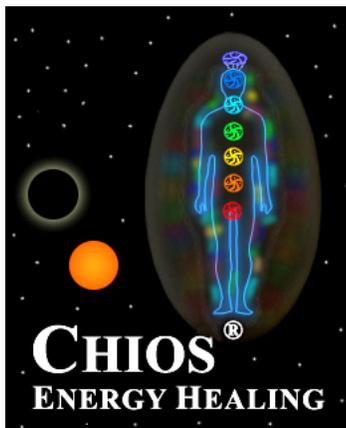


CHIOS[®]

Energy Healing

Study Workbook

with Review Questions and Exercises on Techniques
Version 1.5



Healing
Level III

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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 Three 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!

What is the ultimate nature of the healer?

What is the ultimate nature of the person being healed?

Who (or what) heals?

In what way are the healer, the person being healed and the process of healing all one, and what is the ultimate process at work during healing?

Learning to Channel Color and Light

Questions to Test Your Understanding:

1. Energy, color and light are all the same thing in three apparently different forms. They are all _____.

2. Energy, color and light are a spectrum of vibration or radiation: Energy → Color → Light
 In each step UP, from energy toward light, these entities are (check one box per line):

- | | | |
|---|----|---|
| <input type="checkbox"/> more pervasive throughout the body | OR | <input type="checkbox"/> more localized, with specific manifestations |
| <input type="checkbox"/> more topical (specific) in application | OR | <input type="checkbox"/> more general in application |
| <input type="checkbox"/> sensed in a more visual way | OR | <input type="checkbox"/> sensed in a more tactile way (by feel) |
| <input type="checkbox"/> grosser in their application | OR | <input type="checkbox"/> more refined in their application |

3. The proper way for you to visualize a color is to:

- use its visual appearance, the sensation it makes upon your eyes
- get a sense of its level of vibration, from red to violet
- visualize, sense and become it
- use all of the above

4. In the spaces below, write in the COLOR and then the NAME of the Chios symbol in color, from the *basic progression of Chios symbols in color*, that corresponds to the chakra (and its corresponding layer of aura) indicated. Note that the chakras are listed with the lowest on the bottom, as they appear on the body. The 1st chakra is done for you:

A	_____	_____	Corresponds to 7 th chakra and 7 th layer of aura
A	_____	_____	Corresponds to 6 th chakra and 6 th layer of aura
A	_____	_____	Corresponds to 5 th chakra and 5 th layer of aura
A	_____	_____	Corresponds to 4 th chakra and 4 th layer of aura
A	_____	_____	Corresponds to 3 rd chakra and 3 rd layer of aura
A	_____	_____	Corresponds to 2 nd chakra and 2 nd layer of aura
A	Red	Circle	Corresponds to 1 st chakra and 1 st layer of aura

5. In Chios healing, you use visualization of the Chios symbols in color to:

- place your awareness in a certain vibratory “range,” for the purpose of viewing the corresponding layer of aura of your patient
- to perform specific healing techniques on the chakras of your patient
- to perform specific healing techniques on the chakras and layers of aura of your patient (at the same time)
- all of the above

2. Which of the following statements is NOT true?
 - a) the seven layers of aura interpenetrate - they occupy the same area of space
 - b) each layer of aura extends a little further from the body surface than the previous layer
 - c) energetic defects generally appear in the same way, on all the various layers of aura
 - d) all the chakras exist at each of the seven aura layers and not just at the level of the physical body

3. The 2nd layer of aura (emotional body):
 - a) is also called the etheric body
 - b) is primarily orange in color
 - c) is composed of moving, indefinable shapes - clouds and areas of color
 - d) usually has little connection to the psychological state of the individual

4. The best way for you to tell whether the colored energies visible in the higher layers of aura are healthy or unhealthy is:
 - a) referring to the information in one of the popular books on energy healing, which provides interpretation on the colors found in the aura
 - b) by analyzing the lightness of the color - light blue is healthy, dark blue is unhealthy, for example
 - c) by the overall appearance and feel of the color - healthy colors look and feel healthy, unhealthy colors look and feel unhealthy
 - d) none of the above

5. When colored energy impurities are found in the aura layers, they can appear with which of the following colors in them:
 - a) dark brown or brownish-red
 - b) dusty yellow
 - c) black
 - d) dirty gray or silver
 - e) all of the above
 - f) none of the above - the regular colors just appear darker than usual

6. The 3rd layer of aura (mental body):
 - a) has a shell-like shape, similar to that of the physical body
 - b) has a color which usually appears as a light yellow or golden radiance
 - c) has clouds of color in it, like the 2nd layer
 - d) all of the above
 - e) both (a) and (b) only

7. The 4th layer of aura (astral body):
 - a) has moving, multicolored clouds
 - b) has colors which are finer and harder to see than those in the 2nd layer
 - c) has impurities which are finer and harder to see than those in the 2nd layer
 - d) all of the above

8. The 5th layer of aura (etheric template body):
 - a) is eggshell-shaped, with a color which usually appears as a dim, deep blue radiance
 - b) exists in an energy pattern which also mirrors that of the physical body
 - c) contains energy impurities which are not colored but which are disturbances of vibration
 - d) all of the above

9. The 6th layer of aura (cosmic body):
- appears as soft, flowing multicolored streams of light
 - has an eggshell shape, like the 5th layer
 - has discolored, muddied or streaked colored impurities which are usually easy to see
 - all of the above
10. The 7th layer of aura (ketheric body):
- is eggshell-shaped, like the 5th layer
 - has a golden color which actually contains all the colors in it
 - contains energy impurities which manifest as areas that show a change in the texture of the light
 - all the above
 - both (a) and (b) only

Learning to View All Seven Layers of Aura

Questions to Test Your Understanding:

- When using the active and receptive principles to learn to view the aura, you do not need to use effort to focus and concentrate your mind during the active phase. Concentration does NOT imply effort, but your ability to _____.
- After substantial practice in learning to view the aura, using the active and receptive principles, you will still need to remember to consciously go through the steps of the technique when using it.
 - true
 - false
- You begin to successfully see the colors in the higher layers of aura by:
 - gazing patiently at the aura, with your physical eyes, waiting for colors to appear
 - learning to trust subtle perceptions, in your mind's eye, of color, form and movement
 - questioning the perceptions of the subtle colors, to make sure they are real and not just your imagination
 - both (a) and (c)
- During the active principle phase of the technique to learn to view the higher layers of aura, you visualize, sense and become the Chios symbol in color which corresponds to the layer of aura being viewed AND at the same time:
 - localize your awareness on the shape of your patient's physical body, with your eyes closed
 - localize your awareness on the area around your patient's body where the aura layer to be viewed is located, with your eyes closed
 - localize your awareness on the area around your patient's body where the aura layer to be viewed is located, with your eyes open, yet negating the physical body itself
 - none of the above

5. During the receptive principle phase of the technique to learn to view the higher layers of aura, you:
 - a) continue looking at the area over your patient's body where the layer of aura to be viewed is located, with your eyes open, trying to see the colors with your physical eyes
 - b) glance away from the area over your patient's body where the layer of aura to be viewed is located, with your eyes open, and allow an impression to form in your mind's eye
 - c) just close your eyes, allowing an impression to form in your mind's eye
 - d) either (a) and (c) can be used

6. As you proceed toward viewing progressively higher layers of aura:
 - a) you will need to use a more and more de-focused gaze
 - b) you will need to stand further and further back, from your patient
 - c) more subtle and hard-to-see perceptions will be encountered
 - d) all of the above

7. One of the best things you can do, to be successful in learning to view the aura layers, is to establish a regular, disciplined regimen of practice.
 - a) true
 - b) false

8. You can get information - pictures in your mind's eye, sounds, a "felt sense" or other information - regarding the meaning of colors and/or energy impurities in the aura layers, by doing an intuitive reading. This can be done by:
 - a) localizing your awareness on the aura layer being viewed, during the active phase, and then releasing into the receptive phase to get the information
 - b) localizing your awareness on the colors and/or energy impurities, during the active phase, and then releasing into the receptive phase to get the information
 - c) localizing your awareness on the area over the body where the colors and/or energy impurities are located, during the active phase, and then releasing into the receptive phase to get the information
 - d) none of the above

9. You should always rely on your own ability to "read" the meaning of the colors in the aura, rather than rely on any of the systems of interpretation of the colors which are found in popular healing books, etc.
 - a) true
 - b) false

10. The process of persistence of visualization refers to:
 - a) visualizing, intending and sensing the energetic defects in your patient's energy field healed, each time you find them and see that they need healing
 - b) establishing a link with your patient - a unity between you and your patient
 - c) the deeper awareness that makes possible the healing that passes from the whole being of you the healer to the whole being of your patient
 - d) all of the above

How might you bring yourself towards this state or quality of awareness consciously, without actually physically floating on water, while you are viewing the aura during healing work?

Suggested Exercises and Activities:

Practice the technique for viewing the higher layers of aura by selecting a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Practice Exercise 3C: Intuitive Reading: Viewing All Seven Layers of Aura. Make sure the background color and lighting are as recommended in the book, remember to use effortless localization of awareness during the active phase and be sure to follow all of the steps of the technique carefully and accurately.

