

Bio Energy Academy of Dublin

The Throat Chakra Module 5.

Throat Chakra: Also known as Vishudda (Purification)

Purpose: Communication and Creativity.

Natural right: To speak and to hear the truth.

Colour: Blue/Silver/Turquoise.

Location: The fifth chakra is located at the hollow of the throat.

Element: Akasha (Sound).

Sense: Hearing.

Sound: Shouting.

Taste: Sour.

Instinct: Psychic expression.

Gland: Thyroid, Parathyroid.

Positive Emotion: Personal power, faith, expression of truth, positive self-talk, being heard & listened to.

Negative expressions: Betrayal, addictions, sleep disorders, lies, fear of speaking out, gossiping, toxicity.

Quietening Fragrances: Lavender, hyacinth.

Stimulating Fragrances: Patchouli, white musk.

Crystals: Sodalite.

Gemstones: lapis lazuli, Aquamarine, Turquoise, Sapphire.

The throat chakra influences the thyroid gland, the temperature regulator of the body. By regulating the rate of metabolism, that is, the rate at which fuel is burned in the body it affects body weight and the replenishment of vitamins.

The fifth chakra is our psychic centre, responsible for clairvoyance, and clairaudience. A dysfunctional throat chakra can result in sleep disorders, and he/she may not be able to distinguish fantasy from reality.

When the fifth chakra is clear, we begin to achieve recognition in our fields of endeavour and acquire mastery in our chosen profession. Our experience and knowledge define our status in the world. The throat chakra gives us the ability to envision possible futures and to act on our vision.

You imagine who you can become and feel the freedom of infinite possibilities. It allows us to look within, to become aware of our inner processes.

Bio Energy Academy of Dublin

The Throat Chakra Module 5.

The fifth chakra gives voice to the feelings of the heart. It speaks out your love, kindness, and forgiveness.

In this centre, the four elements - earth, water, fire, and air - of the lower chakras are combined into pure energy, which provides the matrix or framework for our dreams.

An awakened throat chakra brings us into synchronicity with life. When things are out of sync, we can bring ourselves back into a synchronous relationship with life by clearing the throat chakra and dispelling the debris and dense energies that clutter it.

The fifth chakra acts like a smokestack for all the lower centres, releasing the volatile energies that are not mulched into the earth by the first chakra.

A simple way to clear the throat chakra is to tap it 3 times with your fingertips. I do this several times a day especially after I have worked with a client who's carrying lots of toxicity.

Healthy Throat Chakra:

A person with a healthy throat chakra will have a clear voice, be a good listener, express themselves well, be creative and have a good self-image. He/she will be happy and fulfilled in their chosen profession.

Physical illness:

Problems with throat, jaws, ears, voice and neck, thyroid, lump in throat, stammer, in-ability to speak properly (Throat Cancer).

Too much energy in the throat chakra:

The person will try to dominate the conversation, he will not stop to allow you to answer, and will speak only about what he wants to talk about and will want to be the centre of attention.

Not enough energy in the throat chakra:

The person may find it difficult to express his true feelings; their voice may be weak, light or faint, with symptoms of extreme shyness. The throat chakra is related to all things about the self, about things that are close to our hearts. A person may have a fear of speaking out, stemming from childhood from being interrogated by an adult and may not be aware of it, and is using this as a defense mechanism.

Affirmation:

Help us to develop responsibility. May universal truth impregnate causal action so that the voice of humanity may find true harmony with the voice of the Earth.

Bio Energy Academy of Dublin

Throat Chakra Protocols – Module 5.

Thyroid-Hyperthyroid / Hypothyroidism

1. Apply 1 to 4 of General Programme
5. Energise and stimulate the throat area with one hand in front of the throat and the other hand to the back of the throat. (3 mins).
6. Clear the throat area and repeat if necessary.
7. Abdominal breathing and visualisation.
8. Clear abdominal area.
9. Scan and close the energy field.

Energising the throat

When the throat chakra is blocked people can have difficulties expressing themselves, getting things off their chest, being heard and listening to what they need to hear. When the throat chakra is cleared and the energy is flowing freely, then they are more likely to express themselves freely.

