (SGE)

Somanautics utilizes Adderstones, natural reservoirs of spiritual aether, embedded in devices known as Nouliths. Adderstones, historically, were placed around an ailing individual to form a healing confluence around them, through which healing magicks would be amplified.

Important notes:

- Nouliths do not shoot healing lasers. They create a zone through which healing is more effective.
- Nouliths themselves do not heal at all, most times. They are foci for the Sage's will, and most healing spell animations specifically show the healing pulse coming from the caster.
- Nouliths' confluences that they create can be manipulated and hardened, forming into the barriers the class is well known for.

It is very worth noting that this class's burst healing potential is lower than other classes. From the animations to the demeanor to the notes to the background of Physis Teknon, Sage is the closest thing the lore has to an aetheric surgeon. The difficulty and precision required to manipulate the nouliths to any extent is absurd bordering on obscene, and should be treated as such. The reward of mastery is the ability to utilize these mobile foci in exacting specificity to perform more precise healing than other classes can. That said, this class is limited to those of Sharlayan descent, as it is the result of many many years of study of magic and medicine.

In order to accurately roleplay a sage, follow these guidelines:

- Be more than just a handwavy aetheric healer. A Sage (specifically from Physis Teknon)<sup>5</sup> is someone who has studied the art of medicine and the body of Spoken races enough to treat anyone, and even pursue new treatments, as seen in the questline. Other healers, being knowledgeable of Biology is a recommendation. For Sage, it's a requirement.
- Be dedicated to the betterment of your fellow man, be it through healing or harming. For better or worse. Mad science is 100% within the purview of this class, but so is unmitigated altruism.
- Know how absolutely ridiculously difficult it is. A master of the craft will send Nouliths zipping about with precision and grace, but a novice will struggle to cast even the most basic spells. Even getting them off the ground is a struggle.
- Be from Sharlayan...or, if you found a stone outside of Sharlayan somehow, be prepared for *consequences*. Sharlayan guards its secrets with great jealousy, after all.
- You cannot emergency burst heal, not compared to Conjurer or AST.

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<sup>5</sup> The school's name, as well as much of the rest of the very limited Sage lore as of the time of this writing is primarily only found in the journal that becomes available after the sage questline. Said questline itself is also where most of the remaining known Sage lore is found, though compiled information on the discipline may be available at [Mirke's Menagerie](#).

## Scholarly Arcanima (SCH)

Nymian Arcanima, or Scholarly Arcanima as it might be referred to, is the Nymian style of arcanima, placing a much higher emphasis on healing magics and barrier spells as compared to Contemporary or Allagan arcanima. Scholars in themselves weren't technically considered healers in their day, rather being commanders and strategists for Nym's Royal Marines instead. Unique to Scholars, they are also well known for their Fairies, aetheric constructs like carbuncles, originally designed as messengers to and from ships, but later utilized as an aid in their healing arts.

- Closest class to a legitimate field medic, but still more tactician than healer.
- Has Fairies!
- Can create aetheric shields easier and faster than any other class.

While Scholars are technically a dedicated healing class, historically they served in more of a tactician or commander capacity, and their skill set demonstrates this well, with shields and barriers, analysis of weaknesses and vulnerabilities, enhanced movement abilities, and more all on the table. Scholar is also notable in that highly skilled scholars can and do regularly modify their spells on the fly, a task that is considered very dangerous and difficult by Arcanists due to how easily one can ruin a formula with a missed pen stroke.

Scholars are unique among the other healing classes though in a few regards beyond their original focus as tactician. First off, unlike Conjury, which has no associated job stone, and Astrologian, and Somanautics, which do, Scholar explicitly requires that they have their job stone on their person in order to function, since the Job stone is the core for their fairies during summoning. Without the job stone, the fairies would be a blank slate, and need to be trained or designed to be able to work properly.

Secondly, unlike Conjurer and Astrologian, which utilize aether from outside sources to augment their healing, Scholar exclusively uses their own aether for their spells, though they are also largely the most efficient of the healer classes in terms of cost versus benefit in regards to Aether use. This is also evident in that they can spam a great number of area of effect heals across a wide area, as well as sharing a shield across that space as well. Technically, Somanautics share this trait, but it is emphasized far less often in their lore and roleplay over the amount of control involved in operating nouliths.

