

**Creative Holistic Integration (CHI)™
WORKSHOP SERIES**

LIVING IN WHOLENESS

A holistic approach to health, wellness & transformation through self-care.

Facilitator: Suchinta Abhayaratna, Th.D.

Transpersonal / Transformational Psychologist

Holistic Health Coach and Workshop Facilitator

Teacher: Energy Healing, Reiki and Karuna Reiki

Certified Facilitator: Mandala Healing Art and Family / Systemic Constellations

We humans have systematically and systemically disconnected ourselves from Nature. In the process we have lost touch with our own true nature. This in turn has created imbalances, fragmentation and illness in ourselves as individuals, and in all of the collective systems that we are part of - our families, our communities and our countries and our planet. This weakens the individual and collective immune system, and therefore threatens survival. Whatever our past, every moment and every breath holds an opportunity to transform life as we know it, and create a new reality for ourselves as individuals and all the collectives we are part of.

This comprehensive workshop series will enable and empower you to:

- Rediscover, reconnect with and reclaim the wholeness of who you are.
- Understand the deeper meaning of symptoms and issues you are experiencing.
- Discover the root causes underlying your issues.
- Respond with using easy, state of the art, holistic processes.
- Access resources that you already possess.
- Easily and gracefully release stress, anxiety, pain and discomfort at every level.
- Significantly and measurably improve your health and wellbeing.
- FREE access to a global Living in Wholeness Community online.

***Session 1: Managing Stress and Living in Wholeness : An experiential Introduction**

Experience & practice: Connect consciously to the energies of your own heart, the Earth and the Universe and All That Is. You will learn to **release stress instantly** and measurably through a scientifically proven subtle energy tool that shifts your body from stress mode to de-stress mode. You can practice it anytime and anywhere you wish.

Discussion: Wholeness: Its meaning and importance for your life.

Session 2: Self-Energizing & Chakra Balancing

Experience & practice: Learn to use your hands to energize and balance the energy centers of your body and strengthen your Endocrine System.

Discussion: The Energy centers of the body and their connection to all aspects of life.

***Session 3: Body-Mind Communications (Pre-requisite to Sessions 4, 5 & 6)**

Experience & practice: Self-Muscle Testing to access information stored in the Subconscious Mind.

Apply this tool to discover which foods do and don't support your highest health and wellbeing,

Discussion: Electromagnetic energy field of the body and the Body Computer.

Session 4: Trapped Emotional Energy Release (TEER)

Experience & Practice: 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 hands.

Discussion: The importance and role of emotions in your life's journey

Questions and answers about TEER based on your experience of it.

Session 5: Self Re-Programming (SRP)

Experience & practice: Using a 'whole brain' posture and intentions, you will re-program your subconscious mind to support the changes you would like to create in your life.

Discussion: Share your experience and insights with the group.

Session 6: Generational Ancestral Process (GAP)

Experience & practice: - Inspired by Family Constellations, this one-on-one facilitated process will enable you to tap into your energy field to identify ancestral influences that affect your life. By acknowledging and honoring what was with gratitude, love and compassion for the ancestors, you can move forward in your life by healing the past, and moving forward into the future into a different reality for yourself, your progeny and your family system.

IMPORTANT NOTES

- **Session 1 is a pre-requisite to all the other sessions, and is often free of charge.**
- Sessions 3 is a pre-requisite to sessions 4,5 & 6.
- Although not essential, it is recommended that you take these workshops in sequence.
- These workshops are available as individual or group sessions presented as 3-4 hour sessions spread over several days, weeks or months according to your schedule preferences.
- They are available in-person or online (on Skype or GoToMeeting).
- Scheduled group workshops are posted on the website: www.chisuchinta.com/schedules.htm

To organize a free introductory workshop on *Managing Stress and Living in Wholeness* or the entire program in your community or workplace please contact Suchinta:

Email: chisuchinta@yahoo.com

Website: www.chisuchinta.com