

Bio Energy Academy of Dublin

The Heart Chakra Module 4.

Also known as Anahata (Sanskrit) which means unbound or unstuck. It refers to how we become free from material measures of success. Money, cars, fame cease being the measures of achievement.

Purpose: Balance and love.

Natural right: To love and be loved.

Colour: Green

Location: The chest.

Element: Air.

Instinct: Love.

Psychological aspects: Love, hope, surrender to another, compassion, intimacy.

Endocrine Gland: Thymus.

Positive seeds of the heart chakra: Selfless love, forgiveness, compassion, empathy, joy.

Negative expressions/saboteur: Ego aggrandizement, resentment, selfishness, grief, abandonment, loneliness, betrayal.

Sense: Touch.

Sound: Laughing

Quietening fragrances: Sandalwood, rose.

Stimulating fragrances: Pine, honeysuckle.

Crystals: Green calcite, azurite, chrysoberyl.

Gemstones: Emerald, amber, jade, rose, watermelon tourmaline.

The heart chakra is located at the cardiac plexus, in the centre of the chest, not over the heart itself. It is the axis of the chakra system. Just as the belly is at the centre of gravity of the physical body, the heart is the centre of the luminous body.

The thymus gland is regulated by the heart chakra. The thymus is responsible for cell-mediated immunity. It is one of the main players in the immune response, critical in the development of B and T lymphocytes, the body's "killer cells" Persons with a depressed immune system respond excellently when the heart chakra is cleared.

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The Heart Chakra Module 4.

Freedom, Joyfulness, and an abiding peace becomes the hallmark of a person who dwells in his heart chakra. It is the centre from which we form our families and discover love with our soul partners and our children.

Through the heart chakra we share and experience love. This is the most mis-understood chakra in the body, because the quality of love of the heart chakra is not romantic love or even affection. The heart chakra thrives on the love of creation, it is selfless. It is an end in itself. We simply need to surrender to love, to translate love from a feeling to a practice and a meditation. We need to stop falling in love and become love itself.

One of the negative expressions of the heart chakra is an infatuation with the self. We all know people who claim to know that “love is the answer” who sprout all the right clichés about love. These individuals are more interested in demonstrating their “enlightenment” than in practicing charity or selfless love.

Another negative expression of our love instinct is the inability to show compassion for ourselves. When self-love is absent, we become stuck in self-criticism and shame. An impaired heart chakra makes us unable to commit to an intimate relationship. This person will run away at the moment he feels vulnerable, often using work or other distractions to keep himself from his beloved. A balanced heart chakra allows us to commit to intimacy in love. It integrates the masculine and feminine principals within us, and we no longer seek our “missing half” outside ourselves. The heart centre allows us to recover an innocence that makes us playful and inspired. We know who we are and accept ourselves, which brings us joy and peace.

Disorders of the heart are: heart, lung’s, thymus, breast and arms, shortness of breath, Circulation, asthma, immune system, chest, shoulder and upper back pain, blood pressure.

A Healthy heart: Strong immune system, balanced, compassionate, emphatic, self-loving, loving, peaceful. Good relationships, intimacy, reaching out and taking in.

Affirmation:

In the golden centre of the rose of the heart may tender compassion be linked to unconditional love.

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Heart Chakra Protocols – Module 4.

The parts of the body affected by the heart chakra are the thymus, the lungs, the breasts, the shoulders, upper and lower back and the heart itself.

The lungs protocols are also related to the Solar Plexus module as they are affected by that chakra also.

The Thymus or heart chakra centre protocol is in the general protocol programme in (Root Chakra).

Protocol for left/right lung's

Complete Protocol 1 to 4 first, especially the feet as this protocol breaks shown blockages all the way through the body.

With client sitting, sit or stand to the left of client and place left hand on lung at front of body, just above the breast, fingers pointed upwards. Place your right hand on client's back at top of lung position, fingers pointed upwards. Feel the energy travelling from your palms through to the lung, listen to the pulse beat and stay there for two minutes, move hand at back of body to the lower lung and change fingers pointing inwards to the spine. Stay in this position for 1 to 2 minutes and then clear, upwards to the shoulder both hands together front and back and down the arms and out the thumb and away to the right of the body. Repeat at least 10 times or until you feel it is clear and lighter. Move to client's right side and repeat same protocol.

Clearing the heart chakra:

With the client standing ask them to raise their left arm out in front of them level with their shoulder. Make sure their fingers are pointed straight ahead and palms facing down. Stand in front of your client at a slight angle. Using your right hand gather the energy at the heart centre. Bring your left hand into this energy, using both hands but, with the right hand leading draw this energy up over their shoulder.

Allow your right hand to run along the top of their arm, with your left hand coming under the arm. Draw the energy along their arm, past their wrist and out their fingers and away to your right hand side and clear your hands.

Repeat at least 3 times and rest the arm.

Now move to other side of your client and do the same with the right arm.

Breast protocol

The breast Protocol is similar to the lungs, (Solar Plexus File) be aware of your client and ask their permission to put your hand on the breast area, with the client sitting hold both of your hands on the breast area, 3 minutes and clear gently straight out 2 minutes.

If the client prefers you can direct energy in from a few centimetres away, energise by sending the energy straight down your fingers to the breast area or where the problem is. Clear gently straight out.

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And repeat for a total of 5 minutes.