The biggest difference though is that compared to the other healing jobs, (barring white mage) Scholar is the hardest to become in some regards, due to the scarcity of their required job stones, (found in 1 place in Eorzea) the lack of documentation on them, (lost in the calamity of water/buried until the latest calamity.) and you need to be able to read any documentation you do find, which may involve having to learn an ancient, no longer used language and restoration of the documents you want to reference.

To better portray a Scholar in Roleplay, remember;

- Scholars are still technically arcanists, and use Arcanima in all of their spellcraft. You don't just start learning an ancient nymian art out of the gate.
- A scholar's fairy is an independent ego of sorts. They are tied to the job stone, and their personality and memories will 100% predate the scholar themselves, dating back to the days of Nym. The fairy may therefore know things the scholar themselves do not.
- Scholars benefit greatly from knowledge, especially from lateral thinking. You will never meet a dumb scholar because a dumb scholar isn't going to be able to actually utilize the spells involved due to their complexity.

## Additional "healers"

While not dedicated healing classes like the four listed above, a handful of other jobs and classes do have access to medical spellcraft which may lend credence to the idea that they may have reason to possess some limited medical knowledge. Please be aware that all of the heals possessed by classes listed below would amount to essentially first aid in a battle, and should not under any circumstances be justification for someone trying to portray a medical professional. Additionally, while we acknowledge that blue mage possesses several substantial heals and the capacity to serve as a healer in a party, Blue mage in general is very much showman's magic, and so we will not be listing them here.

- Arcanist (And summoner)
- Red Mage
- Paladin
- Gunbreaker

The classes/jobs listed above all possess at least one dedicated healing spell capable of being used on another target besides themselves, and subsequently may be assumed to possess at least basic first aid skill. This is not a replacement for formal medical training or treatment, and should not be used as such.

Please be aware that, while we are also aware that it can be argued Reaper has a heal, we have chosen to omit it from this list due to the uncertainty regarding voidsent lore at the time of this writing, and in regards to the way that healing magic works. We also are aware that dancer possesses healing waltz, however we are, as with reaper, unclear enough on the way that this functions that we do not feel justified in adding it to this list.



# Aetheric healing, a full analysis

## Aetheric Biology

In this section, we'll break down the impact that aether as the fundamental building block of existence in setting has on biology on a whole, from the cellular level and up, and explore the implications this has for healing both aetheric and mundane.

### About Cells and Aether

In the setting of Final Fantasy XIV, it's a well known fact of the setting that, at the most fundamental and basic level, all matter consists of aether in some form or another, (barring that which is made of dynamis. Dynamis however is irrelevant to this document, and so will be overlooked here.) with the aspectation of the aether involved differing depending on the matter involved. In the cast of spoken races, this aether is almost always in balance across the board, with most people having a very slight leaning in one direction or another towards an aspect or two. What is often less discussed is the line between where aether as energy and aether as matter is drawn in regards to biology.

Unfortunately, we don't have a clear cut line differentiating between the two, however because we know that Garlean genetics are to blame for the continued inability for garleans to manipulate aether<sup>6</sup> it can be inferred that genetics exist, meaning that cells and DNA both exist in a relatively recognizable form compared to the real world. We can then make the assumption that at a minimum, molecules are the smallest building block of life before straying into the aetheric realm, and unless otherwise specified, function as one would expect them to function.

We also know that Aether must circulate through the body at all times for an individual to stay healthy,<sup>7</sup> which in combination with our understanding that aether tries to reach equilibrium via diffusion unless acted on by an external force, suggests that each cell constantly cycles and replenishes its aether, with cell death occurring when that aether stagnates or runs out. Beyond these properties however, at larger scales biology seems to work normally in regards to bone and tissue functions and biology.

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<sup>6</sup> Aulus Mal Asina: *"Through modification of the Garlean Genome, I argued that it might be possible to enhance a subject's ability to manipulate aether, effectively empowering them to wield magicks."* - Cutscene 1, Level 68 Main story quest "Strong and Unified", Stormblood expansion

<sup>7</sup> Cocobusi: *"His aetheric channels have contracted-they are barely sufficient to sustain the flow of his life force."* Cutscene 2, Level 30 Thaumaturge Job Quest, "Facing your demons", A Realm Reborn

## Bone and Tissues

In the average individual, bones and tissues will look and function very similarly to those of the real world, with muscles, fat, bones, etcetera all being fairly analogous to their real world counterparts both in terms of appearance and function. However, Aether can still play a part on this level in biology, as demonstrated by aetheric strengthening exhibited by many adventurers and other particularly talented or strong individuals. Through the application of aether in specific ways, it's possible to strengthen bones and tissues to perform at levels outside of what would be considered "normal" even within the setting, and this is an ability that anyone can train as indicated by the numerous NPCs seen performing such feats, not just monks.<sup>8</sup>

While theoretically any kind of aether could be used to achieve this aetheric enhancement, it's highly likely that the type of aether used would determine the properties of the strengthening, with earth aspected aether conveying properties of "sturdiness", "hardness", or other durability related properties for example, or wind conveying "speed" or "motion" to improve dodging, or so on. While these enhancements are typically short-term, lasting only while being used before the aether of an individual returns to its normal equilibrium, extended use of this ability has the potential to cause, or at least contribute to "Overaspection" in a target, (though not oversaturation so long as the aether being used is the subject's own.) and so should be considered during diagnosis of conditions that are aetheric in nature.

Interestingly, it seems that this sort of strengthening can be achieved through means other than those used to channel external magics as used by mages, demonstrated by the fact that individuals who entirely lack the ability to manipulate their aether in an external manner, such as Thancred or full blooded Garleans, are able to utilize this to still enhance themselves when they otherwise would be unable to do so.

It's highly likely that this aetheric strengthening is even a passive trait of those who are ready for combat, given that many individuals are able to be struck with bladed or pointed weapons without being visibly wounded, and healed to full fighting condition even from the verge of collapse using only aetheric healing, something that should be impossible based on our understanding of the limitations of aetheric healing if they were actually significantly injured physically.

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<sup>8</sup> Ishgardian dragoons, Raubahn, Marauders, and many many other individuals all exhibit feats of strength and agility that would be physically impossible for the average Eorzean across a wide range of backgrounds and professions, with the common thread being their level of training and experience largely suggesting this is a skill trained by most dedicated combatants.

## Circulation

In addition to the bones and tissues, the average individual also has what is referred to as Aetherchannels, which are suggested to be a sort of circulatory system for Aether within the body. <sup>9</sup>These Aetherchannels are likely not the same as the circulatory system that's used for blood and nutrients, however it's no less vital to the health of a subject.

The Aetherchannels seem to be what allow for the flow of aether through a body, and are indicated to be what dictate the overall quantity of aether available to a caster at any given moment for use, defining a sort of "dynamic aether limit" as opposed to the overall stored aether of an individual, a "static aether limit." This limit determines whether the subject in question has the aetheric capacity for magic or not, as indicated by Cocobusi's inability to use substantial amounts of aether in casting magics.

The overall capacity of an Aetherchannel also seems to be fixed, unable to be increased by normal means, with only a highly experimental and apparently nearly impossible to reproduce tincture having been demonstrated as being able to restore withered aetherchannels to their normal state. What's unclear is whether or not this withering would have been able to be restored over time naturally though it can be speculated that they would not have based on the conversation held during the scene in which said tincture was utilized.

In the event of damage to the aetherchannels in any way, casting would likely be impacted in the affected regions of the body, for example arms might make casting far harder, and negatively impact the overall capacity with which one could cast. In theory, this sort of damage could be worked around with specially made equipment or specifically designed tattoos utilizing aetheric materials or ink respectively to bypass the damaged areas, but no canon example of these being used to bypass such damage exists to date. Tattoos to supplement aetheric capacity do exist however in summoner garb, so logic dictates that they could be used to achieve said result.

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<sup>9</sup> Cocobusi: *"His aetheric channels have contracted-they are barely sufficient to sustain the flow of his life force."* Cutscene 2, Level 30 Thaumaturge Job Quest, "Facing your demons", A Realm Reborn. Again.

## Aetheric Capacity and Limitations

On a larger scale, the average individual is able to hold a substantial amount of aether in their body safely, enough to be able to use it to manifest substantial external phenomenon, as demonstrated by Summoners, without significantly impacting one's own health during combat. While we don't currently have a way to really figure out the exact quantity of aether that an individual has at any given time, nor what the average aetheric capacity is of a normal spoken, we do know that an individual can absorb an additional also substantial amount of aether from external sources with the proper methods without suffering permanent effects from it.

Overall, the aetheric capacity of an individual seems to be able to be broken up into three measures, each of which have their own limitations, and their own effects should these limits be passed. These are the Aetheric Saturation, Aspectation, and Polarization of an individual, each of which have their own independent limitations which cannot be passed without detriment to the subject.

While the end different metrics all have a detrimental outcome which can manifest when their limit is passed, all three also share a less permanent condition which serves as the body's way of warning against itself approaching these limits, which is known as Aethersickness, and the symptoms of which are universal regardless of which of the three conditions the subject is approaching.

