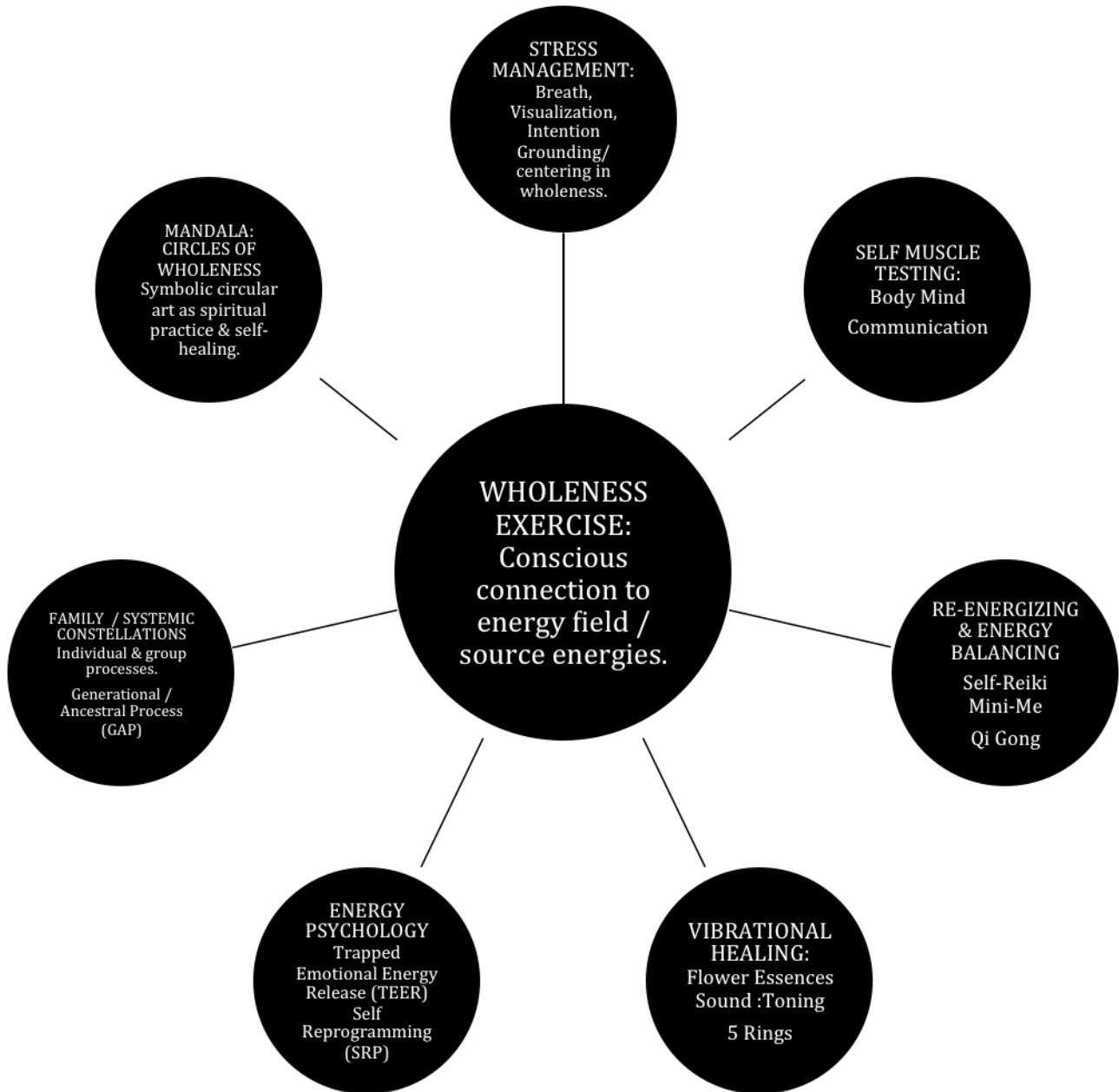


Creative Holistic Integration (CHI) System

Wholeness Centered Self-care

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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.

There are several processes and subtle energy tools available to you during individual consultations and group classes and workshops. They are all easy to learn and practice. They can be integrated into your self-care practice along with any other self-healing processes /modalities that you already know.

You will learn the 3 basic processes (with * below) first as they will support the deeper processes to follow. During each subsequent session, we will muscle test to determine the most appropriate process for your presenting issue or situation, and proceed accordingly.

*** THE WHOLENESS EXERCISE: MANAGE STRESS & CREATE**

COHERENCE Connect consciously with breath, imagination and intention to your heart, the energies of Earth, Universe and “Wholeness” (Source Energies / Energy Field). **Instantly release stress and significantly improve psychophysiological coherence** through this scientifically proven process. This easy but powerful process is central to the CHI self-care system.

*** BODY-MIND COMMUNICATION: SELF MUSCLE TESTING**

Experience & 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 will help determine which tool /process to use.

*** SELF-ENERGIZING & BALANCING THE ENERGY CENTERS**

/ENDOCRINE SYSTEM / CHAKRAS

Use your hands to re-energize, balance and strengthen your Endocrine System. Learn about your energy system and its significance and connection to all aspects of your life.

QI 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 movement.

REIKI

Self-healing by placement of energized hands on the energy centers of the body (Endocrine System) and the use of healing symbols.

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 magnets or your own energy charged 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 is often combined with TEER.

GENERATIONAL ANCESTRAL PROCESS (GAP)

When you are affected by a familial pattern that repeats over several generations this process provides a format by which you can lovingly and compassionately acknowledge the trauma of past and honor ancestors having survived so that the family could go on. Any entanglements you may be holding on to can be returned energetically. You can then commit to changing your own reality and carry it forward into the future.

VIBRATIONAL HEALING

SOUND: Toning, chanting, drumming.

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

5 RINGS: ENERGY CIRCUIT STIMULATION

This is a technique developed by Dr. Norm Shealy, involving subcutaneous stimulation of specific energy circuits – the Rings of Earth, Water, Fire, Air and Crystal. Research has shown significant beneficial effects from this practice. This can be done with or without the use of essential oil combinations created by Dr. Shealy for each of the 5 Rings.

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)

FAMILY CONSTELLATIONS CIRCLE

Explore ancestral influences on your life issues through individual and/or group constellations.

Individual constellations can be done in-person or on Skype. Group constellations will be scheduled for a later date. [Read more.... \(www.chisuchinta.com/constellations.html\)](http://www.chisuchinta.com/constellations.html)