

Bio Energy Academy of Dublin

Brow Chakra Module 6.

The brow Chakra: also known as Ajna (to perceive and command).

Purpose: Pattern recognition.

Natural right: Right to see.

Colour: Indigo, turquoise, mauve.

Location: Forehead/third eye/brow.

Element: Pure light = radium

Instinct: Truth.

Gland: Pituitary.

Positive: Enlightenment, self-realization, intuition, inner calmness with Self

Negative emotions/saboteur: Delusion, neuroses, inadequacy, seizures, illusion.

Sense: Clairvoyance.

Quietening fragrances: Hyacinth, white musk.

Crystals: Purple apatite, azurite, calcite, blue and white fluorite.

Gemstones: Amethyst, pearl, sapphire.

Body parts: Eyes, face, brain, lymphatic and endocrine system

The sixth chakra or third eye is located in the middle of the forehead. In the Hindu tradition it is thought to be the third eye of Shiva, who grants knowledge of perfect truth and non-duality. The name of this centre in Sanskrit is "ajna" or "unlimited power".

In this chakra we attain the knowledge that we are inseparable from God/Source (to see things as one). We express the divine within ourselves, and we see the divine in others. We feel deep calm and peace when we are in the presence of one who has attained this realization.

When the brow chakra is active, it awakens the urge to achieve complete inner harmony of body, mind, emotions, spirit and soul. Spirit can be considered as pure flame, clear, direct, eternal and initiating.

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Brow Chakra

The spirit initiates and commands life and its evolutionary tasks. It seeks completeness, commands action to enable it and fertilizes inspiration and insight.

Insight links perception with understanding and is the highest level of intuition.

The third eye is the centre of wisdom in your body. It is where you get direction from within.

A balanced third eye chakra brings inner calm with self, the ability to clearly think out problems and find solutions and the ability to have very strong connections with psychic power.

The chakra is indigo in colour and transforms outer energies to support the pituitary and pineal glands. It also controls the nervous system and endocrine glands.

If the third eye chakra is functioning properly front and back, ideas will be followed by action. If the front is open and the back is not, he will have loads of ideas but never follow through with them.

If the back is open and the front is not he/she will be very confused. If the brow is blocked the physical illnesses will be migraine, eye problems, mental problems, hay fever, sinus, memory recall. Also he/she may have created patterns where he just repeats the same mistake and cannot see that it will create the result that he/she did not want.

If the brow chakra is balanced he will have a great memory, be able to visualize future concepts, intuition and perception will come naturally to him, he/she will have a wonderful imagination. His/hers dreams will be clear and easily recalled.

Affirmation:

We seek to command ourselves through the inspiration of the command of God/Source. May true insight be enabled and the finite mind be inspired to a knowledge of completion.

Namaste

I honour in you "The Divine" that I see in myself and know that we are one.

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Brow Protocols

We have opened at the crown chakra and brow chakra on basic 1. We have secured a connection to the brow chakra and have completed our movement from the brow, down through the chakras and out at the root chakra. When we do the 'head' protocol as number 3 in our basic protocols we have completed 3 minutes on the top of our clients head and 3 minutes at the back of our clients head. This opens the brow chakra for you (front and back). At this point we would check if the brow chakra is still blocked before moving to further brow chakra protocols.

To clear the thinking brain:

Client lying on plinth, therapist standing at top of plinth at client's head, place 2 fingers of each hand on client's brow half way between eyebrow and hairline.(30 second light hold) when you feel the pulse at your fingertips the energy is cleared and gently clear to the right side of head and away.

Eye problems:

Place hands over client's eyes 4 centre metres above eyes, fingertips touching, 2 minutes maximum, gently move hands in a clearing manner and then clear straight across from centre of eyes outward, fingers pointing downwards, do this firmly and fast.

Hay fever and sinus problems:

After clearing the eyes, gently place your hands in an arch over the client's nose, making sure to cover the nostril opening 2/3 centre metres above nose. Therapist is standing at top of plinth behind client's head, hands and arms clear of client's body, 4 minutes, and clear for 2 minutes, you can move to left and right of client's body to clear the nostril area. For sinus problems you must look at client's food intolerance. Large intestine meridian top opening is on each side of the nostrils. Touch for 2 minutes to clear meridian, also check fore - finger(bottom opening) and touch for 1 to 2 minutes to clear. Also, to clear sinus blockages, place fore – finger at side of each eye and roll finger in clockwise movement for 1 minute, and then hold finger in same place for 1 minute, no need to clear.