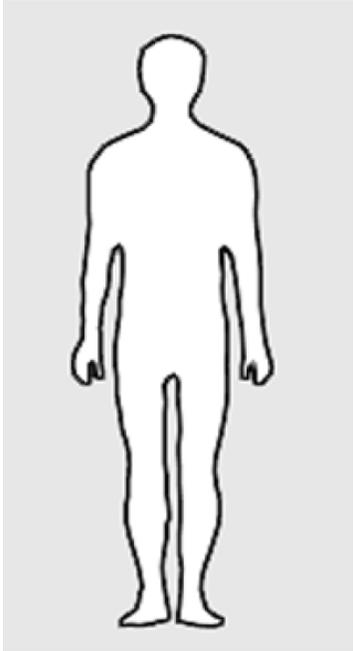
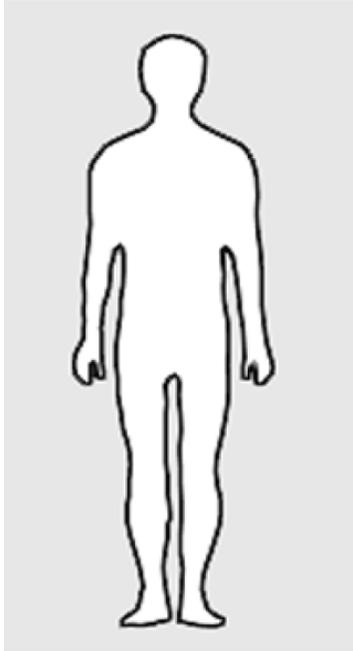
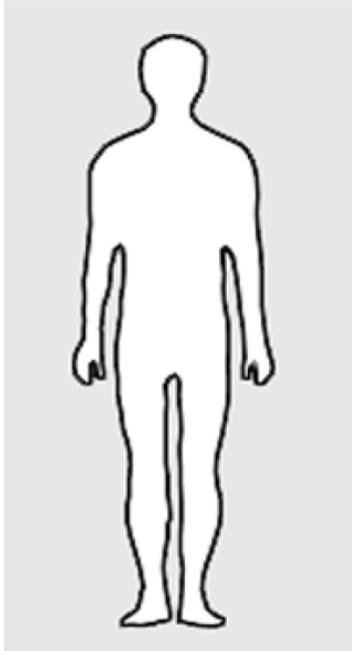
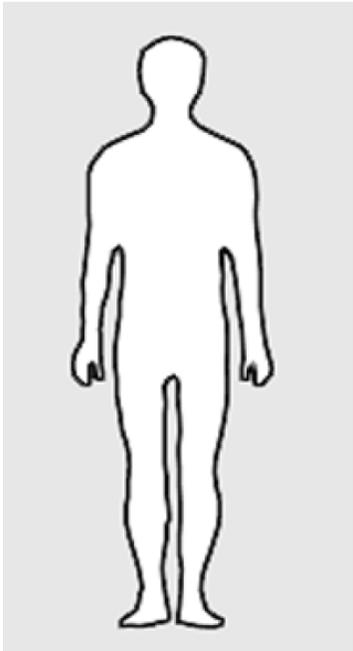
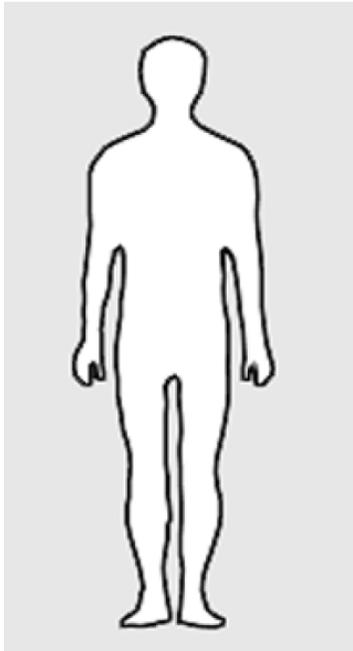
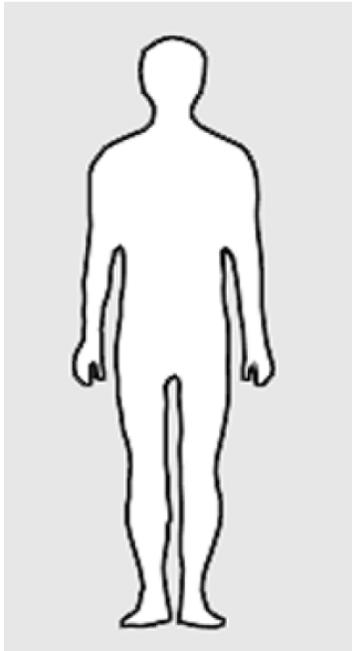
Begin by attempting to view the 2nd layer, using the instructions given. Allow some sense of the 2nd layer of aura to emerge in your mind's eye. *Be sure to trust your first impressions!* You may wish to perform more than one round of active principle/receptive principle, to clarify and add to the impressions you receive. After gaining some sense of this layer and the phenomena which may be on it, draw what you “see” onto the diagram for the 2nd layer, for this first patient. If you need instructions on how to make drawings in this electronic workbook, see item #4 in “How to Use This Electronic Edition of the Workbook” on page ii near the beginning of the workbook. If you get any information about the energies and phenomena you see on this layer, include it in the note space below the diagram. Then proceed to the 3rd layer, again drawing your results on the diagram provided and including any additional information below it. Proceed successively to the 4th, 5th, 6th and 7th levels, in the same way. As you practice the technique, remember: trust, trust, trust your first impressions, and have no expectation of what you will see and the information you may receive.

Repeat the exercise with up to two additional *different* patients, briefly drawing your results for each layer, as before, and including whatever additional information you receive. After gaining some experience with the technique, you should then try to look back, after glancing away, and try to confirm with your physical eyes what your mind's eye is seeing. But—do not be too concerned with being able to see the layers with your physical eyes, at first, especially the higher ones. You should primarily be concerned with allowing impressions to form in your mind's eye—this is how complete vision of the layers begins.

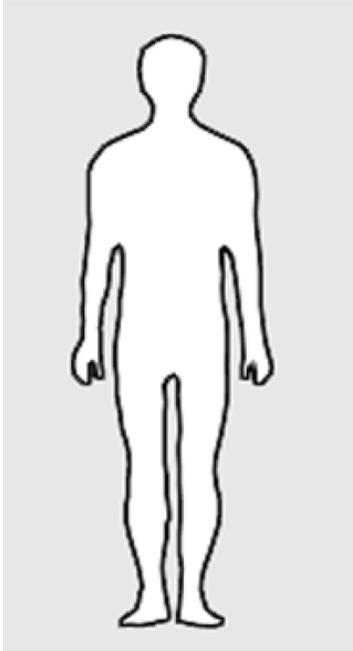
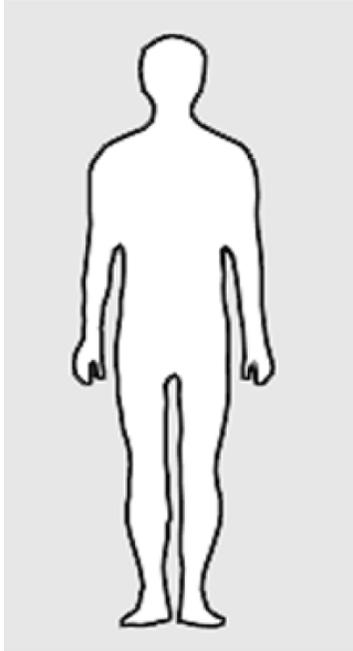
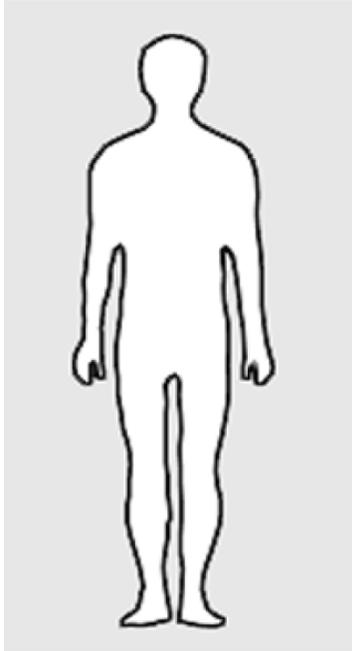
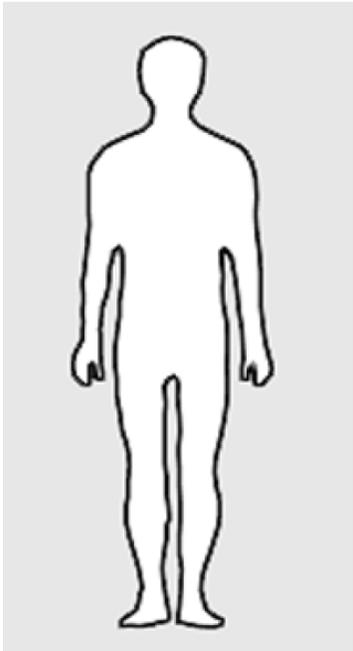
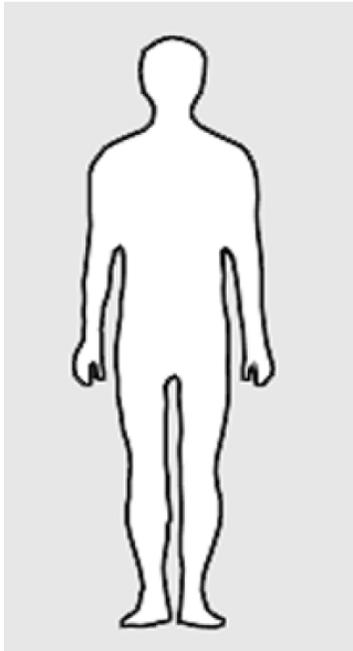
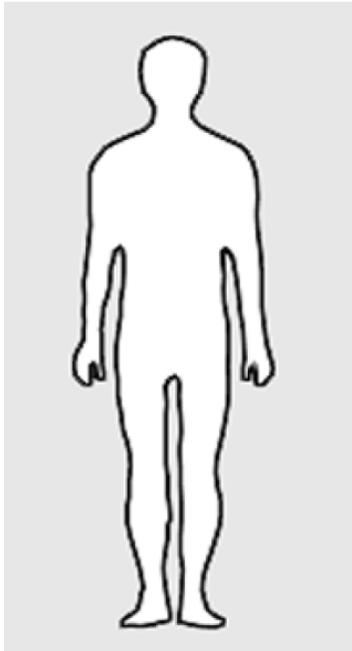
After gaining some good results acquiring impressions in your mind's eye (and perhaps beginning to see some of the lowest layers with your physical eyes), you can also practice doing a separate reading to get more information about the meaning of the colors and phenomena you see in the layers. Use the instructions given in Exercise 3D: Intuitive Reading: Energetic Impurities, Colors and Phenomena in the Aura. Localize your awareness on the colors or impurities, in your mind's eye or physical eyes, and then release into the receptive phase, allowing pictures, sounds or a “felt sense” to inform you of the meaning of the phenomena you are seeing. The information you receive may pertain to the psychology of your patient, to past traumas, to your patient's life experience, relationships, physical health or disease, or to connections with other phenomena in his or her aura layers or chakras. You may wish to print or duplicate extra copies of the following pages, for additional practice.