- This technique is performed when the client is seated. The therapist stands behind the client with one hand to the front of the throat chakra without touching the throat and the other hand at the back of the throat chakra – palms of the hands to be facing the throat. Do the same treatment at sides of throat. (3 mins).
- As the energy builds the therapist and the client may feel a lot of heat at this stage.
- Allow the energy to flow from your hands to the client's throat energising and filling with blue light.
- Hold this for a few minutes and then draw the energy out with both hands away from the throat.
- Repeat until you feel that the block has been released.
- Clear the energy from your hands back into the cosmos to be recycled and renewed.

Bio Energy Academy of Dublin

Ear, Vertigo, Tinnitus Protocols – Module 5.

Please do Eye Protocol first.

Place client sitting/lying down and stand or sit at top of head, sit close to top of plinth (if client lying down) and place one cupped hand over each ear, hold in that position for 3 minutes.

Energise right ear with a few flicks of your right hand. Leave your left hand in position over the left ear.

With a cupped hand and fingers gathered together but slightly open, move your right hand in front of the right ear in a **clockwise** movement 9 times and pull stale energy away from the head of client and your own body. Do this 9 times.

Energise left ear as above.

With a cupped hand and fingers gathered together but slightly open, move your left hand in a **clockwise** movement 9 times and pull stale energy away from the head of client and your own body. Do this 9 times.

If necessary, go in again and do the same for another 3 minutes each. Check using kinesiology before you do this.

Important notes:

- **Clockwise for right ear**
- **Clockwise for left ear.**
- This same protocol will do for all ear problems.

Bio Energy Academy of Dublin

Time Management

Time & You: Two Types

Type A

- Urgency
- Competitiveness
- Walks/moves quickly
- Eats quickly
- Hates delay
- Guilty when relaxing
- Impatient

Type B

- Relaxed
- Walks slowly
- Lots of relaxing hobbies
- Good listener
- Patient
- Thoughtful
- Takes time to make decisions

Potential Problems for Types

Type A

- Work Control
- Delegation
- Planning
- People
- Relaxing
- Priorities

Type B

- Goals
- Delegation
- People
- Quality

Action Points

Type A

- Take a step back
- Set attainable goals
- Plan how to achieve your goals
- Delegate
- Aim to relax more
- Make time for people
- Say no

Type B

- Set quantitative goals
- Stop procrastination
- Become more assertive
- Assess appropriate level of quality

Bio Energy Academy of Dublin

Time Management

Managing time - Time Management: Quick Quiz

This quiz will help you think about, and assess your own planning and time management skills and attitudes.

1. How well do you manage your time now?
 - (a) Very well; time management is not a problem
 - (b) OK but I am sometimes on the stress cycle
 - (c) I never have enough time
 - (d) I work too much; the balance in my life feels wrong
 - (e) I am dedicated to my work so I spend all my time doing it

2. Are you clear about what you want to achieve in a day?
 - (a) always
 - (b) usually
 - (c) never

3. Do you achieve your daily aims?
 - (a) always
 - (b) usually
 - (c) never

4. Do you know your main time thieves?
 - (a) yes
 - (b) no
 - (c) I'm not sure

5. Are you aware of your best time of day for carrying out key activities?
 - (a) yes
 - (b) no
 - (c) I'm not sure
 - (d) it varies

6. Do you prioritise?
 - (a) always
 - (b) usually
 - (c) never

7. Do you choose the most efficient way to communicate?
 - (a) yes
 - (b) no
 - (c) I'm not sure
 - (d) it varies

Bio Energy Academy of Dublin

8. Do you avoid taking work home or completing work outside working hours?
 - (a) always
 - (b) usually
 - (c) never

9. Are you as good at setting your own deadlines as agreeing to the deadlines of others?
 - (a) yes
 - (b) no
 - (c) I'm not sure

10. Are you effective at planning (for example, to prepare for meetings/clients, or to map out what you will be doing for the day or week)?
 - (a) always
 - (b) usually
 - (c) never