### Aethersickness

Manifesting in cases where the subject's body is in a state of aetheric abnormality, Aethersickness is a sort of warning given by the body that the current situation is detrimental to the overall health of a subject, and manifests as a number of symptoms, including nausea, dizziness, vomiting, and more, getting progressively more severe the closer a patient comes to oversaturation, overaspectation, or overpolarization respectively.

Typically occurring in cases where a subject's aether has been dramatically impacted by external causes, (such as experimental equipment or procedures<sup>10</sup>) has been saturated by exposure to ambient aether in the environment<sup>11</sup>, or exposure to aetherically corrupted materials such as crystals<sup>12</sup>.

Treatment of the symptoms of aethersickness can be achieved with typical anti-nausea medications, such as mint, however the condition will not abate until the subject's aetheric condition is restored to a more regular state, either by natural means or through treatment, either magical or chemical. No physical treatment exists that would properly restore an individual's aetheric balance, however it's possible in cases where overaspectation is the cause to bring the aethersickness to an end by supplementing the subject with aspected aether to

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<sup>10</sup> Level 80 MSQ quest "For Thavnair Bound" Endwalker, Referenced by name, in dialogue in cutscene 1, as well as being the name of the debuff experienced during the quest.

<sup>11</sup> NPC Dialogue during the quest to unlock Dzmael Darkhold, as well as the presence of unstable corrupted crystals.

<sup>12</sup> NPC Dialogue related to Pharos Sirius during the question to unlock it as well as the presence of unstable corrupted crystals again.

bring balance to the one they have in excess, as long as they haven't surpassed a certain threshold already.

## Saturation

Aetheric Saturation refers to the measure of overall aether present within a subject's body, and on average an individual seems to typically be at equilibrium well below their saturation point, allowing for wiggle room in regards to exposure and absorption of further aether before negative symptoms begin to manifest. Once someone is unable to safely contain more aether, they are at what is referred to as the Saturation Point, the point at which they are "fully saturated with aether".

As an individual approaches their saturation point, they will begin to experience Aethersickness symptoms. Prolonged saturation of a target with additional aether can result in their reaching, or even passing their Saturation Point, the latter of which leads to a condition referred to as "Oversaturation".

Typically, Oversaturation, the state of holding more aether than can be safely contained, is unlikely to occur unless an extremely substantial amount of aether is forced into a subject at one time, due to the nature of aether to diffuse into the surroundings over time when not being acted upon by external forces. Furthermore, for Oversaturation to be induced, it is typically necessary for the aether saturating a target to be balanced between all six aspects, otherwise known as "Unaspected ", since Overaspection would otherwise occur before Oversaturation can.

In the unlikely event that Oversaturation occurs, the subject will begin to show external symptoms of their condition which are irreversible. These symptoms typically manifest as crystallization of tissues, as one would expect from any material which has been oversaturated with aether,<sup>13</sup> corruption which can induce the corruption of adjacent tissues in turn, leading to a cascading effect which leads to the total crystallization of a patient. This is Fatal.

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<sup>13</sup> Cutscene 5, " Level 80 Main Story quest "Hope's Confluence", Shadowbringers, Seen progressing throughout the Crystal Exarch's appearances gradually getting worse but ultimately comes to its conclusion at this point. Also exhibited in places like Mor Dhona, The Burning Wall, and other areas where extreme quantities of aether were introduced to the environment.

## Aspectation

Similar to Saturation, an individual is made up of all six aspects of aether, but exists in a state that can be considered as having less than their maximum aetheric capacity under normal conditions. Aspectation however is measured individually for each aspect, with each aspect having a limit relative to the other aspects an individual has. This relative limit means that an individual who is suffused with only an excess of fire aspected aether will reach their aspectation limit well before someone who is balanced out with Ice and Wind aether as well, the three of which cancel one another's properties out.

Also similarly to saturation, Aspectation will begin to manifest symptoms of Aethersickness as an individual's aetheric aspectation becomes more and more unbalanced, up until the point of overaspectation. These symptoms are effectively identical to those seen during oversaturation induced aethersickness.

