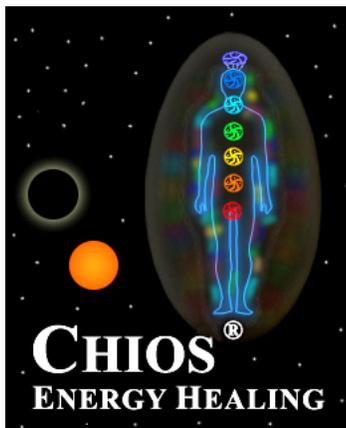


# CHIOS<sup>®</sup>

## Energy Healing

### Study Workbook

with Review Questions and Exercises on Techniques  
Version 1.5



Healing  
Level II

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## Chios Energy Healing Study Workbook — Level Two

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## How to Use This Study Workbook

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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 Two 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

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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 Importance of Holistic Awareness and Action in Healing

### Questions to Test Your Understanding:

- Which of the following statements about the aura and chakra system are true?
  - (a) the seven layers of aura interpenetrate
  - (b) as one ascends up the chakras in the chakra system, the chakras are progressively more complex in their operation and have a progressively more spiritual mode of functioning
  - (c) each chakra has a close relationship with its corresponding aura layer
  - (d) all of the above are true
- The holistic awareness and action of the healer is so important in healing work because:
  - (a) all the parts of the energy field (aura and chakra system) interrelate in their operation
  - (b) energy healing patients have come to expect a holistic approach
  - (c) the mind of the energy healer could block out important intuitive information if he or she is too focused on just one part of the energy field
  - (d) both (a) and (c) are true
- Perhaps the most important quality the energy healer must cultivate in himself or herself is .
- The capable energy healer will often analyze the patient's condition and plan the full course of the healing treatment before beginning it, and follow this treatment plan carefully without deviating from it.
  - (a) true
  - (b) false
- Complete this statement: The healer, the energy field of the patient and the healing technique being employed:
  - (a) are the only proper points of focus for the energy healer, during a treatment
  - (b) should retain clearly defined boundaries for healthy healing to take place
  - (c) ideally become one
  - (d) all of the above

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### Essay Questions For Further Reflection:

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Briefly review why openness is important to you the energy healer, as you heal. Why do you think that human beings sometimes decrease their openness (restrict their awareness and focus too much on specifics)?

List a few ways you could try to avoid this tendency and cultivate openness in yourself, as you study energy healing.

## The Chios Symbols, and Using the Symbols to Call in the Energy

### Questions to Test Your Understanding:

1. The reason the Chios symbols (the Circle, the Trine and the Star) are so powerful is:
  - (a) they are well known by almost everyone
  - (b) they are simple and close to the essence
  - (c) they are representative of fundamental powers of existence
  - (d) both (b) and (c)
2. When using any of the Chios symbols, it is important for you to think of that symbol's meaning, as you use it.
  - (a) true
  - (b) false
3. The Circle:
  - (a) is a symbol of the wholeness and unity of all things
  - (b) resolves polar energies
  - (c) creates an opening of the spirit
  - (d) all of the above
4. The Trine:
  - (a) symbolizes penetration to higher levels of existence
  - (b) represents broadened awareness and a higher rate of vibration
  - (c) leads the spirit towards growth
  - (d) all of the above
5. The Star:
  - (a) is used to help call in the energy, at the beginning of healing treatments
  - (b) should not be used to treat the 7<sup>th</sup> chakra
  - (c) is a focus and channel for energy, and represents spiritual totality
  - (d) all of the above

6. The proper way for you to visualize a symbol is to:

- (a) pretend to see it in your mind
- (b) meditate carefully on its meaning
- (c) visualize, sense and become it
- (d) all the above can be used

7. What is the proper way for you to visualize each of these symbols - as an outline shape or a filled in shape:

- The Circle:     outline     filled-in  
The Trine:     outline     filled-in  
The Star:     outline     filled-in

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### Essay Questions For Further Reflection:

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The text in the book says it is important for you to “visualize, sense and become one with the symbol,” to release its full power and energy-directing ability. In Chios level II you will also learn the importance of visualizing, sensing and becoming one with each of the other healing techniques that will be taught, and with the energy of your patient, as you heal.

Why is visualizing, sensing and becoming a symbol or healing technique necessary to release the full power of the symbol or technique being employed?

How does removing the boundary of awareness between you the healer and the tool or technique being employed make this power more fully available and from where does the healing power ultimately come?

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**Suggested Exercises and Activities:**

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Perform Exercise 2A: Visualizing the Chios Symbols. First, visualize the Circle for between 5 and 7 minutes, carefully following the instructions in the book to make sure you are visualizing correctly. After visualizing the Circle, write down a few sentences below describing your results and what you experienced:

Were you able to sense and then become the Circle?

Did you receive any impressions of the power contained in this symbol, or any other intuitive insights?

Did you get some sense of its essence - beyond the words and ideas used to describe its “meaning”?

Repeat the exercise with the Trine, visualizing it for the same amount of time and then again describing your results.

Were you able to sense and then become the Trine?

Did you receive any impressions of the power contained in this symbol, or any other intuitive insights?

Did you get some sense of its essence - beyond the words and ideas used to describe its “meaning”?

Repeat the exercise for a final time with the Star, visualizing it for the same time, and again describing your results.

Were you able to sense and then become the Star?

Did you receive any impressions of the power contained in this symbol, or any other intuitive insights?

Did you get some sense of its essence - beyond the words and ideas used to describe its “meaning”?

After receiving the second Chios attunement (if you chose to receive it), perform Exercise 2B: Calling in the Energy with Symbols. Use visualization of the Circle and the Trine to call in the energy, as you would before treatment. Be sure to follow the instructions given in the book carefully, to make sure you are visualizing correctly during the procedure.

