

## Course Description

1. We begin with everyone stating what outcomes they want physically, emotionally, mentally and spiritually from the course.

1 a. I give an overview of course content, highlight the 38 page manual, 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."

2 a. To successfully complete this course, the diplomate 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 we are able to access information from "X-signal system", qi, or "the vital life force", the more our clients will benefit. 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 diplomate brings the client into rapport. This state of being entrains the client with the practitioner 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 diplomate augments this natural process by connecting the client to the power greater than her/himself where the healing takes place. The therapist's ability to connect to this spiritual power affords the client an increase in energy for their body to heal. The healing energies from Unity Consciousness move through the practitioner and become available for the client in their healing.

The diplomate understands that discipline and commitment are required to enter these deeper states. 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 client are accessed by both client and practitioner.

Focusing on the heart, as is emphasized by the work of HeartMath, produces coherent emotions, which emanate from the diplomate, and entrain the client to this powerful energetic matrix.

3. We begin the formal activities of the course with students dividing into pairs to read each others pulses. After recording the findings, we practice the Chi-Aura Integration Relaxation Response Technique. This is the method used to open the body's major energy pathways to access deeper levels of qi and develop the ability to enter deeper states of awareness and, with practice, the "Awakened Mind State". The "Twelve Gates", or energy centers, 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 technique develops the ability to become centered within and access aspects of self that develop intuitive awareness and sensitivity to clients. It develops the ability to experience the "vital life force" connecting us to "unity consciousness". Accessing unity consciousness produces a feeling and inner knowing that we are part of a greater whole that connects us to all of life. This connection produces a state of relaxation within the therapist that provides fertile ground for the client to feel safe and, thus, enter the relaxation response where the healing process is enhanced.

4. Following the technique mentioned above, we retake pulses and have a "check in" giving everyone an opportunity to describe the sub-modalities they found in each of the Twelve Gates and what specifics they learned about themselves. Discussion elicits outcomes as well as teaches 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 acupuncture. Depending on the number of participants, groups are assigned to a massage table. For example, if there are three in a group, two will be practitioners working on the client.

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; The body as a vehicle of higher vibrational light; 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 discussion pertaining to the specific technique. These sessions give each person the experience of being a "client" and a "practitioner". 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 clients in their unique way. Information is usually read by feeling the pulses. The heart produces the strongest electromagnetic field in the body and interfaces with the client. The course is designed to give the diplomate the ability to use their entire electromagnetic field, and that of the client, 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 clients, 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 clearly demonstrated that water becomes the physical signature of frequency (thoughts are specific frequencies). By saying "Thank You!" throughout the duration of a treatment, the body aligns itself in stable, symmetrical patterns of energy that assist in the healing process.

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; Thalamus as the energy field general and "Tree 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. Specific group configurations utilize the power of numbers to increase the available energetic fields which deepen the effectiveness of trauma release techniques. Group methods are: The Center Piece, Pyramid of Hearts; Chakra Balancing; Deep Trauma Release; Two clients treated simultaneously while on different tables; and Focus on Individuals while the group practices the Chi-A relaxation response technique.

8. Each section is taught with assistance from myself throughout. Feedback is shared individually, as well as in groups, 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 can receive one of the Deep Trauma Release Techniques. These utilize group energy. Diplomates learn how to safely access deeper levels of trauma 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 enhance health and serve to wake people up after lunch.

12. We end the day with a review of specific techniques learned, and assignments are given based on the material covered during the day.