

Energetic Therapies

The Cole Center For Healing offers two approaches that help to deal with the energy system, especially as it pertains to one's emotional state. These are as follows:

CHRIS TECHNIQUE

CHRIS stands for Cellular Harmonizing Regenerative Integration System. [Christine Schenk](#) has developed this method. Christine is a gifted lady who has been working with energy and its application to healing for over 20 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 everyday life. It assists each person to become aware of their own state of consciousness and how this affects 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 one's 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.

EMOTIONAL ACCUPRESSURE

Our bodies have a significant electrical component. Western medicine takes advantage of this aspect through the measurement of heart and brain activity. Chinese medicine uses it for healing via the acupuncture meridians, mostly for physical problems. Recent discoveries have found that this approach can also be used for emotional responses. The basic premise is that a traumatic event causes a disruption in the body's energy system, which then causes the negative emotion. This disruption can be treated by using techniques that are based on acupressure. It is painless, quick, side effect free, easy to do, and can usually be learned in one session.

These therapies can be used individually or together, and I believe that the combination of the two provides a potent energetic healing process.

[top](#)

[back to therapies](#)

[\[Home\]](#) [\[About Us\]](#) [\[Patient Comments\]](#) [\[Lodging\]](#) [\[Directions\]](#) [\[Contact Us\]](#)

11974 Lebanon Road Cincinnati, OH 45241 - info@colecenter.com
Phone (800) 667-5395 or (513) 563-4321 - Fax (513) 563-3131

Any re-publication or commercial use of this material by others is prohibited
without written approval of
The Cole Center For Healing