Bio Energy Academy of Dublin

Time Management: Quick Quiz

1. If you picked (a) do your colleagues, friends and family think this as well? You feel organised but is your life over-scheduled? If you picked (b) you are like most people. Aim to improve, though, because the stress cycle is habit-forming and can become almost a way of life. If you picked (c) or (d), you recognise your lack of effectiveness at time management. If you picked (e), how much personal choice are you exercising? Recognise the areas of your life where you are truly in charge of and the areas that have a grip on you.
2. If you picked (a), well done - so long as you are being realistic. Good time managers are clear about what needs doing each day and they achieve their tasks. Poor time managers plan too much, too little or not at all. If you answered (b), there is room for improvement, at least at work. If you picked (c), you should start planning your time - certainly at work.
3. If you picked (a), that's a sign of good time management skills. Do you feel your aims are appropriate? If you picked (b), you should work on dealing with your main time thieves. If you can change the way you behave to get round these problems, you will get more satisfaction from your work and life. If you picked (c), is this your preferred style? If not, dealing with your time thieves is a must.
4. It is helpful to recognise your time thieves - everyone has them. So if you picked (a), this is a good first step. If you picked (b) or (c), the worksheets should help you begin spotting them.
5. Many people find that they have most energy early on in the day. Energy levels tend to go down after a meal, say at lunch, pick up during the afternoon and flag as the day goes on. This is not true for everyone. But it is of practical value to know when you have the most energy for tackling key tasks, so you can plan to do them then.
6. Setting priorities depends on being clear about your goals - time management is not about doing as much as possible. It is about doing the things needed to achieve your objectives. You need to prioritise to decide what to do first, what can be put to one side and what can be delegated. If you picked (a), you are on the right track. With (b), do you want to get better at deciding what to focus on? If you picked (c), this may be the reason if you are on the stress cycle! If planning objectives and setting priorities does not come easily, see if a colleague or friend is willing to help.
7. Your choice of communication - phone, fax, meeting, letter, memo, handwritten response, e-mail - depends on your purpose. Make sure you are clear what you want to achieve and plan the most effective way to achieve your goal. There is no need for a meeting when a telephone call will do.
8. Regularly taking work home or relying on completing tasks outside working hours indicates lack of planning and time management skills. If you do this, ask yourself whether it is truly your choice. If not, aim to develop your time management skills.
9. It is easy to over or underestimate the time we need to ourselves. Aim to become more realistic at estimating and agreeing your own deadlines and those of others.
10. Planning is a key part of time management. The two processes go hand in hand.

Bio Energy Academy of Dublin

Time and Life Management

'Until you value yourself, you will not value your time. Until you value your time you will not do anything with it' M Scott Peck.

Time management is really life management, personal self/management, it's about exercising control over what you do next. The ability to choose between the important and the unimportant is vital for success in life. What quality of life are you giving yourself right now? you are the one with the controls for your life, and is there too much stress, hurry and worry in it? Now is the time to make the changes to create a more harmonious and balanced lifestyle. After all you have only one life, LIVE IT. What are the big time wasters in your life?

'Besides the art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists of the elimination of non-essentials'. Lin Yutang.

Work smarter not harder, put yourself back in the driving seat of your own life and enjoy the journey.

Don't procrastinate, act now

Being aware of your behaviour and feelings allows you to take the action to change the way things are for you. Being aware however is not the same as taking action. 'Procrastination is the thief of dreams' Cree. Consider what you are procrastinating about?

Beating Procrastination

1. Analyze what you procrastinate about:
 - Keep a log and write down tasks that you are putting off.
 - Is there a common pattern? For example do you tend to put off tasks that involve figure work? Or interpersonal conflicts?
 - Recognising what you procrastinate about will signal you to begin applying solutions.
2. Note your common "delay tactics" - what kind of excuses do you look for and find to put off doing that tough or unpleasant task? Recognising those traps will help you avoid them.
3. Experiment with some solutions that will work for you.
 - Subdivide that big, tough task into small pieces that can be done one at a time.
 - Start with an easy or enjoyable piece to get going.
 - Get someone to work with you - it will be less difficult and painful.
 - Make a commitment to someone else or set a deadline - this will make it more difficult to put off.
 - Get prepared for the tough task by having all the information available, and make sure you pick a time when you are rested and energetic.
 - Block out distractions
 - Pick a place that's particularly conducive to accomplishing the task - if it's a creative project you may want a "retreat" type structure.
 - Reward yourself along the way.

