

CHRIS Technique

CHRIS® stands for Cellular Harmonizing Regenerative Integration System. This method has been developed and utilized by Christine Schenk. Christine is a gifted lady who has been working with energy and its application to healing for over 19 years, and has devoted herself to teaching others about its usage.

The foundation of the CHRIS technique is that health is the result of the free flow of energy/communication between the physical and energetic bodies. The therapy deals with the energy system of the body and how to integrate it into every day life. It assists each person to become aware of their own state of consciousness and how this effects their relationships with the world around them. These procedures allow unknown and suppressed information to become consciously elevated and incorporated into everyday understanding and action. During this process persistent physical complaints or emotional states gain a new and deeper meaning, which allows one to heal and transform these conditions into a higher state of health and integration. One is then able to consciously control and steer ones perceptions and actions so that a true regeneration occurs. As a result, one is able to obtain and implement new insights on how to cope with one's own life and relations with others. This is energy work in its purest form.

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