



Introduction to Bio Energy Workshop

Workshop topics

Qi Gong

What is Energy

Introduction to Bio Energy

The Bio Energy Field

The Bio Energy Process

Qi Gong Exercise

Do each exercise 9 times except the thymus,
do the thymus 6 times

1. The Sky High stretch.
2. Tap the left arm from top to bottom, outside, top and inner arm and then do same to right arm.
3. Thymus Tapping and rub the lymph glands 5 times.
4. Kidney Tapping and lower back sweep.
5. Shake right arm and left leg and shake left arm and right leg.
6. Beach balls.
7. Hands facing each other in front, swing arms up above your head bending the knees as you move.
8. Yin Yang Breath.
9. Figure of eight.

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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What is Energy?

“Everything is Energy and that is all there is to it. Match the frequency of the reality you want and you can not help but get that reality. It can be no other way. This is not philosophy. This is physics.

- Albert Einstein

“Everyone should consider his body as a priceless gift from one whom he loves above all, a marvellous work of art, of indescribable beauty, and mystery beyond human conception, and so delicate that a word, a breath, a look, nay, a thought may injure it.”

- Nikola Tesla

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”

- Nikola Tesla

How does Bio Energy work?

Bio energy represents the integration of a network of powerful and effective healing techniques that work by rebalancing the life force energy within and without the human body.

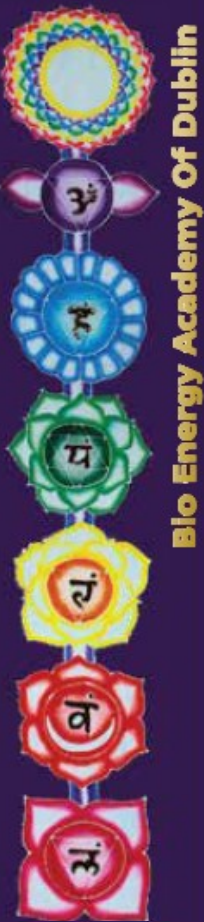
Very gently, using specific hand movements the therapist scans the body looking for blockages in the energy flow. The Therapist clears the energy centre and leaves the client with a high energy vibration.

Your vibration is a direct reflection of your inner thoughts, feelings and beliefs. When you have a high vibration of energy, you resonate with joy, peace, tranquillity, unconditional love, compassion, empathy, forgiveness and health.



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Introduction to Bio Energy

What is Bio Energy?

Everything consists of and exists through energy. It is energy that holds the molecules that make up the human body and creates and contains the unique blueprint for each body.

Spirals of energy are located at specific centres in our bodies, namely, the chakras and the meridians, these centres act as energy receivers, generators and transformers, helping to funnel energy at the required frequency to individual organs to keep them healthy.

Each energy centre has an aura or electro-magnetic field which is filled with energy patterns which determine the ongoing state of health in a person's body. When the flow of energy becomes blocked or stagnant, illness and disease prevail.

Bio Energy Therapy raises your vibration, the higher your vibration, the healthier you feel, the happier you are and more positive your life will be.

Where did Bio Energy come from?

10,000 Years ago Bio Energy was being practiced high up in the mountains by the Peruvian people in Machu Picchu they called the electro-magnetic field "The luminous energy field".

About 5,000 years ago the Chinese medical men mapped the meridians and found and marked the points of energy and developed acupuncture.

Bio Energy travelled from east to west and eventually came in to Europe.

Bio Energy was brought into Ireland about 30 years ago and we at the Bio Energy Academy of Dublin believe that it is the future of medicine.

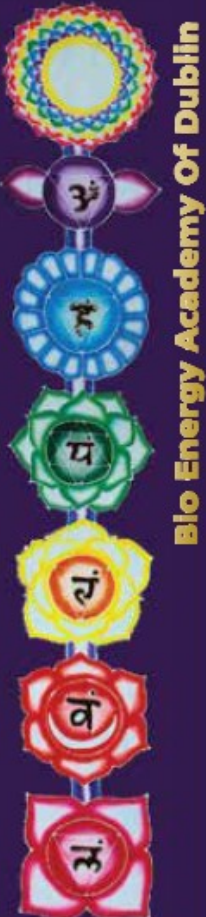
Everything is Energy

- All matter is energy.
- Energy cannot be created or destroyed.
- It is the cause and effect of itself.
- It is evenly present in all places, at all times.
- Energy is in constant motion and never rests.
- It is forever moving from one form to another.

