



HEALER / SHAMAN

RESTORATION SHAMAN

Black Temple + Hyjal Carrier Handbook

PHASE 3

8 / 0 / 53 ELEMENTAL WARDING

4P T6 CHAIN HEAL

Draenei + Troll race verdicts - spell ranks - haste math - totem maps - visual BiS
gear and consume icons - mana timeline - every Hyjal and Black Temple assignment

TBC Anniversary - live-guide research through 22 July 2026

Talent, ability, item and consumable art resolved from TBC Wowhead IDs.

01 / COMMAND CARD

The 60-second raid healer setup

Lock the assignment, totems, ranks and mana plan before the pull.

Definitive spec 8/0/53 Elemental Warding. It keeps the full Restoration throughput core and adds 10% Fire/Frost/Nature damage reduction.	Carrier identity Chain Heal is the raid engine, but your value also includes Earth Shield, armor-proc uptime, interrupts, cleansing and correct party totems.
 <u>Earth Shield - 1/1</u> Pre-pull on the assigned tank; track charges.	 <u>Water Shield</u> Zero-cost passive mana; never leave it missing.
 <u>Chain Heal - Rank 5</u> Rank 1 / 3 / 5 are separate tools.	 <u>Healing Wave - Rank 12</u> Rank 7 efficiency; Rank 12 or NS for danger.
 <u>Mana Tide Totem - 1/1</u> Party-only. Drop early enough to gain a second use.	 <u>Bloodlust</u> Anniversary: raid-wide with Sated/Exhaustion.
 <u>Tremor Totem</u> Place before fear; do not react after the cast.	 <u>Earth Shock - Rank 1</u> Rank 1 focus interrupt; healing does not excuse misses.

Assignment	Tank/raid lane and Earth Shield owner are named.	Two healers chasing one target while another dies.
Totems	Party type and encounter overrides are written.	Wrong air/water totem or out-of-range buffs.
Ranks	CH 1/3/5, HW 7/12 and LHW 5/7 are bound.	Max-rank spam ending the fight out of mana.
Mana	Potion, rune and Mana Tide timestamps are planned.	Holding consumables until they cannot create an extra cast.
UI	Earth/Water Shield, totem range and debuffs are visible.	Manual memory replacing reliable tracking.

Carrier rule The strongest Shaman is not the highest raw-HPS Shaman. It is the one who preserves the assigned players, keeps group utility live, and still has mana during the final lethal window.
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02 / RACE, ACCESS AND PROFESSIONS

Faction choice and raid readiness

Alliance has one Shaman race; Horde has a clear PvE throughput winner.

Alliance - Draenei Gift of the Naaru is a free auxiliary heal. Inspiring Presence supports a caster group. Draenei is the only Alliance Shaman race.	Horde - Troll Berserking is the best PvE healing racial: use it during planned Chain Heal pressure or after safe health loss. Orc is second; Tauren is a survival/utility alternative.
 Gift of the Naaru Free Holy-school heal; useful while conserving Nature casts.	 Inspiring Presence Party spell-hit utility, not a personal healing multiplier.
 Berserking 10-30% haste based on missing health; plan the window.	 War Stomp Tauren emergency control, not a throughput racial.

Access and reputation checklist

Reputation	Notes	Notes
Aldor / Scryer	Aldor preferred by a small margin	Greater Inscription of Faith is slightly stronger; cost can decide.
Honor Hold / Thrallmar	Revered	Arcanum of Renewal for the helm.
The Scale of the Sands	Exalted	Band of the Eternal Restorer and epic gem access.
Hyjal / Black Temple	Verified entrance + roster	Anniversary attunement rules can change; confirm live access.
Mother Shahraz	Shadow-resistance package ready	Do not destroy the main healing set until the raid's resistance target is met.

Profession verdict

Route	Assessment	Notes
Leatherworking + Enchanting	Your party still needs a reliable drummer.	Drums plus two healing ring enchants; best stable raid package.
Enchanting + Engineering	Drums are covered by a reliable party member.	Ring throughput plus bombs/sappers for Hyjal tempo and utility.
Enchanting + Alchemy	You value sustain and lower weekly consume cost.	Strong economy; future Alchemist Stone options, but less immediate raid utility.

Race verdict

Alliance: Draenei. Horde: Troll. Neither choice replaces assignment discipline; Berserking only matters if it is paired with a real incoming-damage window.

03 / TALENT ARCHITECTURE

8 / 0 / 53 Elemental Warding

The definitive Phase 3 carrier build: full healing engine plus broad magical damage reduction.

Elemental - 8 points

 Convection - 5/5 The required tier-one bridge; it does not reduce healing costs.	 Elemental Warding - 3/3 10% less Fire, Frost and Nature damage - high value across both raids.
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Restoration - 53 points

 Improved Healing Wave - 5/5	 Tidal Focus - 5/5	 Ancestral Healing - 3/3
 Totemic Focus - 5/5	 Healing Focus - 5/5	 Totemic Mastery - 1/1
 Healing Grace - 3/3	 Restorative Totems - 5/5	 Tidal Mastery - 5/5
 Healing Way - 3/3	 Nature's Swifttness - 1/1	 Purification - 5/5
 Mana Tide Totem - 1/1	 Nature's Blessing - 3/3	 Improved Chain Heal - 2/2
 Earth Shield - 1/1		

Exact calculator
[Open the 8/0/53 talent calculator](#). The encoded allocation is the authority; do not improvise points from a screenshot.

