

# Creative Holistic Integration (CHI)

A Holistic System for  
Self-Care, Self-Healing & Self-Transformation

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Creative Holistic Integration (CHI)  
is about CONSCIOUS use of  
subtle energies to  
**care for, heal, transform & evolve**  
ourselves and the systems  
that we are part of,  
and that are part of us.

# Creative Holistic Integration (CHI) System **OVERVIEW**

- Creative
- Holistic
- Integrative
- Educational
- Self Empowering
- Synergistic – multi-modal
- Quick & easy to learn & practice
- Highly effective - measurable results

# This approach is based on...

- WHOLENESS: Aligning with the WHOLE of who we are.
- Symptoms = Messengers - showing where to focus our energies to heal, transform & evolve.
- *“Wounds are where the light can come in.”* Rumi.
- Using the internal resources we already have – looking within for solutions.

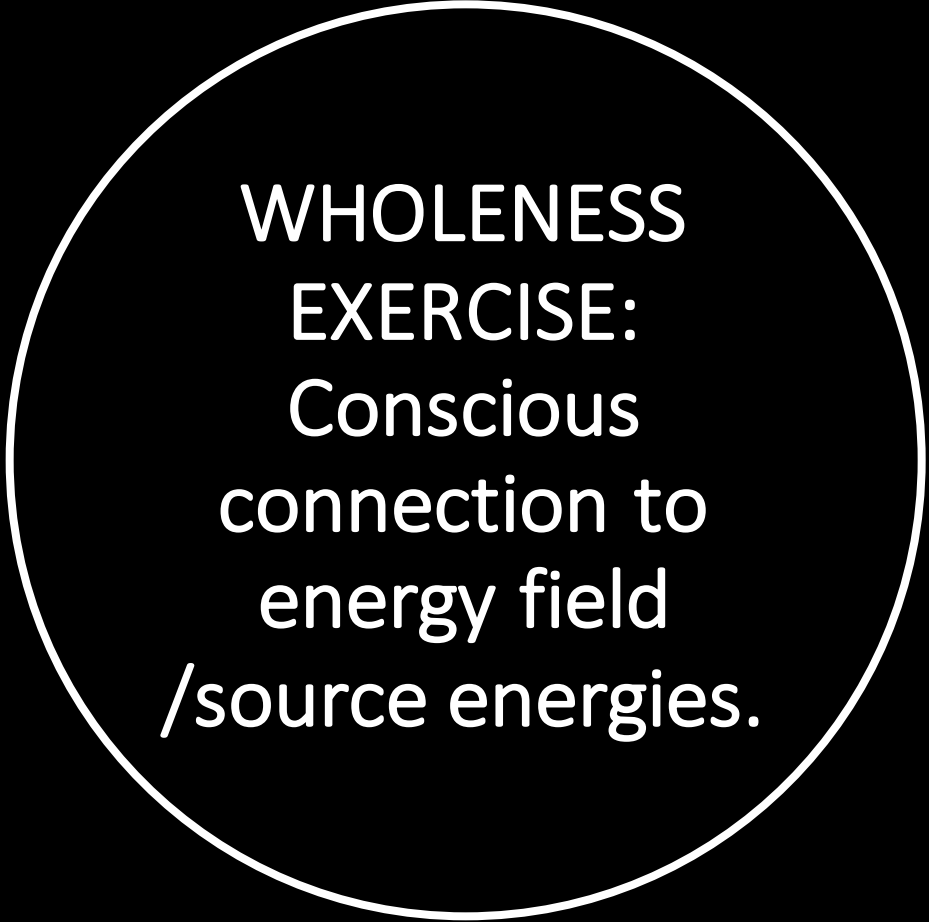
# What I have learned from:

- My own self-healing experiences - (allergies, cancer, stroke, arthritis, Lyme disease, hypertension and diabetes)
- Over 20 years of in-depth study of subtle energy and energy medicine.

# Creative Holistic Integration (CHI) System



# CHI System



WHOLENESS  
EXERCISE:  
Conscious  
connection to  
energy field  
/source energies.

# CHI System

## STRESS MANAGEMENT:

Breath,  
Visualization,  
Intention  
Grounding/  
centering in  
Wholeness.



# CHI System



SELF MUSCLE  
TESTING:  
Body-Mind  
Communication

# CHI System

**RE-ENERGIZING**

Self-Energizing

Reiki

CHI Movement

# CHI System

**VIBRATIONAL  
HEALING:**  
Flower Essences  
Toning

# CHI System

ENERGY  
PSYCHOLOGY

Trapped  
Emotional Energy  
Release (TEER)

Self  
Reprogramming  
(SRP)

# CHI System

FAMILY  
CONSTELLATIONS  
(FC)

Group Process

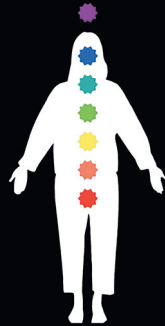
Individual:  
Generational-  
Ancestral Process  
(GAP)

# CHI System

## MANDALA

Meditative  
symbolic circular  
art as spiritual  
practice & self-  
transformation.

HOLISTIC  
**SELF-CARE**  
TOOLS FOR  
**CAREGIVERS**



CARE FOR YOURSELF WHILE CARING FOR OTHERS

SUCHINTA ABHAYARATNA, THD

**eBook available at:**

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**Blog: *Being Energy Being Whole***

**Facebook: Creative Holistic Integration**