

CHI 2023 Impact and Activities: Highlights

Dear friend in healing, thank you so much for being part of the CHI community! It's been my pleasure and honor to serve as founder and CEO of our nonprofit, Consciousness and Healing Initiative (CHI), over the years. What began in 2015 as an idea to support a small group of scientists has grown into a thriving backbone to support not only biofield scientists, but healing practitioners and patients as well, to share and expand the power and impact of healing worldwide.

To date, CHI's collaborative research and education projects have impacted hundreds of thousands of people across continents and cultures, in over 110 countries. It is always a joy to witness the impact of our work on those who are impacted directly by our research and education efforts, as well as the strong sense of support and empowerment that our community feels, as they come together to impact more people than they would alone.

Each of our projects foster deep connections and collaborations between healers, scientists, and the public, to bring forth new possibilities for humanity during these critical times. We are pleased to bring together these leaders to collaborate and expand our collective healing impact, through engaging in synergistic projects that benefit the whole.

In 2023, CHI's activities and impact have included:

Building a Strong Research Base for Biofield Therapies

- This year, we published two peer-reviewed scientific papers demonstrating the initial feasibility and impact of sound healing on generalized anxiety with [quantitative data on anxiety, mood, and stress](#), as well as [qualitative data on the impact of healing sessions](#).
- We also created a landmark project with over 30 leaders, that set [global standards for research for clinical studies of biofield therapies](#); the paper will be published across five different journals worldwide in January.

- We obtained IRB approval and began our randomized controlled trial to investigate sound healing for reducing anxiety in diverse populations, that will include over 6 practitioners and 100 people.

Expanding Evidence-based Education in Biofield Science

- CHI launched and initiated production of “The Energy that Heals” documentary, filming 27 people at 5 US cities to date. We will finalize our filming and post production in 2024, depending on additional funding support.
- We also launched a public, “[Navigating the Future of Energy Healing](#)” online event with leaders in energy healing practice and policy that was attended by over 1000 people and sponsored by eight organizations.
- We engaged with hundreds of students in CHI’s Science of Healing Course.
- We held Live Free Monthly Webinars on Healing, engaging thousands of people worldwide while highlighting leaders in healing research and practice.

Synergizing Leaders and Stakeholders for Systems Change

- We continued facilitating leaders in biofield science via bi-monthly meetings Scientific Advisory Council to discuss and synergize research efforts.
- We fostered collaboration, discussion and activities through bi-monthly facilitation of CHI’s Healing Practitioner Council and working group that created the “Navigating the Future of Energy Healing” public online event.
- We also recognized and initiated advisor engagement to form CHI’s EDIDI (Equity, Diversity, Inclusion, Decolonization and Indigeneity) Council to advise on all research and education initiatives.

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Thank you to all the donors who have contributed to these activities and impact through their generosity, and to the staff and board members who help CHI carry out its mission!

With your continued support, we are looking forward to expanding our impact even further in 2024 with key activities, including:

- Expanding scientific knowledge of sound for mental health, through completing all enrollment and beginning data analysis for our RCT on sound healing for anxiety for underserved populations.
- Bringing awareness of healing science, practice and patient impact to millions worldwide through completing production and post-production for the Energy that Healing Documentary.
- Empowering our worldwide community through ongoing public education on the evidence and practice of healing through our online public webinars, courses and symposiums.
- Expanding healing systems change and impact through deepening leadership collaboration through our councils and alliance formation.

All of this is possible only through support of generous donors like you who believe in CHI, our collective mission and our work - and for that, we are deeply grateful.

To give you a deeper glimpse into the community we serve, and our impact on them, I will leave you with just a few quotes from the diverse members of the CHI Community who provided these spontaneous comments to us:

**“I’m an ER physician who found myself at a turning point.
CHI has inspired me and given me clarity for the direction that I need and want to go.
Thank you with all my heart for this time to learn and love.”**

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“As someone who is working on many levels to heal cancer, I found a wealth of information that can resource me further with some of the things I am doing – as well as giving me a better understanding of the healing process.”

“This course is a beautiful, thoughtful, and thorough introduction to the science of healing. Importantly, it brings essential aspects of our well-being - consciousness and the biofield - to the forefront, **bridging what ancient traditions have always known into modern day language, with practical applications, and the scientific evidence to support it.** Thank you to Shamini Jain and all the staff and faculty involved in bringing this rich contribution to healthcare, the healing arts, science and medicine. **Thank you also for continuing to expand the boundaries of research and whole person care.”**

“As a **business-person** bringing the ideas of better choices to leaders in organizations small and large, it is always helpful to point to where the leading edge of this work is heading. **CHI demonstrates how far science is taking the concepts of leadership and how it matters in every walk of life.** Jain and friends are bringing empowerment to everyone.”

And finally, a fun picture that we took as a blessing – a sign which synchronistically appeared and held us during our time with Grace Sesma. Grace is a curandera, who serves on CHI’s Healing Practitioner Council and has devoted significant time to CHI this year, helping us build EDIDI efforts and participating in our educational activities. We had the good fortune of interviewing her for the documentary, and after, I spontaneously asked if she would conduct a limpia (ritual spiritual cleansing) for me as I felt I needed it!

At the moment that she asked for my female ancestors to come be part of the healing, to heal the lineage (ie to heal, and be healed), this beautiful rainbow appeared and held us both in the ceremony.

Luckily, our producer Christina Bresson saw it with her own eyes, and quickly captured it with her phone camera (no filter)!

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It is a great reminder how our healing is supported even by the “invisible world”.

And your support, helps us to make healing more visible.

Thank you for your support of CHI and our shared mission to elevate healing worldwide and place healing in the center of healthcare, self-care, and community care. We are so grateful for your donations, which make this impact and inspiration for healing possible.

Wishing you and your loved ones a blessed 2024,

A handwritten signature in black ink, appearing to read 'Shamini Jain'.

Shamini Jain, Ph.D.
Founder and CEO
Consciousness and Healing Initiative



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Thank you for your support!

CHI is a 501(c)(3) nonprofit (social profit) organization dedicated to uplifting healing and reducing suffering across our human family.

Any amount you choose to give to CHI is tax-deductible.

Our EIN/Tax ID number for your tax records is 82-3567961.

Ways to Donate

Checks

(Preferred method. Checks can be personal, corporate, from a foundation, or from a donor-advised fund.)

Consciousness and Healing Initiative (C/O Shamini Jain)
6919 La Jolla Blvd, La Jolla, CA 92037

Wire Transfer

Name:

Consciousness and Healing Initiative

Bank:

Bank of America

Account & Routing Number:

Please contact admin@chi.is for account and routing number.

Online Donation

Please visit us at chi.is/donate ✎

Please note that CHI is charged a ~2% processing fee per donation.

Ways to Further Support

- Spread the word
 - Provide introductions
 - Host a salon
-

When you support CHI, you are helping forward the science and real-world application of consciousness and healing practices.

Thank you so much for your support!

For any further assistance, please contact us at admin@chi.is