On reaching the point of overaspectation, a patient's symptoms are going to depend heavily on the source of the aether and the aspects involved, but typically result in physical corruption of the corporeal form, flesh and bone corrupting and taking on forms relevant to the aether involved, or crystallizing into aspected crystal formations. Water aether results in sea-life-esque mutations, earth resulting in crystallization or petrification, fire resulting in burning, etcetera, accompanied with a voidsent-esque hunger for aether which renders them little better than mindless beast that attack anyone nearby<sup>14</sup>. As with Oversaturation's crystallization, these symptoms are unable to be reversed, making this permanent, and it is considered merciful to execute such victims before they can harm others.

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<sup>14</sup> "Drowned" Enemies encountered in Sastasha Hardmode, as well as the zombie enemies in Pharos Sirius, more recently, the 2nd midboss in Aetherfont

## Polarization

Polarization is the measure of a subject's aetheric polarity towards astral or umbral, and like aspectation and saturation, Polarization has an upper limit in both directions which cannot be safely surpassed. Unlike Aspectation and Saturation however, Polarization will not result in fatal side effects under most circumstances, even when prolonged, due to the nature of Polarity to equalize faster than aspectation or saturation will, with Overpolarization requiring very specific, very rare external conditions to be met for it to occur which cannot occur in the Source outside of a very few specific locations, though they could conceivably be artificially induced.

Polarization will still induce symptoms of aethersickness in a subject as they reach their limit for Polarity. For details, see Saturation, paragraph 2.

For Overpolarization to occur, a subject must remain within an environment in which the ambient aether is already polarized to one extreme or the other, which prevents equilibrium from being reached through aetheric diffusion. In this environment, it's possible for Overpolarization to occur, which manifests as physical corruption of the corporeal form, as with Aspectation and Saturation. However, depending on the polarity involved, the subject will become what is referred to as either a Voidsent, in the case of overexcited aether, or a Sin-eater in cases where the aether's polarity has trended towards the passive<sup>15</sup>. In the source, this condition is not naturally met outside of a very very few specific locations, with most of them being very restricted entry due to the ambient aether being so dangerous, with only the thirteenth and the first being confirmed as meeting these conditions, with the rest being speculative.

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<sup>15</sup> Sin Eaters and Voidsent are explicitly explained as being created under these conditions at a couple of points in the Shadowbringers and post-endwalker msq arcs, more specific citations will be added if necessary at a later date.



## Incorporeal Aether, the Soul, and its impact on the Corporeal Aether

While the average person is made up of three types of aether, one corporeal and two incorporeal, very little attention is given to the incorporeal aethers when it comes to the rest of this document. However, it would be unwise to disregard the impact that the Aether of the Soul has on the corporeal form when tampered with or removed.

For an individual's body to function properly, their soul must be present within their body. Removal of the soul is not sufficient to cause death in the patient, however extended absence of the soul will result in the body of the patient gradually starting to decay, similar to the loss of circulation of the corporeal aethers, and restoration of the soul to the body is the only way to fully prevent eventual death of the patient.

It's useful to remember that the soul is also able to function and continue to exist outside of the body if conditions are met without ill effects, but that the two must remain connected so long as this happens. Severing of the link between the two is likely to end poorly, with immediate death of the body and an eventual return of the soul to the lifestream likely to result. It is possible for a soul to continue wandering the living world as restless dead, but the conditions for such exceed the scope of this particular document.

# Fundamental Healing

While the name of a given healing spell may differ depending on the school of magic it is pulled from, most schools of healing magic have spells which are roughly analogous to one another due to the meeting the same needs just through different means. Furthermore, most healing classes have multiple spells which do roughly the same kind of healing, just with independent cooldown timers between them, and so for this section we will be generally categorizing spells by their effects, rather than looking at individual examples. While some spells, such as some sage skills, may have additional effects, we'll be primarily focused on the primary healing effects of the spells on targets and how they function.

It's important to remember that while we will be referencing many job and class abilities in this section, as with most roleplay topics, these spells are not the beat all end all as far as what can be done within roleplay goes, and rather, they serve as a guide from which to start and from which can be expanded on with relative ease.

The categories of spell we will be discussing are Instant healing spells, (such as Cure, Physick, Benefic, and Diagnosis), Healing over time, or "Regeneration" spells, (such as Regen, Whispering Dawn, Aspected Benefic, and Physis,) Cleansing Abilities, (such as Esuna, Leeches, Fey Caress, Exalted Detriment,) and "Resurrection" spells, (Such as Raise, Resurrection, Ascend, and Egeiro) as well as Wards and other barrier magics which are utilized by healers later in this section.