For mental problems & migraine:

After you have done the head protocol in the general programme, place your right hand at the back of head and left hand to front at brow, 3 inches away from brow and back of head, palms in to brow and also to back of head, 2 minutes. It is usually not necessary to clear. This will also open back and front of Brow Chakra.

Note: it is vital that your hands do not touch your clients head in a Bio Energy protocol at this point.

Chakra balancing:

With you hand flat and 4 inches above your clients body – move your hand anti-clockwise 7 times in front of each chakra and bring your fingers straight up to the universe. Repeat at each chakra. This can be done at the back and front of each chakra and this depends on whether your client is lying down, sitting or standing.

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Privacy Policy – Bio Energy Therapists Association

(NOTE: any words in ***bold italics*** and/or ~~***crossed-out***~~ are updates based on answers from the Data Commissioner, dated 23/04/2018)

Privacy Policy

It is our policy to collect, process and share your Data provided to us by you in order to carry out the services requested by you and any contact in relation to those services only. Your Data will not be used for any other purposes other than those explicitly stated in this policy or requested by you in your dealings with us.

This Privacy Policy describes how we collect, use, protect, process and share your personal data (Data) when you book appointments online with us, directly with us and avail of treatments with us or otherwise interact with us.

This (Clinic) Privacy Policy does not apply to the information processed by third parties on behalf of (Clinic), however we have reviewed their Privacy Policy's and are happy they meet General Data Protection Regulations 2018 (GDPR) standards.

We may update this Privacy Policy at any time to ensure we can carry out the services we provide in the most effective and efficient way possible. If we make changes we will notify you by revising the date on our published document on our website and in clinic, or for more substantial changes by contacting you via email or text to seek consent.

1. The identity of the controller.

You are hereby informed that the Data that you provide is collected, used, protected, processed and shared by the clinic directors.

2. Collection of Data

We may collect Data about our clients, prospects and visitors.

Your Data are collected when you browse our website, contact us via email, phone or in person or through our website.

Data we collect fall into the following categories:

- Identification information
- Contact information
- Medical information
- Browsing information
- Transaction history
- CV's

These Data are gathered directly from you via online booking and from direct communication with us, i.e. client intake form, emails, ***phone calls, transactions***. Browsing history is collected via automated methods.

2.1. Information you provide to us

We process Data you provide directly to us, in particular when you complete a client intake form or book online.

For example, we collect Data when you create a booking, participate in a contest or promotion, register for an event or an online course, apply for a job, request customer support or otherwise communicate with us.

The Data may include the following data as well as any other type of information that we specifically request you to provide to us through our client intake forms, such as:

- Names
- Address
- Date of Birth
- Phone no
- Email

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- Doctor's details
- ~~Next of kin~~ **Emergency contact details**
- Medical history
- Treatment notes
- Relationship data
- Browsing data
- **Transaction history**
- **CV's**
- **Photographs**

2.2. Data We collect automatically when you use our online services

When you access or use our online services, we automatically collect the following information about you *via Google Analytics*:

- **Log Information:** We log information about your use of the Services, including the type of browser you use, access times, pages viewed, your IP address and the page you visited before navigating to Our Services.
- **Device Information:** We collect information about the computer or mobile device you use to access Our Services, including the hardware model, operating system and version, unique device identifiers and mobile network information.
- **Location Information:** We may with your consent collect information about the location of your device each time you access or use one of Our mobile applications. If you initially consent to Our collection of location information, you may be able to subsequently stop the collection of these Data through your device operating system settings. You may also stop Our collection of location information by following the standard uninstall process to remove Our mobile applications from your device.

2.3. Information we collect automatically through Cookies and other tracking technology

We may use cookies, web beacon and other similar technologies on our online Services to collect information and provide you with the services or products that you have requested.

A "cookie" is a small text file that is placed onto an Internet user's web browser or device and which is used to record information related to the navigation or the use of a device or a website.

A "web beacon" is a small object or image that is embedded into a web page, application, or email and is used to track activity. They are also sometimes referred to as pixels and tags (also known as "tracking pixels"). It may be used in Our Services or emails and help deliver cookies, count visits, understand usage and campaign effectiveness and determine whether an email has been opened and acted upon. ~~For more information about cookies, and how to disable them, please see "Your Choices" below.~~

We use cookies and other similar technologies to collect information for the purposes described in this Privacy Policy. We may also combine the information collected by these technologies with information we have collected about you by other means that are described in this Privacy Policy.

