

Bio Energy Academy of Dublin

The Solar Plexus Module 3.

Also known as: The Power Centre, Manipura (sanskrit) “The Palace of Jewels” referring to its ability to transform dreams into living treasures.

Body / Mind Associations.

The Location: Directly above the rib cage and below the sternum extending down to the navel.

Purpose: Transformation. (As in dreams becoming a reality).

Colour: Yellow. Gold, Rose.

Natural Right: To act and be an individual.

Key words: Logic, Reason, Opinion, Assimilation, Psychic Intuition.

Development age: 15 years – 21 years.

Element: Fire, the Sun.

Sense: Sight

Sound: Crying

The parts of the body associated with the Solar Plexus are the muscular system, the skin, stomach, liver, pancreas, the diaphragm, lungs, the adrenal glands, the small/large intestine and upper colon. The eyes as the organs of sight, and the face (the image one shows the world).

In general it participates in the digestive functions and is connected with the fire element.

Body: Astral.

Endocrine glands: Adrenals, Pancreas.

Negative Emotion: Shame/Lack of self-worth/self-esteem/confidence/ giving away your power.

Positive Emotion: Self-worth/ self-esteem and confidence/personal power.

Quietening fragrances: Vetivert, Rose.

Stimulating fragrances: Bergamot, Ylang-ylang.

Crystals: Calcite, Malachite, Apatite, Kunzite.

Gemstones: Yellow Citrine, Rose Quartz, Topaz.

Key Issues: The jigsaw puzzle of self, work and expression in the world, finding your voice.

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Located a hand's width above the navel, the solar chakra is about individual identity. "Your Personal Ego" – your sense of who you are and who you are not is forged within these energies.

"This is who I am; this is who I want to be; this is how I want to be seen". It is often referred to as the power chakra. Too often we give our power away and it literally eats us up. Through a balanced solar plexus, people, emotions and situations have no power over you unless you give the power to them.

It is also associated with the Pancreas, this gland is the energy banker of the body. Glucose is its currency. (The pancreas manufactures insulin, which gets glucose from the bloodstream into the cells, where it can be used for fuel). When the third chakra is functioning properly, the body has a plentiful supply of energy for all its activities. Since the brain is the largest fuel consumer in the body, a balanced third chakra is essential for clear thinking. It also influences the liver, which is the fuel storehouse of the body.

Individuals with third chakra disorders often suffer from low energy. The foods they eat are eliminated before their nutrients reach the bloodstream.

When the solar plexus is functioning well, a person will have a good emotional life that is orderly and regulated. A blockage in this chakra may result in a person suffering low self-esteem, regular inner negative programming, hence the feeling of a knot in the stomach.

When the solar plexus chakra is healthy it has energetic vibrating energy coursing through it. You feel happy and enjoy life as it comes, nothing will stop you doing what you want to do. Activity develops your sense of power through the many new challenges you face every day.

The third chakra is the power centre in the energy system. Its power can be used constructively, to manifest our aspirations in the world, when used destructively, it can repress our primary nature or libido, which manifests as neurotic symptoms including shame and guilt. Fear sets in when we begin to doubt our ability to achieve. We can feel shame and a sense of disapproval all around us. We begin to distrust our abilities and worry about the consequences of our own decisions.

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The feminine power of the first chakra (base) and the primordial sexual energy of the second chakra (sacral) are transformed into a fine fuel that the third chakra employs for the fulfilment of our dream's, this chakra replenishes the reserves in the energy field. When we awaken the power in this chakra, we experience fearlessness and a resolve that cannot be deterred by adversity.

Obstacles in our path crumble. The danger is that this can result in ego aggrandizement. We begin to think that we are the sole authors of our destiny and can subject the world to our will. Individuals seduced by the power of the third chakra often seek to control others through intimidation and aggression.

When this chakra is cleared, our family and interpersonal relationships become stable. We become effective communicators and discover the power of the spoken and written word. This chakra makes us true to our own nature. Our life purpose becomes clear and we can align ourselves with it.

Affirmation

Through the gift of Fire, let reason, logic and opinion become truly linked to inspiration that we are not bound within limitation and separation.

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Bio Energy Protocols for Solar Plexus – Module 3

Bio energy Protocol for Liver and Kidneys and Pancreas/Spleen

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.

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)

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. You can treat spleen and pancreas together if required.

3. Energise the problem area 3 minutes and 2 minutes to clear. Check if more energising / clearing can be done within one session.
4. Continue with General programme or additional protocols as required

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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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Mindfulness

- Based on a type of **Buddhist** meditation called Vipassana
- Moved from East > West
- Exists in many religions and traditions
- 1979, Jon Kabat-Zinn founded the Mindfulness-Based Stress Reduction (MBSR) programme to treat the chronically ill
- This sparked the application of mindfulness ideas and practices in Medicine for the treatment of a variety of conditions in both healthy and unhealthy people
- Mindfulness is about paying attention with kindness and curiosity
- The act of being present in whatever you're doing
- The act of bringing awareness to your present moment
- Returning – our attention to our direct experience
- We're constantly reminiscing, imagining and talking to ourselves
- Labelling – thoughts, emotions
- Acceptance – keep bringing attention back
- Mindful of something – of what our senses are bringing us
- Responding rather than reacting to circumstances
- Taking a step back by bringing our attention to mindful practice – helps us to see our choices more clearly
- Can be practiced individually or as a group

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Acceptance

- Staying with our present experience while it lasts without needing to bring it to an end
- Observing an experience without struggling with emotional thinking or self-talk
- Willing to be aware and not needing to escape the awareness
- Accepting our experience of internal and external events
- Refusing to accept – depression, anxiety, ruminating, avoidance, fear, shame (seeing emotions as wrong)
- Advantages – acceptance of situations that may cause anxiety, accept ourselves, accept others, reduce emotional distress, reduce anxiety levels, protection from depression,