While each school of magic approaches handling and utilization of aether differently, it's important to remember that at its core, the magic is still going to function on the target in the same way, and so what applies to one spell of a type is going to apply to all spells of its type in that same category. If something won't work for Cure, it's not going to work for Physick, Benefic, OR Diagnosis, and if something DOES work for something like Aspected Benefic, it'll probably work on Whispering Dawn Regen and Physis just fine.

It's also important to remember that while many skills and spells are being referenced in these sections, they are once again not the only options which can do these things, nor are they even the full list just from what's available to us in the game, so do keep in mind the properties of the categories in question to determine which category given magic falls into on your own.

## Restorative Healing

As the starting point for all healing magic, Restorative Healing spells are the most fundamental and arguably simple kind of healing magic in use in Eithyrs today. Utilizing a singular burst of aether to stimulate the healing process in a patient, Instant healing magic does almost exactly what one would expect, causing rapid healing of wounds through stimulation of the healing process using one's own aether to replenish a target's lifeforce and bolster their body's healing process.

Typically utilizing a single burst of healing magics all in one shot, instant healing spells take and utilize the entire lump sum all at one time. This makes Instant healing magic more effective for healing serious wounds and injuries that would take too long for regenerative magics to treat, but simultaneously this makes Instant Healing dangerous to those who're susceptible to oversaturation of aether or similar conditions, due to the quantity of aether involved.

## Regeneration magic

Similar to Instant healing magic, Regeneration magic utilizes aether to supplement the healing process in a patient, however unlike instant healing, Regeneration Magic distributes the aether used in the magic over time to the patient, supplementing the recovery process at an overall slower rate than instant magic does, but resulting in more health restored overall by the end of the spell's duration on average.

Due to this drip-feed type of aetheric distribution, Regeneration Magic is likely safer to use on those who're aetherically sensitive or susceptible to oversaturation or similar conditions, and is better for a patient in the long-term in regards to the quality of the healing process as compared to instant healing magic. However, Regeneration magic is healing over time, meaning that if a patient's health is deteriorating quickly, regeneration magic may not be able to outpace the loss of vitality, and instant healing may be necessary instead.

## Cleansing Spells

Unlike Instant healing spells and Regeneration spells, Cleansing spells don't do anything to mend wounds or recover from fatigue. Rather, Cleansing spells, more prominently Esuna but also including spells such as Leeches, exalted detriment, and Fey Caress, remove aetherically based abnormalities from the target, cleansing them of debuffs such as slow, poison, or even Doom.

It's important to understand that while Cleansing magic can remove many maladies and ailments, they only work on debuffs which are aetherically induced, and do nothing at all for physical inhibition. Being stung by a wasp may cause a poison effect in a patient, but whether Esuna will work on it or not is determined by whether or not the wasp physically poisoned their victim, or merely caused an aetheric imbalance with their own aether during the sting. The latter can be Esuna'd away, while the former cannot.

## Resurrection magic

While referred to as Resurrection magic, and including spells such as Raise, Arise, Egeiro and Resurrection, Resurrection magic is not, in fact, actually reviving the dead in any capacity. Rather, Resurrection magic is termed such due to it, by appearances, restoring fallen comrades to health and fighting condition.

In reality, the actual nature of Resurrection magic seems to be a rare case of being more of a gameplay convention than an actual canonical spell in use by the average mage<sup>16</sup>. Due to limited reference to the spell in any quests or other lore references however, much of the nature of the magic in question, while certainly existing in the world, is up for extensive speculation and may be subject to change in the event that further information is disclosed in canonical sources in the future.

## Speculation on Resurrection magics

The following statements are Primarily speculation based on our understanding of resurrection magic, body enhancement magic, and healing magic on a whole.

If we assume, (based on conclusions drawn from the effect aetheric strengthening has on bone and tissues) that incapacitation in battle stems from the total expenditure of a person's corporeal aether, rather than from being actually injured to the point of being on the verge of death, it's highly likely that Resurrection magic functions based on two effects.

First, it's highly likely that Resurrection Magic gives a sort of "Booster shot" to the target's corporeal aether, giving them enough to resume strengthening and protecting their body against external attack long enough to restore their own aetheric reserves.

Secondly, the other apparent effect of Resurrection magic is a sort of "Stimulant" effect, reawakening the unconscious and getting them back into a state where they're able to effectively fight again from that unconscious state immediately.

These conclusions are primarily based on the understanding that incapacitation during combat is simple loss of consciousness without permanent injury involved in most cases, evidenced by respawning at aetherytes after passing out during combat being canonical within the setting,<sup>17</sup> which implies that through some means or another, the avoidance of serious permanent injury is typically achieved during combat. This idea will be elaborated on further later in the document.

