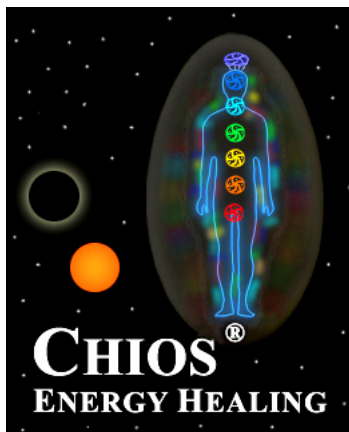


CHIOS[®]

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!

How to Use This Electronic Edition of the Workbook

This electronic edition of your study workbook makes completing this Chios Energy Healing level very convenient. You can work on it entirely on your computer, and when you have finished it you can then email it (with all your answers) to your teacher for grading. To get the most out of this electronic edition of your workbook, just follow these simple instructions:

1. You will need the latest edition of Adobe Acrobat Reader, to use all the features of this workbook. Even if you already have a copy of it on your computer you should consider downloading the most recent edition. You can download the most recent edition for free from the Adobe website by clicking this link: <http://get.adobe.com/reader> Follow the instructions, to download your copy.
2. When you complete “*Questions to Test Your Understanding*,” you can answer multiple choice or true/false questions by simply moving your mouse over the box adjacent to the answer you wish to give and clicking the mouse button. You will then see a mark, in the box, corresponding to your answer. You should indicate only one answer, for these questions. For short answer questions in this section, simply click with your mouse inside the text box right after the question and then type your response. The text box will always give you enough spaces, for the correct answer.
3. When you complete “*Essay Questions for Further Reflection*,” again click with your mouse inside the large text box right after the question and then type your response. You will find that the text box will usually give you enough space for your answer. If you type an answer with more words than would normally fit in the text box, you will notice that the font size of your answer will shrink, so that your entire answer will be accommodated inside the box. It is usually best not to include answers that are extremely long, however, so most of your essay answers should fit inside the text box without the font size needing to be reduced.
4. When you complete the “*Suggested Exercises and Activities*,” you will often be giving essay-type answers, and you should follow the instructions given in #3 above. There are exercises in Chios Levels II and III, however, that also require you to complete drawings to illustrate your perceptions of phenomena in the aura and chakras. This electronic workbook, when you use it with recent editions of Acrobat Reader, provides for the ability to use “Commenting Tools” like “Annotations and Drawing Markups.” These features allow you to draw diagrams directly into your workbook and even include extra notes anywhere on the pages (adjacent to your drawings, for example).

These tools usually do not appear by default, when you open Acrobat Reader, but can be opened by clicking on the Comment task pane button near the top right corner of your Acrobat Reader window. You will then see the Annotations and Drawing Markups panels appear, with the icons you will click on to use the various tools offered in each. On the Annotations panel, you can add a sticky note, highlight text, insert or replace text, strikethrough text, underline or add a note to the text. On the Drawing Markups panel, you can add a text box, draw lines, draw arrows, draw ovals, draw rectangles, draw clouds, draw polygons and of course either draw or erase free form. Experiment with these tools—they are very versatile.

When completing a drawing in your workbook that requires you to indicate phenomena you have seen in the aura, for example, you should use the most appropriate Drawing Markups tool or tools to draw what you have seen. You can then right-click on what you have drawn, and select “Properties” from the pull-down menu, to change its style or make it any color you wish. You could then select the “Text Comment” tool, from the Annotations panel, to label and explain what you have drawn. You can customize these tools by right-clicking on any tool in the Annotations and Drawing Markups panels, to change its default properties. Experiment with all these features, because they will allow you to draw in and annotate your workbook in almost any way you desire. When you are done using the Annotations and Drawing Markups tools, double click on the Tools task pane button near the top right corner of your Acrobat Reader window and then continue with the rest of your workbook.
5. You do not need to complete this entire workbook in one session, of course. You can save your progress after each session by clicking on the “File” drop down menu, in Adobe Reader, and selecting “Save.” After you have completed the entire workbook, “Save” it one final time and send the pdf file to your teacher as an attachment to email.