Bio Energy Academy of Dublin

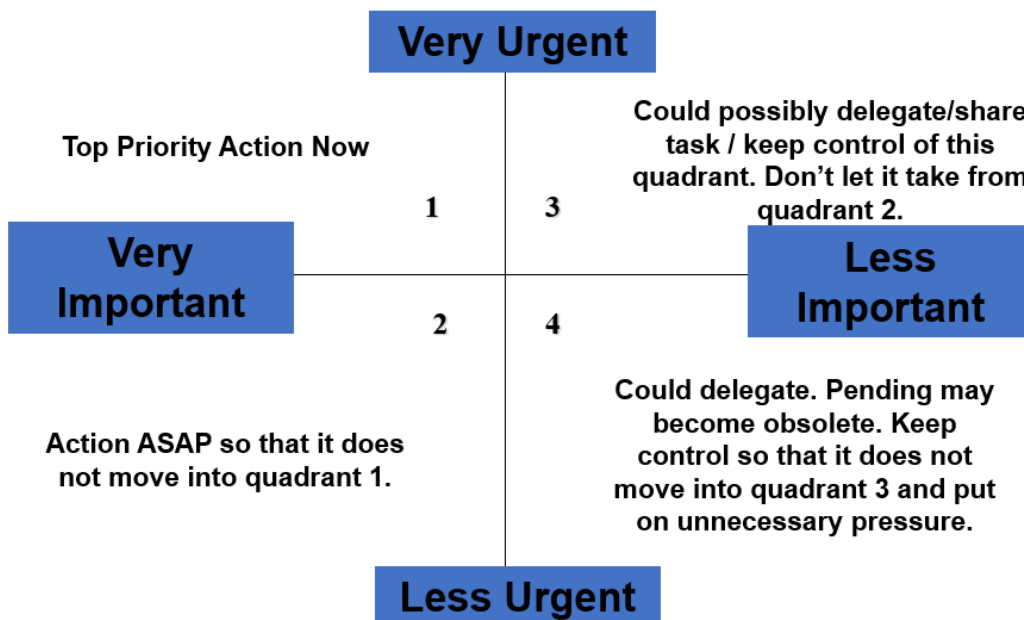
Goals and Priorities

Clarity of purpose is essential, you need to be clear about what you want to achieve in each area of your life. Know your goals and objectives, knowing what you want is vital, otherwise you cannot prioritise and you cling on to everything, becoming a victim of stress, overwork and mediocrity. Identify one or two long-term priorities, break them into short-term activities. Schedule time for these activities on a daily/weekly basis. Find ways of keeping the long-term priorities in focus and regularly review them.

Don't dilute your effectiveness by going in many directions, know what you are best at. **Efficiency is doing things right, effectiveness is doing the right thing.** It is possible to work efficiently around the clock and never succeed. Don't confuse activity with accomplishment, work effectively and you will achieve your goals.

Set major goals in the area of family, social, career and leisure. Identify your key priorities or goals. Relate them to how you are spending your time, only spend time on these priorities. What are you NOT going to do with the rest of your life?

Prioritising



De-clutter your life

Cluttered space divides your attention, keeps you stuck in the past and blocks new opportunities from entering your life. It is crucial to take the time to examine your life and identify what you have outgrown. If you want something to come into your life creating the space to accommodate the new things is just as important as having the time. To do something new you must complete or stop doing something old.

Assess - Think on paper

It is vital to assess your use of time and learn why your time is used as it is, you need to look at and assess your life.

Bio Energy Academy of Dublin

Tolerations

What are you tolerating in your life? Where are you tolerating it? What annoys you? Anything you are tolerating will diminish your supply of energy. If you take the time to identify and completely handle those things that you are tolerating in your life, you are creating an environment in which you can be less stressed and happier. Frequently we accept, put up with and take on many situations which can make us feel over-burdened. We may be putting up with more than we think in our relationships with others (partners, friends, family children). In work we put up with (co-workers, boss, procedures, tasks, (feeling unfit, criticism, lack of balance, unmet needs and frustrations). By becoming aware of our tolerations we can begin to eliminate them, resolve them or grow through them.

Time Log

Ask yourself where you are wasting/loosing time. Use a log to track how your time is being spent. As you complete each major task log it on your list, note the date and time, what you did, the length of time it took and rate it as A=Crucial, B=Important, C=Little Value, D=No Value. Run the log for a week and then review the results, or run an interruptions log, using the same method to log and record who interrupted you. After accumulating this data for a week go back and total up the A's, B's, C's, and D's. Most people will discover that 20% of their interruptions were A's and B's, things that were crucial and important, but 80% of the interruptions were C's and D's, things that were not worth the time spent on them. Eliminate repetitive unimportant interruptions.

PLAN

'FAILING TO PLAN PLANNING TO FAIL'.