What is deliberately absent
Nature's Guidance, Focused Mind and Nature's Guardian receive no points. Healing Way and Healing Grace stay complete because the carrier must support tank-healing pivots and control threat on dense Hyjal waves.

04 / TALENT ENGINE

Why this build survives Phase 3

The talents form a single system: efficient casts, stronger jumps, safer movement and fewer deaths.

 Elemental Warding - 3/3 Reduces common elemental raid damage before a heal is needed.	 Healing Focus - 5/5 Pushback protection preserves the cast that prevents the death.
 Healing Grace - 3/3 15% less healing threat; valuable on Hyjal wave pickups.	 Ancestral Healing - 3/3 Critical heals raise the target's armor by 25% for 15 seconds.
 Nature's Blessing - 3/3 30% of Intellect becomes healing and spell damage.	 Improved Chain Heal - 2/2 20% more Chain Heal throughput before Tier 6 bonuses.

Link	What happens	Carrier consequence
Tidal Focus -> ranks	All healing spells cost 5% less.	Downranking compounds the saving instead of replacing it.
Tidal Mastery -> Ancestral	+5% healing crit feeds armor uptime.	Prioritize likely tank hits when refreshing the armor proc.
Healing Way -> HW	Healing Wave stacks +6% per application, up to 18%.	Build it only when you actually own a tank-heal lane.
NS -> HW 12	The next Nature spell becomes instant.	Reserve it for lethal rescue, not routine meter padding.
2pT6 -> 4pT6	Chain Heal costs 10% less, then heals 5% more.	The set changes both endurance and throughput; obtain it quickly.

Roster-only alternative - 0/12/49 Use the Enhancing Totems build only when the raid lacks an Enhancement Shaman and explicitly assigns the Restoration Shaman to a physical group. It trades personal resilience and healing points for stronger melee/Hunter totems.	Do not default to the alternative Anniversary Bloodlust is raid-wide, but ordinary totems remain party-position tools. That makes correct group assignment important; it does not make every Restoration Shaman the Enhancement replacement.
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Spec lock

For a boost carrier expected to survive mistakes and cover unpredictable damage, 8/0/53 is the default. Respec only from a written roster need.

05 / STATS AND HASTE

Build two healing states, not one score

Throughput and regeneration are both correct when they match the assignment and kill time.

Item	Throughput state	Regeneration state	Notes
Bonus healing	Universal throughput; strongest simple baseline.	Short, lethal windows and efficient downrank use.	Overhealing turns paper healing into zero value.
MP5	Reliable mana while casting.	Long progression kills, weak Shadow Priest support.	Stockpiling mana after the boss dies.
Intellect	Mana, crit and 30% conversion via Nature's Blessing.	General-purpose carrier sets and Mana Tide scaling.	Treating it as pure regen without encounter context.
Spell haste	Faster CH/HW and lower GCD toward 1.0 sec.	Reactive raid healing and predictable burst sequences.	Casting faster than incoming damage and creating overheal/OOM.
Healing crit	Throughput plus Ancestral Healing uptime.	Physical tank pressure and Fel Rage coverage.	Chasing crit while losing too much healing or MP5.
Stamina / resistance	A dead healer has zero throughput.	Mother Shahraz and progression survival.	Copying a tank resistance target without raid instruction.

Haste math at level 70

Formula
Haste percent = rating / 15.77. New cast time = base cast / (1 + haste%). Chain Heal and talented Healing Wave begin at 2.5 seconds; Lesser Healing Wave begins at 1.5 seconds.

Haste rating	Approx. haste	2.5 sec CH/HW	1.5 sec LH/W/GCD
0	0.0%	2.50 sec	1.50 sec
80	5.1%	2.38 sec	1.43 sec
150	9.5%	2.28 sec	1.37 sec
225	14.3%	2.19 sec	1.31 sec
315	20.0%	2.08 sec	1.25 sec

Throughput state
4pT6, haste cloak/rings, healing gems, on-use trinket. Use when the raid creates real continuous injury and kill time supports faster casting.

Regeneration state
MP5/intellect rings, Insightful meta, regen trinket choices and conservative ranks. Use when late-fight mana is the failure condition.

No universal haste cap
Haste remains useful, but its practical value is bounded by mana, the 1.0-second GCD floor, target availability and movement. Save complete equipment sets and compare them in logs, not as isolated item scores.

06 / SPELL RANKS AND TRIAGE

Every rank needs a job

Downranking is deliberate resource control, not a license to cast weak heals into lethal damage.

 Chain Heal - Rank 5 R1 efficiency / proc fishing; R3 balance; R5 maximum raid throughput.	 Healing Wave - Rank 12 R1 builds Healing Way cheaply; R7 efficient tank heal; R12 burst/NS.
 Lesser Healing Wave - Rank 7 R5 controlled spot heal; R7 emergency fast heal.	 Earth Shield - 1/1 Snapshot on the tank; refresh by charges/expiration, not panic.
 Water Shield 50 MP5 at top rank plus charge returns when attacked.	 Nature's Swiftress - 1/1 Combine with maximum Healing Wave for an instant rescue.

Observed damage	Primary response	Follow-up
Three injured, stacked	Chain Heal R3 or R5 on the most reliable first target.	Cancel/retarget if the first target will be topped before landing.
Tank stable, light raid chip	Chain Heal R1/R3 or wait briefly.	Preserve mana; do not manufacture overhealing.
Tank falling, cast window safe	Healing Wave R12; R7 if the deficit is controlled.	Maintain Healing Way stacks only if assigned.
Player will die inside 1.5 sec	NS + HW12, or LHW7 if NS is unavailable.	Re-establish assignment after the rescue.
Movement begins	Pre-cast, use Earth Shield/Water Shield/totem refresh before moving.	Stop at the earliest safe point and resume meaningful casts.