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

Essay Questions For Further Reflection:

The text in this subsection of the book says, “As afflictions of body, mind and spirit begin in the wider realm of consciousness - the whole being - so do you heal from that level.”

What does the phrase “whole being” mean to you?

Why might disease ultimately begin in the “whole being”?

Why does the healer have to heal from that level (in a state of complete openness), to treat it?

Learning to Channel the Energy

Questions to Test Your Understanding:

1. The way you “call in the energy” is to:
 - (a) request that it begin to flow into you from all around
 - (b) visualize the energy coming into your body
 - (c) visualize the energy moving through your body, to the shoulders, down the arms and filling the hands
 - (d) all of the above

2. To prepare for a hands-on healing treatment, it is necessary for you to:
 - (a) remove all your rings, watches and other jewelry from your hands
 - (b) ask your patient to remove all jewelry
 - (c) take off your shoes
 - (d) all of the above

3. While performing a healing treatment, you should be concerned with:
 - (a) thinking about whether or not you are conducting the energy correctly
 - (b) intellectually analyzing whatever sensations you get regarding how much energy is being conducted into your patient
 - (c) 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)
 - (d) all the above
 - (e) none of the above - in fact, you should avoid all the above concerns

4. When placing your hands on your patient’s body to channel the energy, the energy is transferred into your patient most effectively when:
 - (a) your hands are held very slightly above the body surface
 - (b) 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
 - (c) your hands are placed on the body surface, but with zero pressure (no pressure)
 - (d) all of the above are equally effective

5. The degree to which you sense the flow of energy into your patient’s body:
 - (a) will vary from day to day and from patient to patient
 - (b) should be carefully analyzed
 - (c) is an indicator of how much your patient needs energy healing treatment
 - (d) all of the above

6. As you get more experience in energy channeling, you:
 - (a) 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
 - (b) will become “transparent”
 - (c) will become “one with your patient”
 - (d) all of the above

Essay Questions For Further Reflection:

What does it mean for you “to become one with your patient”?

How does this differ from the approach used in traditional medicine?

What advantages do you think this gives you the energy healer - what information or abilities might be available to you as a result of this different approach?

Suggested Exercises and Activities:

After receiving the first Chios attunement (if you've elected to receive it), practice Exercise 1A: Calling in the Energy. After doing this exercise on the first day, a minimum of 3 times that day, write down below your feelings and sensations, as you call in the energy.

How does it feel?

What did you experience?

Do you feel you are able to free yourself from doubt and release yourself to the energy, when you practice calling in the energy?

After doing the “Calling in the Energy” exercise for a second day, a minimum of 3 additional times that day, perform a brief meditation and intuitive reading, for your own benefit:

Sit quietly and meditate for a few minutes, to quiet your mind. Then, when you feel your mind is clear, ask yourself the following questions, in succession, writing down the intuitive guidance you receive under each question below:

What is my greatest asset (strength) in calling in the energy?

What is my greatest weakness, in calling in the energy?

What should I do to develop a good relationship with the energy, right from the beginning (how could I change my approach, my thinking, my beliefs, to call the energy in most effectively)?

After receiving the results of the meditation and intuitive reading you have performed, now practice Exercise 1B: Energy Channeling. Select a friend, acquaintance, or fellow healing student and ask them to lie on your table. Call in the energy and then channel the energy into one or a few of the chakras of your “patient.” Write down below your feelings and sensations, as you now channel the energy.

How does it feel?

What did you experience?

Do you feel you are able to free yourself from doubt and release yourself to the energy, when you practice channeling it into a chakra?

If you wish, you can repeat the quiet meditation and the three questions given above, now for energy channeling:

What is my greatest asset (strength) in channeling the energy?

What is my greatest weakness, in channeling in the energy?