Always start the day with a plan of action. Time management is about doing the right things. Over-plan your day to take advantage of 'Parkinson's Law', which teaches that a project expands to the time that is allocated for it. Having a lot to do creates a healthy sense of pressure on us, we tend to be more focused, tend to suffer interruptions less and we delegate better, make every minute count. If you give yourself one thing to do a day it will likely take all day to do it. Use travel and waiting productively.

Each evening prepare a list of things you 'Have to' do and you 'Want to' do for the next day. Some items are 'Crucial', while others are 'Non Crucial'. Schedule time for thinking and planning. Be flexible and focused, use the time log. When you are faced with a task you have four options, Drop it/ Delay it/ Delegate it or Do it. Delegating is how you can leverage your time through other people. Delegate everything apart from the work that only you can do.

The Pareto Principle 20% of your activities will account for 80% of your results. 20% of your tasks will account for 80% of the value of what you do. Resist the temptations to clear up small things first.

Develop systems to save time

- 1) Organise your computer files
- 2) Use a diary for your to do lists and calendars for your work and personal life
- 3) Be fully prepared before you begin a task
- 4) Clean up a messy desk or work area – 1 and ½ hours a day is spent looking for things, that's 7+ hours per week, which is a lot of time wasted.

Bio Energy Academy of Dublin

Effective Listening

An empathic response to a client with a particular issue might be 'Ok, so this is driving you mad, you can't see any way around it. You really value your marriage, but you also feel that you have to make something of your life, otherwise what is the point of living. You feel that life is unfair by making you choose between the two things that you value the most; you can't seem to see any other options'.

By responding in this way the therapist lets the client know that they have been listened to and understood. This allows the client to feel valued. The therapist also introduced the words value and options, this opens up the opportunity for exploring more fully the sense of powerlessness the client feels, with a view to developing options.

The Therapist helps the client by:

Being Present

The therapist must be able also to detach from their own frame of reference in order to be able to step into a client's frame of reference. Therapists need to focus on client's words, body language, tone, physiology, feelings and thoughts. Be aware of your reaction to your client's story.

For the therapist either they are listening to their own 'internal chatter', or they are listening to their client. The client is paying for the session. The therapist's frame of reference or (world view) must stay outside the door as much as possible.

Ways to demonstrate the art of listening:

- **Repeating** - using their exact words shows you have understood.
- **Paraphrasing** - reflecting back to the client in your own words shows you have heard and understood. It promotes confidence in you.
- **Summarising** - shows that you have stayed with the client's story.
- **Clarifying** for yourself and the client-by asking questions
- **Silence**-use silence effectively. **A silence is a communication.** What is the client saying with their silence? They can be 'stuck' or 'reflecting' or 'processing'. They are making space for themselves with their silence, respect it. Don't thread on it.
- **Observing the client's body language** - Clients can be astounded by the ability to pick up on body language, making links perhaps that the client hadn't made themselves.

Bio Energy Academy of Dublin

Emotional Freedom Technique

The Movie Technique:

The primary reason for using the movie technique is to break a traumatic incident down so that it can be resolved in a step by step manner.

- Be sure the length of the “movie” is 30 minutes or less
- When you think you've finished, test at the end by running the movie through again and checking for emotional intensity
- Thoroughly apply EFT to every aspect of the movie
- If the issue is too sensitive for a client to talk, they can run the movie without telling you the details

When we look at using the Movie technique, an additional question we can also ask is “without playing the movie, what is/are the worst few seconds of the movie?”

Remind your client not to play the movie and continue to tap on worst few seconds of the movie.

With trauma, do not get a client to vividly re-enact the movie, they can view it on a distant screen if they like. Make sure that you say to them ‘remember’, don’t play the movie.

To test for resolution with the movie technique, have the client play the whole movie from beginning to end. If there is no remaining emotional reaction, then the issues have been resolved.

The movie technique is used most commonly because it helps to become more detached from the issue/event or trauma.

Just to re-cap on the process:

1. Ask, “If this problem was a movie, what would the movie be called? Just say the first thing/title that pops into your head without filtering it!” Say “remember, don’t play the movie!”
2. Ask, “How long would the movie be?” Ideally, it should be 30 minutes or less.
3. “Now rate the movie on a scale of 0 to 10. 0 =is no emotion, ‘zero feelings’, it’s gone; and 10 is really intense? Remember, don’t play the movie!”
4. “What feelings or beliefs or emotions would make up that rating that you've just given your movie?” (To identify emotional aspects). Make a list.
5. If the emotion around the general movie is high, tap on those feelings listed, including the name of the movie. Clear various feelings e.g. deep hurt, anger, fear, judgments, criticism, sadness, and unforgiveness.
6. “OK go back to the movie...what’s the rating now?” When the movie is at a low enough level, then you can go into the details of the movie.

