

Bio Energy Academy of Dublin

Introduction to Bio Energy Module 1

Around 10,000 years ago, high up in the mountains above Machu Picchu, in Peru, the Inca people practised Bio Energy. What we, in the west now call the magnetic field they called it the “Luminous Energy Field”.

About 5,000 thousand years ago the Chinese mapped the 14 meridians or pathways that are connected within the body and mapped the points along these channels and developed the healing method of Acupuncture.

The Chinese also practised Bio Energy and Corrective Sound Therapy. In India about 1,500 years ago a very famous Scribe called Patanjali wrote about the Luminous Energy Field.

So Bio Energy has been out a long time but got lost somewhere along the centuries. It came into Europe around 40 years ago and was brought into Ireland 30 years ago.

Having studied the life force energy of the body for many years, to say we love it would be a bit of an understatement. We are passionate about Bio Energy and want more than anything to pass on the knowledge we have acquired.

During this course you will learn the hand movements called protocols which will enable you to boost the immune system. They include specific and very powerful techniques that remove blocked energy from the 7 Auric fields, the 14 Meridians and the 7 Major Chakras that connect the energy to the organs.

The energy comes in from the Universe and enters the crown chakra and spins down through the 7 chakras, flowing through the Meridians, into the feet and into the Earth and then spins back up again through the Organs, Meridians and chakras and meets in the heart centre and then spirals out of the crown chakra and it starts all over again. It also spirals wide enough to enter the magnetic energy field outside the body.

It is vital for all human beings to have the 7 chakras open, in the correct position and connected to the Universe to live a healthy life. The 7 chakras, 14 meridians and 7 Auric fields connect to the organs and without energy flowing to the organs there would be no life force.

In our Bio Energy course, you will learn the 7 chakra energy system, one chakra per module starting with the root chakra. Later in the course you will learn about the 7 Auric fields and Sean or Declan will teach you an awareness of the 14 Meridians with Qi Gong and 5 element healing.

It is not in our brief to teach the points of the Meridians as we use hand movements to clear the blocked energy. You will receive a booklet of the Meridians for your use.

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The Root Chakra

Also known as: Root, Security Centre, Muladhara (Root support)

Location: The Perineum, the point between the anus and the sex organs.

Gland: The Gonads – Sexual organs.

Key Words: Rootedness, Incarnation, Acceptance, Self-preservation

Development age: 2nd trimester to 12 months and 0 - 7 years of age. Each year up to 7 years of age the root is developing with each chakra traveling up from the root to crown.

Colour: Red, Brown, Mauve.

Element: Earth. The Earth provides us with a firm solid foundation. You will learn more about this with 5 element healing.

Sense: Smell. How do you smell the world and how does it smell you?

Taste: Sweet.

Emotion: Empathy, sympathy, harmony, inner strength. Will to live and be on this earth.

Sound: Singing.

Endocrine System: Adrenals

Body: Physical, Fitness, Shape, Size, Weight, Skin.

Negative emotions and Saboteur: Fear and anxiety. The emotion of fear is usually held in the kidneys but negative emotions can be held in any organ. Feeling out of balance, lack of sympathy, lack of compassion and empathy. You will also learn Emotional Freedom Techniques as part of this course and these techniques will release fear and anxiety from the body.

Quieting fragrances: Cedarwood and Patchouli.

If you are overly concerned about your earthly surroundings, always cleaning the house when it is already clean, living an immaculate life but often feeling uncomfortable with the demands it makes, then your root chakras need the quieting fragrances of cedar wood and patchouli.

Stimulating fragrances: Musk Lavender, Hyacinth.

If you are anxious about your purpose in life, if you find difficulty in putting down roots and dealing with the practical issues in life, if you feel angry about the circumstances of your life or body, then your root chakras need the stimulating fragrances of musk, lavender or Hyacinth.

Crystals and Gemstones: Smoky Quartz, Garnet, Alexandrite, Ruby, Agate Bloodstone, Onyx, Tiger's Eye,

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Rose Quartz.

Before using a crystal for an exercise hold it under cold running water for a few moments and then dry it on a natural fibre cloth.