Some of the cookies are used for the exclusive purpose of enabling or facilitating communication or are strictly necessary for the provision of our online services.

These are essentially of session cookies for authenticating and connecting to our online services, as well as memorizing navigation items during a session.

You have the ability to decline cookies by changing the settings on your browser but this might prevent you from benefiting from some elements of our online services. You can also consult or destroy cookies if you wish, since they are stored on your hard disk.

We may also use these technologies for other purposes than our online service operation such as:

- To improve our online services;
- To remember you, for your convenience, when you use our online services.

We inform you, in particular, that We use Google Analytics to collect information about use of our online services.

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We do not combine the information collected through the use of Google Analytics with personally identifiable information. We inform you that Google Analytics plants a permanent cookie on your web browser to identify you as a unique user the next time you visit our site, the cookie cannot be used by anyone but Google. Google's ability to use and share information collected by Google Analytics about your visits to this site is restricted by the [Google Analytics Terms of Use](#) and the [Google Privacy Policy](#). You can prevent Google Analytics from recognizing you on return visits to this site by [disabling cookies](#) on your browser. For more information on Google Analytics, please visit [Google Analytics](#).

2.4. Third Party Cookies

When you access or use our online services, one or more cookies from third party are likely to be placed on your equipment.

We inform you that we have no access and cannot exercise any control over third party cookies. However, we shall ensure that the partner companies agree to process the information collected on our online services in compliance with the GDPR and undertake to implement appropriate measures for securing and protecting the confidentiality of the Data.

3. How we use the Data

We may use information about you for the following purposes:

- provide, maintain and improve our services
- provide and deliver the service you request, process transactions and send you related information including confirmations and invoices
- ***in the case of emergency contact details, to hold and act on that data only where it is warranted to serve the vital interests of one of our clients who has provided your details***
- send you technical notices, updates, security alerts and support and administrative messages
- respond to your comments, questions, requests and provide customer service
- monitor and analyse trends, usage and activities in connection with our services
- personalize and improve the services we provide
- ***to send marketing material if you have given separate consent to do so***
- ***photographs may be taken in order to track the progress of a condition you present with, only with your permission and will be stored on clinic devices only and never shared with third parties***

According to the GDPR, each Data processing is performed on one of the following legal basis:

- your consent
- the performance of the service requested by you

4. How we share your Data

- We share your Data with our online booking system to help us provide our service including bookings, transactions, booking confirmations.
- ***We share some of your Data with Gmail, in order to provide customer service relating to our business.***
- In response to a request for information if we are required by, or believe disclosure is required by, any applicable law, regulation or legal process, including in connection with lawful requests by law enforcement, national security, or other public authorities.

5. The period of Data retention

Our insurance providers require us to retain all records for a period of 7 years after the last appointment, or in the case of minors, for 7 years after their 18th birthday. We work off this for all data. ~~***GDPR states that clients have a right to be forgotten and can request data deleted – queries have been put to the Data Protection Commissioners in regards to the conflict here)***~~

Card details when card payments are taken over the phone. The card number is input directly to the terminal and is never written or stored anywhere.

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We hold transaction data indefinitely on our online system to provide best customer service.

6. Data transfer

Upon receiving a written request from you seeking Data transfer, we will provide a hardcopy copy of your original treatment notes with no alterations from the original. These will be handed in person or send by registered post.

7. Data amendments

Upon receiving a request from you in regards to updating Data held by us, we will seek to correct our records at the earliest possible time.

8. Security

We are committed to taking appropriate measures designed to keep your Data secure. Our technical, administrative and physical procedures are designed to protect Data from loss, theft, misuse and accidental, unlawful or unauthorized access, disclosure, alteration, use and destruction. We follow generally accepted standards to protect the personal information submitted to us, both during transmission and once it is received.

9. Your rights

Under the General Data Protection Regulations 2018 (GDPR) individuals have the significantly strengthened rights to:

- obtain details about how their data is processed by an organisation or business;
- obtain copies of personal data that an organisation holds on them;
- have incorrect or incomplete data corrected;
- have their data erased by an organisation, where, for example, the organisation has no legitimate reason for retaining the data;
- obtain their data from an organisation and to have that data transmitted to another organisation (Data Portability);
- object to the processing of their data by an organisation in certain circumstances;
- not to be subject to (with some exceptions) automated decision making, including profiling.