As you perform these exercises to learn to view these higher layers and get information about the energies on them, once again remember to *trust your impressions* - you have the ability to sense *much* more than you might believe!

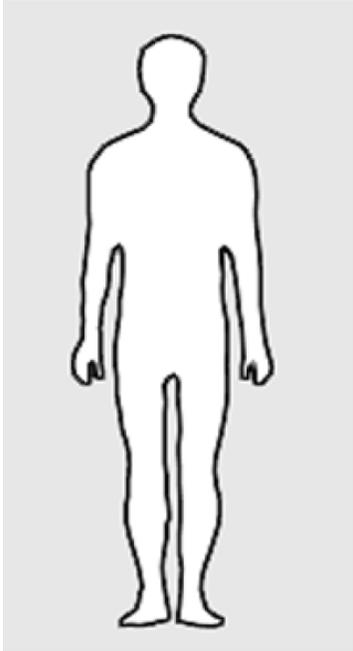
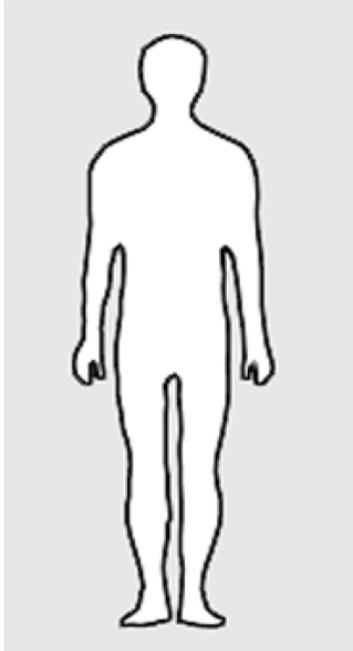
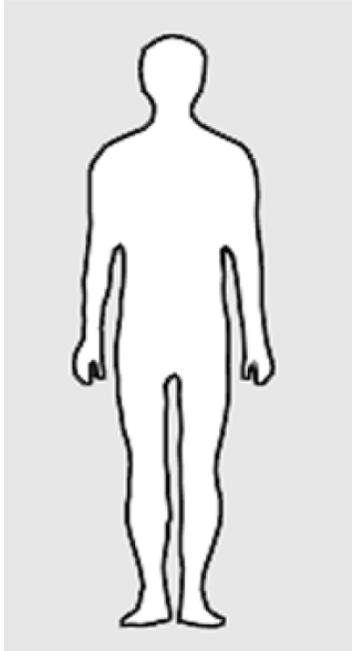
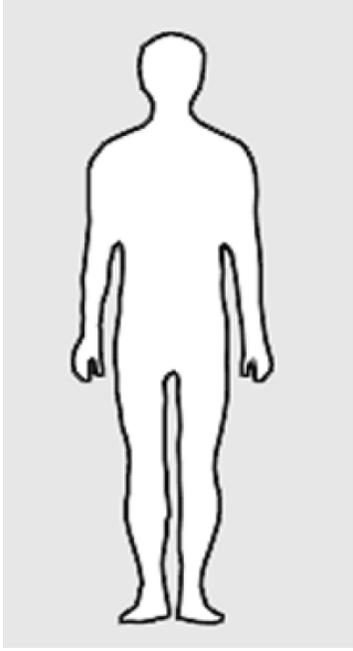
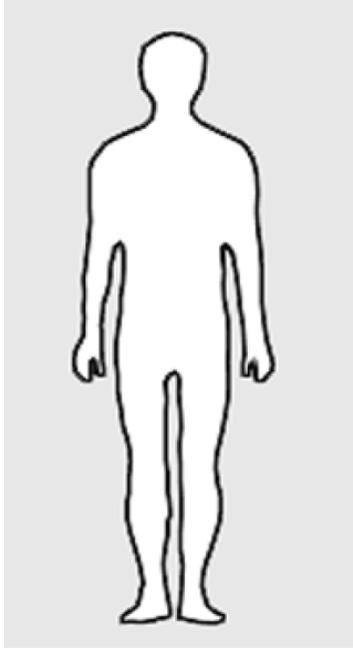
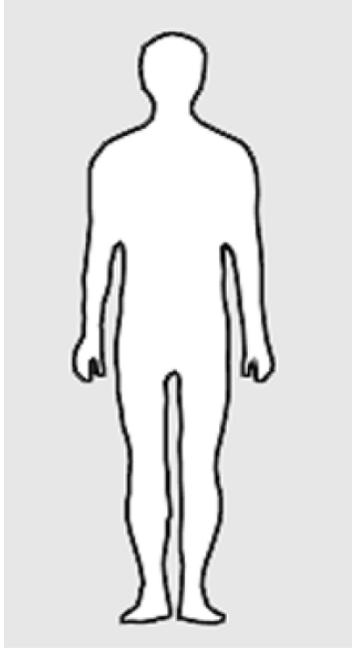
Patient #1

2 nd Level	3 rd Level	4 th Level
		
Notes	Notes	Notes
5 th Level	6 th Level	7 th Level
		
Notes	Notes	Notes

Patient #2

2 nd Level	3 rd Level	4 th Level
		
Notes	Notes	Notes
5 th Level	6 th Level	7 th Level
		
Notes	Notes	Notes

Patient #3

2 nd Level	3 rd Level	4 th Level
		
Notes	Notes	Notes
5 th Level	6 th Level	7 th Level
		
Notes	Notes	Notes

Energetic Defects of the Chakra System

Questions to Test Your Understanding:

- Each chakra in the chakra system:
 - takes the upward flow of energy through it, processes & transmutes it, and sends it upwards to the chakra above it
 - distributes energy to, and influences, the rest of the energy field
 - radiates energy outward from itself, in a visual field
 - all of the above
 - both (a) and (c) only
- The radiant characteristic of a chakra is:
 - the primary movement of energy flow, for that chakra
 - the mechanism by which the chakra processes and distributes energy
 - a glowing sign of the performance, condition and health of the chakra
 - all of the above
- A 4th (heart) chakra that contains a bright pure green color, and nothing else, is healthier than a 4th chakra which also contains bright flecks or sparks of blue and violet.
 - true
 - false
- An undercharged chakra:
 - is one that is faded, diffused or smeared with color, and is weak or depressed in its functioning
 - is streaked or muddied with black or gray energy impurities
 - either (a) or (b) can be true
 - neither (a) nor (b) is correct
- Undercharged chakras:
 - can result in the introduction of energy impurities into the aura layers
 - depress the functioning of the other chakras in the chakra system
 - can negatively affect the psychology and life experience of your patient
 - all of the above
- The chakras which are most commonly undercharged in human beings are:
 - the 3rd, 4th, and 5th
 - the 1st and 2nd
 - the 6th and 7th
 - there is no general rule
- The higher up a chakra is, the greater the unhealthy effect it will have on your patient, if it is undercharged.
 - true
 - false

8. An unbalanced chakra:
- has a radiant (visual) field which appears either smaller or larger than normal in size
 - lacks purity in its native color and energy content, and has colored energy impurities
 - both (a) and (b)
 - neither (a) nor (b)
9. Unbalanced chakras:
- have activity levels either too high or too low - process and transmute too much or too little of their share of the energy - in comparison with the other chakras
 - create a state of imbalance that affects the entire energy field
 - commonly cause disease
 - all of the above
 - both (a) and (b) only
10. The chakras which are most commonly unbalanced in human beings are:
- the 2nd, 3rd, and 4th
 - the 1st and 5th
 - the 6th and 7th
 - there is no general rule
11. Undercharged chakras and underactive chakras both depress the functioning of the energy field, but only undercharged chakras usually also contribute energy impurities.
- true
 - false
12. A chakra with structural energetic defects:
- can be sensed as such from its radiant (visual) characteristic
 - has a lack of quantity or purity to its native energy
 - has a lack or failing in its basic energetic structure, and hence in its ability to receive, process and send forth energy
 - all of the above
13. Chakras with structural energetic defects:
- distort, filter or restrict the energy which flows through them
 - exert an incomplete and distorted energetic influence on the entire energy field
 - commonly cause disease
 - all the above
 - both (a) and (b) only
14. The chakras which most commonly exhibit structural energetic defects in human beings are:
- the 4th, 5th, 6th and 7th
 - the 1st, 2nd and 3rd
 - the 2nd and 7th
 - there is no general rule

15. Of the four energetic defects that may be found in chakras - blocked chakras, undercharged chakras, unbalanced chakras and structural energetic defects in chakras - two or more defects are often found together in diseased chakras.
- true
 - false

Sensing the Condition of the Chakra System

Questions to Test Your Understanding:

- The primary way you should assess the condition of the chakras in your patient's chakra system is:
 - by doing an intuitive reading for sensing the condition of the chakra system
 - by the reflection of chakra colors on the skin on the back of your hand
 - by your "felt sense" or empathic sense of chakra condition, during the normal sequence of treatment hand positions
 - by using the passing of hands
 - all the above should always be used together
- During the active principle phase of the intuitive reading technique to sense the condition of your patient's chakra system, you should:
 - localize your awareness on the area above the body of your patient, where the seven chakras should appear
 - localize your awareness on a body profile of your patient, with the seven chakra colors visible above it in an even rainbow shell
 - localize your awareness on each of the seven chakras in succession, checking each for charge and balance
 - none of the above
- During the receptive principle phase of the intuitive reading technique to sense the condition of your patient's chakra system you should:
 - notice pictures in your mind's eye showing faded, diffused, smeared or muddied colors, or streaks of black or gray impurities, in certain chakra fields, denoting undercharged chakras
 - notice pictures in your mind's eye showing a variation in the height of any of the chakra fields - "bumps" or "dips" denoting unbalanced chakras
 - notice pictures in your mind's eye showing distortions in the energy flow through chakras, denoting chakras with structural energetic defects
 - all of the above
 - both (a) and (b) only
- After enough practice in using the intuitive reading technique to learn to read the condition of the chakra system (and to learn to view the aura layers), using the active and receptive principles, you will no longer need to consciously use the technique because effortless visualization of the phenomena will automatically emerge in your awareness.
 - true
 - false