Cast discipline

Do	Don't
Bind ranks separately; never scroll a rank menu during combat.	The decision must take less than one global.
Cancel a heal that has become pure overheal unless the next hit is certain.	Canceled mana is better than logged overheal.
Do not chain-cast max rank just because Mana Tide is available.	Mana Tide rewards a plan; it does not fix uncontrolled spell selection.
Pre-position for bounce geometry before damage begins.	Chain Heal cannot repair a spread raid from the wrong anchor.

Triage order

Prevent the imminent death, preserve the assigned tank or lane, cover predictable raid damage, then optimize HPS. A carrier does not abandon the assignment to chase an injured but already-covered target.

07 / CHAIN HEAL ENGINE

Choose the first target for all three heals

Chain Heal is strongest when the first landing is useful and the next two jumps have somewhere to go.

Bounce model
Rank 5 is the maximum-throughput cast. Each jump heals for less than the previous one and follows nearby eligible allies. The carrier controls quality through positioning, first-target choice and timing - not by blindly targeting the lowest health bar.

Scenario	Targeting	Notes
Tank plus nearby melee damage	Tank or the most injured melee beside the tank.	All three landings are likely to be useful; armor-proc value is high.
Stacked ranged group	Central injured player with two valid neighbors.	Reduces the chance that a bounce finds a pet or already-topped target.
Hyjal wave splash	Stable high-health melee target just before the hit.	A pre-cast can land as the pack damage arrives.
Spread mechanic	Do not force Chain Heal.	Use LHW/HW, reposition, or let another healer cover the isolated target.
One injured target only	Usually HW/LHW or wait.	Paying for three heals to get one useful landing is poor mana conversion.

The pre-cast decision loop

Decision Point	Question	Action
Before cast	Will three players be injured at landing time?	Choose rank and first target.
Mid-cast	Did another healer remove the deficit?	Cancel or retarget if the cast became waste.
Landing	Were all bounces useful?	Note geometry; move the anchor next cast.
After landing	Is the next damage inside one cast time?	Continue, downrank or stop casting.



[Totem of Healing Rains](#)
Mandatory CH relic.



[Skyshatter Helmet](#)
4-piece component.



[Skyshatter Shoulderpads](#)
4-piece component.



[Skyshatter Chestguard](#)
4-piece component.



[Skyshatter Leggings](#)
4-piece component.



[Berserking](#)
Burst-cast window.

Log target
Track Chain Heal rank mix, effective healing per cast, average targets hit, overhealing by rank and casts canceled. Raw casts per minute without target quality is not a performance score.

08 / SHIELDS, ARMOR PROC AND RESCUE

Protect the target before the emergency

Earth Shield and Ancestral Healing convert anticipation into healing and mitigation.

 Earth Shield - 1/1 Assign one owner. Snapshot after throughput procs if the encounter permits.	 Water Shield Keep active on yourself; the two shields cannot occupy the same player slot because Earth Shield is cast on another target.
 Ancestral Healing - 3/3 A critical direct heal grants 25% more armor for 15 seconds.	 Healing Way - 3/3 HW can build three +6% stacks on one target for 15 seconds.
 Nature's Swiftress - 1/1 Instant Nature cast; default pairing is maximum-rank Healing Wave.	 Reincarnation Last-resort recovery. Reincarnating into an unrecoverable wipe only adds repair cost.

Proc	When to use	Do not
Earth Shield	Pre-pull tank, Fel Rage target, or a written encounter assignment.	Overwrite another Shaman's stronger shield or refresh after every charge.
Ancestral Healing	Land crit-capable heals on the physical-damage tank before/between heavy swings.	Snipe harmless damage solely to chase proc uptime.
Healing Way	Build with low-rank HW before sustained assigned tank healing.	Spend globals maintaining stacks when another healer owns the tank.
NS + HW12	Rescue a target whose death occurs before a normal cast completes.	Use as a routine throughput button into safe damage.
Reincarnation	Return only when the raid can stabilize and your position is safe.	Stand immediately into persistent ground damage or a called wipe.

Emergency sequence

0.0 sec	Stop the current low-value cast and identify the lethal target.
0.1 sec	NS + HW12 if the target cannot survive 1.5 seconds; otherwise LHW7/HW12.
1.5 sec	Restore Earth Shield or the assigned healing pattern only after the death is prevented.
Next safe global	Refresh Water Shield/totems only if they will not displace another necessary heal.

Snapshot discipline

Earth Shield inherits the caster's healing and crit state when applied in the original TBC ruleset. If using a trinket snapshot, do it only when it does not delay the pull or waste the on-use during an immediate damage window.

09 / TOTEM ASSIGNMENTS

Write the four-totem loadout

Totems are party tools. The correct set depends on who is standing in your group and what the boss casts.

 Mana Spring Totem Default caster/healer water.	 Wrath of Air Totem Default caster/healer air.	 Windfury Totem Warrior/Rogue physical air.
 Grace of Air Totem Hunter/Feral physical air.	 Tremor Totem Fear encounter earth.	 Grounding Totem Planned spell interception.
 Poison Cleansing Totem Pulse poison removal.	 Disease Cleansing Totem Pulse disease removal.	 Stoneskin Totem Physical-damage earth default.
 Earthbind Totem Hyjal slow/control utility.	 Totemic Call Recall and refund after movement.	 Mana Tide Totem - 1/1 Party mana cooldown, 5 min.