Mindfulness in Practice

- Label our thoughts as thinking and return to mindful breathing
- Accepting thoughts are there without needing to get rid of them or get caught up in them
- Hold from judging or labelling our experience as good or bad – this carries through into our daily lives when practiced
- Staying with emotions without needing to get rid of them
- Body scan
- Breathing
- Loving kindness

Mindfulness Benefits

Some of the benefits of practicing mindfulness are:

- Enhances clarity in your life
- Increases energy and focus
- Lowers stress, anxiety, depression and fatigue levels
- Promotes greater peace and acceptance in your life

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Anchoring in Mindfulness

"Today and your thoughts about today are two separate things. Try to spend more time in awareness of the day's moments (what you see, hear, touch etc) than lost in thought." - Padraig O'Morain.
Full Catastrophe Living.

"We have a strong need to be on the way to some better moment, some better time when it all will come together for me. We can so easily become impatient and driven. Of course, this prevents us from being where we already are." *Jon Kabat-Zinn, Mindfulness for Beginners*

"In a living garden you can't have flowers without weeds. Ruminating on the weeds stops you appreciating the flowers." - Padraig O'Morain.

Anchor in breath

Keep coming back. When you find yourself worrying, follow the basic mindfulness instruction to bring yourself back to awareness of your breath or body. Practise returning awareness to your present-moment experience to build your ability to step out of worry and rumination. - Padraig O'Morain.

Anchor in body scan

"Think of Mindfulness as the habit of seeing things in an uncomplicated way. We generally don't. Based on our individual histories, our memories, and our fears, we often make up our reality out of a projected worry and frighten or discourage ourselves." - Sylvia Boorstein, Don't just do something, sit there.

"If you start to feel overwhelmed, take a quick, centering moment - as short as following three breaths - to connect with a deeper sense of yourself." - *Sharon Salzberg, Real Happiness at work*

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Mindfulness for Children

- Practice it, live it and be it before teaching to others
- Use age-appropriate language
- Fun
- Engaging
- One minute per age in years
- One 20 minute weekly session
- One practice, brief comments from some, another practice, brief comments and close
- Use mindfulness in their daily lives to respond rather than react to everyday events
- Breathing; body scan; mindful eating; feelings practice (name, location, asking what they want, giving this?) – decreases overidentifying with emotions; walking practice; thought parade practice

Mindfulness – notes of Caution

- Mindfulness can bring awareness to painful issues
- Suppressed issues may arise
- Psychiatric illnesses – earthy practices, yoga, tai chi, gardening, actively connecting to body and not mind
- Temporary euphoric sense – don't chase it
- Following physical attack or torture - body scans or breath work may be too intense and frightening

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Mindfulness Practices

- Breathe in/out 7/11
- Keep silence in your head for a moment
- What's your posture
- What's the furthest away sound you can hear
- Listen to the chatter in your mind without getting involved
- Where in your body do you feel calm
- Look at an object. Notice the feelings it evokes. Stay out of the story about the feelings.
- Try to notice how long a thought lasts
- Where in your body are you most aware of your breath
- Listen with your attention and not with your ears
- Next time you are talking to someone in person, notice how they are breathing
- When you feel resentful, stay out of the story as you allow the feeling to fade
- Can you pause for one minute without distracting yourself
- Breath exercise (in breath, out breath, gap between breath, 7:11)
- Loving kindness
- Body scan exercise

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Using a Pendulum

What is a pendulum?

A pendulum is an amplifier, which acts as a receiver and transmitter of information. It is a symmetrical, weighted object that is hung from a chain or cord. It is usually a crystal however a pendulum can be made of any material e.g. wood, a bead, a key, copper, ceramic.

The pendulum is a very simple tool and one that lets the user tune into their intuitive power. The pendulum moves in different ways in response to statements.

It helps you to access the collective unconscious and your higher self. Everyone is capable of working with a pendulum. The more practice using it the better you become.

It should not be used for egotistical reasons. Use it only for the wellbeing of others or yourself.

Selecting a pendulum

When selecting a pendulum, follow your intuition and choose the one you like. They can be simple like a tear drop, ball shaped, conical, spiral usually with a point facing the earth. You could make your own pendulum by taking a thread and hang a weight on it with any object you like. The thread should be about 15 to 20cm in length. Tie a knot in the thread at the length where the swing of the pendulum feels the best.

Programming the pendulum

You can make any statement you like once the statement has a possible YES or NO response. The first stage is to identify what your own YES or NO is from the pendulum.

In order to do this, sit down on a chair with your feet on the floor. Make sure your upper body and back are straight and your arms are relaxed. Hold the chain between your thumb and index finger a couple of inches from the crystal /wood etc.

The pendulum can turn in the following directions: up-down, left-right or in a circle. Practice with the pendulum until you feel comfortable using it. Once you are familiar with your Yes and No answers you can make any statement where you already know the yes or no response answer to the statement e.g. your name, age etc.

Other ways to use the pendulum

You can place the pendulum directly over an object and test it e.g. water, food, gemstones, medicines. Also you can test your home, evaluate your sleeping space and more.

Using the pendulum is very beneficial when testing for food intolerances and allergies. This is an added tool that is very useful when working with your clients.

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Hygiene of using a pendulum

To start working with a pendulum, tap the pendulum to the table or wall or to your palm to signal that you are going to work with it and shake off all old stagnate energy. Then ask pendulum for permission to test. When finished working with a pendulum wash your hands. If you are in nature you can give a hug to the tree and this will cleanse you. Make sure that you are hydrate before and after working with a pendulum. Double check answers to make sure that you understand them. You shouldn't give your pendulum to others to use as the pendulum will be aligned to your energies.