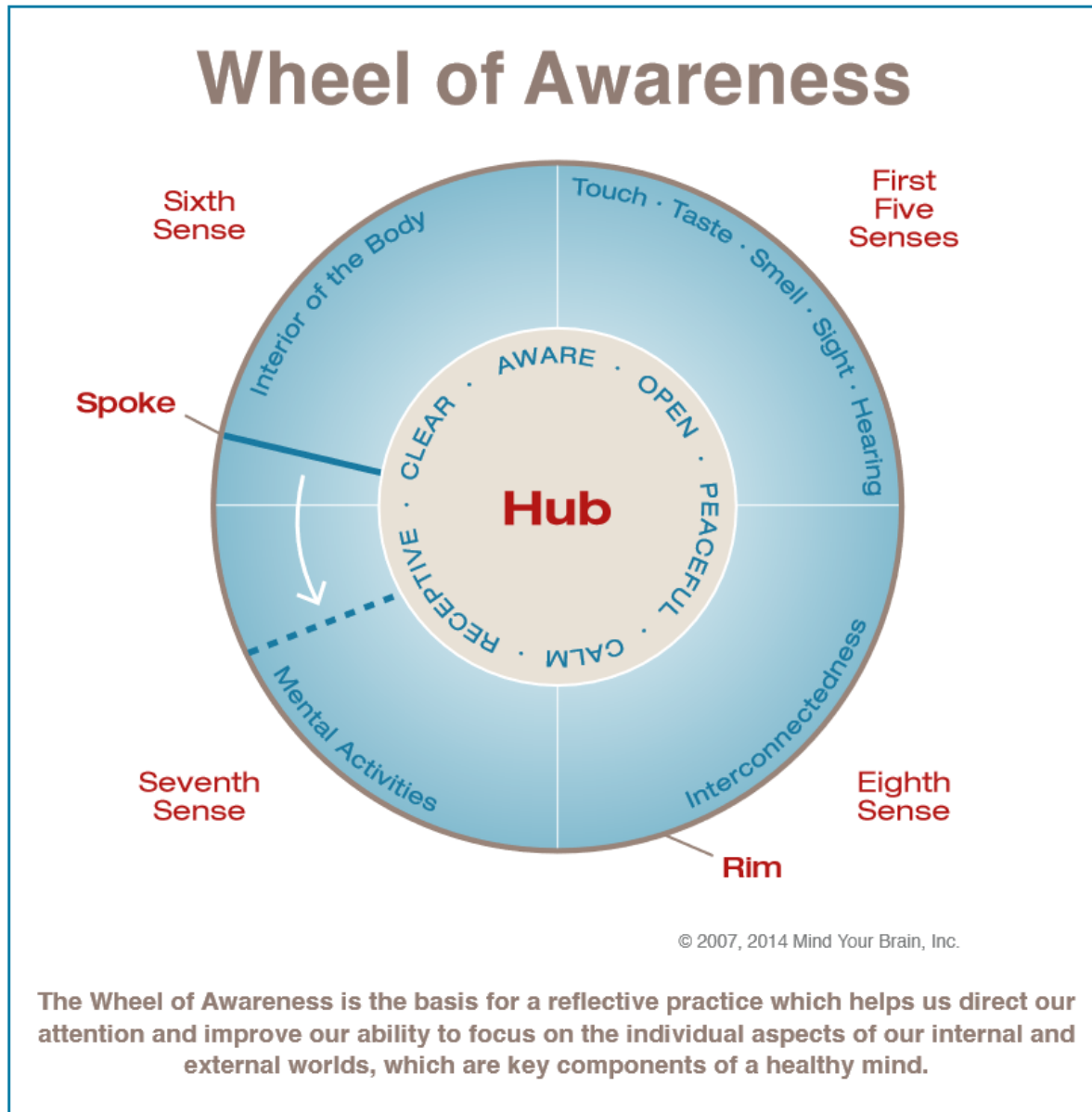
Be aware that cancer can move up or down the body and clear straight out and away to the right of your own body, do this as discreetly as you would any other protocol.

If the client is in grief, always do the protocol for the lungs as that is where the negative emotion of grief, sadness and depression is held, the positive emotion is courage and righteousness.

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Wheel of Awareness – Dr Dan Siegel

The regular practice of the Wheel of Awareness strengthens your mind by integrating your consciousness and empowering you to live a full and vital life. Mindsight is defined as a skill of the mind that promotes insight, empathy and integration. This is a mindsight-building practice.



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The Wheel of Awareness

Mindsight Institute - Interpersonal Neurobiology. The mind is described as an emergent, self-organizing, embodied and relational process that regulates the flow of energy and information. This definition reveals how a healthy mind is one that moves inner energy and information flow towards integration.

Integration is the linkage of different parts, such as connecting the left and right sides of the brain, or embracing and honoring differences and cultivating compassionate communication.

By exploring our mental lives, we can move toward a healthy flow of integration (or linkage of parts), which creates harmony in our lives. When not moving toward integration, complex systems like our lives move toward either chaos or rigidity, rather than the flexible harmonious flow of integrative wellbeing.

One way to promote this integration (or connection between the left and right side of the brain) is with the Wheel of Awareness. In this practice, the center hub of our wheel represents the “knowing” of being conscious while the aspects/elements on the rim stand for the “known.”

Known elements on the external rim include:

- What we see, hear, smell, taste and touch
- What we sense from our inner bodily sensations
- What we experience with our mental activities, such as feelings, thoughts or memories
- Our sense of relational connections—with other people and with the planet

The power of doing the Wheel of Awareness practice is to integrate consciousness by differentiating hub (our knowing) from rim (what we sense/know etc.), and systematically linking these various elements intentionally with the movement of a spoke of attention. This integration of consciousness allows us to free the mind to learn to move recurrent thoughts and moods of the rim toward an open space of knowing – the hub. Practicing the Wheel of Awareness can liberate the mind from ingrained patterns of cognition and emotion and help you emerge with a more expansive sense of awareness.

Source: DrDanSiegel.com © 2016 Mind Your Brain, Inc.

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How do I conduct this practice? This practice can be done on your own or by listening to a guided practice.