10. In the event of a Breach

Every precaution will be taken to avoid a breach of your Data, but if such a breach should occur, it will be documented, assessed as to its severity and appropriate action taken. The Data Protection Commissioner will be informed, An Garda Síochána and financial institutions will be contacted for assistance and you will be contacted to help you take steps to mitigate the risks to yourself, if it is deemed a severe enough breach as to put you, your identity, your financial means etc. at risk.

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Goal setting

Begin with the End in mind

In order to create anything in our lives we need to be able to **conceive it**, **believe** we can create it and then start taking action to **achieve it**.

CONCEIVE



BELIEVE



ACHIEVE



“We are boxed in by the boundaries of our thinking”. “Imagination is more important than Knowledge” – Albert Einstein

“Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will”, George Bernard Shaw

“You are never too late to set another goal or dream a new dream”, C.S. Lewis

“No one in the world was ever you before, with your particular gifts and abilities and possibilities”, Joseph Campbell.

What you focus on expands. It's your choice whether it's Positive or Negative. We think in 3D – Words, Pictures/Images and Feelings. Mind the Self-Talk, Use Positive Affirmations, Visualise and connect in with the positive feelings associated with the item.

“It's Impossible” said Pride, “It's Risky” said Experience, “It's Pointless” said Reason, “Give it a Try” whispered the Heart, Unknown.

Become the sixth sensory person that you are, listen to your heart and tap into the intuition, inspiration and creativity that is always available to you. Repeatedly say “I wonder what it will be like when”. Think up 19 solutions for everything, it's just letting you know that there is more than one way to do or resolve something.

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Goal Setting

When goal setting, we can use Models which provide us with a framework to work on. One such model is the GROW Model, developed by business coaches Graham Alexander, and Sir John Whitmore. GROW stands for

- **Goal** – what do you want to change or achieve? What do you want to Do, Be, Have?
- **Reality** – what is your current reality? This is your starting point. As you describe your current reality, the solution starts to emerge. Useful questions are
 - **What is happening now – what, who, when and how often? What result or effect is this having?**
 - **What steps, if any, have you taken already towards your goal? What results/effects did you have?**
 - **What obstacles do you face?**
 - **Does this goal conflict with other Goals or Objectives?**
- **Options** – exploring what is possible, exploring what actions/strategies you can take, what resources and possibilities are open to you. Brainstorm and Blue sky as many options as possible and decide on the best ones. Typical questions are
 - **What else could you do?**
 - **What if this or that constraint were removed? Would that change things?**
 - **What are the advantages and disadvantages of each option?**
 - **What factors or considerations will you use to weigh the options?**
 - **What do you need to stop/start doing to achieve this goal?**
 - **What obstacles stand in your way?**
- **Will (or Way Forward)** – establishing your will, your commitment to making the goal. In examining the current reality and exploring the options, you have a good idea of how you can achieve your goal. However, the final step is to commit to specific actions in order to move towards your goal. This establishes your will and determination and boosts motivation (internal and external). Useful questions are
 - **What will you do now and when? With whom? What else will you do?**
 - **What could stop you moving forward? How will you overcome this?**
 - **How can you keep yourself motivated?**
 - **When do you need to review progress? Daily, Weekly, Monthly?**

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Goal Setting

Once you've decided on your Goal, you need to go about achieving it. This requires that you set priorities and make conscious choices rather than being at the mercy of unconscious decisions, preferences, coincidences, and uncontrollable situations. Set your vision and realise it.

SMART is another model which we use to set and achieve goals. It is an acronym for

• Specific

- What exactly do you want to achieve from where you are now? The more specific your description is, the more likely you are to achieve it.
- This includes the 'Who', the 'What', the 'When' and the "where" of your goal.
- I (just you or with whom) - Who; earning €20,000 working in Bio Energy –
- What; When – by January 2020; Where – in Dublin.
- What are the conditions and limitations?
- Why exactly do you want to reach this goal?
- What are possible alternative ways of achieving the same goal?

• Measurable

- means that you identify exactly what it is you will see, hear, feel, taste or smell, when you reach your goal. Defining the physical manifestations of your goal or objective makes it easier and clearer to reach.
- It involves breaking your goal down into measurable elements which helps you refine exactly what it is that you want.
- It requires that you have tangible measures - concrete evidence of how you will know you have it, the ways that you will recognise that you have achieved your goal.