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<sup>16</sup> E-Sumi-Yan: *"It is a rare and wondrous talent to heal without relying on the energies of nature. But such power is not born of true conjury. By all that we know of the art, it should not be possible for Sylphie to cast Raise. I shudder to think what would happen if she tried."* - In reference to Sylphie casting Raise without using ambient aether to fuel the spell.

<sup>17</sup> Nicia: *"Normally, when one's body is reduced to aether, it will naturally gravitate to the location with which it resonates the greatest - or one's 'home point.' This is why upon losing consciousness in battle, many wake to find themselves back at an aetheryte. In other words, aetheryte act as lodestones, assuring that the body, in its aetherial form, is not lost to the pull of the greater flow."* Gridania Aetheryte plaza, "What is Aetheryte?" dialogue

## Wards, Shields, and Barriers

While not strictly healing magic, Wards, including shields and other forms of barrier magic, are typically lumped under the same umbrella due to the use of shields in many Scholar and Sage related spells, as well as being present in some forms of Astrologian magic. Preventative rather than restorative, these magics are usually used to prevent injury from occurring in the first place, but they warrant discussion anyway due to the nature of the magic, and the implications they carry.

Typically utilizing aether to physically obstruct or dampen the impact of magic and physical attacks, Warding magic is by and large considered the realm of mages like sages and scholars who's aether supply is drawn from internally, unlike those like astrologian and conjurer who largely draw from external sources, disciplines where preventing the injury from occurring to begin with is easier than healing the injury after the fact.

It's important to remember however that while barrier magic can be seen to be the Scholar and Sage's bread and butter, they're far from the only classes which has spells that create barriers, with skills like Collective Unconscious, Stoneskin, Protect, MANY tank skills like Cover, and many many more all counting as barriers. Even Samurai have a skill which creates a short-term shield around them.

Typically, spells create a barrier through one of a variety of methods in order to inhibit or dampen the physical or aetheric impact of attacks on the target of said barrier or ward, ranging from using heavily umbral polarized aether to actually slow the movement of aether in the case of magics, or through layering aether such as earth or wind around the target to dampen the physical force, such as is seen with spells like Stoneskin or Adloquium respectively, though these are far from the only ways a barrier can be achieved.

It's important to remember that wards are going to be partially dependent in terms of longevity by how much aether is put into them, with short-term spells like Adloquium pouring out a lump sum of aether into the barrier which it exists off of before fading entirely due to lack of aether, while other barriers, like those designed by Allag utilize a steady supply of aether to maintain the barrier indefinitely, typically resulting in sturdier barriers as a result. This is a concept typically seen in use in regards to Architectural arcanima as well, which utilized barriers and shields to create solid structures out of just aether for traversal by people<sup>18</sup>.

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<sup>18</sup> The Lost City of Amdapor, Great Gubal Library, and Noumenon, as well as other locations all exhibit "hard light" bridges, staircases, and other "solid" structures created from pure aether. These are, for all intents and purposes, little different from shields, leading to the logical leap that they are likely able to trace their origin back to Arcanima, which has been shown to function without needing the caster's conscious efforts or influence beyond setting the magic off.

## How Aetheric Healing works

As has been mentioned elsewhere in the document, Aetheric healing functions by stimulating the natural healing process of cells via aether and accelerating the recovery process accordingly. This process is limited by the body's ability to heal an injury in the first place, and is from the descriptions we get, for all intents and purposes a natural process just on an accelerated timescale.<sup>19</sup>

Wounds and injuries which will not heal naturally are unable to be properly healed through regular healing magic, indicating that the limit of aetheric healing is the limit of traditional healing without other forms of treatment. If tissue will not regrow through mundane means, it won't regrow with average healing magic either, necessitating the treatment of some injuries and ailments via mundane methods such as alchemical treatments or surgical treatments such as sutures or Amputation.

Aetheric Healing is stated to function based on replenishing the target's lifeforce, which has been explained in Endwalker<sup>20</sup> as simply being one's corporeal aether, and this suggests 2 things in relation to the additional information we have on how the body utilizes aether in combat.