5. You can also use the intuitive technique to obtain information on the meaning of the colors and impurities found in the chakra colors. This can provide information on how conditions in the chakras:
- correlate to colors and impurities in the layers of aura
 - correlate to disease conditions in the physical body
 - are related to the psychology and life experience of your patient
 - all of the above
6. The way that undercharged chakras are usually sensed is:
- visually, during your intuitive reading to sense the condition of the chakra system
 - from the chakra color on the skin on the back of your hand
 - a weak and unhealthy feel, during the passing of hands
 - all of the above should be used together
 - only (a) and (b) are true
7. The way that unbalanced chakras are usually sensed is:
- visually, during your intuitive reading to sense the condition of the chakra system
 - from the chakra color on the skin on the back of your hand
 - an overexcited and unsteady, or weak and timid, feel during the passing of hands
 - all of the above should be used together
 - only (a) and (c) are true
8. The way that structural energetic defects in chakras are usually sensed is:
- visually, during your intuitive reading to sense the condition of the chakra system
 - from the chakra color on the skin on the back of your hand
 - through an empathic sense, in your own chakras
 - all of the above should be used together
 - only (a) and (c) are true
9. When impurities and disease conditions appear in a chakra they will also usually be present in that chakra's corresponding layer of aura, and the color will be the same.
- true
 - false
10. Energetic defects can (1) originate in the chakras; (2) then spread to nearby chakras; (3) originate in the aura layers, and (4) then filter through and corrupt other aura layers. All the above statements are correct.
- true
 - false
11. Treating energetic defects in a chakra, using the Chios chakra charging and radiatory healing techniques, also assists in treating energetic defects:
- in the corresponding aura layer
 - in aura layers lower than the corresponding layer, as they may have become affected
 - in adjoining chakras, as they may have become affected
 - all of the above
 - (a) and (b) only

Review how you will use these facts to gain a full understanding of the condition of your patient, while you read the aura layers and chakra system and examine the meaning of the energies found in them.

Suggested Exercises and Activities:

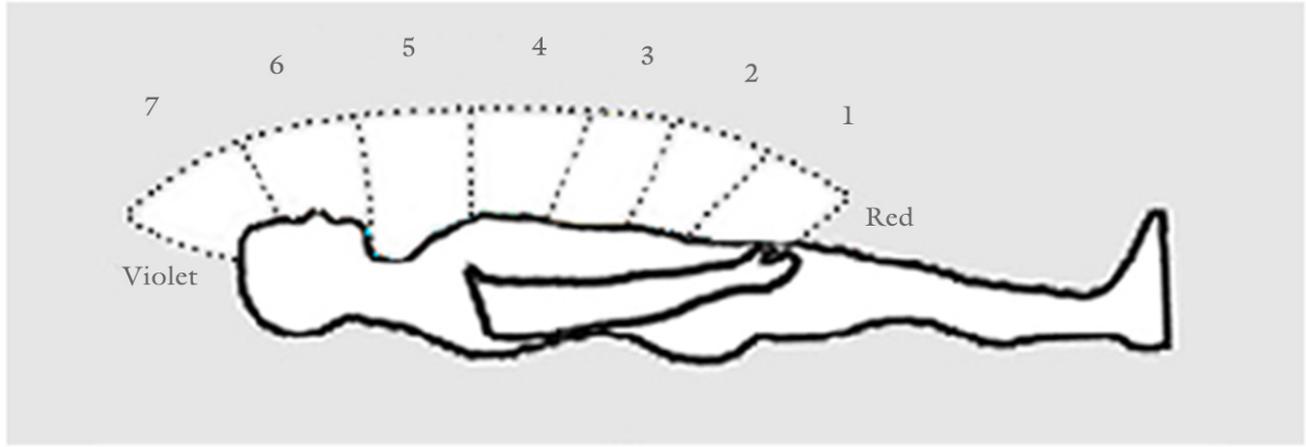
Practice the intuitive technique for reading the chakra system by selecting a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Perform Exercise 3E: Intuitive Reading: Sensing the Condition of the Chakra System. Attempt it with your eyes closed, at first. Remember to use effortless localization of awareness during the active phase and be sure to follow all of the steps of the technique carefully and accurately.

Allow some sense of the condition of your patient's chakra system to emerge in your mind's eye. The curve of the rainbow shell of color above the body outline will change, with "bumps" and "dips" appearing to indicate underactive and overactive chakras. You may also see changes in the color of some of the chakra fields—some may appear faded and/or with dark or colored impurities within them. *Be sure to trust your first impressions!* You may wish to perform more than one round of active principle/receptive principle, to clarify and add to the impressions you receive. After gaining some sense of the condition of your patient's chakra system, draw your results on the diagram and chart provided for this first patient. Draw a new curve on the diagram, to show the "bumps" and "dips" in the curve of the rainbow shell (indicating underactive and overactive chakras)—a new curve showing the actual pattern of imbalance present in your patient's chakra system. For chakras which show a "bump" or "dip," check either the "underactive" OR "overactive" checkbox, to indicate that chakra's state of imbalance. If you see faded colors and/or dark or colored energy impurities in any chakras, draw these in the corresponding chakra fields on the diagram. For such undercharged chakras, check the "undercharged" checkbox corresponding to that chakra. If you get any additional information about the state of your patient's chakra system, such as the meaning of any overactive or underactive chakras or the meaning of any energies and phenomena you "see" in the chakra fields of undercharged chakras, include it in the note space below the diagram. As you practice the technique, remember: trust, trust, trust your first impressions.

Repeat the exercise with up to two additional *different* patients, briefly drawing your results for each, as before, and including whatever additional information you receive. After gaining some experience with the technique, you can attempt it with your eyes open, if you wish. You should primarily be concerned with allowing impressions to form in your mind's eye, however, and not allow yourself to be distracted with your physical vision (it is fairly hard to actually see the chakras with your physical eyes).

After gaining some good results acquiring impressions of the state of your patient's chakra system, in your mind's eye, you can also practice doing a separate reading to get more information about the meaning of the colors and energies you see in the chakras. Use the instructions given in Exercise 3D: Intuitive Reading: Energetic Impurities, Colors and Phenomena in the Aura. Localize your awareness on the colors or energy impurities in the chakra fields of undercharged chakras, in your mind's eye, and then release into the receptive phase, allowing pictures, sounds or a "felt sense" to inform you of their meaning. The information you receive may pertain to the psychology of your patient, to past traumas, to your patient's life experience, relationships, physical health or disease, or to connections with other phenomena in his or her aura layers or chakras. You may wish to print or duplicate extra copies of the following pages, for additional practice.

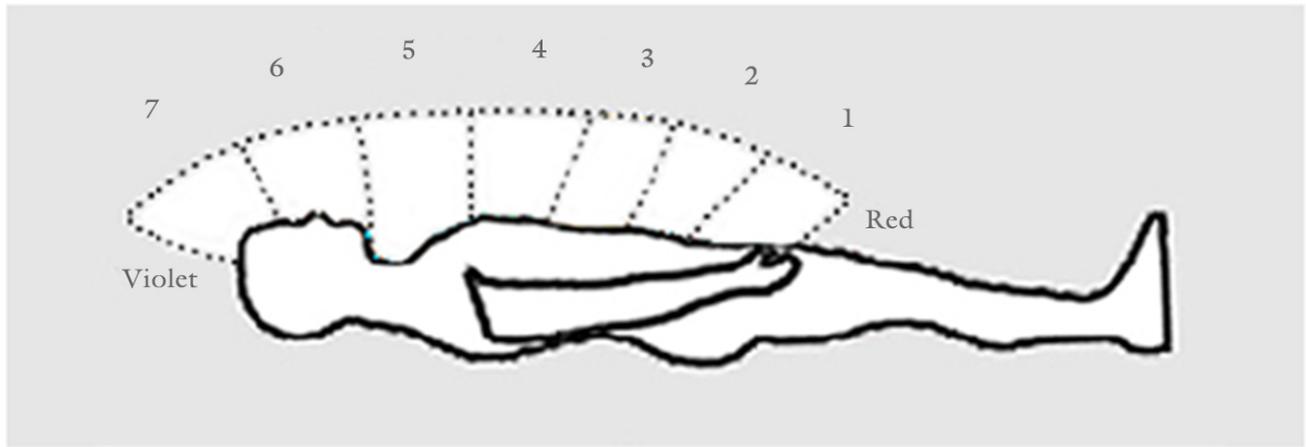
Patient #1



7 th Chakra	6 th Chakra	5 th Chakra	4 th Chakra	3 rd Chakra	2 nd Chakra	1 st Chakra
<input type="checkbox"/> overactive						
<input type="checkbox"/> underactive						
<input type="checkbox"/> undercharged						

Notes

Patient #2



7 th Chakra	6 th Chakra	5 th Chakra	4 th Chakra	3 rd Chakra	2 nd Chakra	1 st Chakra
<input type="checkbox"/> overactive						
<input type="checkbox"/> underactive						
<input type="checkbox"/> undercharged						

Notes

Patient #3

7 th Chakra	6 th Chakra	5 th Chakra	4 th Chakra	3 rd Chakra	2 nd Chakra	1 st Chakra
<input type="checkbox"/> overactive						
<input type="checkbox"/> underactive						
<input type="checkbox"/> undercharged						
Notes						

Suggested Exercises and Activities:

After gaining some experience with this intuitive reading technique above, combine it with the technique you learned in Chios Level II to view the chakra colors as they are reflected on the back of your hand and also with the passing of hands technique, to get an integrated interpretation of the condition of your patient’s chakras. Select a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Perform Exercise 3E: Intuitive Reading: Sensing the Condition of the Chakra System, just as you have practiced it above, and make mental note of the results. Then, while briefly placing your hands on your patient’s 7th through 2nd chakras, on the front of his or her body, perform the technique in Exercise 2R: Intuitive Reading: Learning to View the Chakra Colors, as you learned it during Chios level II.