Do you get a sense of more energy collecting in your hands, now that you have received the second attunement and also learned to use the Circle and the Trine to help call in the energy?

How does this extra energy feel in your hands - do you feel a heat in your hands, a tingling, or perhaps an “excited” feeling in them (something akin to the excitement that emotions stir in the body)?

## Simple Energetic Defects in the Aura and Chakras

### Questions to Test Your Understanding:

1. Blocked chakras:

- (a) have a stoppage (block) in the upward flow of energy through them
- (b) usually coincide with specific psychological issues in your patient
- (c) have a stoppage (block) in the flow of energy into them from all around, and through them
- (d) all of the above

2. The chakras which are most commonly blocked in human beings are:

- (a) the 1<sup>st</sup> and 2<sup>nd</sup>
- (b) the 3<sup>rd</sup> and 7<sup>th</sup>
- (c) the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>
- (d) there is no general rule

## 3. Leaks:

- (a) usually occur on the first layer of aura
- (b) are areas in the energy field where the energy is slowly being dissipated instead of being retained in its normal pattern
- (c) are due to a thickening of the aura layer
- (d) both (a) and (b)

## 4. Leaks are often found over all of the areas listed below EXCEPT:

- (a) joints
- (b) knees and shoulders
- (c) back
- (d) neck, ankles and elbows

## 5. Tears:

- (a) are usually related to emotional, mental or spiritual stresses or past traumas
- (b) can begin on any layer of aura and can extend through multiple layers
- (c) lower the degree of psychic protection the energy field provides, leaving the patient vulnerable
- (d) all the above

## 6. All the following statements about tears are correct EXCEPT:

- (a) large, catastrophic tears are often found over the abdomen and chest
- (b) tears can be large or small
- (c) tears can extend all the way to the 7<sup>th</sup> layer of aura
- (d) tears are often also found on the back of the body

## 7. Auric energy impurities:

- (a) are a result of blocked chakras
- (b) are unhealthy energies “stuck” to the energy field, that block free energy flow
- (c) usually exist only at the body surface
- (d) all of the above

## 8. Auric energy impurities are often found over all of the areas listed below EXCEPT:

- (a) head and face
- (b) shoulders
- (c) chest and abdomen
- (d) lower legs and back
- (e) hips

9. Auric energy impurities are sometimes found over chakras. When they are, they are most commonly found over the 2<sup>nd</sup>, 4<sup>th</sup> or 7<sup>th</sup>.

- (a) true
- (b) false

## 10. Energy depletion (global energy depletion):

- (a) is a weakening of the energy in the entire energy field
- (b) usually is most pronounced on one particular layer of aura
- (c) only affects the body, emotions and mind of the patient if serious illness is also present
- (d) none of the above

## 11. Disturbance in energy flow (global disturbance in energy flow):

- (a) will often be most evident on the higher layers of aura
- (b) is a condition of overall irregularity in the pattern of energy flow in and around the body
- (c) is usually tied to one particular chakra
- (d) none of the above

**Sensing Simple Energetic Defects in the Aura and Chakras****Questions to Test Your Understanding:**

1. The process of assessing the condition of your patient should be fully completed before treatment is begun and not allowed to interfere with the treatment itself.
  - (a) true
  - (b) false
  
2. The primary way you should assess your patient's condition is:
  - (a) by reception of intuitive information
  - (b) through visual observation of the aura
  - (c) by the passing of hands to sense the energy
  - (d) all the above should always be used together
  
3. For each of the qualities or attributes below, attribute that quality to either the rational or the intuitive mind:
 

Thinks along specific avenues of thought:	<input type="checkbox"/> rational	<input type="checkbox"/> intuitive
Accesses information from a realm beyond time and space:	<input type="checkbox"/> rational	<input type="checkbox"/> intuitive
Passive, effortlessly acquires impressions:	<input type="checkbox"/> rational	<input type="checkbox"/> intuitive
Is deductive and analytical, and focuses on specifics:	<input type="checkbox"/> rational	<input type="checkbox"/> intuitive
Corresponds to the receptive principle:	<input type="checkbox"/> rational	<input type="checkbox"/> intuitive
Corresponds to the active principle:	<input type="checkbox"/> rational	<input type="checkbox"/> intuitive
  
4. When *learning* the intuitive reading technique for reception of intuitive information:
  - (a) you first use the receptive principle (intuitive mind) to open your awareness, then use the active principle (rational mind) to ask for the information
  - (b) you first use the active principle (rational mind) to ask for the information, then release to the receptive principle (intuitive mind) to receive it
  - (c) you use both the active principle and receptive principle at the same time
  - (d) it depends on what kind of energy defect you are trying to "read"

5. During the active principle phase of the technique to perform an intuitive reading you should:
- (a) meditate briefly
  - (b) focus (concentrate) the mind on one thing alone - e.g. the body shape
  - (c) try to see the energy defects in your patient's energy field
  - (d) all of the above
6. During the receptive principle phase of the technique to perform an intuitive reading you should:
- (a) stop thinking
  - (b) not "strive to see" anything
  - (c) not analyze or judge whatever information comes, in any way
  - (d) all of the above
7. The intuitive information which comes to you, when you practice the technique for intuitive reading:
- (a) is a "seeing" similar to what is normally done with the eyes
  - (b) is a little bit like pretending to see
  - (c) is effortless visualization with the third eye chakra
  - (d) all of the above
8. When you healer becomes practiced in the intuitive reading technique, you will still need to always follow the steps, to ensure accurate results.
- (a) true
  - (b) false
9. The information which comes to you from the intuitive realm has a slightly different "flavor," or feel, than the information which normally comes from your own mind.
- (a) true
  - (b) false

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### **Suggested Exercises and Activities:**

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Practice the intuitive reading technique by selecting a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Close your eyes and perform Exercise 2C: Intuitive Reading: Sensing Simple Energetic Defects in the Aura and Chakras. Be sure to follow all of the steps carefully and accurately.