• Achievable/Attainable

- Is your goal achievable/attainable? Is the goal acceptable to you?
- Weigh up the pros and cons, the effort and time your goal will take against the other obligations and priorities in your life. Is it possible for you to achieve it? Are you in control of achieving the goal?
- Do you know anyone who has this goal? Can you act as if you have it?
- What do you have now and what do you need to get to your goal? Do you have the time? What skills, training and resources do you need? Plan for it. Without them, it's highly probable that you will fail, dent your confidence and morale and be miserable.
- However, you can get out of your comfort zone and stretch and motivate yourself to go for the impossible. Rewritten, impossible reads "I'm Possible". We do this by dreaming big, planning smartly and going for it.

• Realistic/Relevant

- Is reaching your goal relevant to you? Do you actually want it or for what purpose do you want it? Why do you want to accomplish this goal? What is the objective behind the goal? Will this goal achieve that?
- Do you have the personality for it? Is it aligned with your values and mission?
- What will you gain or lose if you have it?

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- What will happen if you get it? What won't happen if you get it?
 - What will happen if you don't get it? What won't happen if you don't get it?
 - Is it stretching and motivating but not so much that it is overwhelming and demotivating.
- **Time Bound**
 - Every goal must have a deadline. Deadlines are what make people move to action by providing the necessary focus and sense of urgency. Ask yourself “When do I want to have achieved this goal”?
 - Go after the timeline but keep it realistic and flexible. If too stringent morale will suffer.
 - Time Management – Do, Decide, Delegate, Delete.

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Goal Setting

Goal 1

List 10 Reasons why you “WANT TO” achieve your Goal.

Example: ‘I’ll be working for myself, choosing my own hours’.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

List 10 consequences of not achieving your Goal.

Example: ‘I’ll continue to stay working in my current job’.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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Goal Setting

List 3 Action Steps for each goal you can do 'now' to get you started.



What one thing can I do this week to reward myself for taking action?

“For every disciplined effort, there is a multiple reward.” - *Jim Rohn*

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Cravings EFT

DEALING WITH FOOD CRAVINGS

This is great to use during a talk or demonstration and can be used on cravings of all sorts. Please note that cravings can be masking an underlying anxiety. So, if you are dealing with smoking, alcohol addictions, you may need to dig a little deeper, and do some of the emotional work as well.

1. Ask the client, what is the food craving they want to eliminate? If they say chocolate, be more specific. What is their favourite chocolate or the one that they find the hardest to resist? Or if it is crisps or corn chips, what is their favourite flavour?
2. Get them to imagine they have the food in front of them (or better still get them to bring it with them) and ask them how much they want to eat it? 10 meaning they have to have it NOW, down to zero, where they have no desire to eat it at all.
3. Ask the client what they LOVE about the food, and get them to describe the first taste – what it tastes like on their tongue, the hardness of the chocolate as they first put it into their mouth, then getting softer etc. You may need to use your imagination here if the client can't get any pictures or descriptions. Use the words that will bring up the feeling and sensation of eating the food. However, if you are not comfortable with evoking these images, just keep it very simple.

Example:

Even though, I LOVE chocolate, I LOVE Green & Black's milk chocolate, I just can't resist, I have to have it now, I deeply and completely accept myself. *(you can even get more descriptive if you wish).*

Even though, I LOVE chocolate, I LOVE Green & Black's milk chocolate, I just can't resist, that first taste of chocolate in my mouth, and it's so delicious, it's sooo good, I deeply and completely accept myself.

Even though, I LOVE chocolate, I LOVE Green & Black's milk chocolate, I just can't resist, I deeply and completely accept myself.

