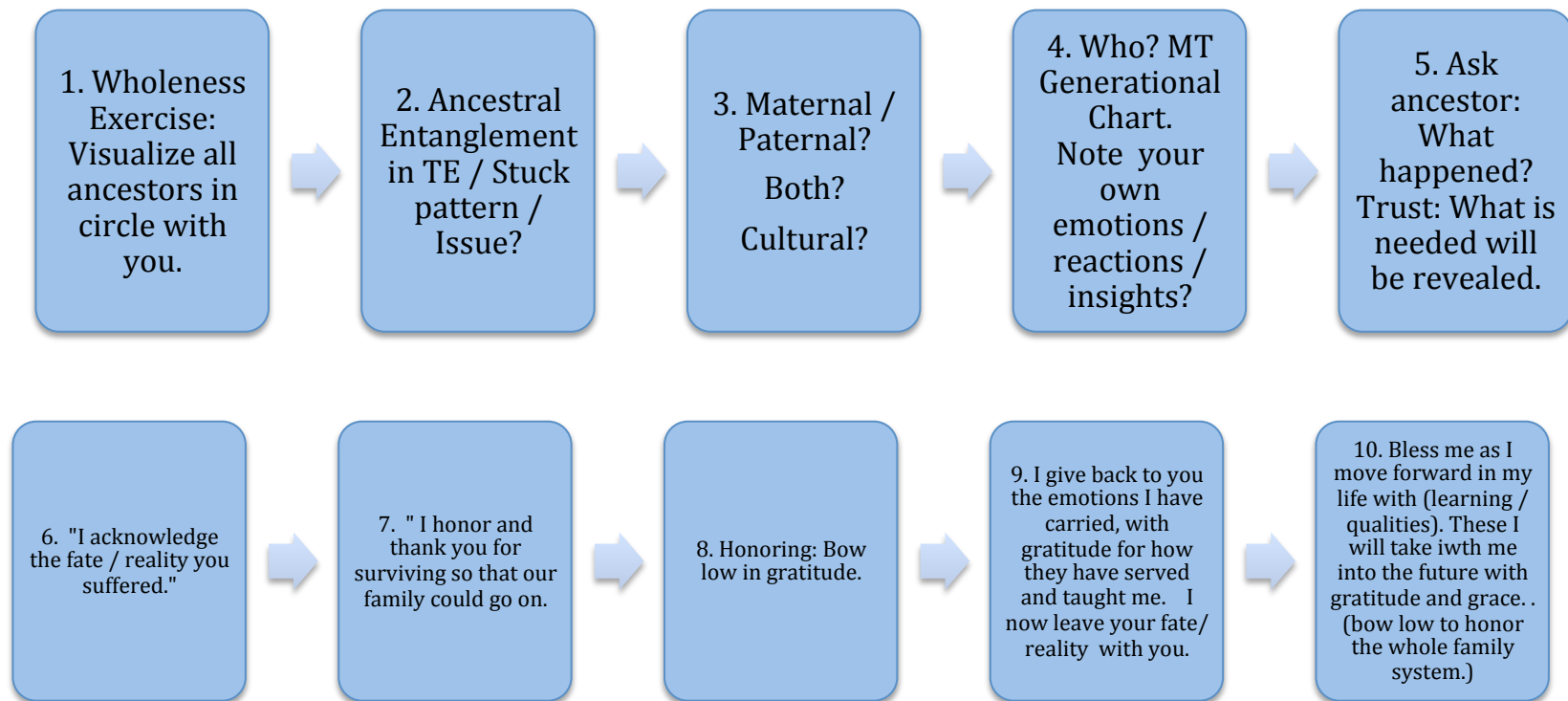


# Creative Holistic Integration (CHI) Generational /Ancestral Process (GAP)

Suchinta Abhayaratna, Th.D.



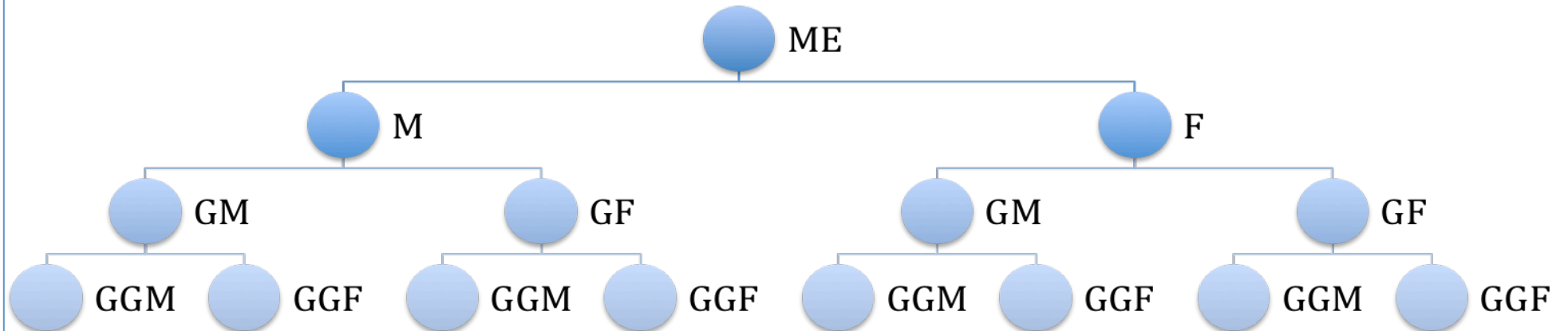
## NOTES & POINTS TO REMEMBER:

- This process can be done as part of TEER or on its own.
- Always end with the Wholeness Exercise, and the Loving Kindness Mantra: "I am well...". (Box 14 & 15 on TEER Flow chart.
- If you have Reiki, you can send Reiki to the whole family system. (Use all symbols that you have been attunes with.)
- Don't forget to Journal following the process.

# Creative Holistic Integration (CHI)

## Trapped Emotional Energy Release (TEER)

### Generational Chart



Walking...I am listening in a deeper way. Suddenly my ancestors are behind me.

Be still, they say. Watch and listen. You are the result of the love of thousands.

Linda Hogan

*From Dwelling: A Spiritual History of the Living World*