Tips:

- Ensure you are in a quiet space and centre yourself
- Quiet your mind both before and during using a pendulum
- Connect to the pendulum and establish your yes/no/neutral
- Have good posture, with your back straight and don't cross your hands or legs
- Have your feet flat on the floor
- Do not hurry
- If you are tired don't work with the pendulum
- Programme the pendulums Source each time you use it "It is my intention to seek only truthful answers from the higher self, which are aligned with the highest and greatest good for all concerned."
- Always ask permission
- To get a stronger response, say "respond louder please" or "be more clear".
- Cup your other hand underneath the point or weight stone to help focus energy
- Tap the pendulum (on your palm, table etc) between each question and at the end of usage to signal the end of a session

Things to be mindful of when working with a pendulum

- Don't use the pendulum if you get a 'no' response on asking permission (even for yourself)
- Working when tired
- Working when under the influence of drugs, alcohol or other medications (pain killers, psychotrop medicines, sedatives or similar)
- Not bringing our full focus, consciousness and awareness to the use of the pendulum
- Impatience
- Asking inaccurate questions
- Negativity to the subject or person with whom we are working
- Disbelief in own abilities
- Working with a pendulum in busy places
- Working with a pendulum when there is extreme weather

How to Cleanse a Pendulum

- Leave outside in direct sunlight
- Pass the pendulum through incense smoke (Lavender or Frankincense) three times, each time stating a strong intention and statement to clear it

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- Dip the pendulum in sea salt
- The pendulum should feel light and clear once cleansed

Charging a pendulum

Be relaxed and still, calm your mind and take a few deep breaths. Focus your purpose and intent. Hold the cleansed pendulum in your power hand. Focus your positive, intended energies and direct them to the divining tool that you hold. Envision the energies as a thin white light spiraling down to the pendulum. When the pendulum begins to "vibrate" with your energies the charge is complete.

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Bio Energy Academy (Food) Intolerance List

Acidic Foods

Acidic

Meats

Pork, Sausages, Pudding, Ham, Rashers,
Pork **Lean pork only no fat from the pig**

Lamb

Beef

Chicken (free range/organic)

Turkey

Duck

Crustaceans, Prawns, Shell fish

Other Seafood (apart from occasional)

Oily fish (such as salmon)

Dairy Products (fresh / fermented)

Milk

cheese

Cream

Yogurt (Greek yoghurt)

Ice Cream

Butter

Lactose

Grasses / Grains

Wheat, Oats, Barley, Corn

Pasta

Cornflakes, Popcorn etc.

Biscuits (wheat)

Multigrain/wholemeal/spelt/honey

bread

Gluten / Yeast

Rice (white, brown, rice cakes (salted
etc.))

Condiments

Tomatoe sauce, mayonnaise, mustard,
spices, herbs, Soy (sauce)

Artificial sweeteners

Honey

Sugar

Alkaline Foods

Alkaline

Vegetables

Green Beans

Artichoke

Green Cabbage/Red Cabbage

Lettuce

Kale

Cauliflower

Brussel Sprouts

Broccoli

Garlic

Courgette

Spinach

Watercress/Chives

Fungals

Mushrooms / Tomatoes (organic &
org cherry, skins off)

Nightshade Vegetables (white

potatoes, tomatoes, eggplant, bell
peppers, cayenne pepper, paprika,
egg plant, goji berries, tobacco

Eggs (battery, free range, organic)

Root Vegetables

Onion/Leeks

Parsnips

Carrots

Turnips

Potatoes

Legumes

Beans

Peas

Lentils

Alkaline Fuits

Red Apples

Pineapple

Kiwi

Pear

Strawberries

Watermelon (neutral)

Cranberries

Blackberries

Bananas

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Bio Energy Academy (Food) Intolerance List

Acidic Foods

Drinks

Fizzy Drinks
Coffee/Tea/Herbal Tea/Caffeine
Beers/Spirits/
Red Wine/White Wine/Pino Grigio

Alkaline Foods

'Drinks

Green Drinks
Fresh Vegetable Juice
Fresh Vegetable Broth/Soup

Tyramine (naturally occurring trace amine derived from the amino acid tyrosine. Foods, meats, beverages. Fermented, cured, pickled, aged, or spoiled have high amounts of tyramine.

Fruit Juice / Dairy Smoothies
Salt / Sea Salt / Himalayan
Sweets
Chocolate Milk / Dark
Microwave Food
Tinned Food

Pure Water (distilled or ionized) 1.75 liters day
Lemon Water
Evian/Aldi/Lidl Tesco bottled water
Non Sweetened Soy Milk
Almond Milk
Coconut Milk

Powdered Soups
Instant Meals
Fast food

Seeds, Nuts (**Proteins**)

Almonds	Walnuts
Pumpkin	Hazelnuts
Sunflower	Pistachio
Sesame	Peanuts dry / salted
Brazil nuts	Pine nuts

Acid fruit

Green Apples
Oranges
Lemons
Limes
Grapes

If Acid level is too high, Alkaline fruit listed on previous page should be eaten between meals

Plums
Grapefruit
Gooseberries
Blackcurrant
Rhubarb
Avocado
Raspberries

Water sipped at meals and drink between meals.
At least 1.75 liters a day, check water level