Role	Group	Utility	Mana Spring	Wrath of Air
Healer / caster	Stoneskin or Tremor	Searing / encounter utility	Mana Spring	Wrath of Air
Warrior / Rogue	Strength or Tremor	Searing	Mana Spring / cleansing	Windfury
Hunter / Feral	Strength or Tremor	Searing	Mana Spring / cleansing	Grace of Air
Resistance assignment	Encounter earth	Encounter fire	Fire/Nature resistance or cleanse	Nature resistance / Grounding

Anniversary Bloodlust rule

Raid-wide haste
Heroism/Bloodlust now affects the raid and applies a 10-minute Sated/Exhaustion debuff that resets on boss kill or wipe. Shaman swapping for repeated lusts is not the plan.

Party utility still matters
Totems and Mana Tide remain placement/party decisions. A Restoration Shaman can still be assigned to a physical group even though the haste cooldown is raid-wide.

Totem carrier rule

Place Tremor before the fear, Grounding before the interceptable spell, and cleansing totems before repeated debuffs. A reactive totem that pulses after the death is not utility.

10 / MANA ENGINE

Spend mana on the kill, not the first minute

The goal is not to finish full. It is to create maximum effective healing in every lethal window.

 Water Shield 50 MP5 plus charge returns; zero mana to refresh.	 Mana Spring Totem Talented party regeneration; keep the group in range.
 Mana Tide Totem - 1/1 Four 6% ticks over 12 seconds; drop before anyone caps or moves out.	 Super Mana Potion Use early enough for a second potion if fight length permits.
 Dark Rune Separate cooldown from potion; watch the self-damage.	 Elixir of Draenic Wisdom Intellect/spirit guardian option for long fights.
 Memento of Tyrande Strong passive healing with a mana-oriented proc profile.	 Insightful Earthstorm Diamond Cast-volume mana proc; requires two gems of each color.

Fight clock	Mana action	Healing action
Pre-pull	Water Shield, full drink, totems placed only when they will persist.	Earth Shield and pre-cast assignment ready.
0:45-1:15	First potion if the fight supports a second and no special potion is reserved.	Use the correct rank; do not wait for low mana.
~70% party mana	Mana Tide where all intended party members remain in range for 12 sec.	Continue efficient coverage; do not stop healing just to admire the ticks.
After potion	Dark/Demonic Rune once self-damage is safe and the mana is not wasted.	Pair the health cost with existing raid-heal coverage.
Final burn	Convert remaining mana into the strongest useful ranks.	Do not die with cooldowns, potions and a full blue bar.

Mana failure diagnosis

Symptom	likely cause	Correction
OOM early with high overheal	Max-rank spam / wrong first targets.	Downrank, cancel, improve Chain Heal geometry.
OOM despite low overheal	Assignment too broad or gear too throughput-heavy.	Clarify lane; equip MP5/intellect state.
Finish above 35% mana on wipes	Under-casting or consumables held too long.	Raise ranks during lethal windows; move potion earlier.
Mana Tide low value	Dropped too late, party capped or moved.	Schedule a safe stationary party window.

Potion planning

A potion used at 5% mana is often one potion too late. Write the first legal timestamp from the expected kill time, then reserve only when an encounter requires a protection or special-purpose potion.

11 / PHASE 3 VISUAL BIS

The 4-piece Skyshatter endpoint

This board shows the default Chain Heal throughput set. Save separate regen and resistance packages.

 Skyshatter Helmet Archimonde - Protector token	 Nadina's Pendant of Purity Mother Shahrz	 Skyshatter Shoulderpad Mother - Protector token
 Shroud of the Highborne Illidan	 Skyshatter Chestguard Illidan - Protector token	 Living Earth Bindings Crafted; mail safety + strong stats
 Botanist's Gloves of Growth Teron Gorefiend off-piece	 Naturalist's Preserving Cinch Supremus; equal alternatives exist	 Skyshatter Leggings Illidari Council - Protector token
 Boots of the Divine Light Hyjal trash	 Blessed Band of Karabor BT trash; non-unique	 Band of the Eternal Restorer Scale of Sands Exalted
 Memento of Tyrande Illidan	 Essence of the Martyr 41 Badges of Justice	 Crystal Spire of Karabor Illidan; ultimate Phase 3 main hand
 Bastion of Light Anetheron; Felstone is the crit swap	 Totem of Healing Rains Karazhan; remains the Chain Heal relic	

Why gloves are the off-piece

Botanist's Gloves of Growth are much stronger individually than Skyshatter Gloves. Use helm, shoulders, chest and legs for 4pT6, then take the Teron gloves when available.

BiS is an endpoint, not a loot order

Tier bonuses, raid survival and replacing the weakest current slot matter more than copying a finished list. Do not take a tiny haste sidegrade over another healer's transformative item without a loot plan.

12 / EQUIPMENT PACKAGES

Save complete sets before entering the raid

A carrier swaps packages by encounter failure condition, not by item level.

Package	Items	Notes
4pT6 throughput	Helm / shoulders / chest / legs, haste cloak/ring, Botanist gloves.	Stacked raid damage, Bloodboil, late Reliquary, Council.
Long-fight regen	Eternal Restorer + Calming Waves, Insightful meta, MP5 alternatives.	Progression kills, weak mana support, Kaz'rogal planning.
Tank / armor-proc	Crit shield/ring swaps, Healing Way access, Healing Wave relic.	Fel Rage, Illidan tank lane, assigned single-target pressure.
Mother resistance	Guild-defined shadow-resistance total while preserving 4pT6 if possible.	Fatal Attraction survival and beam pressure.
Hyjal movement	Stamina, speed enchant and low-competition durable mail swaps.	Wave repositioning, pickup threat, repeated ground effects.