Tapping Points:

I love chocolate, Green & Black's, Milk chocolate, I can't resist, so delicious, so good etc

Then test again, and see where they are at:

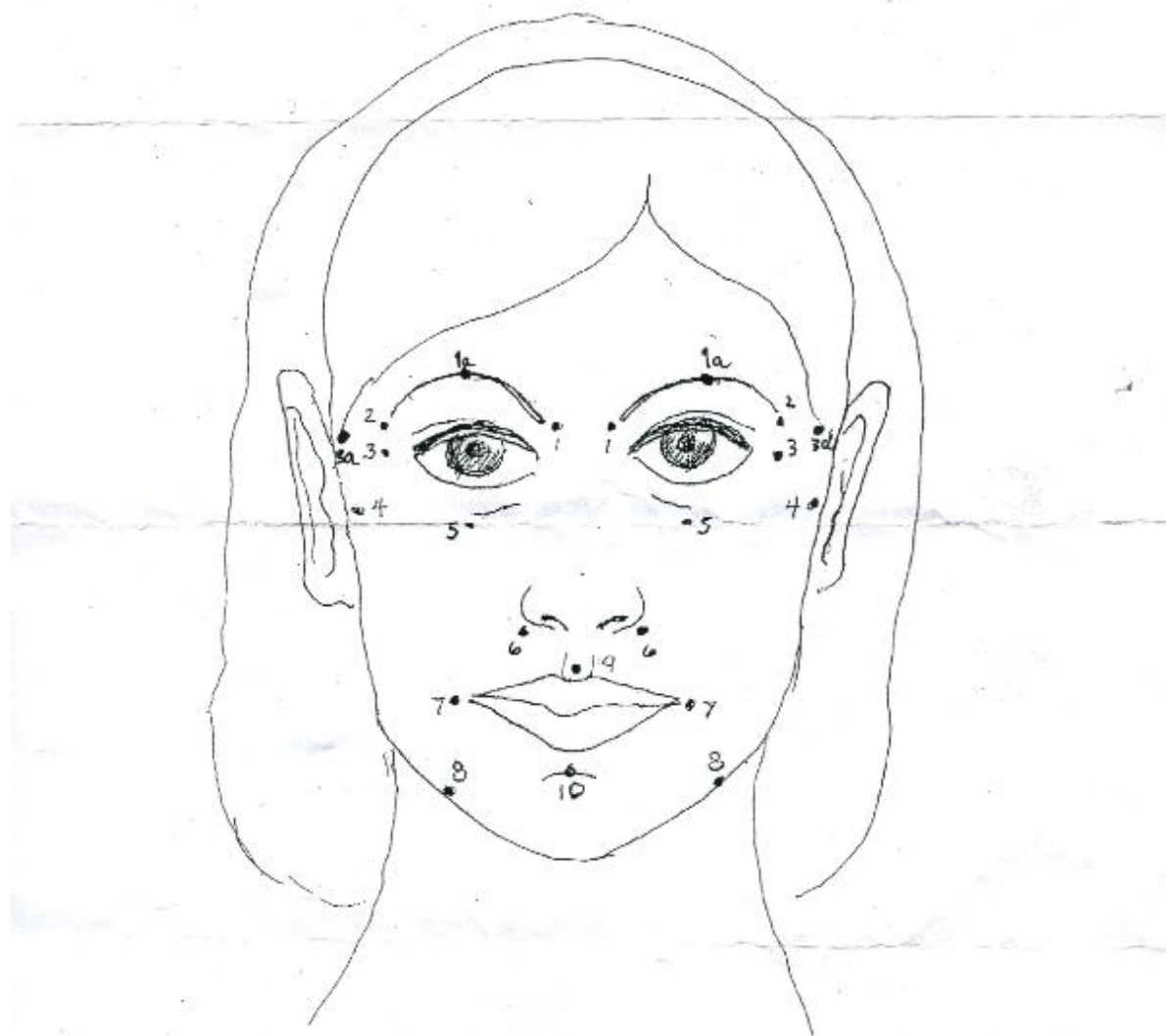
10 is they have to have the chocolate straight away, and 0 they don't want it at all.

If necessary, do another round.

Please note: if the person just wants to reduce their chocolate intake and not eliminate it completely, then do not get the craving all the way to zero, perhaps down to a 4 or 5.

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Generating Qi Roots & Branches Qi Gong FACIAL RENEWAL

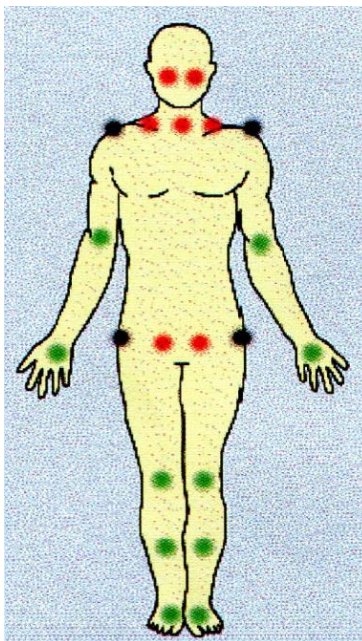


Start with: **Embracing the Tao - YinYang Breathing - Constant Bear**
Increase time and remember to remain in a pleasant mood
Tip of finger touch is energetic

R&B handout to students for personal study
Facial Renewal
Pat Gorman
© TCF August 2008

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Minor Chakras



Exiting Chakra points

There are 28 minor Chakra *exiting points* and they are shown in black, green and red on the diagram. Their true colours are constantly changing and are called the coloured aura.