Compare the results of these two different readings to sense the chakra colors. For those chakras that you detected as undercharged, using the intuitive reading technique you just learned in Chios Level III, can you confirm, with the colors you see on the back of your hand, the undercharged state of those chakras?

Now practice the passing of hands over those chakras which you have sensed are undercharged. Can you feel a weakness or unhealthiness to their energy as you pass your hands over them—can you confirm their undercharged state with this third method?

Then practice the passing of hands over those chakras which you have sensed are underactive (but not also undercharged). Can you feel a weakness or timidity to their energy—can you confirm their underactive state with this second method? And yet, do you sense that they do not have the same feel of unhealthiness, in addition, as do undercharged chakras?

Finally, practice the passing of hands over those chakras which you have sensed are overactive. Can you feel an overexcited, unsteady or jagged-feeling quality to their energy—can you confirm their overactive state with this second method?

Suggested Exercises and Activities:

Now, after becoming comfortable with the technique of doing an intuitive reading to sense the condition of your patient's chakra system to detect undercharged and unbalanced chakras, and comparing the results to the chakra colors you see on the back of your hand and also sensations during the passing of hands, proceed to perception of chakras with structural energetic defects.

Practice empathic perception of chakras with structural energetic defects by selecting a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Perform Exercise 3F: Sensing Chakras With Structural Energetic Defects.

Be sure to follow all of the steps of the technique carefully and accurately. Call in the energy, as you would normally do at the beginning of a healing treatment, and briefly place your hands on your patient’s 7th through 2nd chakras, on the front of his or her body, in the same normal sequence of hand positions that you would use during a full treatment. As you briefly channel energy into each chakra, open yourself to any sensations you experience. Do you feel a “pain” as you channel energy into any of the chakras—a pain you sense in your patient’s chakra and which may even seem to radiate outward or extend into the patient’s aura layers? Do you get any empathic sense, in your own corresponding chakra and perhaps even in your own corresponding aura layers, of such a pain? Sense and become your patient, and trust your body sensations, “felt sense” and impressions.

For each chakra that you sense this pain, fill in the circle on the diagram for this first patient, to indicate that the chakra harbors structural energetic defects. If you perceive that the pain extends into any areas and layers of your patient’s aura, be sure to draw that on the diagram, also. Note below the diagram what you experience and any additional information you receive.

Patient #1	Patient #2	Patient #3
Notes	Notes	Notes

Repeat the exercise with up to two additional *different* patients, briefly drawing your results for each, as before, and including whatever additional information you receive.

After gaining some experience empathically sensing chakras with structural energetic defects, combine it with a simple intuitive reading to confirm what you sense empathically. Select a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Perform Exercise 3F: Sensing Chakras With Structural Energetic Defects, as you have just learned above. Pause for a few moments, and then perform a simple intuitive reading using a body outline, as you learned to do in Chios Level II to detect blocked chakras, but now asking for information on which chakras harbor structural energetic defects. Release into the receptive phase, and see what information appears.

Can you confirm, with your intuitive reading, the information your empathic perception provided?

Does your intuitive reading offer any additional information?

After gaining some good results empathically sensing structural energetic defects in the chakras of your patients, you can also practice doing a separate reading to get more information on their meaning. Use the instructions given in Exercise 3D: Intuitive Reading: Energetic Impurities, Colors and Phenomena in the Aura. Localize your awareness on the chakra and the sense of pain in the chakra (and aura layers, if you perceive it extending into them), and then release into the receptive phase, allowing pictures, sounds or a “felt sense” to inform you of their meaning. The information you receive may pertain to the psychology of your patient, to past traumas, to your patient’s life experience, relationships, physical health or disease, or to connections with other phenomena in his or her aura layers or chakras. You may wish to print or duplicate extra copies of the previous page, for additional practice.

Chakra Charging

Questions to Test Your Understanding:

1. A chakra in the chakra system is charged by:
 - a) adding its own native true color to it
 - b) adding lower or higher colors to it, as needed
 - c) adding extra energy to it, during energy channeling
 - d) any or all of the above can be used

2. Which of the following statements, regarding your performance of the chakra charging technique, is NOT correct:
 - a) you visualize, sense and become the Chios symbol in color, from the basic progression, which corresponds to the chakra being treated, all during the technique
 - b) you visualize, sense and become a cloud of the same color around your hands and a layer of color beneath them, all during the technique
 - c) you visualize the colored impurities in the chakra “sticking” to your hand and fingers, all during the technique
 - d) you remain aware of your persistence of visualization - you are at a deep level intending and sensing that the color of the chakra is being restored to its pure hue

3. When treating the levels above the body surface, during the chakra charging technique, you should:
 - a) raise your hands 5” to 6” higher, for each successively higher level treated
 - b) move your hands slightly further apart, for each successively higher level treated
 - c) usually only treat up to the level of aura corresponding to the chakra being treated
 - d) all of the above
 - e) both (a) and (b) only

4. When treating the higher layers of aura (at levels above the body surface), during chakra charging:
 - a) you should move your physical hands in small semicircular movements
 - b) you should have the idea of movement in your mind - imagine moving your “etheric hands” in small semicircular movements
 - c) either (a) or (b) can be used
 - d) neither (a) nor (b) is correct

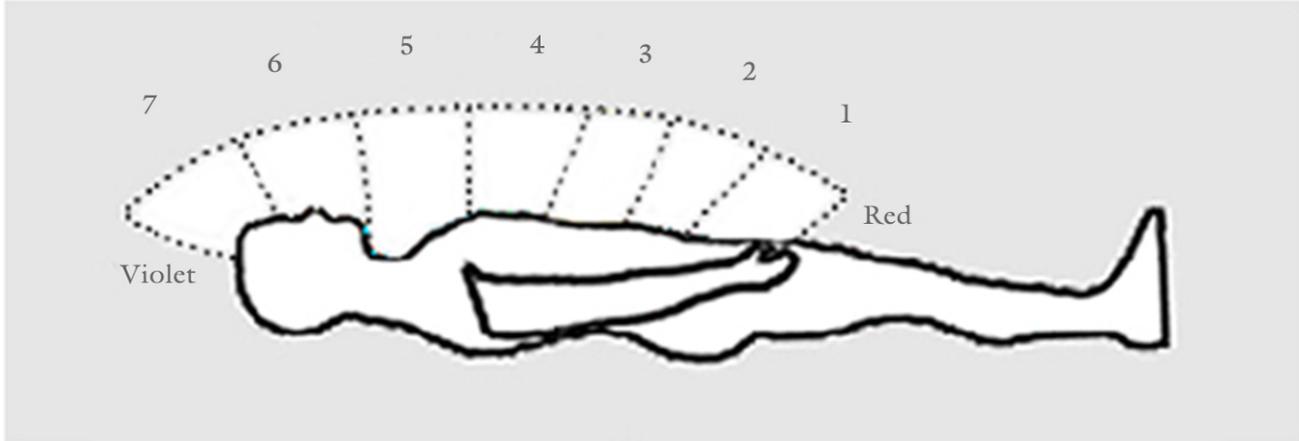
5. You should be sure to treat both the front and back components of a chakra, during chakra charging.
 - a) true
 - b) false

6. When charging chakras, you can begin at the lowest or highest chakra which requires it, whichever you prefer.
 - a) true
 - b) false

Suggested Exercises and Activities:

Practice the chakra charging technique by selecting a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Perform Exercise 3E: Intuitive Reading: Sensing the Condition of the Chakra System, to sense the condition of your patient’s chakra system. You can perform this exercise with your eyes open or eyes closed, whichever you prefer. Remember to use effortless localization, during the active phase, and be sure to follow all of the steps of the technique carefully and accurately.

Does your patient have any chakras which require charging? Chances are, he or she has at least one or two, and many will have even more. (In the very unlikely event he or she does not, attempt this exercise with another patient.). If you see faded colors and/or dark or colored energy impurities in any chakras, draw these in the corresponding chakra fields on the diagram. For such undercharged chakras, check the “undercharged” checkbox corresponding to that chakra. If you get any additional information about the meaning of any energies and phenomena you “see” in the undercharged chakras, include it in the note space below the diagram.



7 th Chakra	6 th Chakra	5 th Chakra	4 th Chakra	3 rd Chakra	2 nd Chakra	1 st Chakra
<input type="checkbox"/> undercharged						
Notes						

Now call in the energy, as you normally would before beginning treatment, and practice charging the chakra(s) which require it, in succession, using the instructions given in Exercise 3H: Chakra Charging. Be sure to follow all of the steps in the instructions for the chakra charging technique carefully and accurately. After charging all the chakras which require it, check the results by again performing the intuitive technique for reading the chakra system.

Do you see the chakras which required charging, before, now restored to their pure hues?

After you have gained a little practice in the chakra charging technique, you may wish to observe the chakra colors on the back of your hand, while charging the lowest level of the chakra, and use them to judge when charging of that layer is complete. You can also view each aura layer above, as you treat it, to observe the changes which the chakra charging technique makes to the energies upon it and to assess when treatment of that layer is complete. It can be very interesting to watch the colors disperse from your hands when you use this technique, and view the changes they bring to the energies on the aura levels of your patient.

You may wish to repeat your practice of this technique with a 2nd or even 3rd patient, until you are comfortable with the technique. With additional patients there is no need to record the results of your reading on a diagram—just perform the reading, make careful mental note of the results and then proceed with the technique as needed (as you would do during a regular healing treatment).