You do not need to do anything elaborate with a crystal in order to obtain its benefits. Just hold or examine it, have it in your environment where you can readily see it, put it near your bed, hold it during meditation, have it with you in your car or wrap it in silk and take it with you in your pocket wherever you go.

Use only one or two crystals at a time as you focus on a particular life improvement or enhancement you wish to make. To strengthen your sense of contentment or acceptance at being on the Earth in this body at this time and to link your root chakra with other chakras, select from the following crystals.

Oynx: To bring strength and stamina and to heal the stresses which come from worldly responsibilities.

Tiger's Eye: To encourage the making of creative choices and to bring courage for meeting life's challenges.

Smoky Quartz: To heal any sense of reluctance about being on this earth, to strengthen your relationship with your higher self.

Celistite: For help in meditation and for making contact with your guardian angel.

Parts of the body: Bowel and anus, base of spine, (L1 TO L5), sacrum, coccyx, bones and teeth, Legs, knees, feet, hands and allergies, blood disorders.

The Root / Base Chakra is located at the very lowest point of the spinal axis. The stem faces upwards and the petals downward forming a column right up to the crown. When the root chakra is clean, it sparkles with white crystal lights, mingled with a rich clear shade of red.

A clear root chakra looks like a brilliant ruby held under a bright spot light. However, when its gets dirty, the root chakra has a muddy dark red colour to it. The root chakra spins at the slowest rate of all the chakras. Its slow rate creates a brilliant ruby red, it symbolises the interaction and connectedness of the body with the earth element.

The root or base chakra is a receiver for Earth's subtle energies, literally grounding us. This chakra is primarily linked with survival. It is also the place of entry of the Earth's energy and its initial transformation. This centre participates in the need to support and protect family, eat and acquire what you need to live are all governed by the root chakra. A balanced root chakra provides harmony and balance to these areas in your life. It is also linked to the quantity of physical energy a person possesses.

The root chakra controls the lymph and skeleton system (teeth and bones) base of spine, and the lower extremities (legs- feet, ankles etc.), also the nose, since it is the organ of the sense of smell and is associated with survival. A good question to ask your self is: "How do I smell the world and how does the world smell me?"

It is a very important centre for a child's growth and development. The seven layered energetic body of

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which the chakras form a mayor part is essential to life itself. A baby has a full chakra system, yet the early months and years vitally affect the functioning and potential of the root chakra. If these years contain all that a baby needs, and are full of love and nurturing, then the root chakra flourishes and the foundations for later strengths are fully laid.

If this centre is malfunctioning, various illnesses can result, such as cancer, leukaemia, arthritis, back pain, blood disorders, eating disorders, allergies and growth.

Security, survival, trust, the relationship with money, home, job, the ability to be grounded, to be present in the here and now. Ability to allow one's self to be nourished, in the sense of allowing one's Inner Being to be satisfied. This chakra also reflects a person's connection with their mother, and with Mother Earth. How the person feels about being on the earth.

When the root chakra is functioning properly, a person will have a powerful will to live. When this centre is blocked a person does not want to make a strong impression on the physical world and will generally avoid physical activity.

Symptoms or tensions in the parts of the body controlled by this chakra indicate tensions in the parts of the person's consciousness related to this chakra. Tension here is experienced as insecurity as a general perceptual filter. More tension is experienced as fear. More than that is experienced as terror, or a threat to survival.

Affirmation

Through rootedness may life force be re-charged and exchanged. We acknowledge wholeness and seek to gain and reflect acceptance.