What else can I do to develop a good relationship with the energy, right from the beginning (how could I change my approach, my thinking, my beliefs, to channel the energy most effectively)?

Do not underestimate the importance of learning to release yourself and call in and channel the energy effortlessly and completely - it is the foundation for all that will follow!

Beginning to Sense the Energy Field

Questions to Test Your Understanding:

1. Learning to sense the condition of your patient's energy field is one of the core skills of you the energy healer. You must have the ability to sense where and how the energy field has acquired defects, for the purpose of them.
2. When learning to sense the energy field with the passing of hands, you should pass your hands slowly over your patient's body, at a distance of:
 - (a) about an inch above the body surface
 - (b) 2 to 3 inches above the body surface
 - (c) 4 to 5 inches above the body surface
 - (d) none of the above
3. The subtle sensations you may experience in your palms, while passing your hands slowly over your patient's body to sense the condition of the energy field, may be:
 - (a) a subtle sensation of a "bump" or "dip."
 - (b) a subtle sensation of heat or coldness
 - (c) other sensations
 - (d) all the above
4. When passing your hands slowly over your patient's body to sense the condition of the energy field, you should:
 - (a) concentrate carefully on your hand
 - (b) constantly be concerned about whether or not you are performing the technique correctly
 - (c) keep your thinking mind active
 - (d) all of the above
 - (e) none of the above - in fact, you should avoid all the above when performing this technique

Essay Questions For Further Reflection:

The text in the book refers to the technique of sensing the energy field of your patient by passing the hands over your patient's body as a "very grounded" technique.

What do you think this means?

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

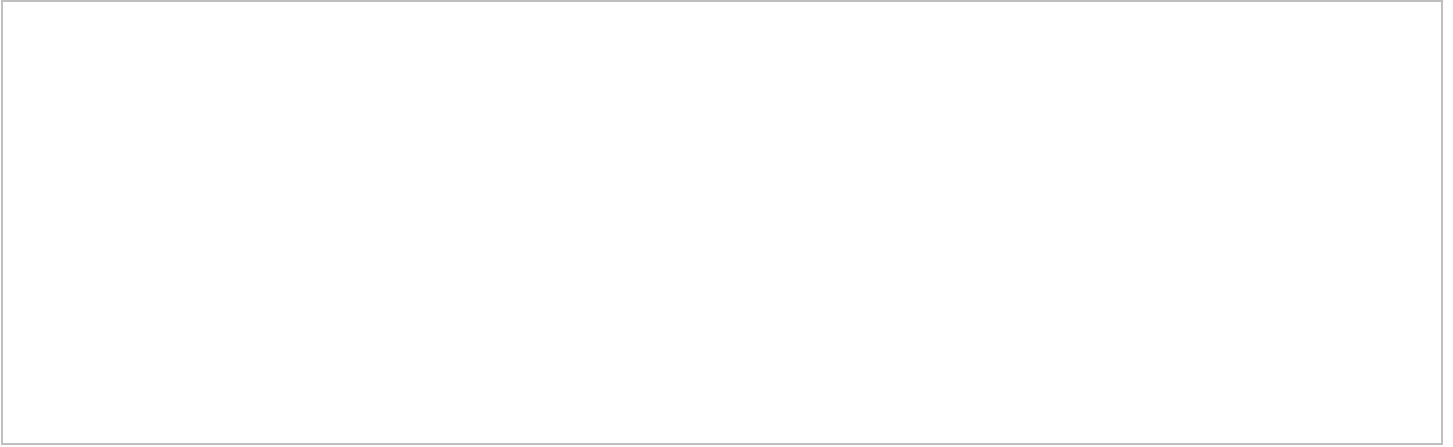
Suggested Exercises and Activities:

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

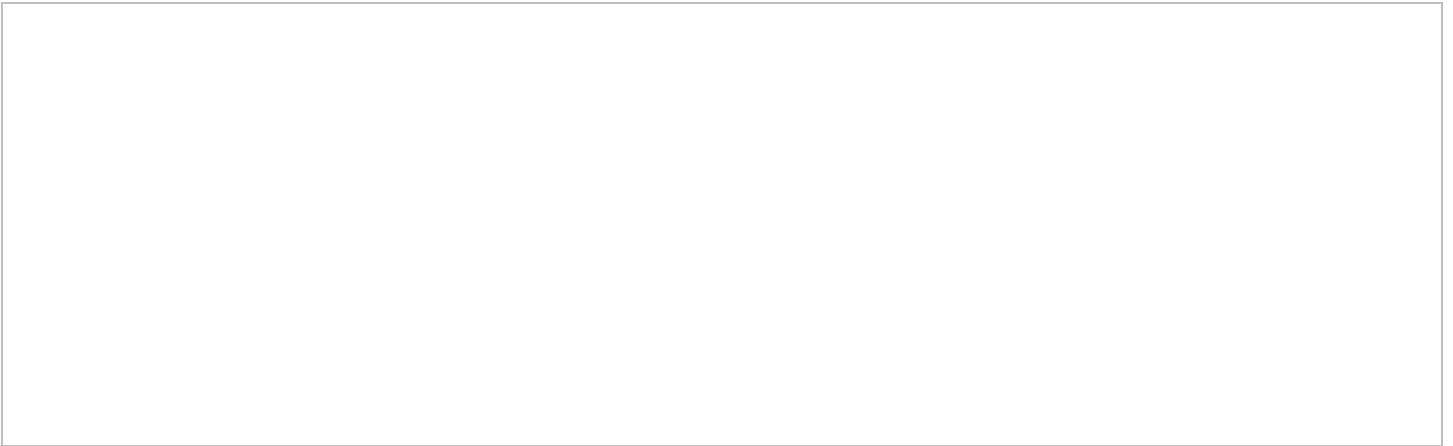
After gaining some results with this exercise, proceed to Exercise 1D: The Passing of Hands, to practicing the passing of hands to sense the energy field of a live patient. Select a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Call in the energy and then 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:

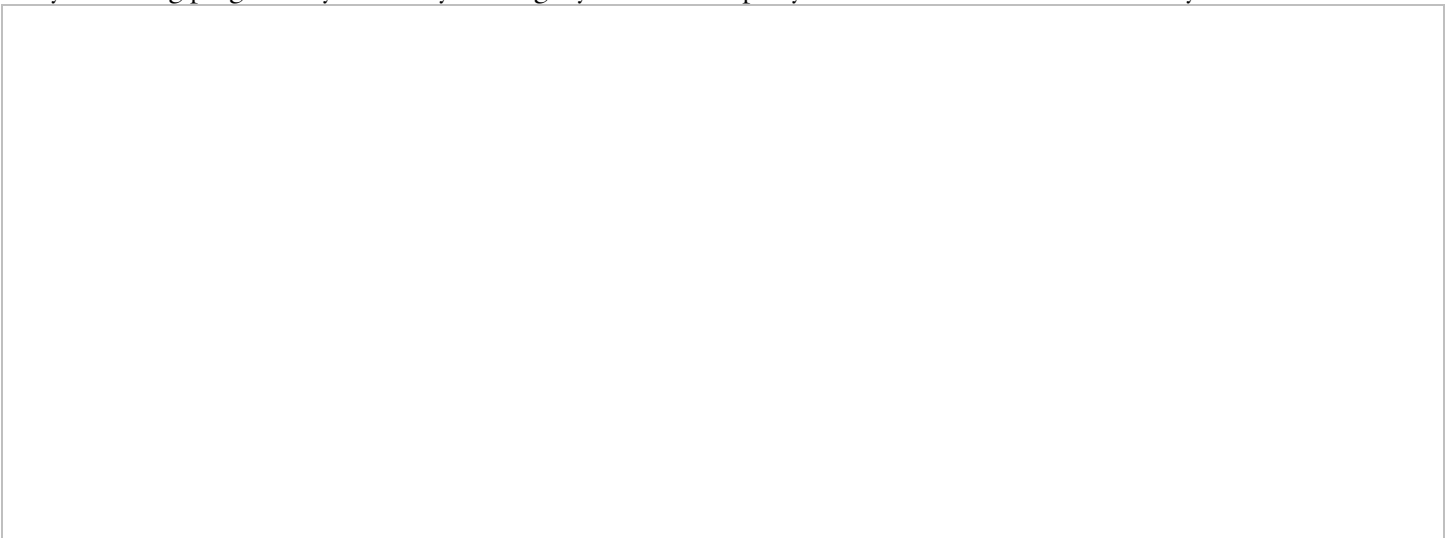
Patient #2:



Patient #3:



Are you sensing progress in your ability to “forget yourself” and open yourself to the subtle sensations in your hands?



Are you sensing progress in your ability to allow intuitive impressions to form effortlessly in your awareness, as your hands pass over certain areas?

Practice the technique, using all the considerations given, until you gain a little confidence in your ability to “read” your patient’s energy field. Remember - do not doubt your first impressions!

The text in the book also refers to the necessity of “simply relaxing and allowing impressions to form in your entire being,” when this technique is performed. Why is it so important to do that?

How could focusing on your hand, failing to suspend your thinking process or worrying about whether or not you are performing the technique correctly interfere?

Introduction to the Chakra System

Questions to Test Your Understanding:

1. The seven chakras in the human energy field are:
 - (a) energy junctions and energy processing centers
 - (b) our energetic connection to the field of pure consciousness (spirit)
 - (c) spiritual entities, each with its own character and unique nature
 - (d) all of the above
 - (e) none of the above are really accurate statements about the chakras

2. 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):

7 th chakra:	
6 th chakra:	
5 th chakra:	
4 th chakra:	
3 rd chakra:	
2 nd chakra:	
1 st chakra:	

3. Each of the seven chakras has a true color associated with it. The true colors of the chakras are:

7 th chakra:	
6 th chakra:	
5 th chakra:	
4 th chakra:	
3 rd chakra:	
2 nd chakra:	
1 st chakra:	

4. When you “call in” the energy and channel it into your patient, you receive energy:
 - (a) through your 1st and 7th chakras
 - (b) from the earth
 - (c) through all seven of your chakras, especially after some practice
 - (d) all the above are true

5. An intellectual understanding of the chakra system is one of the most important requirements to be able do useful energy healing work.
 - (a) true
 - (b) false

Essay Questions For Further Reflection:

What do you think the book means when it says that “the true energy healer learns to expand his or her awareness and experience each of the chakras as a *realm of being*. Each chakra is a realm with its own *nature and consciousness*”?

Why is it important to conceive of the chakras as “realms of being and consciousness,” instead of merely as objects?

How does an energy healer benefit by conceiving of and experiencing the chakras in this way?

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:
 - (a) 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)
 - (b) 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)
 - (c) 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
 - (d) 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:
 - (a) 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
 - (b) 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
 - (c) (a) if a healer is right-handed, and (b) if a healer is left-handed
 - (d) 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:
 - (a) left and right hands placed directly on top of each other, over the center of the chakra
 - (b) left and right hands placed side-by-side, with the chakra in between
 - (c) right hand placed with its palm centered over the chakra, with the left hand gently overlapping
 - (d) 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:
 - (a) both hands placed on the top (crown) of the head, right over the center of the chakra
 - (b) right hand placed with its palm centered over the chakra, with the left hand gently overlapping
 - (c) 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
 - (d) all the above are equally effective
- The correct hand placement for treating the 6th chakra is:
 - (a) right hand placed with its palm over the chakra, left hand gently overlapping
 - (b) right hand placed with its palm over the front of the chakra, left hand on the back of the head and neck
 - (c) left and right hands placed side-by-side, with the chakra in-between
 - (d) 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