To practice on your own, the following approach is suggested:

1. Begin by getting into a comfortable position, and sensing the rhythm of your breathing
2. As you breathe in and out, begin by visualizing the wheel. The “hub” is at the center and four quadrants surround it with a rim encompassing everything you know and can be aware of. For each portion of this practice, you will send out a spoke from the hub to the rim to focus your awareness. After each part of this practice, we suggest you center yourself with a deep breath before moving on.
3. Now, turn your attention to the first quadrant – your five senses. One by one, take time to focus your awareness on what you’re seeing, hearing, smelling, tasting and touching.
4. Next, focus your attention on your “sixth sense,” the inner sensations of your own body. This is the second quadrant around the hub. Take a few moments to move your focus throughout your entire body, becoming aware of sensations you feel from inside your physical being, from the muscles and bones of your head, limbs, and torso, to feeling the sensations in the organs of your body.
5. Now it is time to focus on the activities of your mind itself. These include emotions, thoughts, memories, hopes, beliefs, dreams, images, longings, attitudes and intentions. This portion of the practice is separated into two parts. First, begin by just becoming aware of what enters your mind – invite any mental activity to come into awareness.
6. Once you have taken some time to do that, the next step is to pay particular attention to the characteristics of how these mental activities enter and leave consciousness. How do they arise and pass? Do these activities come up suddenly or gradually? Do they then stay constant, fade in and out, or reverberate? Then how do they leave? And are they replaced immediately with something else or not? If not, how does the gap feel between two mental activities?
7. Now it is time to try something a little different. As in other parts of this practice, send your spoke of attention out from the hub, but this time, bend it back toward the hub itself to direct your attention to focus on your awareness. With this part of the practice, you are working on “awareness of awareness” and feeling what that is like. This will take some practice, so try to be patient.
8. The fourth quadrant represents our sense of connection to things outside of our body. Start with focusing your awareness on the people who are physically close to you, then expand to others who are further away. Next expand to those whom you feel close to – family and friends – and then to others whom you’re engaged with, such as co-workers, students, teachers and others. Then widen your sense of connection step by step to include those who live in your neighborhood, city, country, continent, in the whole world, and finally to all of living beings on earth.

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EFT – Personal Peace Procedure

Make a list of all issues you can remember (most people have well over 100). You'd expect to have at least 50 and more.

- Tap at least one per day.
- Keep tapping on all aspects of the one issue until it has gone
- Go on to the next issue

In one year you have resolved as many as 365 of your issues.

Most of our emotional and physical problems are caused or contributed to by our unresolved specific events, the vast majority of which can be easily handled by EFT. The same applies to physical ailments as well everything from headaches, breathing difficulties and digestive disorders. It is becoming more widely accepted that our physical maladies are caused or contributed to by unresolved angers, traumas, guilt, grief etc. EFT and its many cousins now provide easy and elegant tools that will support the serious health practitioners in healing the root causes of dis-ease.

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Goal Setting – Your Vision for Your Future

Goal setting is about your dreams, visions, aspirations, goals – your forward momentum. It's about being bolder and better with your goals. It's about embarking on your own path and it's about having a focused system for setting goals and pursuing dreams in all areas of your life – big and small.

Goal setting

- Common goal setting focused on the means to an end
- Goal setting focused on the end goal
- We confuse the means and the end goals
- Means goals are what we usually focus on to have in place to achieve happiness
- Choose end goals and skip means goals
- End goals speak to your soul, they bring joy in and of themselves. They are the experiences in our lives.
- “A good goal should scare you a little and excite you a lot” – Joe Vitale

End Goals V's Means Goals

- Something exciting happens when you give your mind a clear vision – your mind will find a way to bring it to you
- The human mind driven by an exciting vision, can be an amazing force for change
- Have goals that your heart and soul crave, that contribute to what your heart feels is important
- Identifying **means goals**: have a 'so' in them; often about meeting or conforming to societal rules
- Identifying **end goals**: are about following your heart; are often feelings; you are happy as you are pursuing the goal;
- It's not about doing good in a test, doing good in a job, it's about experiencing life to the fullest that you can
- All end goals fall into 3 buckets, **experiences, growth and contribution**

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Experience, Growth and Contribution

- What experiences do you want to have in this lifetime?
- How do you want to grow?
- What do you want to contribute?

“We have a need to grow and a need to contribute in life”
– Tony Robbins

Source: Mindvalley



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Your Experiences

90 seconds - timer helps you shut down your logical right brain

Q1. Make a list of all the experiences you want to get out of life – what experiences do you want to have?

- If time and money were no object and I did not have to seek anyone's permission, what kinds of experiences would my soul crave?
- Your love relationships, your friendships, your adventures, your environment
- What would you really want to experience, ask – think about people you know who have done amazing things, seen amazing places, think - what would I experience if time and money were no question, expand it to include health and fitness, think about love, sexuality, relationships, experiences with children/family, experience with friends and your social life, don't worry about what money can buy, assume that you have unlimited access to funds or that you will win these opportunities, where would you spend your holidays, who would you spend your time with?

Your growth

90 seconds

Q2. Make a list of all the various ways you might want to grow and become a more creative human being – how do you want to grow?

- In order to have the experiences above, how do I have to grow? What sort of man or woman do I need to evolve into?
- Your health and fitness, your intellectual life, your skills, your spiritual life
- We truly become fulfilled when we grow ourselves. How do I seek to grow, what books do I want to read, skills would I like to learn, travel – what languages would I like to learn. What character traits would I like to bring into my life: leadership, honesty, confidence. Think about emotional intelligence, the ability to control how you perceive the world, the ability to deal with stressful situations in a positive way or positive stamina, think about your spiritual life, your meditation practice, prayer, your beliefs, what aspect of your spiritual life would you like to grow, don't forget to bring in your health and fitness, running a marathon, going to the gym regularly, going for daily walks?

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Your contribution

90 seconds

Q3. Make a list of how you'd like to contribute to the planet – how do you want to contribute?

- If I have the experiences above and have grown in these remarkable ways, then how can I give back to the world?
- Your career, your creative life, your family life, your community life
- Contribution – life tends to give you more when you give more. What could you contribute to your family, your friends, your workplace, your city, your society, the world. Your contribution doesn't have to be huge, it could be volunteering, a piece of art that you create, your legacy, how are you making the world a slightly better place through your creations, or through the donation of your time, or your speciality knowledge, or your love, your career, how are you contributing through your career. Contribution is a sure way to fulfilment.

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EFT – Goal Setting

1. Where Am I Now?

Before getting into the process of tapping on your goals, start with how you feel about where you are now.

Think of a statement that sums up where you are now. And you may be feeling different things in relation to different areas. So, as a suggestion, you could look at the following areas:

- Work
- Finance
- Health
- Relationships
- Family
- Community
- Spirituality
- Fun

Write a statement that sums up where you are now, in relation to each of these. Choose the one that has the most intensity. What is the emotion that you feel when you think of this statement? If you are feeling a number of different emotions, take the one that is strongest and work with that. You can always come back and work on the other emotions later.