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Qi Gong Exercise

Do each exercise 9 times except the thymus do 6 times

- The Sky High stretch (same arm and leg stretching).
- Tap the left arm from top to bottom: outside of arm, top of arm and inner arm and then do same to right arm. Tap the palms of your hands with the opposite fingers.
- Thymus Tapping and rub the lymph glands (9 times x 6 rounds)
- Kidney Tapping and lower back sweep.
- Shake right arm and left leg and shake left arm and right leg.
- Beach balls: swing both arms in towards one another as if you were rolling beach balls inwards towards you. Knees bent, toes pointed in slightly, bum as if you will sit on a high stool.
- Hands facing each other in front, swing arms up above your head bending the knees as you move. Whoosh!
- Yin Yang Breath. Arms rise with 'in breath' and fall 'with out' breath. Arms float up as if there are balloons tied to your wrists, palms face earth. Elbows drop into your body. Arms float down with palms facing out, allow hands to drop to the side and repeat.
- Figure of eight. Toes slightly inwards. Nose over navel. Feet slightly wider than hip width. Palms facing each other. Slight hip turn at left and again at right.
- Hold your hands below your navel for 1 minute.
- Set an intention for your day, example, "It is my intention to have pure peace and joy in my day ahead."
- All the above exercises are performed in numbers of nine except the thymus exercise which is 6 repetitions. These exercises and are designed to lift your energy levels.

Ground and store at navel for 1 minute. Use the universal Mantra.

It is my intention to invoke the Universe to bring pure gold energy to my crown Chakra, my brow, my throat, my heart, my solar plexus, my sacral and my root chakra, send it down my legs and into my feet, ground me to the Earth, bring it back up my legs and into my liver, my kidneys, my heart and my lungs, send it out to my Aura and make me whole.

All the above exercises are performed in numbers of nine and are designed to lift your vibration of energy to a higher level in order to live your life to the full and to be strong enough to treat a client.

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6 General Protocols (Month 1.) Chakra Energy system

Checking your energy levels

Check that your energy is at 3,000 MHz of energy. Boost with Qi Gong if needed and re-check using kinesiology. Ensure you are at a minimum of 2,800 to start a session with a client.

Setting up your healing space

Prior to your session commencing it is ideal to set up your healing space with intention and the following:

It is my intention to bring my full awareness and consciousness out to my 7th auric field, to my connection to the all that is and to bring 100% healing into this space/house etc today/tonight, 100% unconditional love into this space/house etc today/tonight and to bring 100% protection to myself today/tonight, it is my intention to do so now, thank you, it is done, it is done, it is done. And repeat this full statement 3 times. Also to say please show me at the end of the statement and see what comes.

Pre-protocol set-up

- a. Stand and ground by visualising yourself connecting to earth energy, bringing this up through your feet, legs and into the root chakra. Check with kinesiology that you are grounded.
- b. Set the intention that you will read your clients energy system with your hands (with permission) by allowing the clients energy to flow up as far as your wrists only. Visualise an energy band around and through your wrists which will not allow the clients energy to flow past your wrists.
- c. Put yourself in a bubble of light or geometric grid of light (select your own colour) or a suit of light. You can also put a shield of light up in front of you as well if you wish. If doing a remote session, set the intention that you are in a bubble of light and your client is in a bubble of light. The energy from your session will translate across the collective consciousness to your client in their bubble of light. Re-ground and re-protect during your session if needed.

Opening the chakras.

1. Open the energy field and all 7 Chakras, 3 times to front, 3 times to back. Open the crown Chakra. Standing on left of client, lift your right hand and rotate in an anticlockwise circle over the head 7 times, at the same time place left hand in front of the brow chakra about 18" out from forehead (ensure your palm centre is in front of the brow chakra). When you feel a connection/or have a sense of knowing that the connection is there, the left hand then follows the right hand over the crown and down the spine. Gather and clear x 3 times at the root.

Open the root/base centre by bringing earth energy up from the centre of the earth, up through the clients feet, legs and into their root, stimulating the root and then clear the root from the rear x once.

Heart Chakra

2. Energise the heart (Thymus gland) Chakra. Stand on left of person, place left hand on thymus which is located behind the sternum (in chest area) and right hand on back of body (between shoulders). Using kinesiology check what % level your clients thymus is at. Stimulate for 3 minutes. Walk to the front of your client, without breaking the energy line of your legs. Left hand moves to face clients right shoulder. Flag-pole over and back 7 times in front of the thymus to disperse the energy. On the 7th movement, guide the energy out from the front to your right hand side, swiping right over left. Repeat 7 times. Recheck the % level of your clients thymus.