After you receive information regarding leaks and tears, blocked chakras and auric energy impurities in your patient's energy field, draw what you "see" onto the diagram labeled Patient #1. 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. Indicate blocked chakras by filling in the circle for that chakra position. Draw leaks, tears and auric energy impurities on the diagram, showing the areas over your patient's body where they occur. If you receive additional information about them, include it in the note space below the diagram. If you sense energy depletion and/or disturbance in energy flow, in your patient, check the corresponding checkboxes below the diagram and include any further information on those, too.

You may wish to perform more than one "round" of the technique (more than one cycle of active principle / receptive principle), for your patient, to get further information. Include all the information you receive about this patient, on your diagram and in the note space.

Repeat the exercise with at least two additional *different* patients, and again record your results on the diagram and in the note space for each patient.

Patient #1	Patient #2	Patient #3
<input type="checkbox"/> Energy Depletion <input type="checkbox"/> Disturbance in Energy Flow	<input type="checkbox"/> Energy Depletion <input type="checkbox"/> Disturbance in Energy Flow	<input type="checkbox"/> Energy Depletion <input type="checkbox"/> Disturbance in Energy Flow
Notes	Notes	Notes

## Beginning to View the Aura

### Questions to Test Your Understanding:

- The best environment for learning to view the aura is one in which:
  - (a) the lighting is not too harsh nor too dim
  - (b) against a neutral background whose color is not too dark nor too light
  - (c) natural sunlight is present, and not artificial light
  - (d) both (a) and (b)
- The correct gaze you should use, when attempting to view the aura, is described in the book as:
  - (a) soft
  - (b) off-center
  - (c) relaxed
  - (d) all the above
- When attempting to view the aura, you should remember what it is supposed to look like, so that it is easier to see at first.
  - (a) true
  - (b) false
- The aura is seen first with the mind's eye (third eye chakra), and later with the physical eyes.
  - (a) true
  - (b) false
- During the active principle phase of the “glancing technique” for beginning to learn to view the aura, you:
  - (a) close your eyes and visualize the area around the shape of the body over which you wish to see the aura
  - (b) focus your mind on the area around the shape of the body over which you wish to see the aura, using your physical eyes
  - (c) either (a) or (b) can be used
  - (d) neither (a) nor (b) is correct
- During the receptive principle phase of the “glancing technique” for beginning to learn to view the aura, you:
  - (a) continue looking at the area over which you wish to see the aura, to view the aura there
  - (b) glance away from the area over which you wish to see the aura, and allow an impression to form in your mind's eye
  - (c) glance away from the area over which you wish to see the aura, trying to see the aura out of the corner of your eyes, using a soft focus
  - (d) both (b) and (c) can be used

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### Essay Questions For Further Reflection:

The text in the book says, “the aura is seen first with the mind's eye, then with the physical eyes.” This basic concept is vital to beginning to learn to see the aura, and is also central to the other aura and chakra reading techniques in Chios level II and the advanced aura and chakra reading techniques which will be used in Chios level III.

Why do you think that these phenomena are seen first with the mind's eye?

What does this say about our ultimate nature as conscious beings - our physical existence vs. the part of ourselves beyond the physical?

From where do our perceptions and thoughts ultimately come?

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### **Suggested Exercises and Activities:**

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Practice Exercise 2D: Viewing the Aura around your Hands, using the “glancing” technique for learning to view the aura around your hands. Be sure to follow all of the steps carefully and accurately. Practice alternating between the active and receptive principles until you get some sense of the aura around your hands, in your mind's eye, and are also able to look back and see a little of the aura around your hands, with your physical eyes.

Were you able to see the aura around your hands?

What did it look like?

After performing the first exercise above, call in the energy using the Circle and Trine, using the procedure given in Exercise 2B: Calling in the Energy with Symbols, as you would do before beginning a healing treatment. Practice the “glancing” technique to view the aura around your hands again.

Is the aura around your hands brighter—can you see your “hands of light”?

After gaining some success in seeing the aura around your hands, practice Exercise 2E: Viewing the Aura around the Body of Your Patient to attempt to view the aura around the entire body of a patient. Once again, be sure to follow all of the steps carefully and accurately.

Were you able to see your patient's aura?

Around which areas of his or her body was the aura visible? Describe what it looked like, for each area.

## Refining the Practice of the Passing of Hands & Integrating an Interpretation of Treatment Needs

### Questions to Test Your Understanding:

1. After gaining some experience with the passing of hands technique, you can:
  - (a) use both hands, close together, over the area being sensed
  - (b) use both hands, moving them over different areas
  - (c) use one hand at a time, either right or left
  - (d) all the above are true
  
2. To gain an expanded sense of your patient's energy, during the passing of hands, you can:
  - (a) pass one hand over a certain area of your patient's body, then pass the other hand over the same area
  - (b) try to merge with the sensations in your hand, and the energy flow
  - (c) allow pictures and feelings to emerge in your mind
  - (d) all of the above
  
3. If you get some sensation in your hands over a certain area in your patient's energy field, yet the intuitive information received has not indicated a problem in that area, the sensation in your hands should probably be discounted, as genuine energy defects can be confirmed with more than one mode of sensing.
  - (a) true
  - (b) false

## 4. Blocked chakras:

- (a) may feel “unhealthy” as you pass your hands over them
- (b) can often be detected when viewing the aura with your eyes
- (c) can appear blackened, smeared or discolored when you do an intuitive reading
- (d) all of the above
- (e) both (a) and (c) only