Rate the emotion, out of 10, with 10 being the most intense and 0 having no intensity. Tap on this. Even though when I think about (where I am now – insert your phrase), I feel (insert emotion), I deeply and completely accept myself. Tap around the body.

Keep tapping until you get down to zero or near zero, or at a level that is comfortable for you to move on to the next area.

What you may find is that once you clear the stress or anxiety around each of these, the paths, objectives, goals or possibilities become clearer.

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2. Be Specific: Select One Goal At A Time:

You may have a number of different goals. Select the one that you wish to work on.

What do you feel when you think about your goal?

If you are feeling a number of different emotions write each of them down. You might feel excited, nervous, panicked, fear, scared. Note: we only want to tap on the negative emotions.

Also, if you have any feeling in your body when you say your goal – tightness in your stomach, pain in your chest, pain in your neck etc., write this down also.

Now rate each emotion separately out of 10, with 10 being the most intense and 0 having no intensity. Start on the emotion that has the most intensity and work on this, until you get it down to zero or near to zero.

Use the set-up statement and continue tapping until you get the emotion down to zero or near zero. Continue then with the other emotions that have intensity.

3. What Do I Believe About This Area of My Life?

When you think about one of the above areas, what does the voice in your head pop up and say: e.g that's never going to happen to me, people like me don't etc., it's impossible. Again, write down each of the statements separately that come into your head.

Now say each statement again, and when you say them, which is the one that has the most intensity? This is the one you will start on. What is the emotion that you feel when you read that statement? Rate the emotion out of 10.

Even though when I think about (belief statement), I feel (emotion), I deeply and completely accept myself. Tap around the body.

When you have got the emotion down to a level you are happy with, move on to the next statement that popped into your head about this area of your life.

Please note: there may be some deeper work needed here on your beliefs so you may need to ask for help from a practiced therapist.

4. Ok, I Know What My Goal Is, What Do I Do Now?:

So, if you get to the point where you know what your goal is, then imagine that you have achieved your goal and start to work backwards.

For example, what is the last step that you would need to take just before you achieve your goal? And keep working backwards to where you are now, and this will give you a plan of how to go about achieving your goal.

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5. I've achieved My Goal – How Do I Feel?

Imagine that you have achieved your goal. How does that feel? (this is just to test as sometimes people find the thought of being successful scarier than the thought of failure). If there is any negative emotion or negative thought coming up, take one thought at a time, rate the emotion and tap on this.

6. What Is the Next Step I Can Take Towards My Goal?

What is the next small step that I can take towards achieving my goal? It could be making a phone call, setting up a time each week to work on your goal, or to do some tapping around your goal, working on a business card etc.

Congratulations! You are now on your way to achieving what you want in your life.

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Six Healing Sounds Practice

By Professor Mantak Chia. www.universal- tao.com

Just about everybody in the modern world has to deal with some sort of stress. Health professionals have placed stress as an underlying factor in a wide range of diseases.

In Chinese culture, their way of dealing with stress is to perform the Six Healing Sounds. The Six Healing Sounds are so simple and easy to perform that they seem almost too good to be true. They are the most valuable techniques of all the many spiritual practices that are available today.

A lot of techniques require months and years of practice before any noticeable results occur. Thankfully, that is not the case with the Six Healing Sounds. They work first time, every time.

Recycling and Transforming Negative Energy

Everything is energy. When the Chinese are confronted with negative emotional energy, rather than seeking to destroy it or to dump it out, they use techniques to transform negative, sick energy into positive, loving, healing energy.

The primary methods employed are the Six Healing Sounds.

Negative emotions are stored in the body's organs. Over time, the accumulation of the negativity erodes the organs health and effects the person s disposition.

The Six Healing Sounds work to transform the negative energy stored in the organs and to transform them into healing light. That works better than holding onto negativity or dumping it out onto someone else because such emotional venting only serves to pass an emotional virus onto another and, via the law of karma, eventually that same negativity will be revisited upon the person who sent it out in the first place.

For the following exercises, sit on the edge of a chair with your feet just a little more than shoulder width apart with your back straight and shoulders relaxed. Rest the hands on the thighs with the palms facing up. You are now ready to begin the exercises.

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Six Healing Sounds Practice

Lung Exercise: First Healing Sound

Sadness, sorrow, grief and depression are stored in the Lungs. The lung sound transforms these emotions into courage and righteousness.

1. Become aware of your lungs. Take a deep breath and, letting your eyes follow, raise the arms up in front of you. When the hands are at eye level, begin to rotate the palms and bring them up above the head. Keep the elbows rounded. You should feel a stretch that extends from the heels of the palms, along the forearms, over the elbows, along the upper arms and into the shoulders. The lungs and chest will feel open and breathing will be easier. Draw the corners of the mouth back, exhale, making the sound "Sssssss", sub-vocally, slowly and evenly in one breath.

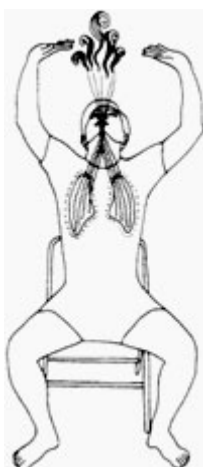


Figure 11. The Lung Sound Position.

2. As you exhale, empty all feelings of sadness, sorrow and grief from your lungs.
3. When you have exhaled completely (without straining), rotate the palms down, close the eyes, and breathe in to the lungs to strengthen them. If you are colour oriented, imagine a pure white light and quality of righteousness entering into your lungs. Float the arms down by gently lowering the shoulders. Slowly lower them to your lap so that they rest there, palms up.
4. Close the eyes, breathe normally, smile down to the lungs, be aware of the lungs, and imagine that you are still making the sound. Pay attention to any sensations you may feel. Try to feel the exchange of cool, fresh energy replacing hot, dark waste energy.
5. Repeat the sequence 3 to 6 times. For colds, flu, mucous, toothaches, smoking, asthma, emphysema, or depression, or for detoxifying the lungs, you can repeat the sound 9, 12, 18, 24, or 36 times.
6. The Lung Sound can help eliminate nervousness when in front of a crowd. Do the Lung Sound sub-vocally without the hand movements several times when you feel nervous. This will help you to calm down. The Heart Sound and the Inner Smile will help also if the Lung Sound is not enough to calm you down.