Chakra System Rebalancing

Questions to Test Your Understanding:

1. A chakra in the chakra system is rebalanced by:
 - a) adding its own native true color to it
 - b) adding colors to it that are lower or higher than its native true color
 - c) adding extra energy to it, during energy channeling
 - d) any or all of the above can be used

2. Correct performance of the chakra system rebalancing technique requires you to:
 - a) visualize, sense and become one Chios symbol in color, from the basic progression, that corresponds to the chakra being treated, all during the technique
 - b) visualize, sense and become a series of Chios symbols in color, from the basic progression, that are higher or lower than the symbol in color that corresponds to the chakra, as needed, all during the technique
 - c) visualize, sense and become the Chios symbol which corresponds to the chakra being treated, all during the technique, and in a series of higher or lower colors as needed, but not using Chios symbols in color from the basic progression
 - d) none of the above

3. Which of the following statements, regarding your performance of the chakra system rebalancing technique, is NOT correct:
 - a) you visualize, sense and become a cloud of color around your hands and a layer of color beneath them, the color gently penetrating into the chakra, in the same manner as with the chakra charging technique (but using whatever colors are needed)
 - b) you remain aware of your persistence of visualization - you are at a deep level intending and sensing that the activity level of the chakra being raised or lowered, as needed, to its correct level
 - c) with chakras that are severely out of balance, you begin with a color that is two or three steps lower or higher than the chakra's native true color, as needed
 - d) all the above are actually correct

4. When performing the chakra system rebalancing technique, it is important to check your progress as you alter the activity level of a chakra by:
 - a) monitoring the flow of energy through your hands until you feel the flow diminish or you gain a sense of completeness, as in energy channeling
 - b) channeling color into the chakra until you sense you have adequately treated the chakra with that color, as in chakra charging
 - c) doing an intuitive reading (through visualization of a body profile)
 - d) none of the above

5. After rebalancing a chakra with your hands on the body surface, you should rebalance the chakra at levels above the body surface, up to and including the level of the corresponding layer of aura, as you did with the chakra charging technique.
 - a) true
 - b) false

6. When rebalancing chakras, you can begin at the lowest or highest chakra which requires it, whichever you prefer, AND need only treat the front of the body.
 - a) true
 - b) false

7. To treat underactivity of the 7th chakra or overactivity of the 1st chakra you must:
 - a) visualize, sense and become a Chios symbol in color, from the basic progression, and use a higher or lower colored symbol from the basic progression, as needed, all during the technique
 - b) visualize, sense and become the Chios symbol which corresponds to the chakra being treated, all during the technique, using a higher or lower color than the chakra’s native color, as needed
 - c) visualize, sense and become the Chios symbol which corresponds to the chakra being treated, without color, and at the same time visualize, sense and become the activity level of the chakra being raised or lowered, as needed, using your will
 - d) none of the above - underactivity of the 7th chakra and overactivity of the 1st chakra cannot be treated in these ways

Suggested Exercises and Activities:

Practice the chakra system rebalancing technique by selecting a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Perform Exercise 3E: Intuitive Reading: Sensing the Condition of the Chakra System, to sense the condition of your patient’s chakra system. You can perform this exercise with your eyes open or eyes closed, whichever you prefer. Remember to use effortless localization of awareness, during the active phase. Be sure to follow all of the steps of the technique carefully and accurately.

Does your patient have any chakras which require rebalancing? Chances are, he or she has a definite pattern of imbalance. (In the very unlikely event he or she does not, attempt this exercise with another patient.). Draw a new curve on the diagram below, to show the “bumps” and “dips” in the curve of the rainbow shell (indicating underactive and overactive chakras)—showing the actual pattern of imbalance present in your patient’s chakra system. For chakras which show a “bump” or “dip,” check either the “underactive” OR “overactive” checkbox, to indicate that chakra’s state of imbalance. If you get any additional information about the meaning of any overactive or underactive chakras, include it in the note space below the diagram

7 th Chakra	6 th Chakra	5 th Chakra	4 th Chakra	3 rd Chakra	2 nd Chakra	1 st Chakra
<input type="checkbox"/> undercharged						
Notes						

Now call in the energy, as you normally would before beginning treatment. Practice rebalancing the chakra(s) which require it, using the instructions given in Exercise 3J: Chakra System Rebalancing. Be sure to follow all of the steps in the instructions carefully and accurately. Use an intuitive reading to check on each chakra's activity level, as you rebalance it, to select the appropriate color steps to use.

After rebalancing all chakras which require it, you can check the results by again performing the intuitive technique for reading the entire chakra system.

Can you see the difference your rebalancing of the chakras has made on the patient - do you see a more regular curve over the chakras, in your mind's eye, indicating that the activity levels of the chakras have become more balanced?

You may wish to repeat your practice of this technique with a 2nd or even 3rd patient, until you are comfortable with the technique. With additional patients there is no need to record the results of your reading on a diagram—just perform the reading, make careful mental note of the results and then proceed with the technique as needed (as you would do during a regular healing treatment).

Radiatory Healing of Chakras

Questions to Test Your Understanding:

1. During the process of sensing the need for, and performing, radiatory healing, you the healer act as an open and transparent channel by:
 - a) empathically sensing, in the chakras of your own body, those chakras in your patient which have structural energetic defects
 - b) visualizing, sensing and becoming those chakras in your patient which have structural energetic defects, to channel healing power to them
 - c) both (a) and (b) are true
 - d) neither (a) nor (b) is correct

2. When the term “transparency” is used, to describe the state you are in while performing radiatory healing, it means that:
 - a) you become a pure channel for the healing energies
 - b) you are not your worldly self, during the technique
 - c) you create in yourself a place where you, your patient and your patient's chakra meet, and you are transparent to this meeting
 - d) all of the above
 - e) both (a) and (c) only

How is the word “radiatory” descriptive—what is radiating to what? Where does the healing power that heals the patient’s chakra come from, and what path does it take to the patient’s chakra?

In what way do you think that the radiatory healing technique might also be “catalytic,” in its mechanism? How might the technique of *becoming one* with the patient’s chakra provide some kind of “catalytic” influence, and who is the catalyst?

Suggested Exercises and Activities:

Practice the radiatory healing technique by selecting a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Perform Exercise 3F: Sensing Chakras With Structural Energetic Defects, to empathically sense which chakras harbor structural energetic defects. Be sure to follow all of the steps of the technique carefully and accurately.

Call in the energy, as you would normally do at the beginning of a healing treatment, and briefly place your hands on your patient’s 7th through 2nd chakras, on the front of his or her body, in the same normal sequence of hand positions that you would use during a full treatment. As you briefly channel energy into each chakra, open yourself to any sensations you experience. Do you feel a “pain” as you channel energy into any of the chakras—a pain you sense in your patient’s chakra and which may even seem to radiate outward or extend into the patient’s aura layers? Do you get any empathic sense, in your own corresponding chakra and perhaps even in your own corresponding aura layers, of such a pain? Sense and become your patient, and trust your body sensations, “felt sense” and impressions. Does your patient have any chakras which harbor structural energetic defects? Chances are, he or she has at least one, and many will have two or more. (In the very unlikely event he or she does not, attempt this exercise with another patient.).

For each chakra that you sense this pain, fill in the circle on the diagram below, to indicate that the chakra harbors structural energetic defects. If you perceive that the pain extends into any areas and layers of your patient’s aura, be sure to draw that on the diagram, also. Note alongside the diagram what you experience and any additional information you receive.

You may wish to repeat your practice of this technique with a 2nd or even 3rd patient, until you are comfortable with the technique. With additional patients there is no need to record the results of your reading on a diagram—just perform the reading, make careful mental note of the results and then proceed with the technique as needed (as you would do during a regular healing treatment).

Seventh Layer Focal Healing

Questions to Test Your Understanding:

1. Which of the following statements, regarding the 7th layer of aura, is NOT correct:
 - a) it contains the most refined and permanent energetic characteristics of all the aura layers
 - b) energetic conditions upon it can filter down and affect all of the lower aura layers below it
 - c) damage on this highest, most spiritual layer can seriously affect your patient's spiritual life, but will usually not cause major physical, emotional or psychological afflictions or disease
 - d) it contains energetic defects related to traumas - often from past lives

2. Although energetic defects can be found anywhere on the eggshell-shaped 7th layer, they most commonly appear on the top half.
 - a) true
 - b) false

3. Energetic defects on the 7th layer may appear as:
 - a) areas of unhealthy looking colored impurities, like you see in many of the lower layers
 - b) areas which are darker or have a dimmer light coming from them
 - c) areas which appear to be of a different texture of light
 - d) any or all of the above

4. The correct hand position used in the seventh layer focal healing technique requires that you:
 - a) hold your hand about 10" above the body surface of your patient
 - b) have your palm open, and facing downwards toward the center of your patient's body
 - c) position your hand between the center of your patient's body and the damaged area of the 7th layer
 - d) all the above
 - e) none of the above describes the correct hand position

5. The correct visualization for you to use, when practicing the seventh layer focal healing technique, is to:
 - a) visualize, sense and become a stream of light coming from your hand and traveling to the damaged area of the 7th layer
 - b) visualize, sense and become a narrow beam of light flowing from the middle of your patient's body, passing straight through your hand, and continuing to the damaged area of the 7th layer
 - c) visualize, sense and become a stream of light flowing from the middle of your patient's body, passing through your hand and spreading out (diverging) as it does so, and continuing to the damaged area of the 7th layer
 - d) visualize, sense and become a stream of light flowing from the middle of your patient's body, passing through your hand and focusing to a point when it reaches the damaged area of the 7th layer

6. The light passing through your hand, during the performance of the seventh layer focal healing technique, should be a width of approximately what diameter, when it reaches the surface of your patient's 7th layer?
 - a) 1"
 - b) 6" - 8"
 - c) one foot
 - d) two feet

7. The seventh layer focal healing technique only needs to be performed on the front half of the body.
 - a) true
 - b) false

8. The seventh layer focal healing technique should only be performed using one hand at a time.
 - a) true
 - b) false

9. You should use the passing of hands to check the results of the seventh layer focal healing technique:
 - a) right after performing it, to get a sense of the level of harmoniousness in your patient's energy
 - b) one to two weeks after performing it, to check and make sure that the 7th layer has been correctly and completely treated
 - c) both (a) and (b)
 - d) neither (a) nor (b) - the passing of hands is not used in 7th layer focal healing

10. The best way for you to incorporate whatever intuitive information you receive about your patient and his or her condition, during a healing treatment, is to:
 - a) immediately deliver to your patient whatever intuitive information comes, as soon as you receive it, to help your patient as much as possible
 - b) deliver whatever intuitive information most assists you in the treatment plan you have designed for your patient and that you feel your patient needs to know now
 - c) use the intuitive information to guide your patient towards his or her own memory, understanding and release
 - d) any of the above, as you the healer feel is best