## 5. Which of the following statements about leaks and tears is NOT true:

- (a) leaks feel like an unhealthy flow of energy, when the hands are passed over them, and may look like a “jet” of energy flowing outward
- (b) tears may feel like a “break or openness” in the aura layers, when the hands are passed over them, and appear as a rip in the field
- (c) the extent of large tears, extending through several layers, is difficult to sense with the hands, so the hands are seldom passed over the higher layers
- (d) leaks or tears may be felt as a break or rupture in the harmonious flow of aura energy, when the hands are passed over them

## 6. Auric energy impurities:

- (a) may feel “sticky” or “gummy” when passing your hands over them
- (b) can be related to negative emotions or thoughtforms in your patient’s personality
- (c) will appear as “unhealthy” looking colors in the aura
- (d) all the above

## 7. Which of the following is NOT true about energy depletion (global energy depletion):

- (a) it usually affects only one particular area of your patient’s energy field
- (b) you can feel it, when passing your hands, as a weakness or lack of robustness in the energy
- (c) you are often informed of this condition while performing the intuitive reading technique, to “read” the energy field of your patient
- (d) it can be seen as a dimness to the aura, when you view the aura with your eyes

## 8. Disturbance in energy flow:

- (a) can often be sensed during the passing of hands
- (b) is sensed with your whole being, as an uneasiness in the energy field of your patient, or as unpleasant or uncomfortable sensation, even in your own body
- (c) both (a) and (b) are true
- (d) is usually only sensed visually, during your viewing of the aura

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**Suggested Exercises and Activities:**

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Perform Exercise 2F: Tuning Hand Sensitivity, to refine your practice of the passing of hands. Be sure to follow the instructions carefully.

It is not necessary to be able to sense anything in particular, as you perform this exercise, but it is extremely helpful in refining your ability to sense the aura energy accurately with the hands. It works at a very deep level in the awareness, to tune the sensitivity of your hands and integrate the sensations they receive. You may wish to practice it at various intervals during your study of this Chios level, and you will benefit greatly from doing so.

## Sealing Leaks and Tears in the Aura

### Questions to Test Your Understanding:

1. Sealing leaks or tears may be performed with either one or two hands at a time.
  - (a) true
  - (b) false
2. When sealing leaks and tears, your hand is held palm open facing down, with:
  - (a) fingers held apart, hand about 2 to 3 inches above your patient's body
  - (b) fingers held apart, hand about 4 to 5 inches above your patient's body
  - (c) fingers held together, hand about 2 to 3 inches above your patient's body
  - (d) fingers held together, hand about 4 to 5 inches above your patient's body
3. When sealing leaks and tears, your hand can be moved:
  - (a) in a circular motion
  - (b) in a back and forth motion
  - (c) in whatever way it is guided to
  - (d) any the above can be true
4. The visualization that you should perform when sealing leaks and tears is:
  - (a) seeing the energy in the energy field of your patient pushed back, into the leak or tear, so it cannot escape
  - (b) seeing healing energy flowing through the your hands into the leak or tear, to repair it
  - (c) visualizing, sensing and becoming the leak or tear being sealed or fused shut and repaired
  - (d) all the above are correct
5. When sealing large tears on multiple layers of aura, you should begin on the lowest layer needing sealing and move upwards, layer by layer, sealing each layer.
  - (a) true
  - (b) false

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### Essay Questions For Further Reflection:

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The text in the book refers to the necessity that you use your hands, while practicing energy healing techniques, with the awareness that you are “really actively using your whole being through your hands.” It also explains (once again) that “you must be open and acting as your whole self, to the entire energy field of your patient.”

Have you experienced either or both of these effects, during your practice of energy healing thus far?

Describe your experiences, and how they felt.

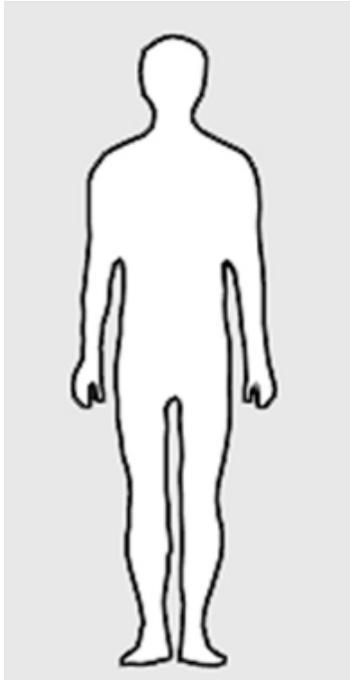
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### Suggested Exercises and Activities:

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Practice the technique for sealing leaks and tears, using the instructions given in Exercise 2G: Sealing Leaks in the Aura and Exercise 2H: Sealing Tears in the Aura. Select a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Perform an intuitive reading, asking for information on leaks and tears in your patient's aura during the active phase, and then releasing into the receptive phase to get the information.

Does your patient's aura have any leaks and tears? Chances are it has at least one of each, and probably more. Draw leaks and tears on the diagram, showing the areas over your patient's body where they occur. If you receive additional information about them, include it in the note space alongside the diagram. (In the very unlikely event your patient does not have any leaks or tears, attempt this exercise with another patient).

	<p>Notes</p>
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Now call in the energy, as you normally would at the beginning of treatment, and practice the passing of hands over those regions of your patient's energy field where your intuitive reading indicated leaks and tears.

How do the leak(s) and tear(s) on your patient's energy field feel?

Can you confirm with your hands the information you obtained during your intuitive reading?

Can you "see" the leaks or tears, using your intuitive sight, or even with your eyes?

Now practice sealing the leak(s). Be sure to follow all of the steps in the instructions carefully and accurately. Then, practice sealing the tear(s). Again making sure you are following the instructions carefully and accurately. If your patient happens to have a tear extending through more than one layer of aura, follow the step-by-step instructions for treating that tear (many patients have multi-level tears, especially over the abdomen).

You may wish to repeat your practice of this technique with a 2<sup>nd</sup> or even 3<sup>rd</sup> 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).