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Six Healing Sounds Practice

Kidney Exercise: Second Healing Sound

Fear is held in the Kidneys. The kidney sound transforms the emotional energy inside the kidneys into gentleness.

1. Become aware of the kidneys. Place the legs together, ankles and knees touching. Take a deep breath as you bend forward, and clasp one hand in the other; hook the hands around the knees and pull back on the arms. With the arms straight, feel the pull at the back where the kidneys are; look up, and tilt the head back without straining.



Figure 12. The Kidney Sound Position

2. Round the lips and silently make the sound one makes in blowing out a candle. At the same time, press the middle abdomen, between the sternum and navel, toward the spine. Imagine any feelings of fear being squeezed out from the membrane around the kidneys.
3. When you have exhaled completely, sit up and slowly breathe in to the kidneys, imagining a bright blue energy as the quality of gentleness enters the kidneys. Separate the legs to a hip's width and rest the hands, palms up, on the thighs.
4. Close the eyes and breathe normally. Smile to the kidneys, as you imagine that you are still making the sound. Pay attention to sensations. Be aware of the exchange of energy around the kidneys, and hands, head and legs.
5. Repeat 3 to 6 times. For back pain, fatigue, dizziness, ringing in the ears, or detoxifying the kidneys, repeat 9 to 36 times.

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Six Healing Sounds Practice

Liver Exercise: Third Healing Sound

Anger and Aggression are held in the Liver. The liver sound transforms the emotional energy inside the liver into kindness.

1. Become aware of the liver, and feel the connection between the eyes and the liver. Place your arms at your sides, palms out. Take a deep breath as you slowly swing the arms up and over the head. Follow with the eyes.
2. Interlock the fingers and rotate the palms to face the ceiling. Push out at the heels of the palms and feel the stretch through the arms and into the shoulders. Bend slightly to the left, exerting a gentle pull on the Liver. (The Liver is located on the right hand side of the body under the rib area)
3. Exhale with the sound, "**Shhhhhh**", sub-vocally. Envision and feel that a sac encloses the liver and is compressing and expelling the excess heat and feelings of anger.
4. When you have exhaled completely, unlock the fingers, and pressing out with the heels of the palms, breathe into the liver slowly; imagine a bright green colour quality of kindness entering the liver. Gently bring the arms back to the side by lowering the shoulders. Place your hands on your lap, palms up, and rest.
5. Close the eyes, breathe normally, smile down to the liver and imagine you're still making the sound. Be aware of sensations. Sense the energy exchange.
6. Do this 3 to 6 times. For anger, red and watery eyes, or a sour or bitter taste, and for detoxifying the liver, repeat 9 to 36 times. A Taoist axiom about controlling anger says: If you've done the Liver Sound 30 times and you are still angry at someone, you have the right to slap that person.

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Record Card Details

Buy a box of Record cards and put the following information on for every client.

Date _____

Client number:

Name:

Address:

Phone number:

Email address:

Date of Birth:

Relationship status:

Occupation:

Dependents:

Medical Problem:

Duration:

Pre-existing Health problems:

Duration:

Medication:

Other Therapies:

Known Allergies:

Known food intolerances:

What does the client wish to achieve?

Session dates:

Booster treatments

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

General Data Protection Regulations 2018 (GDPR)

All therapists must keep records for 7 years and they must be stored in a secure safe place and may have to be produced in a court room. Keep your writing clear and use a pen. If the client is under 18 years of age you must keep the records for 7 years after their 18th birthday. It is imperative that you are insured when qualified, you must insure yourself as a Bio Energy Therapist. You must also advertise your privacy policy/statement on your website and/or fb business page. Your privacy policy must state what data you retain, why you retain this data, where you retain the data and for how long.

Name of student:

Signature

Name of Lecturer: Helen O'Flinn

Vitamins

Vitamins

	DAILY VALUE* (USRD)	SOLUBILITY	FOOD SOURCES	DEFICIENCY SYMPTOMS	IMPORTANCE	INHIBITS ABSORPTION	ENHANCES ABSORPTION
VITAMIN A (beta carotene)	2,500 IU 5,000 IU 8,000 IU	Fat	Eggs, colored fruits and vegetables, fish liver oil, dairy products, beef liver, milk	Defective teeth and gums, allergies, dry, itchy, scaly skin, night blindness, sinus trouble, dry skin, loss of smell	Healthy formation of bones, teeth, skin; maintenance of outer layer of many epithelial organs; promotes growth & lactation; necessary for night vision; good for growth & repair of body tissues; good for health of hair & eyes	Coffee, alcohol, excessive iron, mineral oil, D deficiency	Vitamins C, D, E, F B-complex, zinc, calcium, choline
VITAMIN B (complex)	See Individual B Vitamins	See Individual B Vitamins	Whole grains, liver, brewer's yeast	Poor appetite, rough dry skin, fatigue, dull hair, constipation, acne, dermatitis	Helps functioning of nervous system; good for healthy skin, muscle tone, maintenance in the heart, lungs, liver, kidneys; maintains healthy hair, eyes, fatty acids; mouth; carbohydrates-fat protein metabolism	Stress, excessive sugar, coffee, alcohol, tobacco, pills, infections, sleeping pills, sulfonamides	Calcium, vitamins E, C, phosphorus
VITAMIN B-1 (thiamin)	0.7 mg 1.5 mg 1.7 mg	Water	Organ meats, pork, nuts, wheat germ, poultry, fish, brown rice, egg yolks, legumes, whole grains, soybeans, brewer's yeast, whole wheat	Depression, constipation, impaired growth in children, shortness of breath, weakness, fatigue, nervousness, sensitivity to noise, loss of appetite	Maintains health of skin, mouth, eyes, hair, stabilizes appetite; necessary for carbohydrate metabolism; essential for normal functioning of heart, nerve tissues, capacity, growth	Tobacco, stress, fever, coffee, alcohol, sar-gony, raw beans	Sulfur, phosphorus, iron, vitamins B-2, C, E, B-complex, folic acid
VITAMIN B-2 (riboflavin)	0.8 mg 1.7 mg 2.0 mg	Water	Cheese, milk, egg yolks, brewer's yeast, nuts, organ meats, whole grains, blackstrap molasses	Inflammation of the mouth, eye problems, dizziness, poor digestion, sore tongue, dermatitis	Carbohydrate-fat-protein metabolism; necessary for antibody and red blood cell formation; good for healthy eyes, hair, skin, nails	Alcohol, tobacco, excessive sugar, coffee	Phosphorus, iron, vitamins B-6, C, B-complex
VITAMIN B-6 (pyridoxine)	0.7 mg 2.0 mg 2.5 mg	Water	Milk, cabbage, cantaloupe, legumes, blackstrap molasses, meat, organ meats, peas, wheat germ, whole grains, brown rice, prunes, ladyfinger, yeast, brewer's yeast, discolored liver	Possible loss of muscle control, nervousness, dermatitis, insulin disorders, acne, irritability, muscular weakness, convulsions in infants, depression, learning disabilities, anemia, arthritis	Necessary for carbohydrate-fat-protein metabolism; good for healthy skin, nerves, muscles, antibody formation, digestion	Alcohol, both control pills, tobacco, radiation, aspirin, iron, coffee	Linoleic acid, sodium, vitamins B-2, C, B-complex, pantothenic acid, magnesium
VITAMIN B-12 (cobalamin)	9 mcg 6 mcg 8 mcg	Water	Pork, beef, cheese, milk/milk products, eggs, fish, organ meats	Tiredness, general weakness, poor appetite, spalling difficulties, depression, irritability, neuritis, brain damage, growth failure in children	Necessary for normal formation of red blood cells; carbohydrate-fat-protein metabolism; healthy nervous system; good appetite; healthy cells	Tobacco, coffee, alcohol, soybeans	B-complex, folic acid, vitamins B-6, C, sodium, potassium
BIOTIN (Vitamin H)	150 mcg 300 mcg 300 mcg	Water	Surface, liver, legumes, egg yolks, unpolished rice, lentils, nut, soybeans, sprouts, whole grains, organ meats, brewer's yeast	Extreme exhaustion, loss of appetite, impairment of fat metabolism, muscle pain, dermatitis, grayish skin color, dermatitis	Coarse-appearing factor; fatty acid production; carbohydrate-fat-protein metabolism; utilizes B vitamins; good for healthy hair, skin, muscles	Alcohol, avidin (raw egg white), coffee	Sulfur, vitamins B-12, C, E, iron, zinc, folic acid, pantothenic acid
CHOLINE	No Daily Value Has Been Established	Water	Leafy green vegetables, heart, brain, fish, whole eggs, meat, soybeans, wheat germ	May result in arthritis and fatty degeneration of liver, hemorrhaging of kidney, intolerance to fats, bleeding stomach ulcers, high blood pressure, growth problems	May minimize excessive deposits of fat in liver; metabolism and transport of fats and cholesterol; normal nerve function; healthy hair, skin, thymus gland	Excessive sugar, alcohol, coffee	Linoleic acid, folic acid, inositol, vitamins A, B-12, B-complex
FOLIC ACID (folate)	200 mcg 400 mcg 800 mcg	Water	Root vegetables, tuna, milk/milk products, organ meats, oysters, salmon, leafy green vegetables, brewer's yeast, whole grains	Constitutional disorders, B-12 deficiency, anemia, retardation growth, graying hair	Necessary for growth and division of cells; formation of red blood cells; reproduction and growth; good for glands and liver	Stress, alcohol, coffee, tobacco	Pantothenic acid, vitamins C, B-complex, biotin
INOSITOL	No Daily Value Has Been Established	Water	Citrus fruits, nuts, milk, meat, brewer's yeast, blackstrap molasses, whole grains, vegetables, biotin	Eye problems, high cholesterol, skin problems, constipation	Vital for hair growth, metabolism and normal formation of healthy cells; good for vital organs	Excessive sugar, corn, alcohol, antibiotics	Vitamins B-12, B-1, B-2, C, B-complex, phosphorus, choline, inositol, folic acid

ABBREVIATIONS: USRD: United States Reference Daily Intake • IU: International Units • g: grams • mg: milligrams • mcg: micrograms
*DESCRIPTION OF DAILY VALUE (USRD) LISTING: With more than one listing: The top line represents the Daily Value for children twelve months to four years old; the second line represents the Daily Value for persons four years and older; the third line represents the Daily Value for pregnant and lactating women.

Vitamins (continued)

