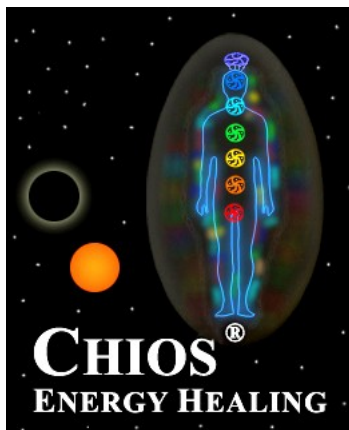


# CHIOS<sup>®</sup>

## Energy Healing

### Chios<sup>®</sup> Planetary Healing

(Earth Transdimensional Core Matrix Healing  
and Human Consciousness Harmonization)



Version 3.0

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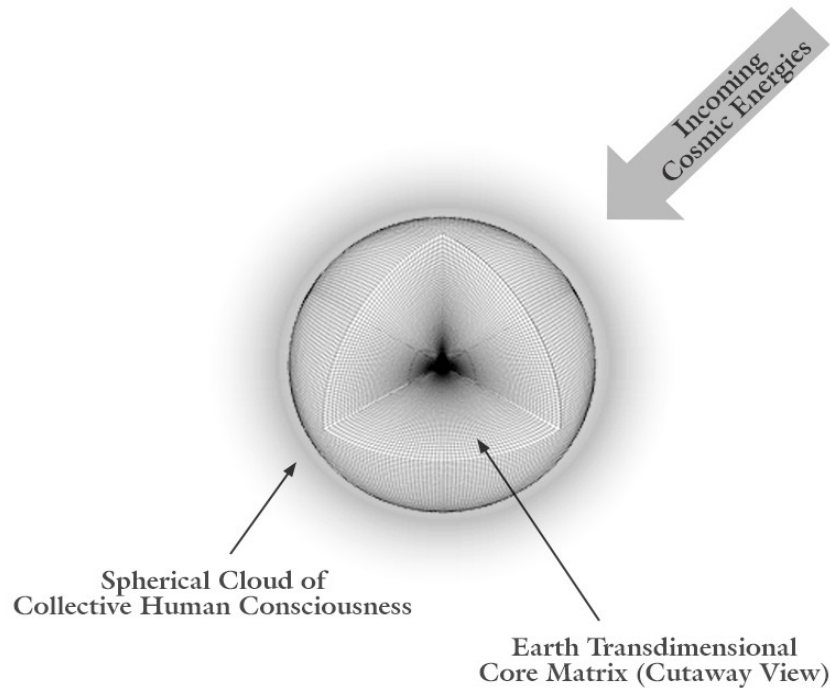
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## Introduction to Chios Planetary Healing

Planet Earth, its biosphere and inhabitants are in a profound healing crisis. The root cause of that crisis is collective separation of human awareness from a pure connection to higher consciousness and the higher energies that would normally inform and illuminate all. The result is a loss of harmony and balance, and loss of the ability of the field of pure consciousness to regulate all. Each crisis, in the many specific avenues of human and planetary activity, is merely a symptom and particular manifestation of this deeper root cause. Many of us desire “planetary healing,” and well-intentioned efforts have been made in many specific areas, but the overall trend of social and environmental crises continue to accelerate. Here is a new and powerful planetary healing technique that directly treats the root cause. It has the potential (especially when amplified through the power of group meditation) to reconnect and heal the Earth, and reconnect human awareness, to the pure consciousness and higher energies that have the power to heal and regulate all. It thereby provides great assistance to Earth and its people.

The Earth, like everything that exists, possesses an *essence*. The essence of the Earth is ultimately of the nature of pure consciousness; the Earth is not inert matter but is of the nature of pure beingness. It can be visualized as a “transdimensional core matrix”—an infinitely-fine matrix, lattice or regular structure which is an energy pattern and has a transcendent order beyond the levels of physical matter, thought or spirit, yet that also includes each of these aspects (see Figure 1). This essence of the Earth is transdimensional in that it potentially includes all dimensions yet is ultimately a substrate of pure consciousness that is also beyond them. It’s not necessary to use (or even think about) this detailed explanation of the Earth’s essence, to employ the technique below. It’s just provided as an explanation.



**Figure 1: Earth Transdimensional Core Matrix, and the Spherical Cloud of Collective Human Consciousness**

The essence of the Earth is sensitive to, and is affected by, incoming cosmic energies from the galactic center (and beyond). It is also sensitive to, and is affected by, the thoughtforms and the spiritual configuration of the collective human consciousness that inhabits its surface. This human consciousness can be visualized as a spherical cloud of consciousness (including its emotional, mental and spiritual aspects) that completely surrounds the Earth, at the surface yet also extending a little above it. This collective human consciousness is the source of and defines all patterns of human activity and social life, on the planet's surface. It is also ultimately of the nature of pure consciousness, but contains many specific forms.

