

Creative Holistic Integration (CHI) System

Wholeness Centered Self-care & Transformation

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Creative Holistic Integration (CHI) System™

A holistic, educational approach to health & wellness through self-care.

The CHI program takes a holistic, integrative and educational approach to improving health and wellbeing. It is intended to empower you to participate in conscious self-healing and evolution. The CHI Facilitator / Coach will inform, support, and witness your journey.

The centerpiece of the CHI System is the Wholeness Exercise that supports the 4 tools and 3 processes that are part of it. They are all easy to learn and practice, and can be integrated into your self-care practice along with any other self-healing processes /modalities that you already know. It is an open system that can be as expansive and inclusive as you wish.

THE TOOLS

THE WHOLENESS EXERCISE: MANAGE STRESS & TRAUMA

This is the centerpiece of the CHI system. It quickly and easily connects us to our “Wholeness” - the energies of heart, Earth and Universe – the source Energies and the entire energy field. This easy exercise involves heart breathing, creative visualization, conscious intention and a mantra. It has been scientifically proven to instantly release stress and significantly shift from Sympathetic (stress) to Parasympathetic Nervous System (de-stress) response in a trauma-exposed group.

BODY-MIND COMMUNICATION: SELF MUSCLE TESTING

Learn and practice self-Muscle Testing to access information stored in the Subconscious and Super-conscious Mind / Energy Field. Apply this tool to discover which foods do and don't support your highest health and wellbeing. Learn about the personal and systemic energy fields and their interactions. This is essential to all the processes of the CHI System.

SELF-ENERGIZING

Use your hands to re-energize, balance and strengthen your Endocrine System / Energy

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Centers / Chakras. Learn about your energy system and its significance and connection to all aspects of your life.

REIKI

Self-healing by placement of energized hands on the energy centers of the body (Endocrine System) and the use of Reiki healing symbols. Special training and attunements are required and can be made available on request.

CHI GONG: MOVING WITH ENERGY

Learn simple movements that enhance the quality, quantity and flow of energy in the body. Understand the importance of creating balance and integration of body, mind and spirit through breathing and gentle intentional movement.

VIBRATIONAL HEALING

SOUND: Toning, chanting, drumming, music & selected poetry readings.

FLOWER ESSENCES: Raven Essences (by Andrea Mathieson) in their vibrational and/or material forms.

TRAPPED EMOTIONAL ENERGY RELEASE (TEER)

Identify emotional causes of health / life challenges from past stress and trauma – your own or those you carried for others - loved ones, friends or ancestors. Release them from your body through a simple process using your own energized hands. We will discuss the importance of emotions in your life's journey.

SELF RE-PROGRAMMING (SRP)

Combining intention and 'whole brain' postures, you will de-program stuck patterns and re-program your subconscious mind to support the changes you would like to create in your life. This can be done in combination with TEER or as a stand-alone process.

When you are affected by familial patterns that repeat over several generations this process provides a simple format by which you can lovingly and compassionately acknowledge the trauma of past, honor ancestors who survived so that the family could go on, and release ancestral/ generational entanglements. You can then commit to changing your own reality and carry it forward into the future.

SYSTEMIC HEALING

When you are affected by systemic (ancestral, cultural, archetypal or physical) patterns that repeat themselves, these processes provides a tried and true format by which you can lovingly and compassionately acknowledge the past trauma, honor ancestors who survived so that the family could go on, and release ancestral / generational /cultural entanglements. You can then commit to changing your own reality and carry it forward into the future. This profound work is based on the fact that information from the past exist in the quantum energy field simultaneously with present and future. It is freely available when we consciously intend to access it. Healing occurs when a member of the collective system intends to heal and evolve themselves and the collective through the unconditional acceptance of what happened, and the love, compassion and gratitude for those who came before us. [Read more... \(www.chisuchinta.com/constellations.html\)](http://www.chisuchinta.com/constellations.html)

GROUP: FAMILY CONSTELLATIONS

Group processes are usually done in-person, with the support of a group with the intention of supporting ancestral healing in each other. We are exploring the possibility of doing this work also online, depending the availability of a community willing to volunteer to provide this service.

INDIVIDUAL: GENERATIONAL-ANCESTRAL PROCESSES (GAP)

The individual process is facilitated with an individual as part of the CHI System using flow charts and self-muscle testing similar to the rest of the CHI processes. It is based on Family Constellations and had been proven to be effective and profound.

MANDALA: CIRCLES OF WHOLENESS

Create symbolic circular art as a spiritual practice to support your highest good including self-healing intentions. Use white and colored pencils on black paper to create luminous symbols using meditative and creative visualization, sound, color and light to support transformation and manifestation of intentions. No previous art experience or talent required. [Read more.... \(www.chisuchinta.com/mandala.html\)](http://www.chisuchinta.com/mandala.html)