

Bio Energy Academy of Dublin

Protocols overview

List of Protocols

Protocol	Chakra	Protocol	Chakra
Migraine, brain tumours, Parkinson's, Epilepsy, sleep problems, motor neuron disease	Crown	Lower and upper spine, sciatica, disc problems	Sacral
Forehead	Brow	Sexual organs	Sacral
Cleansing chakras	Brow	Reproductive organs	Sacral
Clear the thinking brain	Brow	Bladder	Sacral
Mental problems	Brow	Spleen, Pancreas	Sacral
Eyes	Brow	Gallbladder	Sacral
Nose, sinus problems	Brow	Appendix	Sacral
Thyroid, Parathyroid, Throat & throat chakra	Throat	Rheumatoid/Chronic Arthritis	Root
Ears, Vertigo, Tinnitus	Throat	Hips, knees, thighs	Root
Heart problems (do heart centre plus spine)	Heart	Gout/Joint inflammation	Root
Breast	Heart	General Programme 1-6	Root
Arms, elbows, hands	Heart	Auto-immune programmes	Module 7
Shoulders, (frozen, blocked energy)	Heart	Fibro-myalgia	Module 7
Stomach, Colon,	Solar	Tumours, general programme + spine + pull out weak energy	Module 7
Digestive problems	Solar	Relaxing the energy	Revision
Small and large Intestines	Solar	Clear small + large intestine + stomach + bowel	Revision
Liver	Solar	Stroke protocol	Revision
Kidneys, adrenals	Solar	Open wounds and ulcers	Revision
Lungs, asthma, bronchitis	Solar	Varicose veins	Revision
Note: include spine + Cranial and Sacral pumps with heart, arthritis, inflammation and auto immune programmes.		Immune suppressants	Revision
		Figure 8 and cancer in the body	Revision
		Cancer in the body and clearing energy	Revision

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6 General Protocols (Month 1.) Chakra Energy system

Checking your energy levels

Check that your energy is at 3,000 MHz / 100% of energy. Boost with Qi Gong if needed and re-check using kinesiology. Ensure you are at a minimum of 2,800 to start a full session with a client.

Setting up your healing space

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

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

Pre-protocol set-up

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

Opening the chakras.

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

Heart Chakra

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

Crown Chakra/ Glands

3. Energise and stimulate the Crown Chakra (5 glands Pituitary, Pineal, Thalamus and Hypothalamus (PPTH) and Amygdala) for 3 minutes, placing left hand on top of head and right hand on back of head. Gather and

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

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

Energising the feet (7 minutes)

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

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

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

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

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

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

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

Closing the chakras/ End of Session.

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

Additional practice: I surrender X person back to their guides on their soul journey. See yourself enter a magenta coloured bubble of light and receive a shower of light, clearing all negative energies away. Step forward into a golden (or colour of your choice) bubble of light (clear and protected).

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Root Chakra Malfunctions

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

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

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

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

Bio Energy Protocols Treatment:

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

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

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

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Protocols for Sacral Chakra Module 2

Reproductive Organs, Cysts, Tumours, Troubled Pregnancy, Pre-Menstrual, Hormonal

1. Apply 1 to 4 of the General Programme.

Place Client sitting upright a little off the back of the chair.

Stimulate / Energise the Spine

Place 2 fingers on Cranial pump and 2 fingers on Sacral pump for at least 1 minute, listen to the pulse beat, and then place the palm of the right hand on the sacral pump and left hand above this and listen to the pulse of the cerebral spinal fluid. After you are satisfied that the pulse is steady move hands one above the other and continue to listen to the pulse beat (next module we will check for blocks on the spine and clear where blocks are found). Continue up the spine. Then stimulate the spine by stimulating up the spine 10 times and clear 10 times (check if 15/20 times is applicable). Finish by placing 2 fingers on both Sacral and cranial pumps and check pulse beat is steady.

Reproductive Organs, Cysts, Tumours, Troubled Pregnancy, Pre-Menstrual, Hormonal

For Females, Energise /Stimulate the Problem area for 3 minutes, 10 cm's above body (no touch) i.e. Ovaries, Fallopian Tubes, Uterus, Womb, Bladder, Pancreas, L1 to L5 at rear of body at Sacrum area and if necessary female sexual organs. Gather and clear for 2 minutes. If the female has menstrual pain, clear pain directly from source up and away to the right of the body.

For Males, Energise and stimulate the problem area for 3 minutes, 10 cm's above body (no touch). This may include the male genital organs, Prostate, Bladder, Pancreas. Continue with remainder of general programme movements, 5 and 6 as below.

Abdominal breathing (3 deep breaths) and visualisation, energise and stimulate the abdominal area 3/5 minutes. Gather and clear 2 minutes.

Figure eight and clear field.