Crown Chakra/ Glands

3. Energise and stimulate the Crown Chakra (4 glands Pituitary, Pineal, Thalamus and Hypothalamus (PPTH)) for 3 minutes, placing left hand on top of head and right hand on back of head. Gather and clear from top

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of your clients head (ensure fingers don't go past the natural hairline) down to the occiput (back of the head) and bring the energy straight out to your right hand side. Repeat this clearing 7 times. Gather and clear from ears (again ensure your fingers don't go past the earline) down to the occiput and bring the energy straight out to your right hand side. Check if your clients head is clear / or / check if the PPTH are all now at 100%.

Note related to Module 2: at this point we bring in our spine protocol (as this is more comfortable for the client before they put their feet up / lie on a plinth)

Energising the feet (7 minutes)

4. Manipulate / stimulate and energise the feet for 5 minutes and clear the feet for 2 minutes.

Open the feet energy by using a circular globe motion with both hands as if you were opening a globe, flick the energy around the feet from the knee area down to the feet (both legs). Lift hands into the air to gather fresh energy, place hands on top of feet but not touching. 1.5 minutes on top of feet, 1.5 minutes on sides, 1.5 minutes on bottom of feet. Clear feet for up to 2 minutes from the knee area (ensure to stand so that you can walk the energy back if needed). Ensure to allow your right hand to travel under the foot as you clear so that you can gather the energy from below the foot as well. Clear each leg up to 7 times. Check using kinesiology if feet are clear. Once clear close the feet with 7 globes.

Note: At this point we bring in all other protocols that are required for a session. From month 1 – 3 all protocols that are covered in class outside of the General programme 1-6 should be brought in at this point.

Abdominal breathing (3 deep breaths) and visualisation. (7 minutes)

5. Energise and stimulate the abdominal area for 4 minutes. (check using kinesiology that the clients subconscious wants this protocol at this time).

Circle the abdominal area using an anti-clockwise movement with right hand 4"/9cm above body, 7 times, follow this movement by clearing the energy down between the legs and away with a swipe, right hand over left for 2 minutes.

Then do the figure of 8 (check using kinesiology that the clients subconscious wants this protocol at this time), starting at root chakra and drawing both hands up towards left shoulder, around the head and back across the right shoulder, cross at the root chakra and continue around the bottom of feet, 7 times. This drops 7 layers of pure silver white energy down and through the body.

Closing the chakras/ End of Session.

6. Scan and close the chakras and energy field. Place your hands firmly but gently on your client's shoulders and place client and yourself in two separate bubbles of pure silver white energy/light. Cut the invisible cord between client and therapist. Ground your client and see roots of light going deeply and strongly from their feet into the earth. Unhook your energy from each other by practitioner saying 'I unhook from my client, my client unhooks from me x 3 times. Tap on shoulders with both hands to disconnect. Check-in with your client to see how they are doing, ask them to sit down and to drink water.

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Root Chakra Malfunctions

Bowel, Anus, Base of Spine, Coccyx, S1-S4, L1 to L 5.

Sacrum, Coccyx, Bones & Teeth, Legs, Knees and Hands.

Allergies, Blood Disorders, Nose, Sexual Organs (gonads).

Illnesses: Cancer, Leukemia, Arthritis, Back pain, Eating Disorders & Growth.

Bio Energy Protocols Treatment:

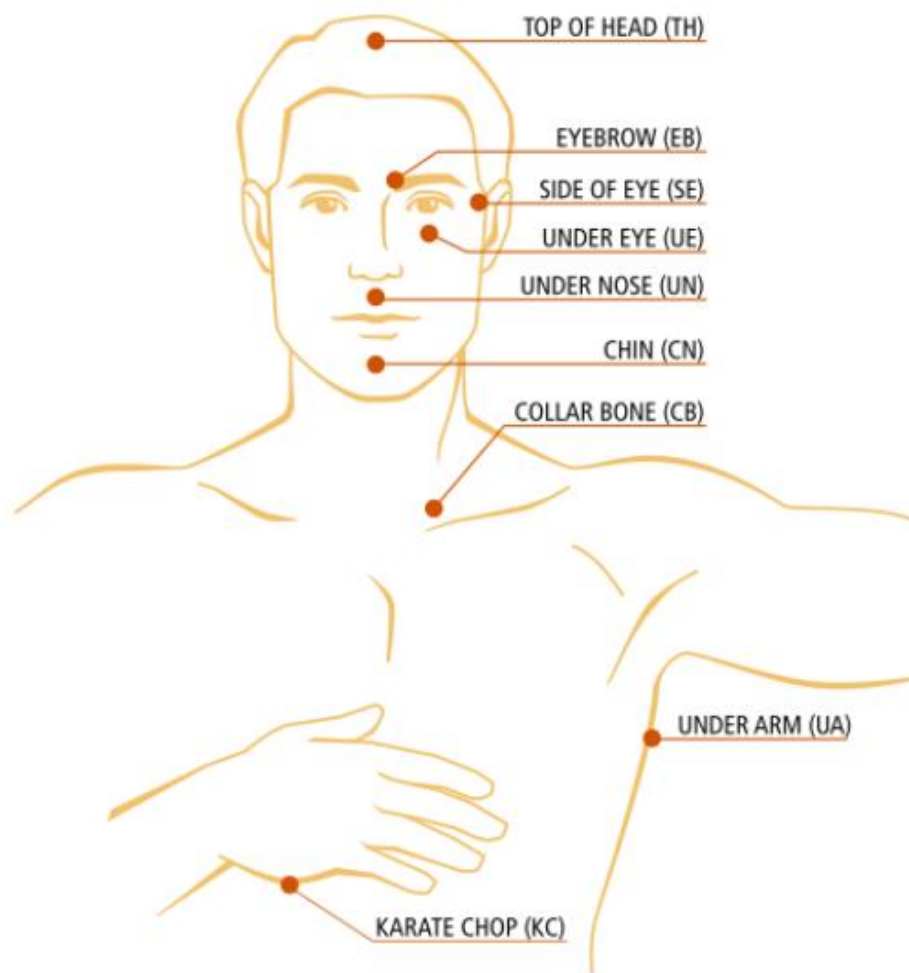
All lower extremities: Hands 4 inches **above** the body for at least 3 minutes and clear for two minutes.

Hands to touch on base of spine, sacrum and coccyx, 3 minutes, 2 minutes to clear (Full spine protocol in Module 2).

Later we will look at the bowel, anus, eating disorders, allergies, blood disorders and nose.

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Emotional Freedom Technique (EFT) – Tapping Points



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Tapping – Set Up Statement

Set-Up on KC Karate Chop Point

Reminder Phrases:

EB= Beginning of the EyeBrow

SE = Side of the Eye

UE = Under the Eye

UN = Under the Nose

Ch = Chin

CB = Beginning of the CollarBone

UA = Under the Arm

(You can also include TH Top of Head if you wish)

The Short-Cut EFT Procedure

1. RATING YOUR DISCOMFORT/ISSUE/ /PROBLEM/GOAL/PHOBIA

Rate the issue from 0 – 10. [0 = no intensity; 10 =extremely intense]. Remember/record this rating.

2. THE SET UP

Tap your Karate Chop point and say the Opening Statement 3 times:

‘Even though I have this[challenge/problem], I deeply & completely (want to) accept myself’

3. THE SEQUENCE

EyeBrow = Tap about 7x and repeat (this ...[challenge/problem = reminder phrase])

Side of Eye = Tap about 7x and repeat (this ...[challenge/problem])

Under Eye = Tap about 7x and repeat (this ...[challenge/problem])

Under Nose = Tap about 7x and repeat (this ...[challenge/problem])

Chin = Tap about 7x and repeat (this ...[challenge/problem])

Collar Bone = Tap about 7x and repeat ([challenge/problem])

Under Arm = Tap about 7x and repeat ([challenge/problem])

(Top of The Head if you wish)

Do this THREE times then check your rating again.

If there is still emotion there, the repeat the process. Persistently work your way down to 0.

If the feeling is still there, GET MORE SPECIFIC and then continue with: ‘Even though I STILL have this[challenge/problem], I deeply & completely (want to) accept myself’. Reminder phrase: this REMAINING ...