	DAILY VALUE* (USRD)	SOLUBILITY	FOOD SOURCES	DEFICIENCY SYMPTOMS	IMPORTANCE	INHIBITS ABSORPTION	ENHANCES ABSORPTION
NIACIN (nicotinic acid)	0 mg 10 mg 20 mg 20 mg	Water	Beans, green vegetables, rice bran, whole wheat, nuts, brewer's yeast, fish, dairy products, poultry, lean meats, milk, discarded liver	Gastrointestinal disturbances, dermatitis, nervous disorders, muscular aches, loss of appetite, insomnia, tiredness, halitosis	Promotes growth, proper functioning of nervous system; maintenance of healthy skin, tongue, digestive system; carbohydrate-fat-protein metabolism	Excessive sugar, corn, coffee, alcohol	Vitamins B-1, B-2, C, B-complex, phosphorus
PANTOTHENIC ACID	5 mg 10 mg 10 mg	Water	Egg yolk, orange juice, brewer's yeast, boumex, liver, whole grains, mushrooms, salmon, wheat germ	Stomach stress, sensitivity to insulin, eczema, hair loss, hypoglycemia, vomiting, diarrhea, kidney trouble	Resistance to stress; aids in formation of some fats; energy; stimulates growth; good for skin, adrenal glands; formation of antibodies	Coffee, alcohol	Sulfur, vitamins C, B-6, B-12, B-complex, folic acid, biotin
PABA (para-aminobenzoic acid)	No Daily Value Has Been Established	Water	Leafy green vegetables, organ meats, yogurt, wheat germ, blackstrap molasses, brewer's yeast	Nervousness, anemia, constipation, tiredness, headaches, digestion problems, eczema	Growth-promoting factor; sunscreen; aids as coenzyme in formation of red blood cells; color restoration; adds bacteria in producing folic acid; maintains healthy skin, hair	Sulfonamides, coffee, alcohol	Vitamins C, B-complex, folic acid
VITAMIN C (ascorbic acid)	40 mg 60 mg 60 mg	Water	Tomatoes, acerola cherries, sprouted alfalfa seeds, peppers, citrus fruits, papaya, cantaloupe, broccoli, strawberries	Muscular weakness, anemia, appetite loss, skin hemorrhages, swollen joints, slow healing wounds & fractures, bleeding gums, easy bruising, low resistance to infections	Prevention of permeability; healthy teeth, gums, bones; strengthens blood vessels; increased absorption of iron; resistance to infections; vitamin protection; collagen production	Stress, high liver, tobacco, coffee, alcohol, aspirin, cortisone	Biotin, iron, calcium, cobalt, all vitamins and minerals
VITAMIN D (calciferol)	400 IU 400 IU 400 IU	Fat	Fat, butter, fish liver oil, herring, sardines, egg yolks, salmon, tuna, organ meats, bone meal	May lead to rickets, lack of vigor, muscle weakness, inadequate absorption of calcium, phosphorus, iron (in kidneys), anemia, brittle bones and teeth, myopia	Very important in infancy and childhood; healthy bone formation; healthy nervous system; good for thyroid gland, skin, teeth, normal blood clotting	Mineral oil	Phosphorus, calcium, cobalt, vitamins A, C, F
VITAMIN E (tocopherol/tocopheryl)	10 IU 30 IU 30 IU	Fat	Margarine, cold pressed oils, whole wheat, sweet potatoes, molasses, nuts, dark green vegetables, eggs, organ meats, oatmeal, deaerated liver, wheat germ	Fragility of red blood cells, dry dull hair, sterility, impotency, miscarriages, gastrointestinal problems, heart disease, enlarged prostate	Protects fat-soluble vitamins; slows aging; protects red blood cells; male potency; prevents blood clots; maintains healthy muscles and nerves; straightens capillary walls; improves skin, mucous membranes	Mineral oil, rancid fat & oil, chlorine, bath control pills	Phosphorus, selenium, calcium, zinc, iodine, vitamins A, B-1, C, F, B-complex
VITAMIN F (unsaturated fatty acids) (linoleic acid)	No Daily Value Has Been Established	Fat	Butter, wheat germ, vegetable oils, sunflower seeds	Acne, dandruff, dry hair, dermatitis, eczema, varicose veins, gallstones	Growth-promoting factor; necessary for healthy skin, hair; makes calcium available to cells; normal glandular activity; normal blood circulation and lubrication; regulates blood coagulation; destroys cholesterol; prevents hardening of the arteries	X-rays, radiation	Phosphorus, vitamins D, C, A, E
VITAMIN K (phyloquinone)	80 mcg	Fat	Cauliflower, soybeans, polyunsaturated oils, fish liver oils, egg yolk, yogurt, milk, green leafy vegetables, blackstrap molasses	Tendency to hemorrhage resulting from prolonged blood clotting time, intestinal malabsorption, nose bleeding, miscarriages, diarrhea, cellular disease	Necessary for blood coagulation, normal liver functioning, longevity factor; leader for formation of protoplasm	Mineral oil, X-rays, aspirin, cortisone, radiation	None
VITAMIN P (bioflavonoids, rutin, hesperidin)	No Daily Value Has Been Established	Water	Buckwheat, black currants, cherries, grapes, other fruits	Tendency to bruise and bleed easily (same as symptoms caused by deficiency of Vitamin C)	Colds and flu prevention; good for healthy capillary walls and connective tissue; infrequent bruising	(Same as for Vitamin C)	(Same as for Vitamin C)

NOTE: The symptoms referred to on these pages can occur only when the daily intake of the vitamins mentioned has been less than the U.S. Daily Value over a prolonged period of time. These nonspecific symptoms do not alone prove nutritional deficiency, but may be caused by any number of conditions or may have functional causes. If these symptoms persist, they may indicate a condition other than a vitamin deficiency.

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***DESCRIPTION OF DAILY VALUE (USRD) LISTING:**
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Bio Energy Academy of Dublin