- Because Sutures are specifically cited as a treatment for wounds which cannot be treated via aetheric healing, there is an implication that cuts, puncture wounds, and similar injuries which one would typically expect from combat would not be able to be sufficiently treated by a healer in combat without having to stop and stitch up the worst wounds.
- Because we know that it's possible to enhance and protect one's body with aether without actually using magic<sup>21</sup> It's reasonable to assume that some level of passive enhancement is taking place with most adventurers during combat, at least to protect themselves. This may explain the lack of such "deep" wounds the previous point refers to despite seeing several instances where characters are struck in ways that would inflict said wounds without actually receiving them, yet in others we see characters seriously injured or even killed by attacks.

If we assume the two above points to be true, then we can further assume that in many scenarios, healing magic as used by adventurers in dungeons, raids, cutscenes, quests, or other "field healing" scenarios is being used to, as stated in the 4gamer Oda-san interview cited earlier in this section, replenish the target's lifeforce or Corporeal Aether, which would naturally be expended during fights as attacks are received. This potentially means that the Health Points, or HP that is normally referred to as a game mechanic is actually a measure of the corporeal aether of a character.

This assumption further extends to other implications of the HP bar measuring corporeal aether. In scenarios where an individual expends all of their corporeal aether reserves, it's a known fact that they collapse, unable to move and often passing out wholesale until their aether is restored, a state which is functionally identical to the knocked out state that players fall into

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<sup>19</sup> Oda: *"There are various schools of healing magic, such as white magic, and conjury. But all are methods of "healing" and purification by redirecting aether to replenish life force and bolster the target's natural healing capabilities."* - [4gamer Oda-san Interview 2021](#)

<sup>20</sup> Cutscene 1, Level 82 Main Story Quest "Sound the bell, School's in." Endwalker

<sup>21</sup> Level 30, 40, and 50 Monk job quests, A Realm Reborn.

when their HP reaches zero. This would further imply that spells such as raise or Resurrection don't actually raise the dead, but rather restore and awaken adventurers who had run out of corporeal aether, allowing them to rejoin the fight since no further injuries had been incurred.

#### Where the line is drawn

While we know that Aetheric healing is able to treat some injuries all on its own, and is able to keep a person in fighting shape almost indefinitely if applied right, there are limitations on what Aetheric Healing can actually do. Please be aware that these are largely speculative.

1. Aetheric Healing cannot replace, restore, Regenerate, or otherwise recreate tissues and fluids which were lost. Bleed out too long and you'll still be anemic after Benediction.
2. Aetheric Healing likely causes cellular reproduction in the affected area, using the target's aetheric reserves as fuel, resulting in the accelerated healing process. This would likely also mean using any stored calories in the cellular reproduction process.
3. Healers cannot heal indefinitely, and healing eventually becomes less effective as it continues. This may be due to the rapid cellular reproduction causing cell death to occur due to essentially accelerating the life of the cell for the reproduction involved in the healing process. The healing process will also expend the life force of the healer as well, requiring healers stop or suffer side effects.
4. While the side effects of a healer expending their life force in healing aren't explicitly written out anywhere, it can be inferred that these would be standard "ran out of aether" symptoms due to having already established that "Life force" is likely corporeal aether. These would range from fatigue and weakness to total dispersal of the corporeal aether, depending on how overextended the healer becomes in the process before stopping.
5. As we've established that wounds that wouldn't heal naturally can't be healed with magic, and that lost tissues, bones, fluids and similar cannot be replaced with aetheric healing under normal circumstances, we can further infer that loss of a limb cannot be reversed with magic alone either. If the limb can be reattached surgically, aetheric healing may be able to accelerate recovery or improve the chances of restoration of function, but this is heavily situational and contingent on the method the limb was lost through and how the timeframe following the loss was managed. The faster the limb is reattached, the higher the chances of success, and the cleaner the cut on the limb being severed, the more likely it will be successful to replace it. While an arm cut off by a sword is likely a lost cause, it's not impossible something like an allagan laser could potentially sever one cleanly enough to be reattached.
6. Contrary to the points thus far covered, it has been stated in an interview [cite ??? (I know it's out there, just not where yet.)] that it's possible to regrow lost tissues, limbs, etc, technically speaking, but that the required level of focus is so obscenely high that practically speaking it cannot be done by healers.
7. Aetheric Healing cannot treat all kinds of diseases, injuries, or so on, though it may be able to treat symptoms. By and large, it seems suggested that "physical" and "mundane" conditions and debuffs, such as disease, consumed poisons, injected venoms, etcetera, are unable to be treated by aetheric means, but aetherically inflicted ones, such as bad breath, paralysis or petrification, or so on, are able to be treated with magic of a suitable type.