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Eyes Protocol

Apply 1 to 4 of the general programme

- Set hands fingers pointing towards each other, ensuring all eight fingertips are touching. Gently cross fingertips over if needed to ensure all are touching. Fingers are closed. Palms face inwards towards client. Hands 8 cm's away from client's eyes.
- Stimulate the eyes for two minutes.
- Draw hands gently away and disperse the energy gently across and in front of eyes. Circular movements inwards to outwards to disperse the energy. One hand at a time and repeat this 6 times.
- Join hands together linked at the thumbs. Fingers are closed. Fingertips are pointed towards the clients eyes. Ensure clients eyes are closed. Move fingertips outwards in a straight line in swift movements – across the ball of the eye. Do this 6 times.
- Abdominal breathing and visualisation, clear abdominal area and field (7 minutes)

Sinus Protocol

Apply 1 to 4 of the general programme

- Energise the sinus area for 3 minutes. Cup the hands (fingers closed) over the mouth and nose area of the client.
- Stimulate and clear the area. Clear the area by bringing the energy directly out and swiping.
- If there is pain, take out and repeat if necessary
- Check digestive area
- Abdominal breathing and visualisation, clear abdominal area and field (7 minutes)
- Leave to relax for 15 minutes

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Bio Energy Protocols for Solar Plexus – Module 3

Bio energy Protocol for Liver and Kidneys

Bio energy Protocol for Liver

The liver is situated on the right side just below the rib cage and you stimulate this area with movement of the fingers in the direction of the liver, place your hand on this area for 3 minutes and clear for 2 minutes.

A new liver can be regenerated in 6 weeks or so, it is worthwhile working on this area if there is any disease or infection.

Bio energy Protocol Kidneys

Both kidneys can be done together, client is standing or sitting, therapist working from the back area. The kidneys are just above the waist line on each side of the spine.

They can also be done while the client is sitting on a chair (or lying on a plinth on their back) and the therapist can stimulate 4 centimetres above the body and touch with permission or direct the energy from your fingertips down into each kidney, 3 minutes and clear for 2 minutes.

This can be repeated if there is disease or infection up to 3 times at one session. The kidneys also regenerate. Be gentle, there is always pain if the person has disease or infection.

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Bio Energy Protocols for Solar Plexus – Module 3

Bio Energy Protocol for small intestine, large intestine and colon.

When the client is sitting on a chair (or lying on a plinth) and you have completed 1 to 4, this is the best time to do the small intestine, large intestine and colon.

The small and large intestine and colon get blocked because of what we eat and the way we eat it, so we will learn how to use a pendulum and assess food intolerances in this way.

All three items can be done at the same time but bring your intention and your consciousness to bear when you are doing the protocol.

Client is sitting on a chair (or lying on a plinth) and already has done her/his deep breaths and is in the process of visualization, place both hands over the navel, 4 centimeters above and send the energy in to the small intestine, which surrounds the navel, the transverse colon runs across from right to left just above the navel, do this for 2 minutes and move hands lower taking in the large intestine and ascending & descending colon.

To work on just the large intestine individually. Gather energy in a circular clockwise motion (slowly) and move this energy up the ascending colon, gather at the corner, bring across the transverse colon, gather at the corner and bring down the descending colon. Sweep out and clear to your right straight up and out. Watch closely for blockages in the corners of ascending / descending colon. Repeat the movement 7 times. Movements 2 – 7 are smoother without clockwise circular motions.

The protocol for the pancreas is similar to above, just bring your attention to the pancreas with your hands and intention. Energise 3 minutes. Clear straight out and off the body for 2 minutes.

Digestive Problems

Ulcerative Colitis, IBS – Irritable Bowel Syndrome, Crohn’s Disease, Heart Burn, Gastritis, Reflux, Ulcers.

Apply 1 to 4 of the general programme.

Stimulate / energise the problem area with both hands for 3 minutes.

Take out pain, and if no pain clean / clear.

For diarrhea make counter clockwise circular movements (50 times clockwise then 150 times counter clockwise).

For Constipation / gas make clockwise movements (200 times).

Abdominal breathing and visualization.

Clear the abdominal area and field.

Leave to relax. Scan figure eight and close the energy field.

Note: Emotional Stress and the need for dietary changes.

Mastic gum, Probiotics (Super 8).

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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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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.

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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.

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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 brown 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.

Gather and Clear at Chakras: Muscle test to see which chakras (front and back for all) need to be cleared. Bring this in before the Thymus. Spin chakras and guide the energy out. Repeat ¾ times on each chakra.

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The Crown Chakra Protocols – Module 7

Migraine, Brain Tumours, Parkinson's disease, Epilepsy, Sleep problems, Motor Neuron Disease.