Bio Energy Academy of Dublin

7. Ask them to start playing the spot at a neutral point of the movie. (The classic movie technique gets the client to play the movie in their head, Frequently however, they narrate the story to you anyway.) As soon as the client feels a spike in emotion, get them to stop. Ask what the emotion is and the rating, and tap on this.
8. After a round of tapping on this part of the movie, test to check the intensity of the emotion and repeat the tapping on the aspect if necessary. Continue until the emotion is down to a zero.
9. Rewind the movie to just before this incident, and get the client to play and see if there is any remaining intensity in this part of the movie. If there is no intensity, get the client to continue to play the movie until the next emotional spike and repeat the process.
10. Continue on until the end of the movie then say to the client: “Now fast forward the movie like you would with a video...before you do that remember, if you get to any part where you have a spike of emotion – STOP the video and we will tap on the feelings to clear them. OK? Now fast forward the movie.” (Pause)
11. “How does that feel?” If issues comes up keep tapping on them. If not check that the movie is clear.
12. Get the person to see it on a huge movie screen, ask them to make the details that were there more intense, to check that it’s completely gone. Again continue to tap on ANYTHING that comes up. If you are complete there should be no feelings that arise on talking about the movie or playing it.
13. Finally get them to think about it happening in the FUTURE. What happens?

To test for resolutions, have the client narrate the whole movie from beginning to end.

This technique is especially useful for traumatised clients. It works in a stepwise manner by allowing parts of the distressing memory to be broken down and dealt with before moving onto the next part of the memory.

Testing involves asking the client to narrate the whole movie from beginning to end without feeling distressed.

Warning! You may need to instruct your client to stay on their original issue as many shift to other issues as they resolve the original one. Sometimes there is a “generalising effect” when the biggest emotion has been resolved, the rest of the memory causes no effect.

Bio Energy Academy of Dublin

Geopathic Stress

Definition

Geopathic stress means disease of the earth/environment, coming from Greek words, “geo” meaning earth and “pathic” meaning disease.

Causes

Geopathic stress is what is imposed on the body by exposure to radiation from either manmade or natural sources.

- **Manmade sources** include emissions from power lines, transmission masts, microwave ovens, computers, electric/electronic equipment, mobile/cordless phones, among others.
- **Natural sources** come from a disruption in the natural energy flow, e.g. if a house is built directly over underground water streams or over the earth’s natural magnetic lines, the changed energy vibration from these sources can be damaging to our health over time. Ultimately the overall result of geopathic stress is a lowering of our immune system and subsequently ill health.
- Any specific place where we spend a lot of time e.g. where we sleep or work is most important.
- Radon gas. See www.rpii.ie

Symptoms

Dr. Michael Poynder, pioneer of geopathic and personal stress studies, stated “Geopathic stress may manifest in physical symptoms such as reduced vitality, chronic sleep disturbances, high states of anxiety, aggression or hyperactivity. These symptoms can be difficult to diagnose or treat using conventional methods. It is now more accepted by the medical community that sleeping over underground water flows, particularly when it contains iron, is a major cause of ME, and that sleeping over disrupted magnetic lines is a major cause of MS. In both conditions the human immune system is gradually depleted; the result being cancer.”

Solutions

In 1979, the late Clive Beadon, DFC, Wing Commander of the British RAF and renowned Dowser, started a research program using the powerful magnetic energy of natural gemstones to rebalance all disruptions (found in our modern home and workplace) caused by geopathic stress and the result was the **Spiral of Tranquility™** product range.....

- **Spiral:** For the home or workplace taking 2 to 6 weeks to reach its max range of 50 x 50 sq mtrs/yds.

Bio Energy Academy of Dublin

Geopathic Stress

- **Pendant:** Used to protect yourself up to 10 x 10 sq metres/yards. Ideal for computer work environment and jetlag.
- **MPC (Mobile Protection Chip™)** has been developed for protection from mobile and cordless phones, microwave ovens, computers, televisions, children's electronic games etc.
- Two independent organisations completed tests on these products and published their findings highlighting our products capabilities (available on our website www.lessstress.ie), i.e.
- Roger Coghill M.A. (Cantab), C.Biol. MI Biol. M.A. (Environ. Mgt.) --- Coghill Research Laboratories and
- Scientist Mr. Geoffrey W. Crockford, B.Sc., M.I.Biol., F.I.O.H., F. Eng. Soc., GC Occupational Hygiene & Safety.

