

Chi-Aura Integration's Relevance to Nurses

Chi-Aura Integration (Chi-A) is a complementary alternative healing method using the vital life force. This 'energy' forms the foundation of other energy healing modalities like Therapeutic Touch developed by Dolores Krieger, which is a certified CEU course for nurses, not only in the USA, but in many parts of the world. She states in her book, "The Personal Practice of Therapeutic Touch", that it involves the creative use of several ancient healing practices that deal with such concepts as the "laying on" of hands, "energy transfer", and the "inner healer" in working with "energy congestion" and "energy imbalance" in patients.

Other methods using the concepts of the vital life force, and also included in CEU's for nurses, are acupuncture, acupressure, cranial sacral therapy, massage, Zero Balancing, and Reiki. As a Reiki Master, and founder/developer of Chi-Aura Integration, I teach nurses techniques that are useful in reducing the effects of chemotherapy, speeding recovery from anesthesia, decreasing the need for medication, improving sleep and appetite, and generally improving the patients overall health.

The term 'energy' has been scientifically defined, and its use as an effective treatment modality, substantiated by Yoshio Manaka. Quoting from, "Energy Medicine, The Scientific Basis" by James Oschman: "A brilliant overview of biological information as it applies to acupuncture has been provided by a leading scientist/acupuncturist, Yoshio Manaka (Manaka et al 1995). The work has significance for all therapeutic approaches (italics are mine). Manaka began to integrate modern scientific research and classical East Asian or Oriental medical theory with a system he refers to as the X-signal system. As a concept, the X-signal system acknowledges that there are unknown aspects of energy and information flow....In Manaka's X-signal system, there are many unknown communication circuits and informational units."

"Manaka conceptualized the X-signal system to represent a 'primitive' regulatory system that is different from the classical nervous and hormonal systems. The X-signal system is primitive in the sense that it arose in evolution long before the nervous system..."

"Manaka demonstrated that the X-signal system is separate from the nervous system by describing the various treatments used in Oriental medicine that profoundly affect the body...While primitive in comparison to the nervous/hormonal systems, the X-signal system is extremely important and potent in the human body, as it regulates the communication and cellular migrations involved in defense against disease and wound healing."

Other names substituted for the X-signal system, are "vital life force", qi, chi, ka, élan vital, and many others, depending on the healing methods origin. Chi-A courses give instruction on how to become aware of, magnify, "read", and employ the information contained in this energy for the betterment of the patient. Chi-Aura Integration, as with Therapeutic Touch, is concerned with alleviating the patients pain, and assisting them to develop their self-healing capacities. The nurse becomes instrumental in these processes by learning how to activate their own system, and then teaching the patient how to self regulate using the same techniques.

While speaking of healing methods that emphasize treating the body's energy system, James Oschman, in "Energy Medicine, The Scientific Basis", states, "In some cases, an imbalanced system is restored by introducing a signal that cancels a discordant or pathological frequency that is disturbing the body...In bodywork and movement therapies, the emanations from the therapists own tissues can provide electromagnet information that opens or augments vital communications in a patients tissues."

Chi-Aura Integration (Chi-A) courses develop the nurses awareness and use of the vital life force within their own body, enhancing the effect their tissues have on the outcome of interaction with patients. Scientific studies demonstrate that the heart produces the strongest electromagnetic field in the body, which extends at least fifteen feet beyond it. With awareness of the vital and subtle information contained in this field, the nurse is taught how to read the signals within her/himself, and within the patient, that indicate imbalances in the energy system. Specific protocol is taught to restructure and integrate the system into balance by using "acupoints" along energy meridians. Acupoints are specific locations on the body that, when stimulated by touch, or energetic inter-phase, adjust the vital energy, restoring balance and health.

Chi-A prepares nurses to enter a state of balance within her/himself in order to "read" the vital energy more accurately. The Chi-A technique of focusing on specific energy centers within ones own body, can produce the same self signals, and development of one's 6th sense, as are developed in biofeedback methods, to listen to activities within their own body. Knowing the signals of altering brain activity by entering into the deeper states of Alpha, Theta, and Delta, reducing both heart rate and breathing, and releasing tense muscles, will give nurses increased ability to teach patients these same, easy to learn, methods.

Nurses will have an increased ability to effect entrainment with patients. Entrainment then 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.

The nurses ability to read information in the patient, by becoming more sensitive to their own state of being, and the sub-modalities of energetic sensitivity contained within themselves, is a key factor in developing entrainment and rapport with the patient.

Diseases and injuries are healed when the body's complex biochemicals are initiated into action and coordinated through its signaling systems. Chi-A's self-induced and self-regulating methods stimulate these signaling systems into action which increases the healing response. With Chi-A, the nurse learns to become sensitive, through responses in their own body, to the signaling systems of the patient, which go beyond the meridian system, thus enhancing the treatments overall effectiveness.

As Dolores Krieger states, "All life sciences agree that, physically, a human being is an open energy system: we do not stop at our skins. The human energy system flows unimpeded and intermixes with other energies in a process that is always in flux... This suggests that the transfer of energy from one individual's system to another's can occur effortlessly. In Therapeutic Touch, this energy flow is effortlessly directed or modulated in specific, appropriate ways by the knowledgeable use of the mind."

Chi-A teaches methods to develop the "knowledgeable use of the mind". Nurses learn they are a "whole body magnetic instrument" by paying attention to their unique sub-modality responses with patient interactions. The sub-modality responses are those received from the physical senses, and also includes the magnetic field produced by the heart extending at least fifteen feet beyond the physical boundary of skin and bone. The sub-modalities are the breathing patterns of the patient, skin color and its changes as the relaxation response increases, reduction in heart beat, and the "inner healers" instructions as to how to proceed, based on subtle cues of the patient.

The subtle cues learned are in the forms of sensations of hot or cold in the patients energy, stagnant or blocked energy, differences in rhythms in the field, tingling sensations, and most exciting, are the direct intuitive messages entering the nurses awareness as how to proceed. These sensations are felt through the palms of the hands, and, at times, throughout one's entire body.

Illness is caused by an imbalance in the energy system of the body. They are taught to become sensitive by placing their hands on specific areas of the body, or in the field beyond the body, and "waiting" for the "inner signal" that tells them what technique to use in bringing the energy into balance.

Nurses will learn a powerful cranial sacral technique named the "Rosenberg Protocol" after its developer, Stanley Rosenberg from Denmark. This basic, easy to learn skill, adjusts the pneumogastric or tenth cranial nerve to initiate entire body relaxation. The administration of this technique takes about four minutes and has profound benefit for the patient.

Another skill taught is the concept of "Tensegrity". This states that the entire body (which also includes the magnetic field), is an integrated and connected whole, in which balance or imbalance in one area, effects the entire structure. Nurses increase their sensitivity and effectiveness by using an energetic interaction to reduce the patients pain while not contacting the pain site itself. This is extremely useful in treating patients in casts, in coma, with premature babies, and in other situations where direct massage may be too invasive or heavy handed.

I am hired by Lene Kall-Nielsen to teach my course at her Cranial Sacral School in Denmark, giving her students advanced knowledge and practice in improving their ability to apply the principles of Tensegrity.

Reiki is another method of stress reduction that is documented as being instrumental in improving patient care. It is accredited for CEU's for nurses in many states including California. As a Reiki Master, I include information about complementary and alternative healing work that is instrumental in assuring a nurse's effectiveness in stress reduction, post operative recovery, reduction in pain, anxiety, fatigue, and faster recovery from anesthesia.

Neuro-Linguistic Programming (NLP) is another CEU approved course for nurses in California. As a Certified NLP Practitioner, I teach easy to learn, effective methods that enhance the nurse/patient relationship. They give nurses the ability to identify the patients representational system, and core beliefs that limit their self-healing abilities. Many of the illnesses seen today, including panic attacks, are stress related. These NLP techniques give nurses the skill to help reframe the patients' core beliefs. This, in turn, assists in the healing process, and overall well-being of the patient. These are invaluable skills to have during home-care follow up treatments.

CE Contact Hours and Chi-Aura Integration

Chi-Aura Integration is relevant to nursing because it develops the nurses ability to improve their effectiveness in treating clients. Understanding scientific principles enhance their cognitive use of techniques to effect change and produce positive results. Personally experiencing the effectiveness of techniques during the course, improves their personal health. Witnessing personal change anchors the benefits of course content, making it available for clients.