Tier 6 token order

Priority	Token	Reason
1	Helm or shoulders	Strong pieces and early progress toward 2pT6.
2	Legs	Strong stats; often completes the second or third piece.
3	Chest	Late Illidan drop, normally completes 4pT6 endpoint.
4	Gloves	Use only as a bridge; Botanist's is the preferred off-piece.

 Blessed Band of Karabor Fast-cast throughput; two can be equipped.	 Ring of Calming Waves MP5/crit alternative from Naj'entus.
 Band of the Eternal Restorer Reliable balanced reputation ring.	 Bastion of Light Socketable throughput shield.
 Felstone Bulwark Crit/Ancestral Healing alternative.	 Shroud of the Final Stand Accessible BT trash healing cloak / resistance-set candidate.

Loot council language

Ask for the item by package and assignment: 'This completes 4pT6 for raid healing' is meaningful. 'It is listed BiS' is not enough when several healers gain the same marginal upgrade.

13 / TIER, TRINKET AND RELIC SWAPS

The bonuses change the spell plan

Phase 3 gearing is not finished until the corresponding rank, trinket and relic behavior is updated.

Skyshatter 2-piece Chain Heal costs 10% less mana. This raises sustainable rank usage and makes long Chain Heal assignments materially easier.	Skyshatter 4-piece Chain Heal heals 5% more. The gain stacks with Improved Chain Heal and makes the set the Phase 3 raid-healing core.
Tier 5 bridge 4p Cataclysm can create a 0.5-second faster Healing Wave after a critical heal, once per minute. Keep the set only for a deliberate Healing Wave/tank package until 4pT6 is ready; do not break a functioning bonus for scattered T6 pieces.	

Trinket board

 Memento of Tyrande Default passive healing + mana proc.	 Essence of the Martyr On-use healing for scheduled burst.	 Scarab Brooch Raid absorb conversion; unique progression swap.
Predictable raid burst	Activate Essence before the first cast that lands inside the window.	
Long continuous fight	Memento remains a stable default; value every proc by remaining fight length.	
Many players take repeated damage	Scarab Brooch can outperform paper healing by converting heals into absorbs.	
No damage yet	Do not activate a throughput trinket just because it is off cooldown.	

Relic swap board

 Totem of Healing Rains Chain Heal - default raid relic.	 Totem of Spontaneous Regrowth Lesser Healing Wave assignment.	 Totem of the Plains Healing Wave assignment.
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Swap safely
Relic swaps trigger equipment rules and cannot be improvised mid-cast. Equip the assignment relic before combat or use a tested macro only when the encounter permits the swap.

14 / GEMS, ENCHANTS AND CRAFTING

Gem for the saved gear state

Throughput is the default; regeneration and haste are assignment-driven choices.

 Bracing Earthstorm Diamond Default throughput meta; more red than blue.	 Insightful Earthstorm Diamond Mana-proc alternative; 2 red / 2 yellow / 2 blue.	 Brilliant Crimson Spinel Phase 3 pure-healing endpoint.
 Brilliant Living Ruby Affordable pre-epic red.	 Quick Dawnstone Use when haste creates useful casts.	 Purified Nightseye Activates blue while preserving healing.

Enchant checklist

 Arcanum of Renewal Honor Hold / Thrallmar Revered.	 Greater Inscription of Faith Aldor Exalted; Scryer Oracle is close.
 Subtlety General PvE threat choice.	 Golden Spellthread Healing + stamina.
 Major Healing +81 healing weapon enchant.	 Boar's Speed Movement + stamina; carrier default.

	Default enchants
Chest	+6 all stats
Bracers	+30 healing
Gloves	+35 healing
Shield	+12 intellect
Rings	+20 healing each if Enchanter

Socket rule
Ignore a weak socket bonus unless it activates the chosen meta or creates the exact regen/haste state you need.
Re-gemming every item to match its color is not optimization.

15 / RAID CONSUMABLE INVENTORY

Pack for bosses, waves and wipes

The visual checklist covers the normal set plus encounter-specific overrides.

 Elixir of Healing Power Default battle elixir: +healing.	 Elixir of Draenic Wisdom Guardian: intellect/spirit.	 Elixir of Major Mageblood Guardian MP5 alternative.
 Flask of Distilled Wisdom Wipe-resistant long-fight mana pool.	 Expired Mana Oil Use only if the Anniversary item is active on your realm.	 Golden Fish Sticks +healing food.
 Super Mana Potion Primary combat potion.	 Dark Rune Separate mana cooldown; self-damage.	 Demonic Rune Farmable rune alternative.
 Purified Draenic Water Drink between Hyjal waves.	 Heavy Netherweave Bandage Self-recovery without healer mana.	 Drums of Battle Party haste when assigned drummer.
 Greater Shadow Protection Potion Mother / shadow-damage progression override.	 Master Healthstone Personal survival cooldown.	 Fel Blossom Pre-pull magic absorb when permitted.

Item	Suggested quantity for a progression night
Elixirs / flask	10-15 complete boss sets or one flask per two hours.
Mana potions	20+; more for Hyjal learning where waves consume time and mana.
Runes	10-15 with a health-cost plan.
Food / water	20 food buffs; 40+ high-level water for wave drinking.
Protection / utility	5-10 GSPP, Healthstones every attempt, bandages and assigned drums.