1. Scan energy field, and open crown and base chakras.
2. Energise the heart centre / thymus (3mins) by standing to the left of the client and clear (2mins).
3. Energise the crown (3mins) and clear (2mins). If there **is migraine pain** do not energise crown. Energise 2-3" out from the brown back and front (3 mins) and clear (2 mins)
4. Energise and Clear Spine, i.e. Cranial and Sacral pump etc.
5. Stimulate and energise feet (5 mins) and clear (2 mins).
6. Do eye and ear protocol (2 minutes) and clear as normal.
7. 30 second light hold on forehead, 2 fingers on each side of forehead, half way between hairline and eyebrow.
8. Abdominal breathing (3 deep breaths) and visualisation.
9. Clear abdominal area and field – balance with figure of 8 and seal at Tan Tien.
10. **Check** if you can **scan** and or do **figure eight** and close energy field.

Parkinson's Disease or Parkinson's symptom's and Motor Neuron Disease

1. Apply 1 to 4 of the general programme plus **eyes, forehead, ears and nose protocols**
2. Do the spine protocol.
3. Energise the problem area 3 minutes and 2 minutes to clear (e.g. joints, kidneys, bladder, lungs)
4. Also, do area of tremors if any, especially at side of head, behind ears plus down the neck to the shoulder line and down the arm and hand to fingers, take out pain if necessary – and repeat.
Note: Clearing sweep procedure for brain from the opposite side of the brain to tremors, clearing all the way down the legs and out.
Note: Stimulate the tremor area (arm/leg) all the way down and check as you go if the area is clear.
5. Abdominal breathing (3 deep breaths) and visualisation.
6. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

Epilepsy (Grandmal, Petimal)

1. Apply 1 to 4 of the general programme
2. Do protocol for spine.
3. Do protocol for **ears, throat, eyes and forehead.**
4. Abdominal breathing and visualisation 5 minutes and clear for 2 minutes.
5. **Always check if you can scan and do figure eight** and close the energy field and balance at tan tien.

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Tumours

1. Apply 1 to 4 of the general programme.
2. Stimulate and energise the spine.
3. Do **eye and ear protocol**.
4. Energise the tumour area hands on the area or above (3mins). Do not flick/disperse the energy of the tumour area. Pull the energy straight out to clear. **Always check** if you can go in again on the damaged area and for how many minutes, how many times. Be aware you must not move the cells all over the body.

Notes:

- Negative tumours can be energised (hands off) once you have checked first.
 - Negative tumours check if you can energise more than once and clear more than once.
 - Positive tumours - most likely do not energise. Check first. Check to stimulate from the throat area.
 - Positive tumours – if energising following checking - hands off only
 - Positive tumours – may clear only
 - Ask size of tumour and re-ask after treatment and at the start and end of each session.
 - Check if you can do feet protocol as this will send energy up to the brain area.
 - Most important do not spread the cells.
5. Gently pull out energy, up, out and away from the damaged area 5/7 times.
 6. Energise again (2 mins) hands on or above.
 7. Balance, clear and seal the area.
 8. Abdominal breathing (3 deep breaths) and visualisation.
 9. Clear abdominal area and field – balance
 10. **Always check if you can scan or do figure 8**, instead do the anti-clockwise movement to balance each chakra and close the energy field.

Please note some tumours may be benign or active (cancerous)

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Module 8 - Additional protocols

Gallbladder Protocol (Sacral Chakra)

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

Bile is a digestive fluid that helps break fats into fatty acids that the body can absorb. The Gallbladder has a primary function to store and concentrate bile, a digestive enzyme produced by the liver. The gallbladder is part of the biliary tract. The gallbladder serves as a reservoir for bile while it's not being used for digestion. It's very important that the bile is removed – if gallbladder issues, can be extremely painful for client. Digestive problems may be occurring. Gall bladder can hold negative emotion from the womb. Check both meridians and check with client re headaches. If removed be careful regarding diet and high fat foods etc.

3. Energise the problem area 3 minutes and 2 minutes to clear
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

Bladder Protocol (Sacral Chakra)

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

The urinary bladder is a muscular sac in the pelvis, just above and behind the pubic bone. When empty, the bladder is about the size and shape of a pear. Urine is made in the kidneys and travels down two tubes called ureters to the bladder. The bladder stores urine, allowing urination to be infrequent and controlled.

Muscles of the bladder (important for going to the toilet). Check meridians. Opening on toe may have a corn. Opening can sometimes stretch around this. Check if both openings clear. Sometimes once the meridians are clear, bladder issues are cleared. Cancer of the Bladder - check location.