The earth is changing: it has been suggested by many that the Earth is beginning a new cycle and is passing into a new influence of creative and beneficial cosmic energies which (among other things) can be characterized by higher consciousness, universal love, individual freedom and an approach to worldly life that includes altruism, harmony, and the greater good of all. This creative and beneficial energetic influence and beneficial dynamic change is now being impressed upon the Earth's essence, but this process is being interfered with and delayed by human consciousness, which has not kept up with this new influence but is instead maintaining itself within old patterns.

This is harming the earth and preventing the emergence of new knowledge and ways of living and conducting society that would be more beneficial to Earth and its people. The present-day human consciousness, lacking in alliance with the positive and creative cosmic forces coming in, has damaged the fine structure of the consciousness of the planet and has also interacted with, inhibited and disturbed the process of beneficial dynamic change. Damage to the planet, at all levels, and the rapidly accelerating and out-of-control crisis in human society and culture, is the result.

The following technique contains visualizations that heal and restore the essence of the Earth. It also harmonizes the collective human consciousness with the Earth and also with the creative and beneficial incoming cosmic energies, so that human consciousness may evolve in the ways necessary for human survival. These visualizations should be performed after a minimum of 10 minutes of meditation. The most powerful practice is simultaneous group practice, where all members in the group begin practice of meditation at the same time, meditate for the same amount of time, and then practice the visualizations given below at the same time also.

## General Instructions

Practice Chios Meditation by sitting in a quiet, private place and then closing your eyes and visualizing, sensing and becoming the Round Orange-Red Ball for a minimum of 10 minutes, following the instructions carefully so that you become free from excess mental activity and move into a state of pure awareness. Then, with your eyes still closed, gently stop the meditation practice and remain quietly in a state of pure awareness for about 10-15 seconds. Then perform the visualizations below. Perform Visualization 1 for approximately 5 seconds. Then, Perform Visualization 2 for approximately 5 seconds. Repeat this cycle over and over, for a total of 5 minutes.

**Visualization 1:** See the Earth's essence becoming one with, and restored to alliance with, the incoming cosmic energies and the process of beneficial dynamic change that they are impressing upon it, thereby becoming healed.

**Visualization 2:** See the human consciousness upon the surface of the earth—as a spherical cloud of emotional/mental/spiritual consciousness completely surrounding the earth, at and near its surface—harmonized and brought into alliance with the healed Earth's essence (which is itself harmonized with, and in that sense one in the same with, the incoming cosmic energies and the process of beneficial dynamic change).

Note that this is a dynamic healing process, using visualizations intended to heal the earth and also heal and restore a dynamic process currently taking place.

## Special Instructions for Chios Level IV CMHC Practitioners

If you are a Chios Level IV CMHC practitioner, you can perform this planetary healing technique even more powerfully. Practice Chios Meditation for a minimum of 10 minutes, following the instructions carefully so that you become free from excess mental activity and move into the Zone of Pure Awareness. Then, with your eyes still closed, gently stop the meditation practice and remain quietly in a state of pure awareness for about 10-15 seconds. Then repeat UVC1 and UVC2 very quickly together (the “double touch” technique) every 10 seconds, per the instructions in your MHC course manual, for a total of 5 minutes. Be sure to refine these UVCs to their essences, beyond the words, concepts and visual representations in the above discussion.

**UVC1:** See the Earth’s essence becoming one with, and restored to alliance with, the incoming cosmic energies and the process of beneficial dynamic change that they are impressing upon it, thereby becoming healed.

**UVC2:** See the human consciousness upon the surface of the earth—as a spherical cloud of emotional/mental/ spiritual consciousness completely surrounding the earth, at and near its surface—harmonized and brought into alliance with the healed Earth’s essence (which is itself harmonized with, and in that sense one in the same with, the incoming cosmic energies and the process of beneficial dynamic change).

Note that this is a dynamic healing process, using visualizations intended to heal the earth and also heal and restore a dynamic process currently taking place.

Practicing this new planetary healing technique using the Chios MHC technique results in a very powerful planetary healing effect (especially when practiced in groups).

## The Importance of Joyful Practice

There is one more important aspect that will enhance your practice of this technique. The practice of planetary healing becomes much more effective when it is practiced from a sense of positivity and Joy. *Joy is an essential element of this practice.* During your practice of Chios Meditation for 10-15 minutes, in preparation, and *especially when practicing the visualizations or UVCs themselves*, allow yourself to rest in and practice from a sense of inner Joy, at being able to do this technique and bring healing, hope, and change to the Earth and its people.