Consumable rule

Elixir of Healing Power plus Draenic Wisdom or Major Mageblood is the normal min-max package. Use a flask when repeated deaths would erase elixirs or when the larger mana pool is the progression need.

16 / MACROS AND UI

Make the correct cast physically easy

Every rank and emergency tool must be reachable without changing targets.

Mouseover Chain Heal	<pre>#showtooltip Chain Heal /cast [@mouseover,help,nodead][] Chain Heal(Rank 5)</pre>
Mouseover Healing Wave	<pre>#showtooltip Healing Wave /cast [@mouseover,help,nodead][] Healing Wave(Rank 12)</pre>
Nature's Swiftess rescue	<pre>#showtooltip Nature's Swiftess /stopcasting /cast Nature's Swiftess /cast [@mouseover,help,nodead][] Healing Wave(Rank 12)</pre>
Focus Earth Shield	<pre>#showtooltip Earth Shield /cast [@focus,help,nodead][@mouseover,help,nodead][] Earth Shield</pre>
Focus interrupt	<pre>#showtooltip Earth Shock /stopcasting /cast [@focus,harm,nodead][] Earth Shock(Rank 1)</pre>
Totem recall	<pre>#showtooltip Totemic Call /cast Totemic Call</pre>

UI checklist

Track	Required information
Raid frames	Incoming heals, aggro, range, poison, disease and encounter debuffs.
Shields	Earth Shield target/charges/duration and Water Shield uptime.
Totems	Remaining duration, element collision and group members in range.
Cooldowns	NS, Mana Tide, Bloodlust/Sated, trinkets, potion and rune.
Boss timers	Damage events early enough to pre-cast or place Tremor/Grounding.
Ranks	Visible rank on every healing bind; no ambiguous duplicate icons.

Recommended stack

Grid2/VuhDo or equivalent raid frames, Clique-style mouseover support, TotemTimers, WeakAuras, BigWigs/DBM, Details and Warcraft Logs. Configure fewer, trustworthy signals instead of covering the screen with alerts.

Macro warning

Test every macro on the Anniversary client. Spell rank syntax, focus behavior and local language can change what a copied macro resolves. A macro that compiles is not automatically a macro that targets correctly.

17 / HYJAL WAVES, WINTERCHILL AND ANETHERON

Win the waves; reach the boss with mana

Hyjal performance is movement, drink time, add control and threat discipline repeated thirty-two times.

Pre-position	Stand where Chain Heal can reach the tank/melee stack without pulling the next pack.
Totem line	Place totems after the final position is known; recall them before a major move.
Threat	Healing Grace helps, but do not pre-heal into uncollected abominations or necromancers.
Cleansing	Use Poison/Disease Cleansing Totem only when the wave applies the relevant debuff; Mana Spring otherwise.
Drinking	Begin the drink immediately after combat drops. Let another healer cover the final harmless target if assigned.
NPCs	Preserve raid members first; do not bankrupt mana padding friendly-NPC healing.

 Earthbind Totem Control planned add paths.	 Disease Cleansing Totem Abomination/disease override.	 Poison Cleansing Totem Poison wave override.
 Mana Spring Totem Default water totem.	 Totemic Call Refund before moving camps.	 Purified Draenic Water Drink the instant combat ends.

Rage Winterchill

Danger: Death and Decay punishes stationary casting; Ice Bolt can create urgent single-target damage; Frost Nova can disrupt movement.

Assignment: Spread enough to read mechanics, move immediately from Death and Decay, and use LHW/HW for isolated Ice Bolt danger. Chain Heal stacked melee/tanks when three targets are actually hurt.

Mana: Normal throughput package. Use a potion only if the kill time allows value; the next waves demand resources too.

Anetheron

Danger: Carrion Swarm applies a severe healing-received reduction; Inferno targets create a secondary tank/damage lane; Sleep removes players temporarily.

Assignment: Do not waste large heals into a heavily reduced target unless death is imminent. Cover the Infernal tank/nearby players, keep distance from other healers, and never stand in the Infernal's fire path.

Mana: Sustain fight. Downrank between Infernos; hold enough mana for overlapping Carrion Swarm, Infernal and tank pressure.

Wave-to-boss transition

Refresh Water Shield, food/elixirs and assigned totems before the boss reaches the camp. A late drink that leaves the opening tank heal uncovered is not mana optimization.

18 / HYJAL - KAZ'ROGAL TO ARCHIMONDE

Three bosses, three different healer failures

Kaz'rogal tests mana, Azgalar tests pre-casting and Archimonde tests survival discipline.

Kaz'rogal
Danger: Mark of Kaz'rogal drains mana and causes a lethal shadow explosion when a marked player reaches zero. War Stomp can interrupt casts.
Assignment: Stay separated enough that a low-mana explosion cannot chain deaths. Schedule Mana Tide early, potion early, and keep a rune ready only when its health cost is safe. Communicate if you approach zero.
Mana: Use the regeneration set. Efficient Chain Heal ranks beat panic max-rank spam; ending at zero is dangerous even if the healing meter is high.

Azgalar
Danger: Rain of Fire forces movement, Howl creates a silence window, and Doom guarantees a delayed death/summoned add on the selected target.
Assignment: Pre-cast just before Howl, move instantly from Rain, and keep the Doom lane stable without wasting irreplaceable cooldowns trying to prevent the scripted death. Respect Doomguard pickup threat.
Mana: Throughput/regen balance. Save enough mana for later overlaps; use Earth Shield on the assigned main or Doomguard tank.