- The minor Chakras coloured red indicate that they are a pair – anterior and posterior.
- The minor Chakras coloured black (two shoulders / two hips) move superiorly (lying high) or inferiorly (lying low) by 68mm, if they fail.
- The minor Chakras coloured green exit from the opposite side of the limb.
- All exit shafts of Chakras are 14mm in diameter and extend to 12.8cm from the exit point (the skin).

Chakra Malfunction

Shock can cause Chakra frequency and entry position to be altered.

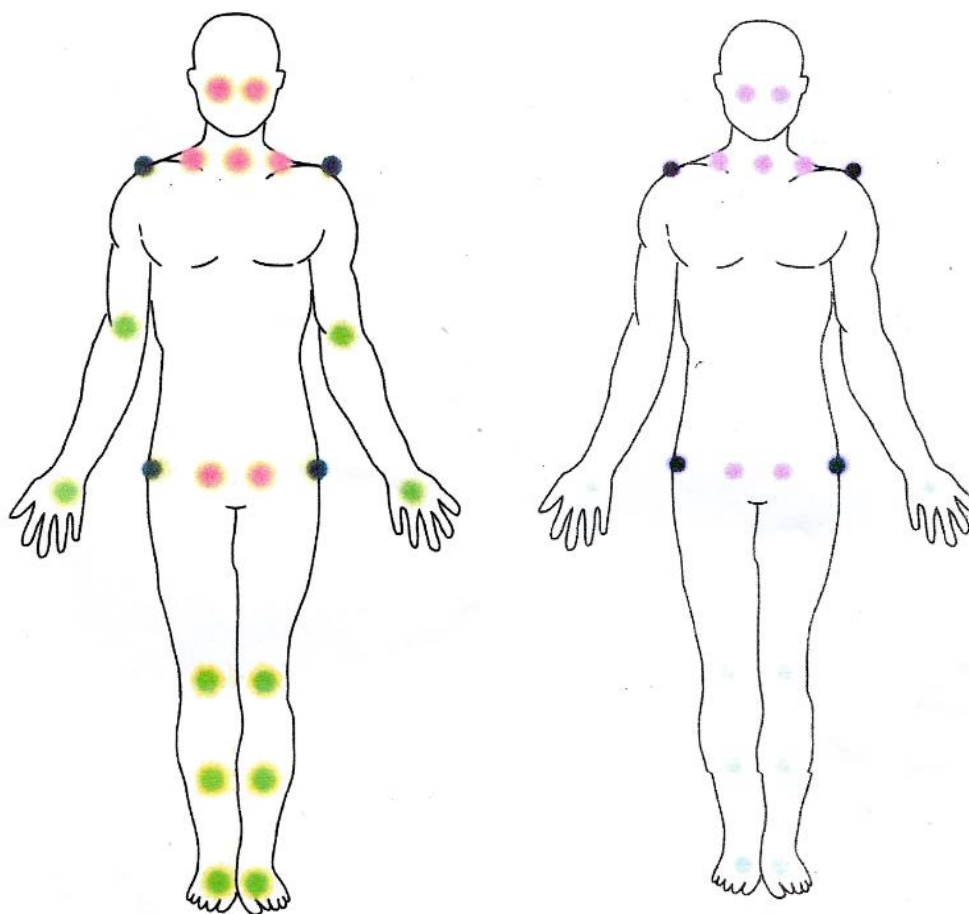
Shock can be due to emotional, chemical or physical causes.

Chemical causes include a range of substances that are either inhaled, ingested, injected, even absorbed through the skin. They can also include allergic reactions to substances.

Altered frequency or entry position can cause problems ranging from energy loss to the development of tumours and other problems such as meridian frequency malfunction which in turn can lead to spinal scoliosis and all its resultant problems through impinged nerve structure.

