

OUTCOMES FOR NURSES

Learning Objectives

1. Nurses will be able to perform the specific Chi-Aura Integration hand positions and techniques that comprise effective additions to traditional nurse/patient protocol.
2. Nurses will be able to place their hands on specific acupoints, energy centers, and other parts of the body, to release muscle tension, and induce the relaxation response.
3. Nurses will be able to list specific scientific data, knowledge of which enhances their effectiveness in nurse/patient care.
4. Nurses will be able to list their personal inner signals that indicate when they have entered the relaxation response. Some of these are:
 - A. reduction of both heart rate and breathing.
 - B. a flushing of the palms of the hands (plum blossom palm), as well as a flushing of other parts of the body.
 - C. feeling of hot or cold between the hands.
 - D. feeling of magnets between the hands.
 - E. tingling sensations in the hands and/or other parts of the body.
 - F. noticing more saliva in their mouth.
 - G. Sense of lightness or expansion in their body.
5. Nurses will be able to induce enough of the sensations listed in number 4 above, in order to entrain the patient, and lead them into the same healing state.
6. Nurses will be able to successfully teach the Chi-A relaxation response technique to patients.