Archimonde
Danger: Fear, Air Burst/fall damage, Doomfire, Grip of the Legion and Soul Charge from player deaths create cascading wipes.
Assignment: Place Tremor before each fear timer, carry and correctly use Tears of the Goddess, stay spread, move from Doomfire, and call for curse removal because Shaman cannot remove Grip. Heal survival, not risky meter targets.
Mana: Use a durable movement set. Mana is rarely the only failure: personal death or a missed fear response is more expensive than any theoretical throughput gain.

 Tremor Totem Pre-place for fear timers.	 Ghost Wolf Movement only when the cast trade is safe.	 Master Healthstone Personal save during overlaps.
 Fel Blossom Optional pre-pull magic absorb.	 Greater Shadow Protection Potion Optional progression shadow mitigation.	 Reincarnation Use only into a recoverable position.

Archimonde carrier metric
Zero avoidable deaths, every fear covered by a live Tremor plan, immediate Doomfire movement, and no Air Burst fall death. Healing throughput is evaluated only after those gates pass.

19 / BLACK TEMPLE - EARLY WING

Naj'entus through Teron Gorefiend

Early Black Temple alternates planned raid bursts with movement and execution checks.

High Warlord Naj'entus

Danger: Impaling Spine creates focused damage; breaking Tidal Shield causes a large predictable raid-wide hit.

Assignment: Top the raid before the shield break, pre-cast Chain Heal to land immediately after it, and keep fast single-target healing for the impaled player. Do not remove a spine without the raid's call.

Mana: Use max-rank Chain Heal on shield breaks; downrank between events. Potion early enough for the final breaks.

Supremus

Danger: Volcanoes and fixate movement kill stationary casters; tank/melee damage remains high in the stationary phase.

Assignment: Keep Earth Shield on the assigned tank, maximize Chain Heal in melee during tank phase, and prioritize movement over finishing a cast during kite phase. Re-enter range from a safe angle.

Mana: Movement lowers cast volume; do not compensate by wasting max ranks into minor deficits.

Shade of Akama

Danger: Add pickups and channeler timing create short, messy damage rather than a long mana test.

Assignment: Watch add-tank threat, use Healing Grace, interrupt when assigned, and preserve cooldowns for a genuine spike. Help damage only when all healing/totem jobs are covered.

Mana: Conserve; this encounter should not consume a full progression inventory.

Teron Gorefiend

Danger: Incinerate and Shadow of Death/construct execution punish slow reactions and player errors.

Assignment: Stabilize Incinerate targets, maintain assigned tank/raid coverage, and know the ghost controls before the pull. A healer selected for Shadow of Death still must execute constructs correctly.

Mana: Balanced set. Keep NS ready for an Incinerate plus melee/raid overlap, not routine tank topping.

Early-wing pattern

Pre-cast the known raid hit, cancel when another healer has already removed the deficit, and move before ground effects force a cast interruption. Black Temple rewards prediction more than emergency spam.

20 / BLACK TEMPLE - BLOODBOIL AND RELIQUARY

Two Restoration Shaman showcase fights

Bloodboil rewards Chain Heal geometry; Reliquary tests whether the player can change roles by phase.

Gurtogg Bloodboil

Danger: Acidic Wound/tank pressure, rotating Bloodboil groups and Fel Rage create simultaneous raid and single-target danger.

Assignment: Keep Chain Heal rolling through the designated Bloodboil group, then pivot Earth Shield and burst heals to the Fel Rage target. Crit heals help maintain Ancestral Healing armor on physical-damage targets.

Mana: Use 4pT6 throughput. Rotate trinket/NS with other healers instead of stacking every cooldown on the first Fel Rage.

Reliquary of Souls phase card

P1 - Suffering	Healing is suppressed by the aura.	Do not waste mana on ineffective direct healing. Maintain required utility, help damage only as assigned, and prepare for the transition.
P2 - Desire	Damage reflects and maximum mana falls; critical casts must be interrupted.	Use Rank 1 Earth Shock on the written focus target, heal reflected damage carefully, and avoid damaging yourself into death.
P3 - Anger	Raid damage and threat pressure rise rapidly.	Bloodlust on the call, Chain Heal R5 aggressively, use throughput trinket and remaining mana/NS before the raid is overwhelmed.

 Earth Shock - Rank 1 P2 focus interrupt.	 Chain Heal - Rank 5 P3 maximum throughput.	 Bloodlust Raid lead's P3 call.
 Earth Shield - 1/1 Fel Rage / assigned tank.	 Essence of the Martyr Staggered burst cooldown.	 Super Mana Potion Enter P3 with spendable mana.

Reliquary discipline

Write an interrupt order before the pull. A Restoration Shaman is fully responsible for a missed assigned Spirit Shock/Deaden even if the healing meter shows high activity.

Bloodboil discipline

Do not chase the Fel Rage target across unsafe positioning before your Bloodboil lane is handed off. The fight is won by clean healer ownership, not everyone reacting to the same red health bar.

21 / BLACK TEMPLE - MOTHER TO ILLIDAN

Survive first, then deliver throughput

The final wing punishes weak resistance preparation, missed interrupts and unsafe movement.

Mother Shahraz
Danger: Fatal Attraction teleports three players and deals repeated shadow damage; beams and Saber Lash pressure the raid/tanks.
Assignment: Equip the guild's shadow-resistance target, use GSPP on the plan, move Fatal Attraction away from others, and heal your own survival lane without pulling the trio back through the raid. Preserve Earth Shield/tank coverage.
Mana: Resistance reduces incoming damage and mana demand. Do not replace so much healing/MP5 that the normal raid lane collapses.