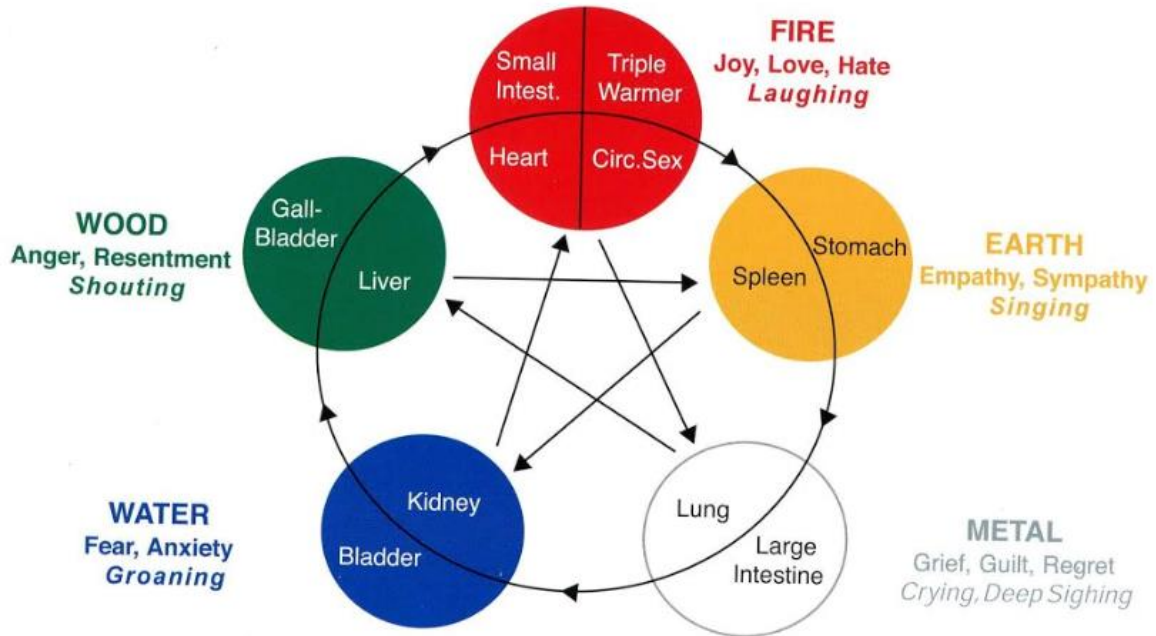
Mould / Pet hair /

Acid level is
Alkaline level is

Ph balance is 5.5
Eat more Alkaline vegetables.

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5-Elements and Emotions



ELEMENT	SOUND	EMOTION
FIRE	Laughing	Joy, Love, Hate
EARTH	Singing	Empathy, Sympathy
METAL	Crying, Deep Sighing	Grief, Guilt, Regret
WATER	Groaning	Fear, Anxiety
WOOD	Shouting	Anger, Resentment

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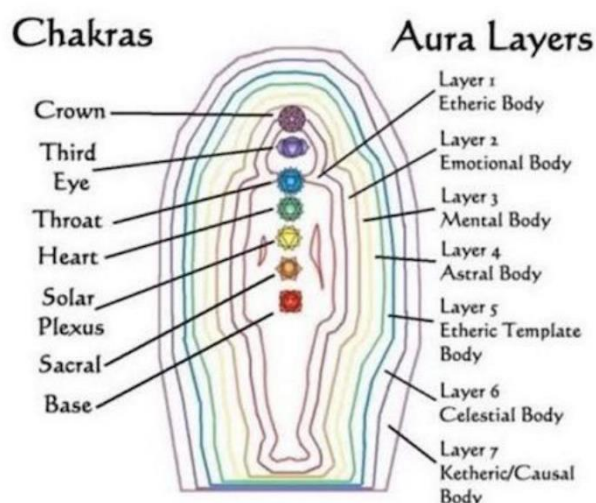
The Aura

The aura is the electromagnetic energy field which penetrates and extends out and beyond the physical body of every living and non-living thing, including inanimate man-made objects, rocks, planets etc. It consists of a constant flow of energy of varying frequencies and vibrations.

The aura is connected to the 7 energy centers of the body or the chakras, and is comprised of 7 different layers. Each of these layers will vary in depth and size, depending on the person and where they are at in their lives. In a healthy state, the entire aura can extend several feet and is very bright in color. In an unhealthy or weakened state, the auric field can be small and dull. The layers of the aura pulsate outwards from the body, with the first layer being closest to the body and the 7th layer being furthest away from the body.

Each layer also increases in vibration as it moves outwards, with the 7th layer carrying the highest vibration. The odd numbered layers tend to be more structured and carry a yang type energy, whereas the even numbered layers are more fluid and carry a yin type energy. This helps us to achieve balance and harmonises our energy.

The 7 layers of the Aura



- Part of the human energy system which connects to the external environment.
- Energy flows from the environment through the aura into the chakras and vice versa.
- It forms the first line of defence of the body's energy systems.
- A strong, healthy aura reduces the likelihood of developing illness, increases one's attraction to others, and resists toxins and pollutants.
- Negative energy, toxins and pollutants in the environment first enter the aura before entering the body.) Regular cleaning of the aura through Positive Healing removes them before they affect the body.

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1st Layer: Etheric

- Closest to the physical body
- Represents the physical body, muscles, tissues, bones, etc.
- Connected to the root chakra
- A bluish grey color
- Easiest to see with the naked eye
- Pulsates at 20 cycles per minute
- Stronger in athletes and those who are very active
- Weaker in those who lead a sedentary lifestyle or when immunity is compromised

2nd Layer: Emotional

- Second from the physical body
- Represents emotions and feelings
- Connected to the solar plexus chakra
- Can be all the colors of the rainbow
- Can be muddy colored during times of emotional stress
- State of the chakras can be easily determined from this layer

3rd Layer: Mental

- Third from the physical body
- Represents thoughts, cognitive processes and state of mind
- Bright yellow in color
- Connected to the Sacral Chakra
- Often radiates the strongest around the head, neck and shoulders
- Stronger in those who engage in mental tasks or those who have an over-active mind
- When engaging in a creative activity, colored sparks can also be seen flowing from this layer