3. Energise the problem area 3 minutes and 2 minutes to clear. Check if more energising / clearing can be done within one session.
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

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Spleen / pancreas Protocol (Sacral Chakra)

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

Spleen: The spleen plays multiple supporting roles in the body. It acts as a filter for blood as part of the immune system. Old red blood cells are recycled in the spleen, and platelets and white blood cells are stored there. The spleen also helps fight certain kinds of bacteria that cause pneumonia and meningitis. Pancreas: Enzymes, or digestive juices, are secreted by the pancreas into the small intestine. There, it continues breaking down food that has left the stomach. The pancreas also produces the hormone insulin and secretes it into the bloodstream, where it regulates the body's glucose or sugar level.

The spleen is part of the immune system. Diabetes comes when the spleen is damaged. The Solar plexus and spleen meridian/s will be out first before the physical body shows any illness. The spleen and the pancreas are linked into each other. Both are sugar related. The spleen carries cravings and addictions (alcohol, drugs, sex, gambling etc.). Put energy in with intention to clear out the specific craving/addiction. It's also very important to back this up with EFT with your client. 3 mins in and 2 mins clear.

Type 1 diabetes happens when the pancreas does not make enough, or any, insulin. Without insulin, the cells cannot get enough energy from food. Type 2 diabetes occurs when the body builds up a resistance to insulin. While the pancreas may still produce the hormone, the body's cells cannot use it effectively. As a result, the pancreas produces more insulin to meet the body's needs, and it is often unable to keep up with the increased demand.

Check spleen meridians. Treat spleen and pancreas together.

3. Energise the problem area 3 minutes and 2 minutes to clear. Check if more energising / clearing can be done within one session.
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

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Appendix Protocol (Sacral Chakra)

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

Normally, the appendix sits in the lower right abdomen. The function of the appendix is unknown. One theory is that the appendix acts as a storehouse for good bacteria, “rebooting” the digestive system after diarrheal illnesses. Other experts believe the appendix is just a useless remnant from our evolutionary past. The appendix is linked to the Sacral chakra and from this linked to the Liver and Gall Bladder meridians. If you find a block in the appendix - also look at these other areas for potential energy blocks. Look to see what the energy blockage is related to in the appendix if there is a block there, emotion etc. And what % is the appendix functioning at. Then to direct energy in (check for how long with a max of 3 mins) and clear out, checking that it's clear at the end of the protocol, what % it's now functioning at. Note: If the energy is low in the appendix and does not stay up in energy check if it should it be medically checked? Check all of this at each of your client sessions and bring the person back for another session to check that the energy has stayed up. You can also ask through kinesiology / using a pendulum ask about the person having a medical check in addition to your treatments.

3. Energise the problem area 3 minutes and 2 minutes to clear. Check if more energising / clearing can be done within one session.
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

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Open Wounds and immune system:

Do **NOT** direct energy into an open wound or an ulcer. You must direct the energy above and below the wound and clear out from above and below. The energy will travel through the wound by itself and will close by itself. Look for a negative emotion holding up the healing and clear with intention.

34. Varicose Veins.

Do **NOT** direct energy into a leg with swollen varicose veins, do the feet as normal and when clearing go to top of leg and bring both hands down from top to bottom. Repeat this movement for 5 minutes. Always check that you are allowed to do this and for how many minutes.

35. Immune depressants.

If a person is on medication to keep the immune system down (due to a medical problem) Do **NOT** direct energy into the Heart/Thymus centre. This is usually because there is an auto immune disease. Look for the organ/Chakra/Meridian that is affected and work on clearing the blocked energy from there instead.

36. Do **NOT** scan or do the figure eight if there is cancer in the body, as you will bring the cancer cells up the body. If there is cancer in the abdominal area, direct energy in to the space, and clear straight up and away clear of your own body. Check if you can go back in and do the same again, check how many minutes to do this and how many minutes to clear.

Do **NOT** clear the abdominal area down the legs if there is cancer. Just direct energy in, take it out, and balance. Place two hands over the area for one minute.

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New Protocols

1. Relaxing the Energy, to relax tension in shoulders.
Standing at back of client, bring both hands up from back of knees to shoulder height, place hands with back of hand to clients back. Bring hands slowly up spine and when you reach the shoulders, turn hands over and spread hands across the shoulders and out into fields of energy. Repeat at least 3 times or as many times as necessary.
2. To clear small and large intestine and stomach plus bowel.
Stand to right of client, place yourself with good balance and begin. Placing right hand at front of body and left hand at rear of body, 3 inches out, just above the waist, rotate towards your own body 10 times and then bring hands out from the body to dissipate the energy to the Universe. Repeat 5 times.
3. Stroke Protocol
With client sitting or lying down, and knowing the side of body that is damaged and so realising that the stroke happened on the opposite side. Bring right hand from the neck of the stroke side over the head to the damaged side and continue movement all the way down the body to feet and dissipate energy to Universe. Repeat 5 times and balance other side with same movement 5 times.