The Illidari Council
Danger: Blizzard, Consecration, Flamestrike, poisons and multiple caster abilities create constant movement and interrupt pressure.
Assignment: Move early, use Chain Heal on stable clusters, Cure Poison/cleansing totem when assigned, and Earth Shock the written spell target. Keep totems in range after the formation shifts.
Mana: Long encounter: use the regen-balanced package and plan two major mana cycles if kill time permits.

Illidan Stormrage
Danger: Tank spikes, Flame Crash/Blaze, Parasites, Flames of Azzinoth, Dark Barrage and demon-phase raid damage change by phase.
Assignment: Keep Earth Shield on the assigned tank, pre-position for each phase, use single-target rescue on Dark Barrage/critical tank damage, and never finish a cast inside Blaze or a parasite route. Respect phase-specific spread/stack calls.
Mana: Save a defined cooldown package for Flames/Dark Barrage and the final burn. Spend remaining mana before the last lethal sequence, not after it.

 Greater Shadow Protection Potion Mother protection potion.	 Shroud of the Final Stand Resistance-set candidate.	 Earth Shock - Rank 1 Council interrupt duty.
 Poison Cleansing Totem Council poison lane.	 Earth Shield - 1/1 Illidan tank assignment.	 Nature's Swifttness - 1/1 Dark Barrage/tank rescue.

Illidan phase sheet
Before pulling, write Earth Shield ownership, P2 tank/healer sides, Dark Barrage rescue order, parasite route, demon-phase position and final Bloodlust timing. 'Heal what gets low' is not an Illidan plan.

22 / LOG REVIEW AND PREPARATION

Review decisions, not just healing done

A carrier log is an audit of assignment coverage, utility, mana conversion, movement and deaths.

Deaths	No avoidable death; personal cooldowns used before lethal damage.	Doomfire/Blaze/volcano/fall death or unused Healthstone.
Earth Shield	Correct owner, high useful proc rate, no overwriting conflict.	Missing charges during tank danger or two Shaman fighting for the target.
Chain Heal	Ranks match damage; useful multi-target landings.	High overheal, low useful jumps, max-rank spam.
Ancestral Healing	Strong uptime on physical-damage targets when assigned.	Crits landing only on random raid targets during tank pressure.
Mana	Potion/rune/Tide create extra effective casts; low waste.	First potion late, Tide capped, finish empty too early or full on wipe.
Utility	Totems in range, cleanses and interrupts match the plan.	Wrong air/water totem, missed fear/interrupt, avoidable debuff duration.
Activity	Downtime aligns with movement or intentional regen.	Long idle windows with injured assigned targets.

14-day carrier preparation

14-11	Lock 8/0/53, race/professions, attunement, reputations and Shadow Resistance target.
10-8	Create spell-rank binds, mouseover/focus macros, shield/totem WeakAuras and boss timer layout.
7-6	Save throughput, regen, tank and Mother gear packages; gem/enchant every equipped piece.
5-4	Farm consumables, runes, water, protection potions, drums and repair gold.
3	Practice Chain Heal geometry, cancel-casting, NS rescue and focus interrupts in live content.
2	Review every encounter card with the raid's actual positions, healer lanes and Bloodlust timing.
1	Inventory audit, talent screenshot/calculator check, UI backup and early login.

Carrier priority
Stay alive -> keep the assignment alive -> keep Earth Shield/totems/interrupts correct -> convert mana into effective healing -> optimize ranks and haste. That order produces more kills than ranking only by HPS.

After every raid
Compare against Restoration Shamans with similar kill times, assignments and group buffs. A different party, resistance requirement or Chain Heal lane can make raw HPS comparisons misleading.

Research links and ruleset notes

All recommendations were checked for the TBC Anniversary Phase 3 context current on 22 July 2026.

Source	Direct link
Phase 3 Restoration Shaman BiS - updated 16 Jul 2026	Open source
Restoration Shaman talent builds	Open source
Restoration Shaman rotation and abilities	Open source
Restoration Shaman stats	Open source
Restoration Shaman gems and enchants	Open source
Restoration Shaman consumables and group buffs	Open source
Restoration Shaman races and overview	Open source
Restoration Shaman macros	Open source
Skyshatter Raiment set bonuses	Open source
TBC Anniversary raid-wide Bloodlust/Heroism changes	Open source
Hyjal trash strategy	Open source
Mother Shahraz shadow resistance guide	Open source
Icy Veins Restoration Shaman guide	Open source
Icy Veins Restoration Shaman enchants and consumables	Open source

Icon and database credit

Talent, racial, ability, gear, gem, enchant and consumable icons were resolved from exact TBC Wowhead spell/item IDs. Artwork is used as functional game-reference navigation; every icon is paired with a clickable Wowhead label. World of Warcraft and all related art are property of Blizzard Entertainment.

Live-ruleset caution
Anniversary tuning, item availability and encounter behavior can receive hotfixes. Recheck the linked sources, the in-game tooltip and your raid leader's assignments before spending expensive materials or changing resistance targets.

Handbook integrity

Category	Integrity
Spec	8/0/53 calculator encoding present and clickable.
Artwork	All required Wowhead icon files valid and embedded.
Gear	4pT6 default plus regen, tank and Mother packages.
Encounters	All five Hyjal and nine Black Temple bosses covered.
Navigation	Item/spell/source links preserved as PDF URI annotations.

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