4th Layer: Astral

- Fourth from the physical body
- Represents where we form our astral cords with others
- Pink or rosy in color
- Connected to the heart chakra
- Becomes stronger through loving, intimate relationships
- Can be weaker during breakups or conflicts with loved ones
- State of the chakras are also easily visible from this layer

5th Layer: Etheric Template

- Fifth from the physical body
- Represents the entire blueprint of the body that exists on this physical plane
- Includes everything you create on this physical level including your identity, personality and overall energy
- Connected to the throat chakra
- Can vary in color
- Healed and made stronger by expressing your truth and knowing who you truly are

6th Layer: Celestial

- Sixth from the physical body

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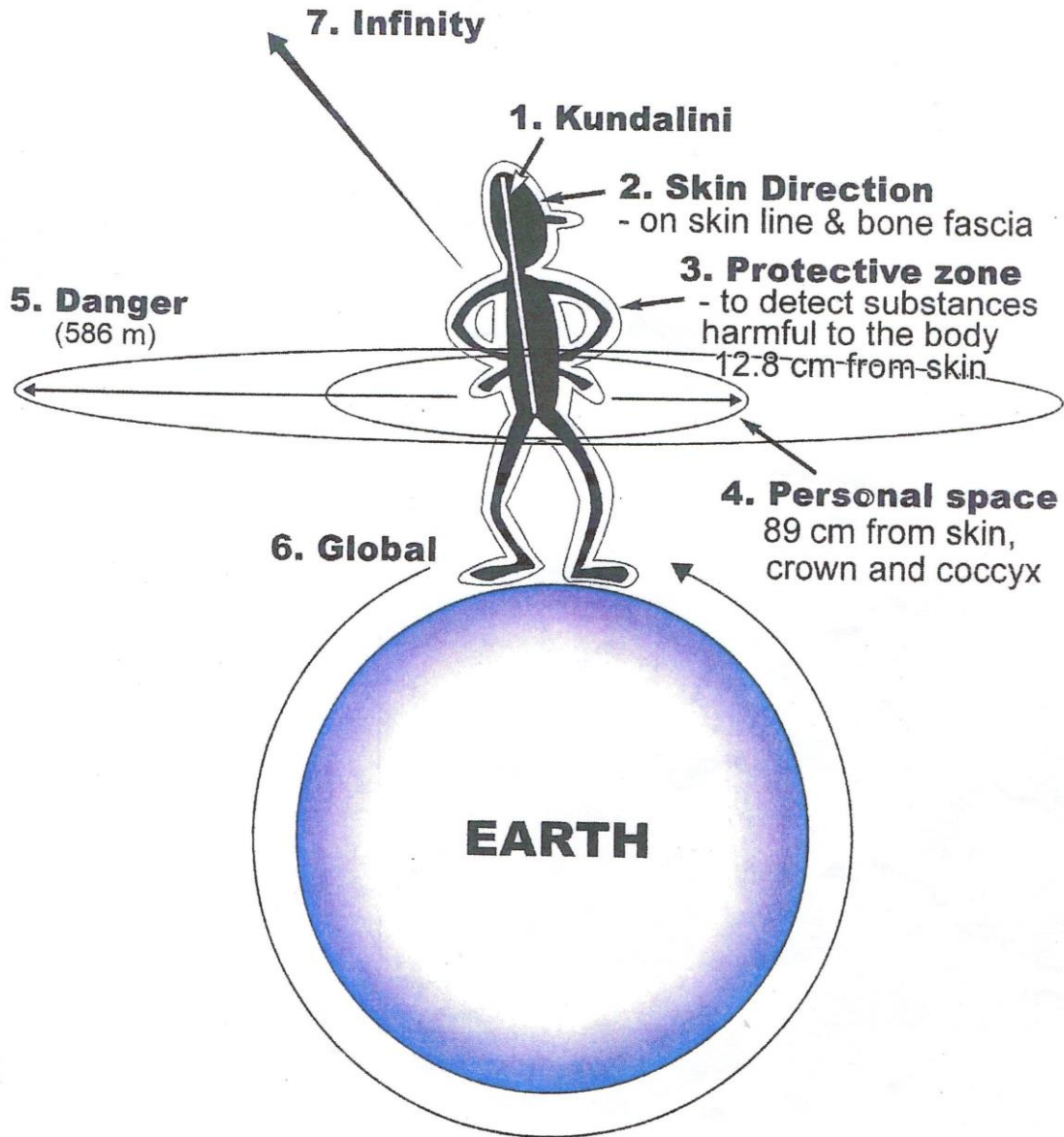
- Connected to the third eye chakra
- Carries a very strong and powerful vibration
- Represents the connection to the Divine and all other beings
- Where unconditional love and feelings of oneness flow
- Pearly white in color
- When strong, the person may have the ability to communicate with the spirit world and receive angelic messages
- Can be healed with unconditional love

7th Layer: Ketheric Template

- Furthest away from the physical body (estimated around 2-3 ft. away)
- Represents the feeling of being one with the Universe
- Holds all the information about your soul and previous lifetimes
- Vibrates at the highest frequency
- Connected to the crown chakra
- Gold in color
- Rapidly pulsates
- When strong, gives you the ability to surrender to the path of the Divine and can help increase psychic abilities

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Diagram of the Auric Field



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Six Typical Energy Problems

Self-help tips

Rips in the Aura
Often found over areas where extended emotional strain or physical trauma has been stored. Creates significant energy loss and enables negative attachments (psychic vulnerability), which exacerbates energy loss. You may experience emotional and physical pains that are not your own.
Self-Help: Salt water bath and/or thoroughly sweep the aura with a clear quartz crystal.

Holes in the Aura
Similar to rips in the aura, except the energy loss and vulnerability to negative influences tends to be much greater. Sensed as a pocket or vortex of energy pouring out.
Self-Help: Sense where the hole is and visualize filling it in with pure source love & light, see it being patched and sewn, then smooth over with divine white light.