## Aura Clearing

### Questions to Test Your Understanding:

1. Which of the following statements, about performing the aura clearing technique to draw out auric energy impurities, is NOT correct:
  - (a) you should spread the fingers of your hand apart, somewhat wider apart than during the passing of hands
  - (b) the drawing-out motion of your hand should begin at about 1 inch above the body surface, and move slowly upwards to about 15 inches above the body
  - (c) you should visualize the aura energy flowing freely through the region affected by the aura impurities, to help clear them out
  - (d) while performing the drawing-out motion, you should visualize, sense and become the auric impurities “sticking” to your hand and separated and removed from your patient’s aura
2. You use the energy field in your own hand, when removing auric energy impurities, by:
  - (a) channeling extra healing energy into the affected region
  - (b) expanding the energy field around your hand, to help capture the energy impurities in your patient’s aura
  - (c) using it as a device to trap the energy impurities, by visualizing, sensing and becoming them “sticking” to your hand
  - (d) both (b) and (c)
3. Aura clearing should only be done using one hand at a time.
  - (a) true
  - (b) false
4. The number of drawing-out motions required to clear auric energy impurities over one area of your patient’s body is usually:
  - (a) only one
  - (b) either 2 and 3 motions, depending on the extent of the impurities
  - (c) between 2 and 10 motions

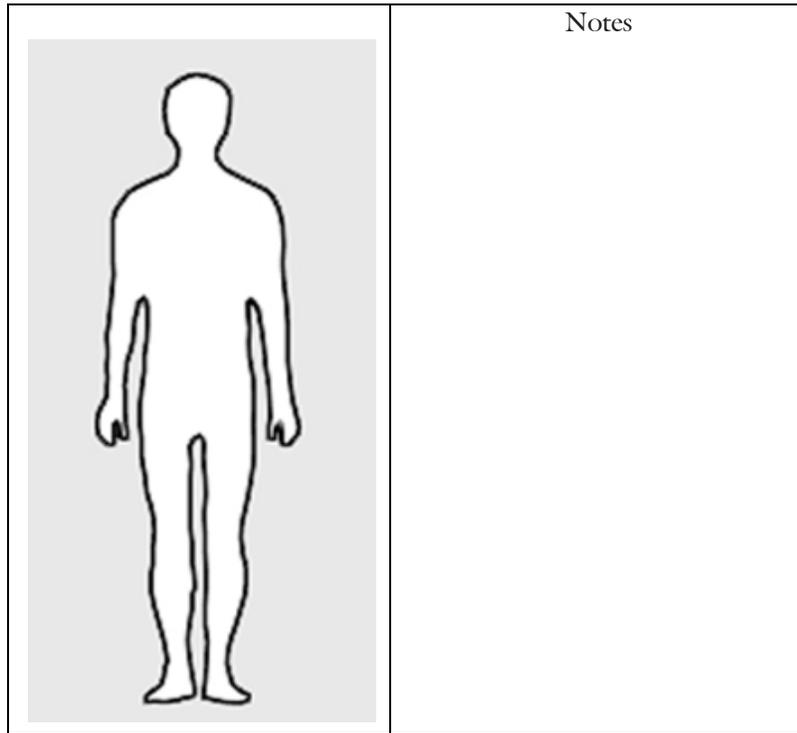
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### Suggested Exercises and Activities:

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Practice the technique for removing auric energy impurities, using the instructions given in Exercise 2I: Aura Clearing. Select a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Perform an intuitive reading, asking for information on auric energy impurities in your patient’s aura during the active phase, and then releasing into the receptive phase to get the information.

Does your patient’s aura have any areas with auric energy impurities? Chances are it has at least one such area, and probably several. Draw the auric energy impurities on the diagram, showing the areas over your patient’s body where they occur. If you receive additional information about them, include it in the note space alongside the diagram. (In the very unlikely event your patient does not have any auric energy impurities, attempt this exercise with another patient).



Now call in the energy as you normally would before beginning treatment, and practice the passing of hands over those regions of your patient's energy field where your intuitive reading indicated auric energy impurities exist.

How do the auric energy impurities in your patient's energy field feel?

Can you confirm with your hands the information you obtained during your intuitive reading?

Can you “see” the auric energy impurities, using your intuitive sight, or even with your eyes?

Now practice removing the auric energy impurities. Be sure to follow all of the steps in the instructions carefully and accurately. You may wish to repeat your practice of this technique with a 2<sup>nd</sup> or even 3<sup>rd</sup> 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).

## Unlocking Chakras

### Questions to Test Your Understanding:

1. Unlocking of chakras is usually done:
  - (a) near the beginning of treatment, right after the passing of hands and before performing the normal sequence of hand positions channeling energy into chakras
  - (b) after completing the normal sequence of hand positions channeling energy into chakras
  - (c) during the normal sequence of hand positions channeling energy into the chakras - at the same time
  - (d) none of the above
  
2. For each of the chakras listed below, indicate which of the Chios symbols you visualize, to assist in unblocking that chakra:
 

1 <sup>st</sup> Chakra:	<input type="checkbox"/> Circle	<input type="checkbox"/> Trine	<input type="checkbox"/> Star
2 <sup>nd</sup> Chakra:	<input type="checkbox"/> Circle	<input type="checkbox"/> Trine	<input type="checkbox"/> Star
3 <sup>rd</sup> Chakra:	<input type="checkbox"/> Circle	<input type="checkbox"/> Trine	<input type="checkbox"/> Star
4 <sup>th</sup> Chakra:	<input type="checkbox"/> Circle	<input type="checkbox"/> Trine	<input type="checkbox"/> Star
5 <sup>th</sup> Chakra:	<input type="checkbox"/> Circle	<input type="checkbox"/> Trine	<input type="checkbox"/> Star
6 <sup>th</sup> Chakra:	<input type="checkbox"/> Circle	<input type="checkbox"/> Trine	<input type="checkbox"/> Star
7 <sup>th</sup> Chakra:	<input type="checkbox"/> Circle	<input type="checkbox"/> Trine	<input type="checkbox"/> Star
  