Minerals

ESSENTIAL NUTRIENTS 101: QUICK REFERENCE GUIDE

NUTRIENT	WHY WE NEED IT	WHERE IT'S FOUND	SYMPTOMS & PROBLEMS
VITAMIN A	Eyes, immune function, skin, essential cell growth and development	Eggs, liver, orange or green vegetables, fruits	Night blindness, immune function, zinc deficiency, fat malabsorption
VITAMIN C	Enzyme activation, second messenger roles (transmitting hormonal information), blood clotting, cell & cell organelle membrane function, nerve impulse transmission & muscular contraction, tone and irritability	Supplementation, broccoli, brussel sprouts, cantaloupe, cauliflower, citrus, guava, kiwi, papaya, parsley, peas, potatoes, peppers, parsley, rose hips, strawberries and tomatoes	Muscular & nervous irritability, muscle spasms, muscle cramps & tetany, tooth decay, periodontal disease, depression, possibly hypertension
VITAMIN D	Calcium & phosphorus levels, calcium absorption, bone mineralization	Sunlight, eggs yolks, liver, fish	Osteoporosis, calcium absorption, thyroid
VITAMIN E	Antioxidant, regulates oxidation reactions, stabilizes cell membrane, immune function, protects against cardiovascular disease, cataracts, macular degeneration	Liver, eggs, nuts, seeds, cold pressed vegetable oils, dark leafy greens, sweet potatoes, avocados, asparagus	Skin, hair, rupturing red blood cells, anemia, bruising, FMS, hot flashes, eczema, psoriasis, cataracts, wound healing, muscle weakness, sterility
VITAMIN K	Aids in the formation of clotting factors & bone proteins and the formation of glucose into glycogen for storage in the liver	Kale, green tea, turnip greens, spinach, broccoli, lettuce, cabbage, beef liver, asparagus, watercress, peas	Excessive bleeding, a history of bruising, appearance of ruptured capillaries or menorrhagia (heavy periods)
VITAMIN B1	Carb conversion, breaks down fat & proteins, digestion, nervous system, skin, hair, eyes, mouth, liver, immune system	Pork, organ meats, brown rice, blackstrap molasses	Heart, age related cognitive decline, alzheimer's, fatigue
VITAMIN B2	Metabolism, carb conversions, breaks down fats & protein, digestion, nervous system, skin, hair, eyes, mouth, liver	Almonds, organ meats, eggs, green vegetables	Anemia, decreased free radical protection, cataracts, poor thyroid function, B6 deficiency, fatigue, elevated homocysteine
VITAMIN B3	Energy, digestion, nervous system, skin, hair, eyes, liver, eliminates toxins, sex/stress hormones, improves circulation	Beefs, meat, poultry, organ meats, fish, seeds, nuts	Cracking, scaling skin, digestive problems, confusion, anxiety, fatigue
VITAMIN B5 (PANTOTHENATE)	RBC production, sex & stress related hormones, immune function, healthy digestion, helps use other vitamins	Meats, vegetables, lentils, egg yolks, sweet potatoes, seeds, nuts, salmon	Stress tolerance, wound healing, skin problems, fatigue
VITAMIN B6	Enzyme, protein metabolism, RBC production, reduces homocysteine, nerve & muscle cells, DNA/RNA, B12 absorption, immune function	Poultry, tuna, salmon, shrimp, beef liver, lentils, seeds, nuts, avocados, bananas, carrots, brown rice	Depression, sleep & skin problems, confusion, anxiety, fatigue
BIOTIN	Carbs, fat, amino acid metabolism (the building blocks of protein)	Salmon, meats, vegetables, grains, lentils, egg yolks, milk, sweet potatoes, nuts	Depression, nervous system, premature gray hair, skin
FOLATE	Mental health, infant DNA/RNA, adolescence & pregnancy, with B12 to regulate RBC production, iron function, reduce homocysteine	Supplementation, tomato juice, green vegetables, black eyes peas, lentils, beans	Anemia, immune function, fatigue, insomnia, hair, high homocysteine, cardiovascular disease
VITAMIN B12	Healthy nerve cells, DNA/RNA, red blood cells production, iron function	Fish, meat, poultry, eggs	Anemia, fatigue, constipation, loss of appetite/weight, numbness & tingling in the hands and feet, depression, dementia, poor memory, oral soreness
CALCIUM	Bones, teeth, helps heart, nerves, muscles, body systems work properly, needs other nutrients to function	Molasses, brazil nuts, broccoli, cabbage, dark leafy greens, hazelnuts, sardines	Osteoporosis, osteomalacia, osteoarthritis, muscle cramps, irritability, acute anxiety, colon cancer risk
CHROMIUM	Assists insulin function, increases fertility, carbohydrate/fat metabolism, essential for fetal growth/development	Supplementation, seafood, green beans, broccoli, nuts, potatoes, meat	Metabolic syndrome, insulin resistance, decreased fertility
COPPER	Bone formation, involved in healing process, energy production, hair and skin coloring, taste sensitivity, stimulates iron absorption, helps metabolize several fatty acids	Seeds, dark leafy vegetables, organ meats, nuts, chocolate, blackstrap molasses	Osteoporosis, anemia, baldness, diarrhea, general weakness, impaired respiratory function, myelopathy, decreased skin pigment, resistance to infection
MAGNESIUM	300 biochemical reactions, muscle/nerve, function, heart rhythm, immune system, strong bones, regulates calcium, copper, zinc, potassium, vitamin D	Green vegetables, beans, peas, nuts, seeds	Appetite, nausea, vomiting, fatigue cramps, numbness, tingling, seizures, heart spasms, personality changes, heart rhythm
IODINE	Metabolism, thyroid function, hormone production	Salt, seafood, eggs, kelp, plants grown in iodine rich soil	Goiter, hypothyroidism (decreased metabolism, fatigue, weight gain, weakness, depressed, cold sensation, dry skin, or constipation), pregnancy related issues such as miscarriages, stillbirth, etc.
SELENIUM	Antioxidant, works with Vitamin E, immune function, prostaglandin productions	Liver, butter, cold water fish, garlic, sunflower seeds, brazil nuts	Destruction to heart/pancreas, sore muscles, fragility of red blood cells, immune system
PHOSPHORUS	Energy production, protein synthesis, neutralizing, building strong bones & teeth, and assisting with blood	Meat, fish, eggs, nuts, beans	Muscle and neurological dysfunction, disruption of muscle and blood and organs
POTASSIUM	Brain and neuron function, maintaining fluid balance, support heart and muscle function	Yam, parsley, nuts (especially almonds and pistachios), chocolate, potatoes, bamboo shoots, bananas, avocados, meat, fish	Weakness, tiredness, cramping in the arms or legs, vomiting, nausea, numbness or tingling, constipation, abdominal cramping, palpitations, fainting, depression, increased urination or feeling thirsty
ZINC	Supports enzymes, immune system, wound healing, taste/smell, DNA synthesis, normal growth & development during pregnancy, childhood and adolescence	Red meat, poultry, beans, nuts, seafood	Growth retardation, hair loss, diarrhea, impotence, eye & skin lesions, loss of appetite, taste, weight loss, wound healing, mental lethargy



Bio Energy Academy of Dublin

Weekend four homework – Heart Chakra

- Q1. What gland is associated with the heart chakra?
- Q2. What parts of the body is this chakra associated with?
- Q3. What is the difference in the lung and Heart Protocol when clearing?
- Q4. Outline the protocol for the breast.
- Q5. What are the positive and Negative emotions of the Heart Chakra?
- Q6. What is the element and Sense of the Heart Chakra?