Stagnant Energy
Energy has backed up and become heavy and dense, slows down or blocks energy flow. Sensed as thick, dense or heavy pockets of energy.
Self-Help: Visualize the pocket of dense energy being sucked up and out to Divine Light or imagine the ocean flooding into the area dissipating it until it's completely dissolved. Finish by sealing it in love & love.

Energetic Debris
Often felt or sensed as "static" or gritty dirt in the aura or along the body. Can feel as if energy is scattered and ungrounded or hampered and stagnant.
Self-Help: Using your hands, wipe the energy off your body. Flick your hands at the end of each swipe to rid yourself of the energy.

Energy Sludge
This feels like thick and sticky black oil or sludge. The energy feels heavy, dense and extremely sluggish.
Self-Help: Shake a sacred rattle over the area for a few minutes to break up the goopy energy. Next use a feather to sweep the energy away. Also do a full Chakra cleansing meditation.

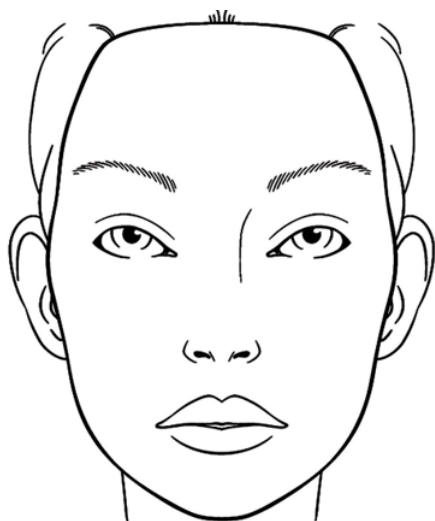
Cords of Attachment
Energetic cords between you and another person, place or object, create an energy leak, depleting energy from your aura, chakras, and/or meridians.
Self-Help: Do a "cord cutting" exercise.

www.WisdomWithin.co

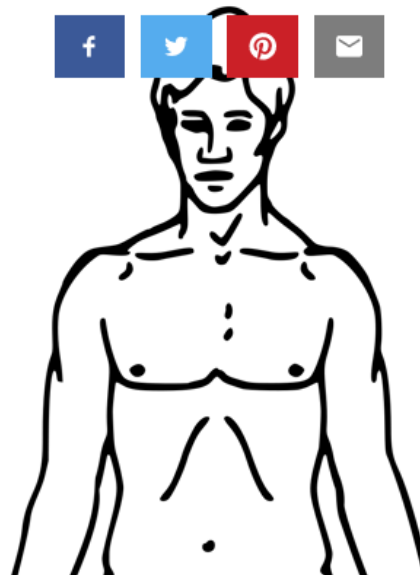
* If the Self-Help exercises do not alleviate the symptoms, consider consulting an energy medicine professional for an energy healing session.

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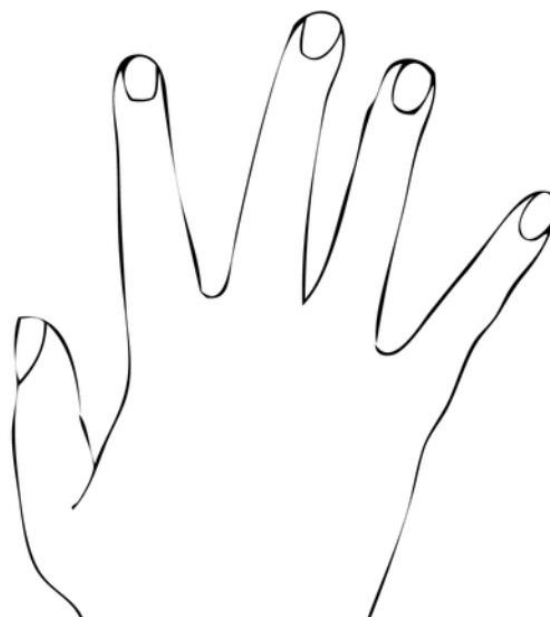
Meridians



Left hand

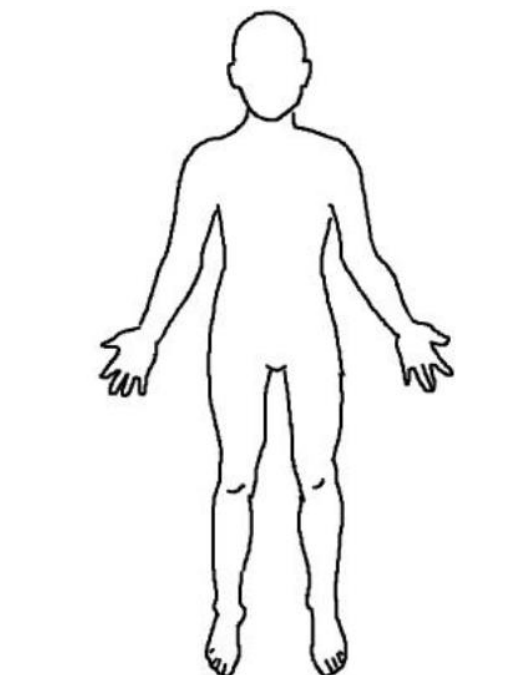
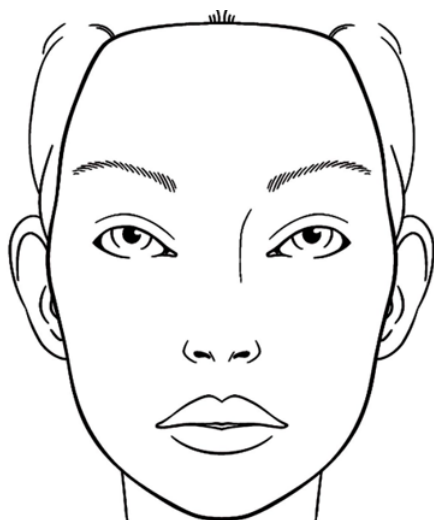