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Overview and Introduction of EFT

EFT Emotional Freedom Techniques in brief:

EFT is a meridian energy therapy – just like acupuncture, it works on the meridian system in the body. Meridians are central to Chinese Medicine. They are pathways in the body which energy flows along. Meridians are usually associated with an organ, so there are meridians for stomach, spleen, gall bladder, liver and others. When working with EFT instead of using needles, you stimulate the major meridian points by tapping on them or massaging them lightly.

EFT is a true mind/body healing technique because it combines the physical effects of meridian treatments with the mental effects of focusing on the pain or problem at the same time. As soon as we engage EFT we begin to work with the energy system. It teaches us so much about how our emotions, our physical feelings, our thoughts and our energy states hang together. In EFT we have a fabulous tool that is both complex and simple; that is both physical in so far we tap our faces, bodies and hands with our very own fingertips; that changes minds but it also brings about changes of heart, which are more precious by far. It doesn't matter if this is in self- help or extended to helping others through EFT.

EFT is a self-help protocol. Designed for ease of use and so everyone can benefit from Emotional Freedom Techniques without prior knowledge about meridians. It is meant to set people free from all sorts of limiting beliefs, painful wounds, negative life experiences that drag them down and clip their wings. EFT is so wonderful because it is so simple.

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Overview and Introduction of EFT

EFT was designed and developed by Dr Roger Callahan and by Gary Craig.

A psychologist called Dr Roger Callahan started working with the meridians and developed tapping protocols for many emotional conditions. Along came Gary Craig a Stanford trained engineer and personal coach and he was impressed by the capabilities of EFT, his tapping system became phenomenally successful and has been in use since the 1990,s. He developed EFT or Emotional Freedom Techniques protocol in which you tap all the meridian points for every problem, so by default you will always tap on the right point. When Gary Craig had made his money from EFT he made EFT available to the world on the internet for free, and serious attention was paid to the effects of the energy body on the human totality of the Western World.

Sometimes, the reasons and causes for problems, anxieties and fears are difficult to reach for a single person working on their own. In this case it is a good thing to visit with a good experienced EFT Emotional Freedom Therapist or Meridian Energy Therapist to help with the process.

But you still continue to use the basic EFT protocol at home or when you are in the situation which is making you nervous, fearful or stressed.

The fact that you can do the Emotional Freedom Technique on yourself anywhere, all it takes is a few minutes and your own hands – makes EFT remarkable in all ways in psychology and self-help.

Without any training, you really can use EFT to help yourself in moments of doubt and fear, in the middle of the night or when you are on your own.

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EFT - Summary

- EFT is considered an energy psychology modality / meridian energy therapy
- We tap and talk on acupressure points – emotional acupuncture
- EFT aims to achieve results that last
- Emotional energy that is stuck in our system holds a charge, EFT works to release that charge related to past events and challenges
- EFT works to calm the brains fight, flight, freeze or flop response (Amygdala)
- Self-work to empower
- Acts as a bridge between energy bodywork and talking therapy
- **Working with EFT meets the person where they are at in that moment, uses the language of where you are at in that moment and uses the words of the client**
- We feel emotions continuously and this is a normal process. Emotions are a tool that our human experience uses to function in the world. EFT will never stop you from feeling emotions, it supports you to release the negative emotional charge that can keep you stuck in a past time. EFT supports you to process emotional charges instead of holding them in your system. Holding a negative emotion is holding a disruption in the bodies energy system.

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Meditation – Module 1

The practice of Meditation takes us on a fabulous journey into the gap between our thoughts, where all the advantages of a more peaceful, stress-free, healthy and fatigue-free life are available. The paramount reason for daily meditation is to get into the gap between our thoughts and make conscious contact with the creative energy of life itself.

The gap is an exquisite place. The gap is owned by everyone on the planet. It is yours to enter at will. What awaits you in the gap is the experience of activating the higher human dimensions of insight, intuition, creativity and peak performance, as well as coming to know relaxation, enchantment, bliss, and the peace of making conscious contact with your source.