11. If you encounter a patient who your intuitive information informs you has been the victim of childhood sexual abuse but who has no memory of this trauma, you must:
 - a) be honest with your patient and give him or her the full details as soon as possible
 - b) encourage your patient to call law enforcement authorities, when he or she is ready
 - c) design a treatment plan, as soon as possible, that will help your patient recover full memory of the trauma
 - d) all of the above
 - e) none of the above

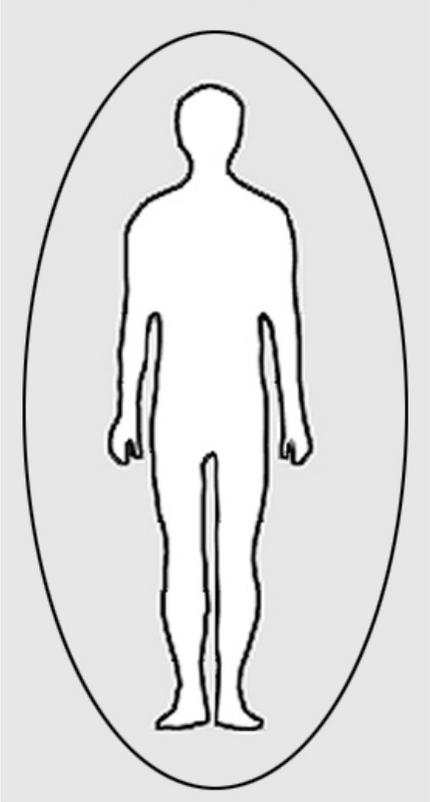
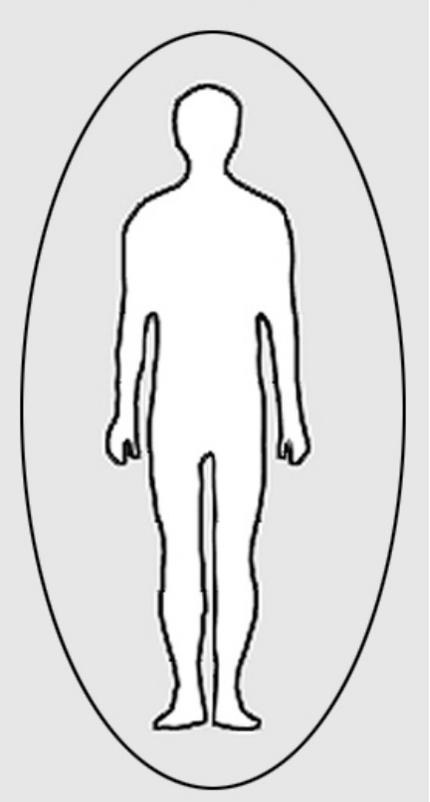
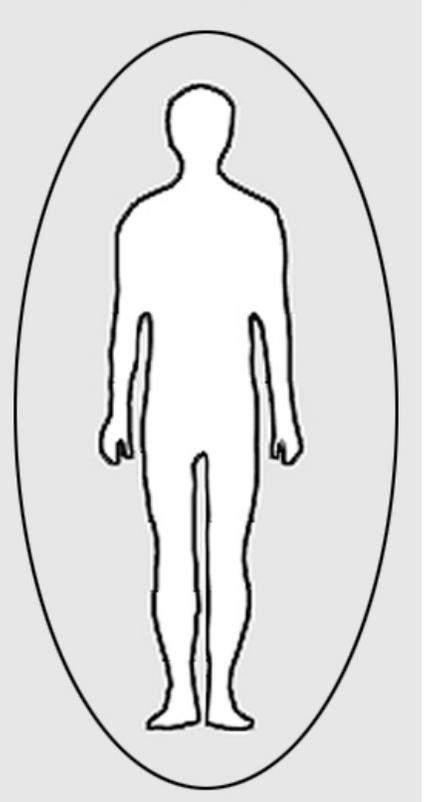
12. For patients who have had major traumas in their past (including past lives) it is always necessary for them to eventually recover memory of the trauma for genuine, complete healing to take place.
 - a) true
 - b) false

Suggested Exercises and Activities:

Practice the seventh layer focal healing technique by selecting a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Perform Exercise 3C: Intuitive Reading: Viewing All Seven Layers of Aura, using a violet Star and localization of awareness to the eggshell-shaped area 24 to 30” above your patient’s body, to specifically focus on the 7th layer. Be sure to follow all of the steps of the technique carefully and accurately.

Seek to gain impressions in your mind’s eye, first. After gaining some impression of the 7th layer and its characteristics, look back and attempt to confirm with your physical eyes what you have sensed with your psychic sight. You may wish to perform several “rounds” of the technique, over several minutes, to allow impressions of the 7th layer to emerge in your mind’s eye and then perhaps to your physical sight. Study the 7th layer carefully. Continue until a definite sense of the conditions on the 7th layer emerge.

Does your patient have any spots, zones or areas on his or her 7th layer which display a change in texture of the light and may require treatment using the seventh layer focal healing technique? There is a good chance he or she does, however there will also be some patients who do not. (In the event he or she does not, attempt this exercise with another patient.). Draw the spots, zones or areas on the diagram below, for this first patient. If you get any information about the spots, zones or areas, include it in the note space below the diagram.

Patient #1	Patient #2	Patient #3
		
Notes	Notes	Notes

If your patient requires treatment of his or her 7th layer, practice the 7th layer focal healing technique on those areas of your patient's 7th layer which require it, using the instructions given in Exercise 3Q: Seventh Layer Focal Healing. Be sure to follow all of the steps in the instructions carefully and accurately.

After completion of the basic technique, on all spots, zones or areas which require it, be sure to practice the passing of hands to assess the results, as discussed in the instructions. Do so right after treating your patient, to get “reference sense” of harmonious energy flow in your patient's field. Try to make an appointment with your patient for a follow-up visit, 1 to 2 weeks after his or her first treatment with this technique, so that you can assess the harmony of your patient's energy field again and treat his or her 7th layer an additional time, if necessary. It is important to do a thorough job with this technique, even when learning.

After you gained a little practice in the seventh layer focal healing technique, you can check your progress treating each zone in the 7th layer, using your intuitive sight, to assess when treatment of that zone is complete. You can also practice “reading” the zones you have perceived as needing healing, on your patient's 7th layer, seeking more information. Use the instructions given in Exercise 3D: Intuitive Reading: Energetic Impurities, Colors and Phenomena in the Aura. Localize your awareness on each spot, zone or area that appears in your mind's eye, and then release into the receptive phase, allowing pictures, sounds or a “felt sense” to inform you of its meaning. The information you receive may pertain to the psychology of your patient, to past-life traumas, to your patient's past or present life experience, relationships, physical health or disease, or to connections with other phenomena in his or her aura layers or chakras.

You may wish to repeat your practice of this technique with a 2nd or even 3rd patient, making sure you are selecting patients who need treatment using 7th layer focal healing, until you are comfortable with the technique. With additional patients there is no need to record the results of your reading on a diagram—just perform the reading, make careful mental note of the results and then proceed with the technique as needed (as you would do during a regular healing treatment).

Frison Healing of Chakras and the Seventh Layer

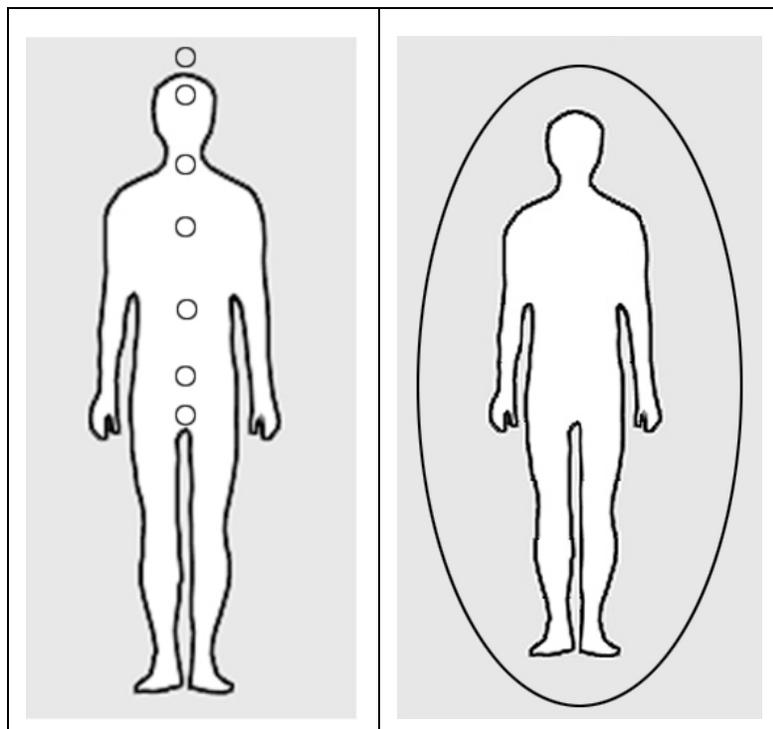
Questions to Test Your Understanding:

1. The frisson healing technique is necessary - and is only used - when your best efforts using the other powerful Chios healing techniques fail to bring complete and lasting healing to your patient.
 - a) true
 - b) false
2. The conditions in your patient's energy field that are the indicators of the need for frisson healing are:
 - a) one (or rarely two) chronically failing chakra(s) that resist healing, despite being treated many times using the other Chios healing techniques
 - b) one or more damaged areas of the 7th layer that resist complete healing, despite being treated with the Chios seventh layer focal healing technique
 - c) both (a) and (b) are almost always present
 - d) neither (a) nor (b) need to be present for frisson healing to be required
3. When holding your hands in the Frame position, when preparing to treat a chakra with the frisson healing technique, your hands are held flat and level forming a triangle, in the “Frame” shape, and:
 - a) with a gap between the tips of your thumbs and between the tips of your fingers of approximately 2 - 3”
 - b) with a gap between the tips of your thumbs and between the tips of your fingers equal in inches to the number of the chakra you are about to treat
 - c) with no gap between the tips of your thumbs and between the tips of your fingers - with them gently touching
 - d) none of the above describes the correct position