Energy follows thought

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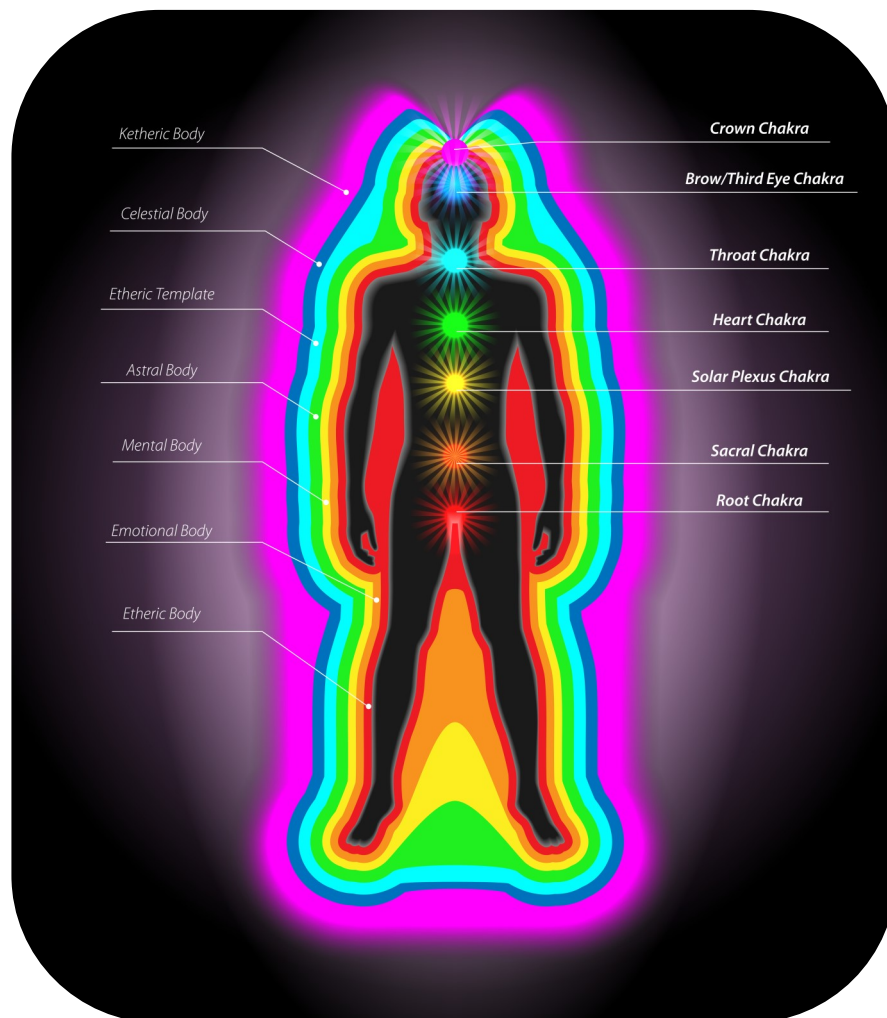


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The Bio Energy Field

“Since the physical body arises out of an energy field, an imbalance or distortion in this field will eventually cause a disease in the physical body that it governs. Therefore, healing distortions in the field will bring about healing in the physical body. Healing is a matter of learning how to heal the field by restructuring, balancing and charging it.”

- Barbara Ann Brennan



“Never take a negative area of your life to be an expression of your true self. Negative areas of your life are expressions of who you are not. They are examples of how you have blocked the expression of your true self.” - Barbara Ann Brennan

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The Bio Energy Process

- Work with intention. Set the intention within your bio energy session that your family member, friend or client will be healthy, balanced, happy and well.
- Work from your heart centre, from a place of love for all things.
- Working over 4 sessions, with permission we look to open a persons energy system, clear blockages, detox and flush any energetic blockages (emotional, physical, mental), balance the energy system and close again.
- Work at a gentle pace that is aligned to the individual whom we are working with.
- Using hand movements or protocols we assess where blockages are in the energy system and we work to clear these to bring the person to a balanced and well state.
- Connect to the universal energy of all that is and work using this energy.
- Read the energy of the person you are working with through using our hands.
- Facilitate the healing of a persons energy system, allowing for self healing to occur.



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