3. To unblock a chakra, you should visualize, sense and become the appropriate Chios symbol (as above) and at the same time visualize, sense and become:
  - (a) the energy which travels up the spine flowing through the chakra, unblocking it
  - (b) the energy which flows into the chakra from all around, flowing through the chakra, unblocking it
  - (c) both (a) and (b)
  - (d) neither (a) nor (b) - only visualization on the appropriate Chios symbol is necessary to unblock a chakra

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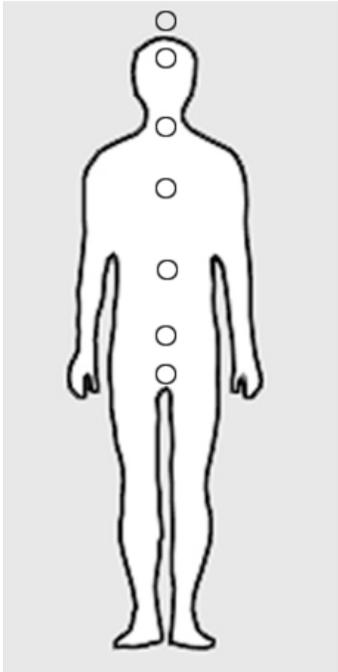
**Suggested Exercises and Activities:**

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Practice Exercise 2J: Unblocking Chakras. Select a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Perform an intuitive reading, asking for information on blocked chakras, during the active phase, and then releasing into the receptive phase to get the information.

Does your patient have any blocked chakras? Chances are, he or she has at least one, and more likely two or even more. Indicate blocked chakras by filling in the circle for the chakra position. If you receive additional information about them, include it in the note space alongside the diagram.

(In the very unlikely event that your patient has no blocked chakras, attempt this exercise with another patient.)

	Notes
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Now call in the energy, as you normally would before beginning treatment, and practice the passing of hands over those chakras where your intuitive reading indicated blocked chakras.

How do the blocked chakras in your patient's energy field feel?

Can you confirm with your hands the information you obtained during your intuitive reading?

Now practice unblocking the chakra(s). Be sure to follow all of the steps in the instructions carefully and accurately.

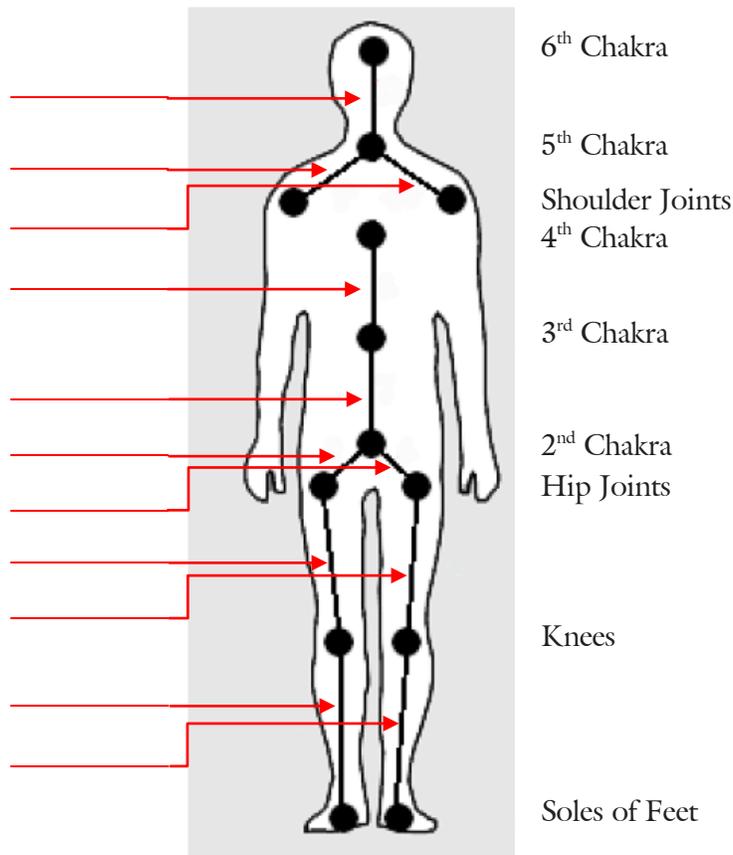
You may wish to repeat your practice of this technique with a 2<sup>nd</sup> or even 3<sup>rd</sup> patient, until you are comfortable with the technique. With additional patients there is no need to record the results of your reading on a diagram—just perform the reading, make careful mental note of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

## Aura Charging

### Questions to Test Your Understanding:

1. In aura charging your two hands treat each portion (segment) of your patient's body, in succession, by being placed:
  - (a) with both hands in the middle of each segment, in the same position as they would during normal hand placement on the chakras, to channel the energy
  - (b) with one hand on the lower end of the body segment, and the other hand on the higher end of that body segment, each hand intensively channeling energy into that segment
  - (c) together on the lower end of the body segment, to channel the energy there, and then together on the upper end of that body segment, to treat that area
  - (d) none of the above
  
2. When channeling the energy to each body segment, during aura charging, you should:
  - (a) transfer the energy in a more active way than during regular energy channeling
  - (b) visualize, sense and become the energy as it intensely radiates into your patient's aura
  - (c) visualize a bond between the energy and the area of your patient's body being treated
  - (d) all of the above
  
3. When performing aura charging on your patient, part of the correct technique you should use is to lead the energy up the body, making sure that the energy is balanced on both sides.
  - (a) true
  - (b) false

4. Using the diagram below, show your knowledge of the correct sequence of body segments that you treat when performing the aura charging technique (label the first body segment to be treated “1,” the second “2,” etc.):




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### Suggested Exercises and Activities:

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Practice Exercise 2L: Aura Charging. Select a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Perform an intuitive reading, asking for information on whether or not your patient has a condition of energy depletion, during the active phase, and then releasing into the receptive phase to get the information.