4. Which of the following statements, regarding your performance of the frisson healing technique on a chakra is NOT correct:
- when holding your hands in the Frame position your hands are held lightly touching the body surface over the chakra, with “zero pressure,” as with energy channeling
 - you visualize the Chios symbol in color from the basic progression, that corresponds to the chakra you are treating, standing on its side in the middle of the Frame
 - you send the brilliant burst of light - the frisson - from your whole core being, through the Chios symbol, and focused to a pinpoint just behind it
 - you send the resulting shock of energy downwards, from your hands, and into the chakra
5. Which of the following statements, regarding your performance of the frisson healing technique on a damaged area of the 7th layer is NOT correct:
- when holding your hands in the Frame position your hands are held approximately 6 to 8” above the surface of the 7th layer, directly over the damaged area
 - you hold your hands in the Frame shape with a gap between the tips of your thumbs and between the tips of your fingers of approximately 2 to 3”
 - you visualize a Chios symbol in color from the basic progression, standing on its side in the middle of the Frame
 - you send the brilliant burst of light - the frisson - from your whole core being, into and filling the Frame and then spilling out over the affected area of the 7th layer

Suggested Exercises and Activities:

Because the frisson healing technique must only be performed on patients who truly require it, and who have not responded to prior healing work (often over a period of months or years), it will usually not possible for you to practice the full technique “live” on a friend, acquaintance, or fellow healing student, while you are learning it. You may nevertheless practice this technique by pretending to perform it on an imaginary patient on your healing table. Create your imaginary patient by selecting a chakra at random. Because the 3rd, 4th and 5th chakras are the ones most commonly in need of frisson healing it is ideal to select one of these. Fill in the circle on the left side of the diagram below, to indicate this chakra in “need” of the frisson



technique. Then, select one (or preferably two) spots, zones or areas on your imaginary patient's 7th layer that are the additional symptoms of your patient's condition and also in "need" of frisson healing. Indicate those spots, zones or areas by drawing on the right side of the diagram below.

Now practice the frisson healing technique using the instructions given in Exercise 3R: Frisson Healing of Chakras and the Seventh Layer. Be sure to follow all of the steps in the instructions carefully and accurately, as you practice the technique on the chakra and then on the damaged area(s) of your imaginary patient's 7th layer. Imagine your patient's body vividly, and take care to place your hands—as they are in the "Frame" shape—at the correct height above the chakra, as you perform frisson healing for the chakra, and at the correct height and orientation above the spots, zones and areas of the 7th layer, as you treat that layer. Powerfully visualize the frisson "flash," according to the instructions (be aware, however, that when you perform this technique on a "live" patient you will be channeling powerful and profound healing energies, but when treating this imaginary patient you may not be).

You may wish to repeat your practice of this technique with a 2nd or even 3rd imaginary patient, until you are comfortable with the technique. With these additional imaginary patients there is no need to draw the chakra and spots, zones and areas of the 7th layer on a diagram—just pretend you have detected these symptoms and then proceed with the technique as needed (as you would do during a regular healing treatment). Don't worry about not being able to practice this technique on a "live" patient, right now. If you pursue energy healing work you will encounter patients, sooner or later, that will require this technique (nothing else having provided lasting healing).

Distance Healing

Questions to Test Your Understanding:

1. Which of the following statements about treating a patient during distance healing is NOT correct?
 - a) you should always use visualization of light, instead of visualization of energy, because energy is ineffective at a distance
 - b) you should not visualize your hand(s) on your patient, or imagine using them, while performing distance healing techniques, because the hands cannot be used
 - c) you do not need to use the same type of visualization (visualize, sense and become) that you use for in-person healing, when you perform distance healing - you instead use your power of intention for distance work
 - d) you should read the condition of your patient's aura and chakra system using the same intuitive reading techniques you would use during in-person treatments

2. Distance healing treatments can actually be somewhat easier to perform than in-person treatments, because maintaining yourself in a state of openness and sense of unity with your patient, and healing with your whole being, become less important because you are not physically present with your patient and his or her energy field.
 - a) true
 - b) false

3. Which of the techniques below, that you learned in Chios level II, can be done in a distance healing treatment?

sealing leaks and tears	<input type="checkbox"/> can be done	OR	<input type="checkbox"/> cannot be done
aura clearing	<input type="checkbox"/> can be done	OR	<input type="checkbox"/> cannot be done
unblocking chakras	<input type="checkbox"/> can be done	OR	<input type="checkbox"/> cannot be done
aura charging	<input type="checkbox"/> can be done	OR	<input type="checkbox"/> cannot be done
correction of energy flow	<input type="checkbox"/> can be done	OR	<input type="checkbox"/> cannot be done

4. When treating a chakra in your patient with color or light, during distance healing, you should:
 - a) visualize your hand on your patient's chakra, and then visualize a cloud of color or light around your hand and layer of color or light beneath it, gently penetrating into your patient's chakra
 - b) do not visualize your hand on your patient's chakra, but visualize a cloud of color or light where your hand would normally be and a layer of the color or light below where your hand would normally be gently penetrating your patient's body and into your patient's chakra
 - c) visualize a cloud of color or light surrounding your patient's chakra
 - d) none of the above are correct

5. When using the chakra charging technique or the radiatory healing technique during distance treatments, you should treat at increments above the body surface of your patient, up to and including the level of the corresponding layer of aura, just as with in-person treatments.
 - a) true
 - b) false

6. When using the seventh layer focal healing technique during distance treatments, you should perform the technique in the same manner as when your patient is present in-person, EXCEPT that:
 - a) you should imagine your hand, between your patient's body and the damaged area of the 7th layer, with the light diffusing as it passes through it
 - b) you should not visualize or imagine your hand, between your patient's body and the damaged area of the 7th layer, but sense it only as a focal point, with the light diffusing as it passes through it
 - c) you should only visualize the light streaming from near your patient's body and directly out to the damaged area of the 7th layer
 - d) any of the above will work

Suggested Exercises and Activities:

Practice distance healing by selecting a friend, acquaintance, or fellow healing student and ask them to make an appointment with you for a distance healing session. Your patient can be someone you have previously treated in-person, but this is not absolutely necessary. Your patient should arrange a time for the healing, however, when he or she can be in a relaxed, comfortable environment with no possibility of being disturbed.

When the time comes for the distance treatment, find a place for yourself in which you will be comfortable and where you will not be disturbed. Call in the energy, as you would normally do before a healing treatment, and then treat your patient by distance, using the instructions given in Exercise 3S: Distance Healing. Be sure to perform all the techniques carefully and accurately, including carefully observing the modifications to techniques which are used when treating at a distance.

What energetic defects did you sense, with your intuitive readings, for this distance patient?

Which healing techniques did your distance patient require, and how your performance of them (including your visualization of color and light) differ from what you would have done during an in-person healing treatment?

You may wish to check with your patient, after the distance healing, to see if he or she had any sensations, during the treatment. It is not necessary for your patient to have sensed anything during treatment, however, for it to have been effective.

After you gained a little practice distance healing, you can incorporate all the techniques you have learned to gain additional intuitive information about your client. The information you receive as you practice the various Chios techniques by distance may pertain to the psychology of your patient, to past-life traumas, to your patient's past or present life experience, relationships, physical health or disease, or to connections with other phenomena in his or her aura layers or chakras.

You may wish to repeat your practice of distance healing with a 2nd or even 3rd patient, until you are comfortable with the technique.

Suggested Exercises and Activities:

As the climax of your study of Chios Level III, perform 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 chapter of the Chios book. You may wish to use the "Level III Treatment Procedure - Outline" in Appendix #2 of the Chios book, as a reference.

You may even make one of these healing treatments a distance healing treatment. If so, be sure to use the special modifications for distance treatments, give in the "Distance Healing" exercise in the 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. Do not just move from top to bottom in the appropriate column but note everything that emerges in your whole being, as you come to an understanding of your patient's condition during the course of treatment. For each patient, make note of:

Results of 2nd Level Techniques:

Over which areas of your patient's body did you feel subtle sensations during the passing of hands? Which areas required sealing of leaks and tears, unblocking of chakras or clearing of auric energy impurities? Were aura charging, correction of energy flow, grounding, spine cleaning or any other techniques required?

Viewing the Higher Layers of Aura:

What did you see on the higher layers of your patients aura? Mention any important phenomena you sensed, using a diagram if you wish. Did you receive any extra information about your patient, while you practiced viewing the higher layers, or from reading the phenomena you observed?

Chakra Charging:

After performing your intuitive reading of the condition of the chakra system, make note of what chakras in your patient required charging. Did you receive any extra information about your patient, while you practiced reading the chakra system or while you charged chakras, or from reading the phenomena you observed in them?

Chakra System Rebalancing:

Did your patient show a pattern of imbalance, in the activity level of his or her chakras? You may wish to include a diagram. Which chakras required rebalancing?

Radiatory Healing:

What chakras in your patient did you sense as having structural energetic defects? How did you sense each? Did you receive any extra information about your patient, while you practiced the radiatory healing technique?

Seventh Layer Healing:

Did each patient have areas in his or her 7th layer which required healing using the 7th layer focal healing technique? You may wish to draw a diagram, illustrating this layer and the phenomena you found. What sense did you get from the passing of hands, also, after performing this technique? Did you receive any extra information about your patient, while you practiced the 7th layer focal healing technique or from reading the phenomena you observed on the layer?

	Patient #1	Patient #2	Patient #3
2 nd Level Techniques			
Viewing the Higher Layers of Aura			

Chakra Charging			
Chakra System Rebalancing			
Radiatory Healing			
Seventh Layer Focal Healing			

Note: Chapter Four of the Chios book, “Treatment Procedures for Serious Physical Illnesses” is not a required part of your study for Chios Level III, but is an important reference section for you to use as you encounter specific situations in your healing work. It is not included in this workbook but you should skim it so you are familiar with its contents and are ready to refer to it as needed, in your work as an energy healer.

Congratulations!

You have completed Chios Healing Level III,

Chios Master Teacher!!