Unit Costs in euro

- | | |
|---------------|------|
| • Spiral-60mm | €230 |
| • Spiral-30mm | €195 |
| • Pendant | €145 |
| • MPC | €20 |

Facts

From medical experts in Ireland:

- 30 years ago 1 death in every 6 was caused by cancer and now current debate is 1 in every 2 vs 1 in every 3.
- **Brain tumours** are on the increase and are now the leading cancer killer among the under-40s and recent disturbing statistics show that the illness is on the rise. A third more children died in 2007 than in 2001.

Geopathic stress has been found to be the common factor in most serious and long-term illnesses and psychological conditions as found by US Scientists who studied over 25,000 people with ill health and concluded that the following groups are Geopathically Stressed (GS).

- 100% of people who get SECONDARY CANCER.
- 95% of people who get CANCER were sleeping &/or working in a GS place before or at the time the cancer was diagnosed.
- 95% of children who are HYPERACTIVE, have LEARNING DISABILITIES or are DIFFICULT TO CONTROL.

Bio Energy Academy of Dublin

Geopathic Stress

- 80% of parents/caregivers who ABUSE CHILDREN.
- 80% of DIVORCES are by one or both partners being GS.
- 80% of couples who CANNOT HAVE BABIES, one or both are GS.
- 80% of women who have a MISCARRIAGE.
- 80% of babies who died of a COT DEATH.
- 70% of M.E. (Post Viral Fatigue) sufferers.
- 70% of people who are ALLERGIC TO FOOD/DRINK.

Paramagnetic disruptive energies are the most serious type of health damaging radiation, according to research carried out by Dr. Michael Poynder, examples

- Microwave ovens 60ft.
- Computers 25ft.
- TV's 20ft.
- Mobile Phones 4 to 12ft.

(Professor Mild, a Biophysicist at Orebro University, Sweden confirmed a 30% increased risk of brain tumours for regular users of mobile phones for more than 1 hour per day).

Dairy Farmers news

Somatic Cell Count (SCC) is a test indicator of the quality of the cow's milk and consequently the health state of cows. A preferred max level is 300,000 cells/ml. The number of somatic cells increases in response to ill health in cows.

A Co. Galway farmer had a serious problem with test results of 900,000 cells/ml and in desperation got a Spiral-60mm product. The result was

- SCC test reduction to 220,000 cells/ml.
- Vetinary bills halved.
- For 70 cows calving over a 6 week period, 1 calf lost vs previous loss of 5 cows and 12 calves.

See the following DVD and reference books for further info DVD "Health Today" by Dr. Michael Poynder. "The Lost Science of the Stone Age" by Dr. Michael Poynder. "Are you Sleeping in a Safe Place" by Rolf Gordon.

Bio Energy Academy of Dublin

Geopathic Stress

Choices

- If you suffer from repeated illnesses try our products.
- If you are not responding to treatment which normally works try our products.
- If you are electro sensitive use all our product range.
- If you feel uncomfortable in any part of your home or workplace try a Spiral or Pendant.
- If your home or workplace is geopathically stressed try a Spiral or Pendant.
- If you travel across time zones you need a Pendant to counteract JETLAG.
- If you work with people who are ill you need a Pendant.
- Warranty: If you are dissatisfied with our Spiral or Pendant you will get your money back up to 90 days after purchase, details per current brochure.

Stack the odds in your favour for better health by using the Spiral of Tranquility™ product range.

Geopathic Stress

For any queries on geopathic stress or our products please contact

Kieran O'Kelly

Mobile: 086 8327232

Phone: 091 523396

Email: info@lessstress.ie

Websites: www.lessstress.ie and www.jetlagcure.net

Bio Energy Academy of Dublin

Weekend five homework – Throat Chakra

- Q1. What sense is related to the throat chakra?
- Q2. What is the associated endocrine gland with the throat chakra?
- Q3. What are the physical symptoms of a blocked throat chakra?
- Q4. Outline the Throat protocol.
- Q5. What are the positive emotions/seeds of the Throat Chakra?
- Q6. What are the negative emotions of the Throat Chakra?