

COURSE DESCRIPTION

1. This course begins with a thorough personal introduction of each participant. Everyone states their purpose for attending.

1a. I give an overview of course content, highlight the 38 page manual which is a free download from my web site, state my intention, and list the methods to be used during the two days to insure safety and positive outcomes.

2. Opening Statement: The fundamental theme of the course is: "We are a community of people who can heal the people in our community!" We are committed, in service, to open our hearts in service for the healing of others. We are committed, in service, to receive healing and support for ourselves, thus making it possible to be in service.

2a. To successfully complete this course, the nurse must know that her/his "state of being" is an important ingredient! Chi-Aura Integration combines the elements of our inner journey with our desire to be in service for the healing of others. The more nurses are able to access information from "X-signal system", qi, or "the vital life force", the more their patients will benefit from the nurse/patient therapeutic interaction. Learning specific hand positions, where to place them along acupuncture meridians, trigger points, and tense muscles are important, and developing their unique ability to use intuition to find these placements are also emphasized.

The state of being of the nurse develops rapport. This state of being entrains the patient with the nurse and induces the "relaxation response" which strengthens the immune system, reduces blood lactates, lowers blood pressure and heart rate, and improves the natural functioning of all organs, thus releasing muscle tension and improving overall health.

Our bodies are intelligent instruments which heal themselves. The nurse augments this natural process by connecting the patient to their inner power where the healing takes place. The nurses ability to connect to this self healing power affords the patient an increase in energy for their body to heal. The healing energies from ones balanced self regulating energy system, move through the nurse, and become available for the patient in their healing.

The nurse understands that discipline and commitment are required to enter these deeper states of Alpha, Theta, and Delta brain waves. By undertaking the discipline, one's commitment is strengthened. The intention to open one's heart in service for the healing of others, opens doors to states of expanded consciousness where intuition flourishes and needs of the patient are determined.

3. We begin the formal activities of the course with students dividing into pairs to learn the basics for establishing the therapeutic relationship. The class is taught the essential twelve "energy centers" which, when consciously focused upon, develop the ability to enter deeper brain wave states which induce the "relaxation response".

Focusing on these energy centers, called the "Twelve Gates", is the foundation for the Chi-A technique of self-induced/self-regulating biofeedback technique, which allows one to develop the ability to enter deeper states of awareness and, with practice, the "Awakened Mind State". The "Twelve Gates" correspond to the seven chakras and five other acupoints.

The "Awakened Mind State" uses all four brain waves of Beta, Alpha, Theta, and Delta while remaining conscious and alert. This develops the ability to become centered within, and access aspects of self, that develop intuitive awareness and sensitivity to patient needs. It develops the ability to experience the "vital life force", emanating from our heart, connecting us to each other. This connection produces a state of relaxation within the nurse that provides fertile ground for the patient to feel safe and, thus, enter the relaxation response, where the healing process is enhanced.

4. Following instruction in the Chi-A technique, each person is given the opportunity to guide their partner through all energy centers, being mindful of the sub modalities found in each location. These sub modalities will give specific information about the state of energy in the body that will lead to evaluation of the patients needs.

Specific questions are asked that elicit outcomes as well as teach what signposts to look for in their clients while administering treatments.

5. Following a short break, we divide into groups and learn the specifics of a Chi-Aura treatment, and how it enhances and increases the effectiveness of the therapeutic relationship.

This section draws from the body of work developed over the last 22 years while creating Chi-Aura Integration. It includes specific hand positions, sequence of their use, and how to begin and integrate a complete Chi-Aura session. Included are: The Pyramid of Hearts; The Tier of Hearts; Bone Bending; Increasing the magnetic field for deep trauma release.

I demonstrate on one or more "clients", the techniques to be used during the session and allow time for questions and answers pertaining to the specific technique. These sessions give each person the experience being a "nurse" and a "patient". I observe the room and the activities, and assist each person as they need attention.

Individual groups then share the experiences while giving each other positive feedback as to the effectiveness of their work. These comments include information as to why and how the techniques were successful, as well as positive, constructive comments on how to improve. The environment is one of success based learning using the "compliment sandwich" approach which includes a compliment, a constructive comment, and another compliment.

One of the most important goals of the course is to teach every person that they are unique! Each person will sense energy in patients in their unique way. Information is usually read by feeling the pulse, counting the breaths, noticing skin tone and color, and asking direct questions pertaining to the patients state of being.

The heart produces the strongest electromagnetic field in the body and interfaces with the patient. The course is designed to give the nurse the ability to use their entire electromagnetic field, and that of the patient, to gather information for the treatment. Ample opportunity is then given to share experiences. This enables everyone to learn how energy may be interpreted and sensed in patients, as well as give each person the opportunity to notice, study, and chart their unique way of interpreting electromagnetic fields, and the information contained within them.

6. Lecture on specific scientific data is presented. Questions, answers, and note taking in the manuals comprise this section of the course. The lectures are on course content which is included in the manual. Specific emphasis is given to: Dr. Masaru Emoto's work with water and the science and effectiveness of Gratitude. He has proven that water becomes the physical signature of frequencies applied to it (thoughts are specific frequencies). Our body is at least 70% water. By having a patient silently repeat "Thank You!" in a session, the body aligns itself in stable, symmetrical patterns of energy that promote healing.

Dr. Masaru's work emphasizes the potent effect language has on the body's operating system by its ability to alter and shape the crystalline structure of water which comprises 70% of the body's make up. This information combined, with the powerful NLP technologies to bolster rapport, and change a patients belief system, is covered in this part of the class.

Scientific principles that enhance awareness of the body as a dynamic living matrix include: Bioelectric and electromagnetic fields; Tensegrity; Piezoelectric properties of matter; the body as a living liquid crystal; Entrainment; Energy fields produced in the palms of the hands; Extremely low energy fields in healing; the Heart of the Earth, Celestial Bodies, and Sun as a torus; Thalumus as the energy field general and "free run" theory of external entrainment; Schumann Resonance; Vocal sound as an harmonic for entrainment and breaking up of stagnant chi; The Transpersonal Domain; and the Mind Field.

7. Group treatments follow the lecture using the scientific data discussed. Specific group configurations utilize the power of numbers to increase the available energetic fields which deepen the effectiveness of trauma release techniques. These specific group methods are: The Center Piece, Pyramid of Hearts; Chakra Balancing; Deep Trauma Release; Two clients treated together while on different tables; and Focus on Individuals while in group centering techniques.

8. Each section is taught with assistance from myself throughout. Feedback is shared in individual groups, as well as with the entire group, so we can all learn from the information that was discovered.

9. I give each participant a personal treatment with one or more Chi-Aura Integration techniques during the course of the class. Students are then taught how to use Chi-Aura Integration hand positions to activate specific acupoints. This serves as an initiation into the deeper levels of chi.

10. Each person is given an opportunity to be the patient in one of the Deep Trauma Release Techniques. This utilizes the energy generated by a group rather than a one on one treatment. Nurses learn how to safely access deeper levels of trauma in patients with this experience.

11. Specific techniques to increase high energy and stimulate chi are taken from different styles of martial arts and taught. Medical Chi Kung methods develop inner peace and tranquility. Korean Martial Arts develop yang chi or fire. These techniques can enhance health when practiced daily.

12. We end the day with a personal evaluation from each student, and assignments are given based on the material covered during the day.