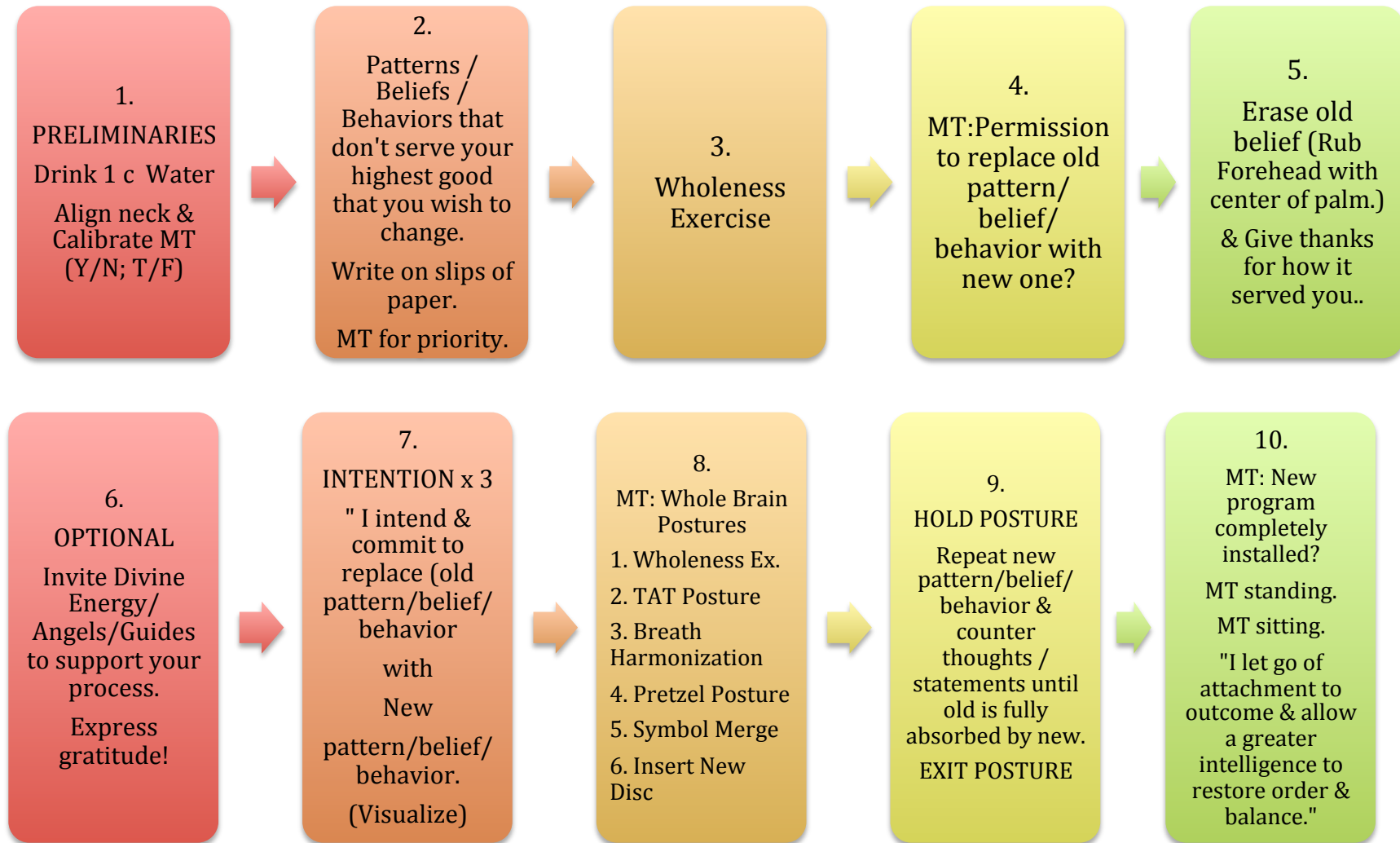


Creative Holistic Integration (CHI)
SUBCONSCIOUS RE-PROGRAMMING (SRP)



- 11. WHOLENESS EXERCISE:** Inside or outside with feet touching Earth.
- 12. VISUALIZE:** A situation in which you will live as per your new program.
- 13. GRATITUDE:** Express thanks for your new program, and for the energies that supported the installment process.
- 14. JOURNAL:** What was your experience? What were your thoughts /insights from your re-programming?
- 15. CELEBRATE:** Do something special for yourself to celebrate- preferably not with food, but related to new program.