Does your patient have energy depletion? Many patients do not, but there are a substantial percentage who will. If so, describe what you sense and how you sense this condition, in your patient. If not, describe how you sensed that. If your patient does not have energy depletion, you can seek another patient or practice aura charging on this patient anyway - the technique cannot hurt and will only help.

Proceed to call in the energy, as you normally would before beginning treatment, and then perform the aura charging technique on your patient. Be sure to follow all of the steps in the instructions carefully and accurately.

Can you “see” your patient’s aura filling with energy, using your intuitive sight, or even with your eyes, as you perform the technique?

You may wish to repeat your practice of this technique with a 2<sup>nd</sup> or even 3<sup>rd</sup> patient, until you are comfortable with the technique.

## Correction of Energy Flow

### Questions to Test Your Understanding:

1. In the correction of energy flow procedure, your two hands are placed:
  - (a) on the crown of your patient’s head, in the same position as when treating the 7<sup>th</sup> chakra
  - (b) on the crown of your patient’s head, in a special position unique to this procedure
  - (c) on each part of your patient’s body exhibiting the disturbance in energy flow
  - (d) using a similar sequence as during aura charging
  
2. In the correction of energy flow procedure, you should visualize, sense and become the Star and also include in the procedure every item in the list below EXCEPT:
  - (a) visualize, sense and become the 7<sup>th</sup> chakra
  - (b) allow energy to emanate from your hands and toward the entire body of your patient
  - (c) visualize, sense and become the energy in your patient’s body becoming regular, even and harmonious
  - (d) visualize, sense and become the energy pathways in your patient’s body corrected (especially if you are familiar with meridians)
  
3. Complete performance of the correction of energy flow procedure usually only requires 1 to 2 minutes.
  - (a) true
  - (b) false

### Suggested Exercises and Activities:

Practice Exercise 2M: Correction of Energy Flow. Select a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Perform an intuitive reading, asking for information on whether or not your patient has a disturbance in energy flow. Remember - you will most often sense this condition not visually but by a feeling in your whole being, as an uneasiness in the energy field of the patient, or as unpleasant or uncomfortable sensation, even in your own body.

Does your patient have a disturbance in energy flow? Many patients do not, but there are a substantial percentage who will. If so, describe what you sense and how you sense this condition, in your patient. If not, describe how you sensed that. If your patient does not have disturbance in energy flow, you can find another patient or practice correction of energy flow on this patient anyway - the technique cannot hurt and will only help.

Now call in the energy, as you would normally do before beginning treatment, and proceed to practice the correction of energy flow technique. Be sure to follow all of the steps in the instructions carefully and accurately.

You may wish to repeat your practice of this technique with a 2<sup>nd</sup> or even 3<sup>rd</sup> patient, until you are comfortable with the technique.

## Additional Treatment Positions

### Questions to Test Your Understanding:

1. The shoulder position is useful for:
  - (a) treating leaks around the shoulder and neck of your patient
  - (b) attuning you to your patient's body
  - (c) relaxing and creating trust in a nervous patient
  - (d) both (b) and (c)
2. You should consider using the Star on your patient's 7<sup>th</sup> chakra, during regular treatment, even when no energy defects are present there.
  - (a) true
  - (b) false

## 3. The grounding position:

- (a) is a simpler version of aura charging
- (b) is particularly good for “ungrounded” patients, and for all patients creates a healthy link between the patient and the earth
- (c) adds energy to your patient’s energy field
- (d) all of the above

## 4. Correct performance of the spine cleaning technique includes every item in the list below EXCEPT:

- (a) you should place one of your hands on the rear component of your patient’s 2<sup>nd</sup> chakra, and your other hand on the rear component of your patient’s 5<sup>th</sup> chakra
- (b) you should visualize the energy washing in both directions up and down the spine, up to the 7<sup>th</sup> and down to the 1<sup>st</sup> chakras
- (c) you should always clear the auric energy impurities over the spine, as part of the technique
- (d) it should be done at the end of your Chios Level II treatment

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**Suggested Exercises and Activities:**

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Practice the additional positions and techniques given in this chapter, using the instructions given in the book. Begin by practicing Exercise 2N: The Shoulder Position. Select a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Call in the energy, as you normally would at the beginning of treatment, and then practice the shoulder position. Be sure to follow all of the steps in the instructions carefully and accurately.

How does this position seem to make your patient feel?

Does it assist you in gaining a better initial sense of the patient’s body energies?

Now practice Exercise 2O: Using the Star on the 7<sup>th</sup> Chakra. Be sure to follow all of the steps in the instructions carefully and accurately.

This is a powerful technique - do you get any sense of its effects?

Next, practice Exercise 2P: Grounding, again making sure you are following the instructions carefully and accurately. You might wish to view your patient's aura, while performing this technique.

If you see your patient's aura, what do you see - can you gain any vision of the quality of the energy coming into the patient from the earth?

Is the patient's field receiving extra energy and becoming more balanced? This technique is also a very useful addition to your repertoire.

Finally, practice Exercise 2Q: Spine Cleaning on your patient. Be sure to follow all of the steps in the instructions carefully and accurately.

Can you visualize and sense the energy washing through your patient's spine, as given in the instructions, from the top of the 7<sup>th</sup> chakra to the base of the 1<sup>st</sup>, in both directions?.

You may wish to repeat your practice of any or all the techniques with a 2<sup>nd</sup> or even 3<sup>rd</sup> patient, until you are comfortable with the techniques.

