

CHI PROCESS NOTES

Session: #

DATE:

NAME:

AGE:

GENDER:

PROCESS TYPE: \_\_\_\_\_In person      \_\_\_\_\_online

1. SYMPTOM / ISSUE / DETAILS:
2. PRE-SUDS:
3. PERMISSION:
4. HYDRATION:
5. NECK ALIGNMENT:
6. WHOLENESS EXERCISE: a)Torus / b) Tree w/ "I AM THAT" / "SO - HUM"
7. BREATH MANTRA: "I am well....I am joyful... I am peaceful,.. I am grateful...I am balanced...I am blessed... I am loving...I am loved...I am whole...I am holy.
8. DESCRIBE WHAT 0 WOULD FEEL LIKE (Intention for session in I am statement/s):
9. PRIORITY TECHNIQUE:
10. \* DESCRIPTION OF PROCESS (use other side if necessary. Number steps.):
11. WHOLENESS EXERCISE: a)Torus / b) Tree w/ "I AM THAT" / "SO - HUM"
12. BREATH MANTRA: "I am / We are / All Beings are: Well....Joyful... Peaceful,.. Grateful...Balanced...Blessed... Loving...Loved...Whole... Holy (and your intention per #8)
13. OTHER TOOLS / PROCESSES?
14. LOCK-IN: a) I receive these healing energies with the love with which they are intended. I lock them into every cell, every fiber, every level of my being, now and for all time.  
b) May every cell in my being forever hold in memory that I am: a spark of Divine Light, created by Divine Light, surrounded by Divine Light, protected by Divine Light, sustained by Divine Light, With every breath and every step I take, I grow brighter and ever more radiant – being and becoming Divine Light.  
Choose one or all: 3 X Amen / 3 x Om / So it is.
15. POST SUDS: NEXT SESSION: