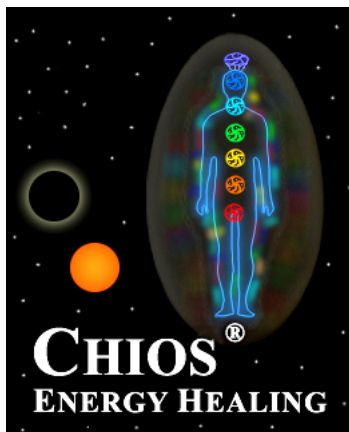


CHIOS[®]

Energy Healing

Study Workbook

with Review Questions and Exercises on Techniques
Version 1.5



Healing
Level I

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How to Use This Study Workbook

Learning energy healing can be one of the most joyful, interesting and rewarding activities a human being can undertake. It is both an experience of learning to help others and also a powerful path of personal growth. It does not have to be difficult, but with the right approach can be a pleasant step-by-step process and a journey of discovery.

Like anything else worth learning, however, what you get out of your study of energy healing will be just what you put into it. Careful study of the basic concepts of this form of healing is required, and even more important is the accurate learning and repeated practice of the essential techniques used to treat patients. To practice all your new skills and abilities, through the giving of complete energy healing treatments, is the most important part of all. An investment of time and energy is therefore required to learn energy healing work, but the rewards make it well worth the effort. To get the most out of your study of this level of Chios Energy Healing, it is suggested that you:

1. Study Chapter One of the Chios book (*Chios Energy Healing: Powerful New Techniques for Healing the Human Energy Field*) section-by-section—one chapter section at a time. You will notice that one chapter section usually covers one particular technique.
2. After reading each section of the chapter, complete the “*Questions to Test Your Understanding*” for that section in the corresponding section of this workbook. These questions will be a combination of multiple choice, true/false and short answer. It is best if you first attempt the questions “closed book,” without going back to the corresponding section of the chapter. If after working on them a little you feel you need to go back and re-study the section it is fine to do so.
3. Then complete the “*Essay Questions for Further Reflection*,” if included in the workbook section you are studying. Your answers can be short or long. Space in this workbook is provided. There is no absolute “right answer” to the essay questions, but you should show your knowledge of the meaning of the concept, and also explore it using your own understanding, personal viewpoint and personal experience.
4. Now attempt the “*Suggested Exercises and Activities*,” if included in the section you are studying. Here is where you will perform actual exercises for the purpose of learning the techniques. You should provide written answers and descriptions of what you experience, as you learn and practice them. Be sure to record your results carefully, as this reinforces your practice and validates the results for you. Your teacher will also be able to read about your experiences and will assist you with any questions or issues you have with the Chios techniques, as you learn them.
5. When you have completed all sections of this workbook, return a copy of the workbook to your teacher for grading. If you did not achieve an overall grade of 80% correct on the “*Questions to Test Your Understanding*,” your teacher will give you a list of missed questions for you to re-study, and resubmit answers. If your teacher feels you need to provide more complete explanations for any of the *Essay Questions* or the *Suggested Exercises and Activities*, he or she will likewise request you do further work on those item(s) that require it. You can then re-read sections of the chapter that apply, spend additional time studying and practicing the techniques, and then amend your answers as needed.

Enjoy your study of Chios Energy Healing. Remember - it is supposed to be a learning experience, and fun and full of wonder, too!

Introduction: The Role of the Energy Healer

Questions to Test Your Understanding:

1. It is the “invisible” energy field around each living thing that supports every aspect of its life process - body, emotions, mind and spirit.
 - (a) true
 - (b) false

2. The energy in the energy field is not lifeless and inert, it is _____ and _____.

3. When the energy field of a person becomes affected by energy defects (becomes weak, impure, unbalanced or blocked, in particular ways):
 - (a) the energy defects will usually just affect one aspect of the being (body, emotions, mind or spirit)
 - (b) the energy defects prevent a complete connection to the field of pure consciousness, which is the ultimate source of life and health
 - (c) the effects of the specific energy defects are usually predictable in advance, because all people will be affected in similar ways
 - (d) all of the above

4. Diseases or afflictions of mind or body can be the result of:
 - (a) energy defects in the human energy field
 - (b) invasion of unhealthy energies
 - (c) past traumatic experiences
 - (d) all of the above

5. In an energy healing treatment, a healer does all of the things below, EXCEPT:
 - (a) conducts extra energy into the patient
 - (b) expands his or her awareness to get information on energetic defects
 - (c) corrects energetic defects by using specific techniques
 - (d) heals from a specific, focused state of mind

6. The most important part of learning to be a good energy healer is:
 - (a) reading as many books on the subject as possible
 - (b) learning as many techniques as possible
 - (c) studying the Chios book carefully
 - (d) practicing healing with your whole being, from a state of openness and oneness

Learning to Channel the Energy

Questions to Test Your Understanding:

- The way you “call in the energy” is to:
 - request that it begin to flow into you from all around
 - visualize the energy coming into your body
 - visualize the energy moving through your body, to the shoulders, down the arms and filling the hands
 - all of the above
- To prepare for a hands-on healing treatment, it is necessary for you to:
 - remove all your rings, watches and other jewelry from your hands
 - ask your patient to remove all jewelry
 - take off your shoes
 - all of the above
- While performing a healing treatment, you should be concerned with:
 - thinking about whether or not you are conducting the energy correctly
 - intellectually analyzing whatever sensations you get regarding how much energy is being conducted into your patient
 - being concerned about exactly where the energy is going, in your patient’s body, to make sure it is going to the right place(s)
 - all the above
 - none of the above - in fact, you should avoid all the above concerns
- When placing your hands on your patient’s body to channel the energy, the energy is transferred into your patient most effectively when:
 - your hands are held very slightly above the body surface
 - your hands are placed on the body surface and are pressed firmly on the body so that the patient knows he or she is receiving energy
 - your hands are placed on the body surface, but with zero pressure (no pressure)
 - all of the above are equally effective
- The degree to which you sense the flow of energy into your patient’s body:
 - will vary from day to day and from patient to patient
 - should be carefully analyzed
 - is an indicator of how much your patient needs energy healing treatment
 - all of the above
- As you get more experience in energy channeling, you:
 - will sense a freedom from your own body and mind, and instead a simple awareness (a “witnessing”) of acting as a channel for the energy
 - will become “transparent”
 - will become “one with your patient”
 - all of the above

Why might this technique be important for all healers to use - even advanced ones?

Suggested Exercises and Activities:

Practice Exercise 1C: Fingertip Sweep Exercise. Can you sense the energy sweeping across your palms?

After gaining some results with this exercise, proceed to Exercise 1D: The Passing of Hands, to practicing the passing of hands to sense the energy field of a live patient. Select a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Call in the energy and then practice sensing the energy field all over your patient's body, especially the abdomen and all the chakras, using the procedure given in the exercise. After scanning the entire energy field of your patient, and allowing impressions to form in your mind at each location over the patient's body where you sense something, briefly write your results below:

Patient #1:

Introduction to the Chakra System

Questions to Test Your Understanding:

- The seven chakras in the human energy field are:
 - energy junctions and energy processing centers
 - our energetic connection to the field of pure consciousness (spirit)
 - spiritual entities, each with its own character and unique nature
 - all of the above
 - none of the above are really accurate statements about the chakras
- For each of the seven chakras, write a few words or brief sentence which describes the character or nature of that chakra (note that the chakras are listed with the lowest on the bottom, as they appear on the body):

7th chakra: _____

6th chakra: _____

5th chakra: _____

4th chakra: _____

3rd chakra: _____

2nd chakra: _____

1st chakra: _____
- Each of the seven chakras has a true color associated with it. The true colors of the chakras are:

7th chakra: _____

6th chakra: _____

5th chakra: _____

4th chakra: _____

3rd chakra: _____

2nd chakra: _____

1st chakra: _____
- When you “call in” the energy and channel it into your patient, you receive energy:
 - through your 1st and 7th chakras
 - from the earth
 - through all seven of your chakras, especially after some practice
 - all the above are true
- An intellectual understanding of the chakra system is one of the most important requirements to be able do useful energy healing work.
 - true
 - false

Putting it all Together: Giving Complete Healing Treatments

Questions to Test Your Understanding:

(NOTE: You may wish to complete the following review questions *after* practicing giving a complete healing treatment that includes the normal sequence of treatment hand positions, as discussed/pictured in the book.)

- When giving a simple energy healing treatment, the correct overall sequence of steps you perform during the treatment is:
 - passing the hands to sense the energy field of your patient, then calling in the energy, then the normal sequence of treatment hand positions (on the chakras)
 - calling in the energy, then passing the hands to sense the energy field of your patient, then the normal sequence of treatment hand positions (on the chakras)
 - calling in the energy, then normal sequence of treatment hand positions (on the chakras), then passing the hands to sense the energy field of your patient
 - it does not matter which sequence a healer uses
- The correct sequence you should use during normal sequence of treatment hand positions, when treating the chakras during most treatments is:
 - begin at the 2nd chakra on the front of your patient, then move up chakra-by-chakra to the 7th, then treat the back of your patient
 - begin at the 7th chakra, then move down the front of your patient chakra-by-chakra to the 2nd, then treat the back of your patient from the 2nd chakra upwards
 - (a) if a healer is right-handed, and (b) if a healer is left-handed
 - none of the above is correct
- The correct hand placement nearly all energy healers should use, when treating the chakras on the front abdomen of the patient (2nd through 4th), is:
 - left and right hands placed directly on top of each other, over the center of the chakra
 - left and right hands placed side-by-side, with the chakra in between
 - right hand placed with its palm centered over the chakra, with the left hand gently overlapping
 - left hand placed with its palm centered over the chakra, with the right hand gently overlapping
- The correct hand placement for treating the 7th chakra is:
 - both hands placed on the top (crown) of the head, right over the center of the chakra
 - right hand placed with its palm centered over the chakra, with the left hand gently overlapping
 - the two hands placed not directly on the top of the head but side-by-side on the top sides of the head, a few inches apart, with the chakra in-between
 - all the above are equally effective
- The correct hand placement for treating the 6th chakra is:
 - right hand placed with its palm over the chakra, left hand gently overlapping
 - right hand placed with its palm over the front of the chakra, left hand on the back of the head and neck
 - left and right hands placed side-by-side, with the chakra in-between
 - either (a) or (b) can be used

6. The correct hand placement for treating the 5th chakra is:
- (a) the same as for the abdominal chakras: the 2nd, 3rd, and 4th chakras
 - (b) left hand placed with its palm centered over the chakra, with the right hand gently overlapping
 - (c) right hand placed with its palm centered over the front of the chakra, left hand underneath the patient directly below the right hand (at the base of the neck)
 - (d) none of the above
7. The correct hand placement for treating the rear component of the 2nd, 3rd and 4th chakras (with your patient lying on his or her stomach) is the same “hands overlapping” hand position as for the front component of those chakras.
- (a) true
 - (b) false
8. The correct amount of time for you to treat each chakra with the energy is:
- (a) between 1 and 2 minutes
 - (b) between 2 and 3 minutes
 - (c) until your patient says that he or she has received enough energy
 - (d) until the energy flow diminishes and you get a sense of completeness
9. The reason the 1st chakra is never directly treated with the hands on the body, during healing treatments, is because it is a simple chakra that almost never needs treatment.
- (a) true
 - (b) false

Suggested Exercises and Activities:

As the climax of your study of Chios healing Level I, practice giving three complete healing treatments on three *different* patients - friends, acquaintances or fellow healing students. During each of the treatments, follow all the correct treatment steps as given in this subsection of the Chios book.

In each treatment, make special note of the following items. Use the grid on the next page to enter your treatment information, entering the requested information for each patient as you treat that patient, moving from top to bottom in the appropriate column. For each patient, make note of:

Results of the Passing of Hands:

Which areas on your patient did you feel subtle sensations in your palms, during the passing of hands, and what impressions did you receive? What did you sense over the patient's chakras, using the passing of hands?

Overall Intuitive Impressions:

What things did you sense or feel about the patient, overall, during treatment - did you receive any general intuitive impressions or information on the patient's condition?

Results Treating the Chakras:

Did you sense anything special (receive any particular intuitive impressions) while treating any of the patient's chakras during the treatment hand positions? Which ones - and what did you sense? Did certain chakras seem to want more energy than others, or did you sense anything in particular about the quality of the energy you were channeling into them?

Patient Experiences:

Did each patient feel anything in particular, during the treatment? Did he or she have any experiences while receiving the energy?

	Patient #1	Patient #2	Patient #3
Results of the Passing of Hands			
Overall Intuitive Impressions			
Results of Treating the Chakras			
Patient Experiences			

Note: The section of the course manual “Precautions and Special Situations” is a reference section for you to use as you encounter specific situations in your healing work. It is not included in this workbook but should be referred to as needed.

Congratulations!

You have completed Chios Healing Level I

Proceed to Chios Healing Level II