## Learning to View the Chakra Colors

### Questions to Test Your Understanding:

1. During the active principle phase of the technique to learn to view the chakra colors you should:
  - (a) focus (concentrate) on the chakra being treated
  - (b) visualize the color of the chakra
  - (c) focus (concentrate) on the skin on the back of your hand that is directly over the chakra
  - (d) focus (concentrate) on the area above the body where the chakra is located
  
2. During the receptive principle phase of the technique to learn to view the chakra colors you should:
  - (a) keep looking at your hand, allowing impressions of the chakra colors on the back of the hand to form in your mind's eye
  - (b) glance away (as when learning to view the aura), allowing impressions of the chakra colors on the skin of the back of your hand to form in your mind's eye
  - (c) close your eyes, allowing information regarding the chakra colors to come
  - (d) none of the above
  
3. You can tell that a chakra is diseased (i.e. has energetic defects) if:
  - (a) it has unhealthy looking or unappealing colors or hues in it
  - (b) it is discolored, faded, or has a watery or streaked appearance
  - (c) it has darkened areas in it
  - (d) all of the above

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### Suggested Exercises and Activities:

Practice Exercise 2R: Intuitive Reading: Learning to View the Chakra Colors. Select a friend, acquaintance, or fellow healing student and ask them to lie on your treatment table. Call in the energy as you normally would before beginning treatment, & then perform a simple healing treatment, treating each chakra as usual, beginning with the 7<sup>th</sup> & down the front of the body to

the 2<sup>nd</sup>. While treating each chakra, practice the technique for learning to view the chakra colors. Be sure to follow all the steps in the instructions carefully.

Are you able to get some sense of each chakra's colors, in your mind's eye, as you practice?

Which chakras show darkened impurities, or have a discolored, faded, watery or streaked appearance? Chances are your patient has at least two chakras with color impurities, and many will have three, and some even more.

After practicing the technique for viewing the chakra colors on the 7<sup>th</sup> through 2<sup>nd</sup> chakras, on the front of the body, practice the passing of hands over those chakras that you detected as having color impurities.

Can you confirm with your hands the information you obtained practicing the technique to view the chakra colors - do the same chakras that had color impurities also have a diseased or "unhealthy" feel to them, as you pass your hands over them?

You may wish to repeat your practice of this technique with a 2<sup>nd</sup> or even 3<sup>rd</sup> patient, until you are comfortable with the technique.

## Beginning to Use Light in Healing

### Questions to Test Your Understanding:

1. The correct method for you to incorporate the use of light, when performing the normal sequence of treatment hand positions on the chakras during a healing treatment, is:
  - (a) visualizing the light coming into your energy field and flowing through your hands into the patient
  - (b) visualizing the light coming from your hands and into the chakra being treated
  - (c) visualizing, sensing and becoming a cloud of light around your hands and a layer of light below them
  - (d) visualizing the light coming from your hands and into the entire body of your patient
2. When using the light during a healing treatment, you can use either a brilliant pale white light or a brilliant pale light bluish-white light, whichever feels more natural to you.
  - (a) true
  - (b) false
3. To seal leaks or tears using the light, you should perform the sealing technique, as usual, but also include:
  - (a) sending extra healing light into the leak or tear, to help seal it
  - (b) visualizing the light filling up the leak or tear, replacing the lost energy
  - (c) visualizing, sensing and becoming a brilliant layer of light just below your palm fusing shut and sealing the break
  - (d) none of the above
4. To treat blocked chakras using the light, you should perform the unblocking technique, as usual, but also include:
  - (a) visualizing, sensing and becoming the appropriate Chios symbol composed of the light
  - (b) visualizing, sensing and becoming the light flowing upward through the chakra, clearing the blockage in it
  - (c) visualizing, sensing and becoming the light flowing into the chakra from all around, clearing the blockage in it
  - (d) all of the above
  - (e) both (a) and (b) only
5. You can also use the light for treating diseased chakras, for correction of energy flow and for spine cleaning.
  - (a) true
  - (b) false

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### Essay Questions For Further Reflection:

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Do you feel an affinity for the light - do you have a natural impulse to use it in healing work?

If so, what does this feel like - what do you feel, in yourself, that gives you this tendency?

Where do you think the feeling comes from?

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### **Suggested Exercises and Activities:**

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As the climax of your study of Chios healing Level II, 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 II Treatment Procedure - Outline” in Appendix #2 of the Chios book, as a reference.

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:

Over which areas of your patient’s body 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?

#### Leaks and Tears:

After performing your intuitive reading, make note of what areas over the patient’s body had leaks or tears. Briefly describe the location of each leak or tear requiring sealing. Could you confirm the leaks or tears with the passing of hands? With your viewing of the aura?

#### Auric Energy Impurities:

After performing your intuitive reading, make note of what areas over the patient’s body had auric energy impurities. Briefly describe the location of each area of auric energy impurity which required clearing. Could you confirm the areas of auric energy impurities with the passing of hands? With your viewing of the aura?

#### Blocked Chakras:

What chakras in your patient were blocked? Mention each chakra which required unblocking. Could you confirm the blockage in the chakra with the passing of hands? If you used the technique to learn to view the chakra colors, what did you see in the colors of each chakra—did the chakras which required unblocking show impurities in their colors, as you used this technique?

#### Other:

Did each patient have energy depletion or disturbance in energy flow? Did you feel the need to use the grounding or spine cleaning technique? What other significant things came up during treatment - did you receive or sense any other important information about your patient’s condition or find any other areas or conditions requiring treatment?

	Patient #1	Patient #2	Patient #3
Results of the Passing of Hands			
Leaks and Tears			
Auric Energy Impurities			
Blocked Chakras / Colors			
Energy Depletion, Disturbance in Energy Flow, Other			

**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 II

Proceed to Chios Healing Level III