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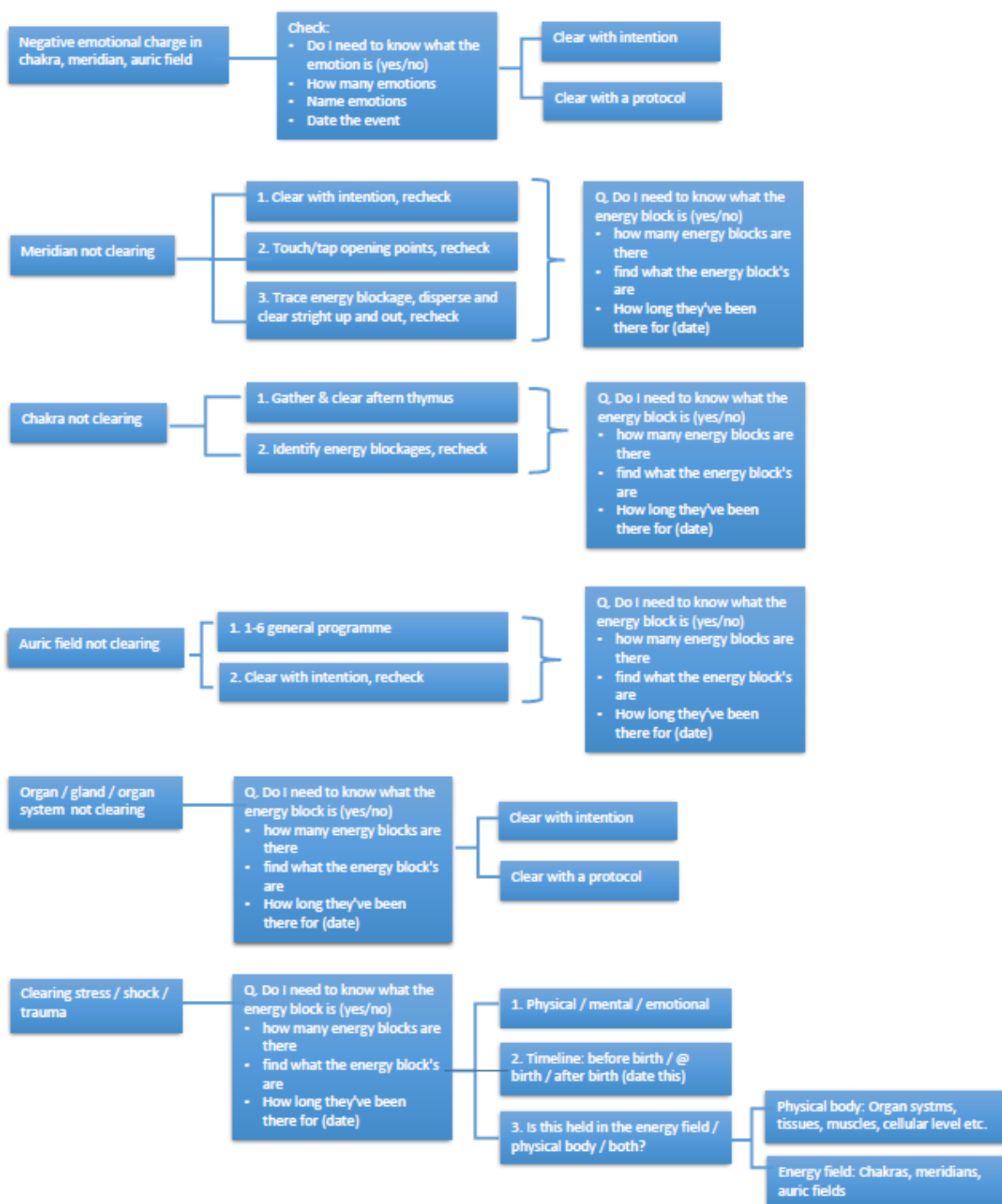
Diagram of the Minor Chakras



Source: The Dawson Program

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Process Flow for clearing energy blocks



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Weekend Six Homework – Brow Chakra

- Q1. What colour is associated with the Brow chakra?
- Q2. What endocrine gland is associated with the Brow Chakra?
- Q3. What is another name for the Brow Chakra?
- Q4. What parts of the body are related to the Brow Chakra?
- Q5. A balanced Third Eye (Brow Chakra) will give you what?
- Q6. What is the purpose of the Brow Chakra?