Right hand



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Meridians



Left foot

Right foot



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Meridians

Meridians are energy channels/vessels transporting life energy 'Qi' through the body. There are twelve major meridians which run on each side of the body, one side mirroring the other plus two single ones. Twelve paired meridians complement each other - one Yin with energy flowing up and the other Yang with energy flowing down. 'Qi' energy flows through the meridians or energy highway, accessing all parts of the body. Meridians can be mapped throughout the body; they flow within the body and not on the surface. Qi refers to the natural and essential energy of life. Each meridian regulates a particular organ, but all meridians are interconnected. Good health depends on the circulation and balance of energy throughout the entire meridian system.

Six Yin (energy flowing up) and Six Yang (energy flowing down) – meridian pairs complement each other:

- Stomach Meridian Yang – Spleen Meridian Yin (Solar Plexus)
- Heart Meridian Yin – Small Intestine Meridian Yang (Heart)
- Bladder Meridian Yang – Kidney Meridian Yin (Root)
- Circulation-Sex Yin – Triple-Warmer Meridian Yang (Brow)
- Gallbladder Meridian Yang – Liver Meridian Yin (Sacral)
- Lung Meridian Yin – Large Intestine Meridian Yang (Throat)

Plus

- Central Meridian Yin - Governing Meridian Yang (Crown)

Meridian (12) + 2	End points	End points	Yin / Yang	Energy flow	Element (Roots and Branches)	Elements (Bio Energy)
Central	Bottom of pubic bone	Bottom lip	Yin	Up		Pure Energy (magnetum)
Governing	Below tailbone	Top lip	Yang	Down		Pure Energy (magnetum)
Circulation	Hand	Body	Yin	Up	Fire	Pure Light (radium)
Temperature/triple-warmer	Hand	Head	Yang	Down	Fire	Pure Light (radium)
Liver	Foot	Body	Yin	Up	Wood	Sound
Gall bladder	Foot	Head	Yang	Down	Wood	Sound
Heart	Hand	Body	Yin	Up	Fire	Air
Small intestine	Hand	Head	Yang	Down	Fire	Air
Lung	Hand	Body	Yin	Up	Metal	Fire
Large intestine	Hand	Head	Yang	Down	Metal	Fire
Kidney	Foot	Body	Yin	Up	Water	Water
Bladder	Foot	Head	Yang	Down	Water	Water
Stomach	Foot	Head	Yang	Down	Earth	Earth
Spleen	Foot	Body	Yin	Up	Earth	Earth

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Energy flows continuously through the meridians and they also transmit information to and among your organs. Meridians are incredibly sensitive. They can carry the effects of stimulation in the form of healing energy throughout your entire being.

The Meridian Clock

Each Meridian is most active at certain times of the day/night. Like the tide has a daily cycle with high tide and low tide, meridians have a 24 hour cycle, each with a two hour 'high tide' (energy strongest) and twelve hours later a 'low tide' or resting period.

Time — Meridian — Details

5-7 a.m. — **Large Intestine** — Drinking water triggers bowel evacuation making room for the new day's nutritional intake. Removes toxins from the night's cleansing.

7-9 a.m. — **Stomach** — Stomach energies are the highest so eat the most important meal of the day here to optimize digestion/assimilation.

9-11 a.m. — **Pancreas** — The stomach passes its contents on. Enzymes from the pancreas continue the digestive process. Carbohydrate energy made available.

11 a.m.-1 p.m. — **Heart** — Food materials enter the blood stream. The heart pumps nutrients throughout the system and takes its lipid requirements.

1-3 p.m. — **Small Intestine** — Foods requiring longer digestion times (proteins) complete their digestion/assimilation.

3-5 p.m. — **Bladder** — Metabolic wastes from morning's nutrition intake clear, making room for the kidney's filtration to come.

5-7 p.m. — **Kidney** — Filters blood (decides what to keep, what to throw away), maintains proper chemical balance of blood based on nutritional intake of day. Blood to deliver useable nutrients to all tissues.

7-9 p.m. — **Circulation/Sex/Pericardium** — Nutrients are carried to groups of cells (capillaries) and to each individual cell (lymphatics.)

9-11 p.m. — **Triple Heater/Triple Warmer/San Jiao** — The endocrine system adjusts the homeostasis of the body based on electrolyte and enzyme replenishment.