Course content is devoted to classroom discussion and lectures about data, hand positions, and the practical application of treating patients, as well as allowing ample time for practice. Each student experiences being both a nurse and patient. Course content teaches how to treat patients as a whole: mindbodyspirit. It involves practical ways to access their physical, emotional, and spiritual aspects. The Chi-A self-induced/self-regulating biofeedback techniques, develop the deeper brain waves of Alpha, Theta, and Delta allowing nurses to "receive" intuitive information that can provide information to bring the patient into balance and harmony.

Various hand positions, and specific patterns of administering them, are taught, which alleviate pain with correct application. Scientific studies have demonstrated that the "state of being" of the nurse is crucial to positive outcomes. The nurses brain waves entrain the client to their own, thus deeply effecting the patients state. This course develops the nurses "state of being", and teaches a powerful energy center focusing technique that augments this quality. The patient enters the relaxation response by entraining to the nurse, thus increasing the efficiency of their immune system. The effectiveness of the nurse/patient interaction is enhanced.

Application of Skills Learned

Following lecture and discussion, nurses administer Chi-Aura Integration techniques in relationship to patient protocol. They are taught specific hand positions used in definitive ways to accomplish this. The physical techniques taught, give them specific methods to be used in conjunction with traditional protocol. The scientific data given, allows them to think critically, in new ways, about evaluating patient needs while noticing outcomes. The powerful energy center focusing technique develops deeper access to their intuitive abilities. Accessing deeper brain waves increases their electromagnetic field, thus making nurse/patient entrainment stronger. Entrainment develops the patients "relaxation response" causing it to function more efficiently. Using this technique relaxes the "surface" muscle tension, and allows deeper results faster in alleviating pain.

New Research Incorporated into Class Structure

I keep current by reading new research publications, books, and attending lectures and demonstrations, as well as taking courses by noted people in the field of energy medicine.

I have co-developed and co-taught five courses with an award winning scientist, James Oschman, who wrote the books, "Energy Medicine: The Scientific Basis", as well as "Energy Medicine in Therapeutics and Human Performance". These books are used in many courses taught in the health field. The information contained therein, keep me current with relevant new science in energy work and how it supports the field of nursing.

Also, I have personally been tested by Anna Wise who wrote the book, "Awakening the Mind". I was connected to her Mind Mirror (an EEG machine) and had my brain waves monitored individually, as well as while working on a client, whose brain waves were also monitored.

The test showed that I have the ability to enter the Awakened Mind State. This ability is the result of practicing the energy centers focusing technique taught on courses. The clients brain waves entrained to mine, and they entered the same state, thus eliciting the relaxation response. Deep healing occurred. The client was unable to enter these deeper states individually.

In these ways, I stay abreast with current, new scientific discoveries, and share this knowledge on courses. The information is shared only after I have witnessed positive ways to chart its effectiveness.

Classroom Strategies for Monitoring Success

Progress is assessed by asking questions to determine the nurses confidence in performing assigned tasks; their ability to explain the science involved; and their overall sense of satisfaction with administering the material during a session. Another important assessment is done by having the "patient" give specific feedback on the effectiveness of the nurses skill. Group discussion follows each assignment. Continual observation during assignments is essential to the overall assessment.

Each student downloads a free 38 page manual which includes the entire course content. Class time is devoted to the material by lecture, blackboard presentations to highlight key points, and discussion. There is space allowed to take notes on the sides of each page in the manual.

I demonstrate at least one technique on each student, giving them direct experience with course material. Class content includes "hands on" practice ensuring a firm understanding of the methods used. Group discussion follows every assignment, and more demonstrations by myself, to clearly show the effectiveness and value for being included in the nurse/patient protocol.

In Summary

Chi-A teaches sensitivity to body energy and structure, both through touch and awareness of the electromagnetic fields, by observation and how the patient's field interacts with that of the nurse.

Nurses are taught a specific energy center focusing technique that accesses the deeper brain waves of Alpha, Theta, and Delta and how to administer a treatment from these expanded states.

Chi-A teaches how to access the sub-modalities of the emotional content of physical pain, and how to address and witness the changes, and correct the imbalances in body structure. Einstein says, "You cannot solve a problem by using the same level of thinking that created it." Thought is frequency. Chi-A demonstrates methods to change the frequencies (vibrations) of chronic pain and, thus, initiate a healing response.

Techniques are learned that integrate the energy centers of the body which increases their vibratory level and balance, thus bringing balance and harmony throughout the body.

Chi-Aura Integration courses include combinations of the most recent western scientific principles, as well as the fundamentals of Eastern concepts of energy, to provide a profound healing experience.