We all have a least 60,000 thoughts per day, meditation is a way of quieting the chatterbox thoughts and slipping into the gap between our thoughts and be still and silent for a short time.

How to Meditate

Set your alarm for 10 minutes to start with.

Set an Intention before you start for example:

I intend to be calm and tranquil after this meditation

Sit comfortably with feet on the floor.

Close your eyes and put your tongue to the roof of your mouth.

Start to breathe IN and OUT through your nose with your mouth closed.

Think only of the IN and OUT breath.

As your breathing continues say the words I on the IN breath and AM on the OUT breath. Let the words I AM fall to the back of your mind but continue to say them and breathe IN and OUT.

If a thought comes in gently bring yourself back to the words I AM.

With a little practice when the alarm goes off you will wonder where you were because you only had thoughts for a few minutes.

You were in the gap, silent with your source.

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Roots and Branches™ 5 Element Qi Gong

Roots & Branches consists of moves that generate Qi, circulate and unblock Qi, apply the Qi to nourish the system, and return the Qi to the deepest level, that of Jing Qi, associated from time immemorial with health, spirit, and longevity.

In Chinese Medicine, Qi is the energy of life which is present in every living thing. The unimpeded and balanced circulation of Qi is considered essential for our mental, physical and spiritual well-being.

In this course we will practice relaxing T'ai Chi postures and movements, plus self-care exercises to maintain or regain your health. You will experience the five phases of Qi energy (also known as the Five Elements: Water, Earth, Wood, Fire and Metal) and learn how to keep them healthy in your life.

Combining T'ai Chi and the Theory of the Five Elements, Roots & Branches is a series of exercises to generate, circulate and utilize the Qi to tune each of the five energies in a direct and profound way. The course includes awareness of the specific Qi of each season and how it can enliven us.

So this work is called “generating Qi” and it is precisely that. It generates, circulates, and protects Qi, and can, over a period of time, restore Jing and help heal illnesses and traumatic experiences.

Each hour in this course is a complete unit in itself, but we recommend to help you get the optimum benefit and experience the energetic qualities of all the 5 Elements that you complete an entire term of classes.

By the end of this course, you will be able to practice on your own to support your well-being and health for the rest of your life.

Roots & Branches™: 5 Element Qi Gong, Generating Qi is excellent for:

- easy practice, making you want to continue with it
- fun, generating a pleasant mood
- breathing naturally from the tan tien

Your experience on this course is enhanced by your teachers, [Declan Rothwell](#) and [Seán O'Neill](#) are trained Classical Five Element Acupuncturists.

We are looking forward to teaching R&B to your Bio Energy students and will do our best to coordinate the R&B material in conjunction with your syllabus.

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Observation of Client

Module 1

Too little Energy:

When your client arrives to your clinic, observe your client, see their stance and their manner, for example, you can recognise a weak root chakra by simply looking at the body. The person may be hunched over, arms will be pulled inward across the body and there will be no muscle tone.

Ask how they feel? Do they feel empty? Are they shifting constantly during the session? Are they underweight? Is their personal hygiene good, have they dressed well? Are they looking after themselves?

They will need grounding during the session and clearance of the root chakra as they have too little energy in the root chakra.

Too much energy:

A client with too much energy in the root chakra may complain of feeling too heavy, sluggish and tired.

The body may be large and dense with excess weight around the middle of the body and bottom, the weight is solid and thick rather than loose and flabby.

The muscles will be hard and rigid if there is no weight problem.

They will be well groomed and well dressed and like routine, security and possessions and may be driven towards financial achievement.

During a healing the client will remain very still and their head will not move with eyes down. They may say they feel stuck.

Between treatments suggest some physical activity, swimming or walking to get rid of the excess energy.

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Homework – Module 1

- Q1. What is the sense and the element associated with the Root Chakra?
- Q2. What diseases/illnesses occur when the root chakra is malfunctioning?
- Q3. What are the positive and negative Emotions related to the Root chakra?
- Q4. How do you open the root chakra in a bio energy therapy session?
- Q5. What happens to the energy when it comes in from the Universe?
- Q6. Where is the location of the root chakra?