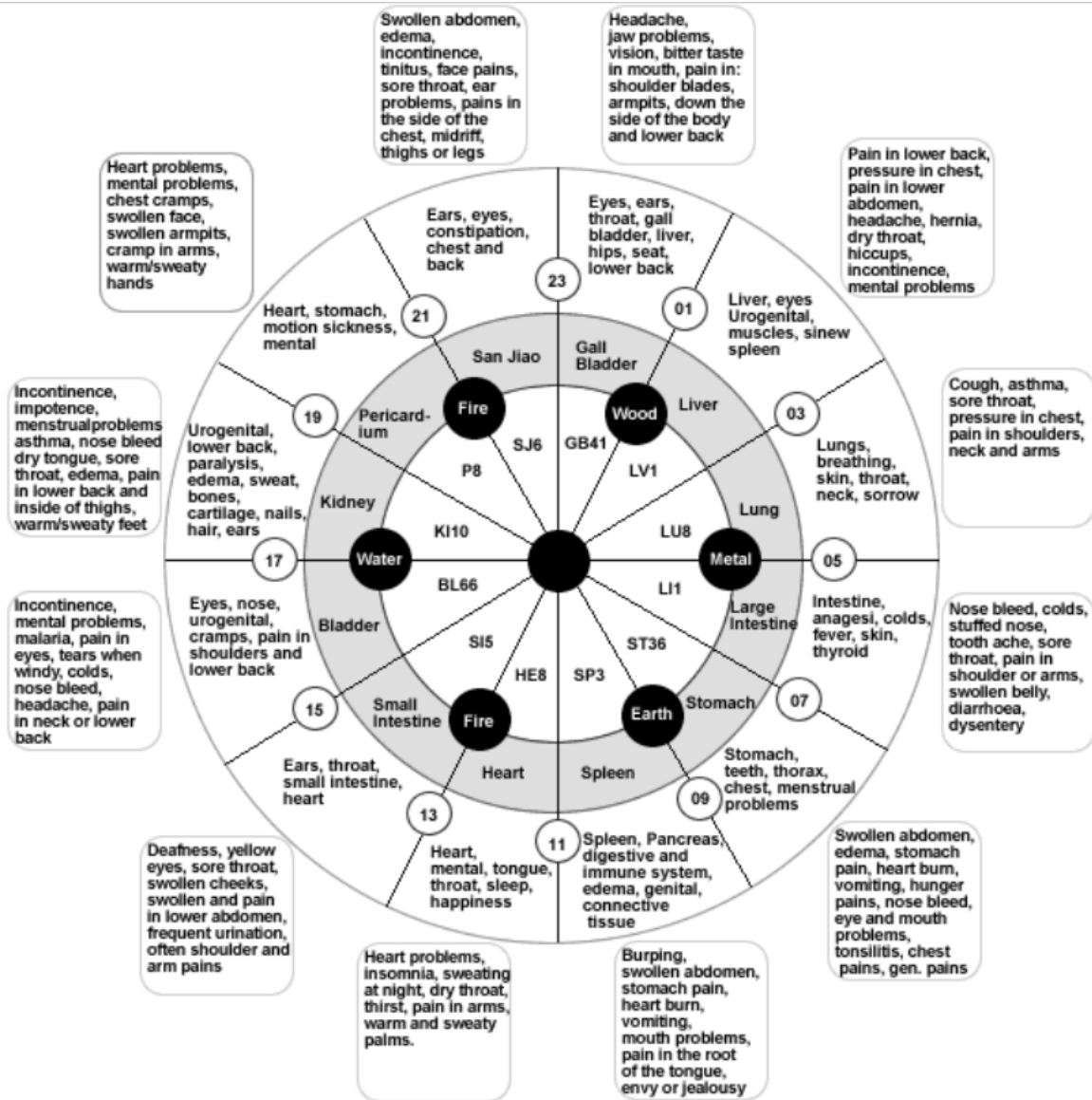
11 p.m.- 1 a.m. — **Gall Bladder** — Initial cleansing of all tissues, processes cholesterol, enhances brain function.

1-3 a.m. — **Liver** — Cleansing of blood. Processing of wastes.

3-5 a.m. — **Lung** — Respiration. Oxygenation. Expulsion of waste gasses.

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The Meridian Clock



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Meridians and Symptoms

Meridian	Associated Symptoms
Bladder	Symptoms/Ailments: bladder problems, headache, eye diseases, neck and back problems, pain along the back of the leg, hair loss, headaches and neck tension, pain and stiffness along the spine, weak/sore lower back, haemorrhoids, boils on buttocks, sciatica and varicose veins, tightness, pain and cramps in calves, weak feet and ankles, athletes foot, bent little toe or pigeon toes.
The bladder meridian starts at the inner corner of the eye, continues over the crown of the head, down the back of the legs, and ends on the outer edge of the back of the little toe.	Functions: Bladder is essential for life because if it is not functioning the system is poisoned and stressed beyond endurance; strong partnership with kidneys; affects the posture weakness in skinny people, head and hips forward and spine backwards; headaches neck tension, crown and forehead headaches; disorders of the lower back toxins from an overloaded bladder; influences lumber vertebrae ovaries and uterus, testes and prostate; bed wetting; imbalance lifelong battle with fatigue.
	Partner Meridian: Kidney
Circulation / Pericardium	Symptoms/Ailments: poor circulation, angina, palpitation, diseases of the sexual glands and organs, irritability, pain along the course of the meridian, swollen painful armpits, eczema or skin problems in the brow crease, Carpal Tunnel Syndrome, hot palms, arthritis in middle finger, white spots and ridges on the nails.
It starts next to the nipple, along the arm and ends on the back of the middle finger towards the ring finger.	Functions: Pericardium protects the heart and the Triple Heater (Burner) protects the other meridians; pericardium protects the heart physically and energetically; pericardium is fibrous sac enclosing the heart and absorbing the stresses and shocks; influences the mental and emotional states; exerts an influence on the physical and psychological warmth in relationships; can be warming, caring, enthusiastic and excited if the meridian is balanced or reverse if imbalanced.
	Partner Meridian: Triple Heater (Burner)/Endocrine
Gall Bladder	Symptoms/Ailments: gall bladder problems, ear diseases, migraine, hip problems, dizziness, pain along the meridian, temple migraines, eye and ear weakness, neck tensions, shoulder pains frozen shoulder, asthma, shingles, arthritis in the hip, skin problems along this meridian e.g. varicose veins, knee complaints on lateral side, corns on 4th toe, athletes foot or a hammer toe.
Starts at the outer corner of the eye, crosses the temple, makes a loop above the ear and curves to the front of the crown, over the head, down the head to the shoulder and continues laterally down the body and leg to end on the back of the fourth toe toward the little toe.	Functions: Gall Bladder Meridian is the longest meridian in the body; function is to store and secrete bile; influences stomach and spleen function; disruption of gall bladder meridian major cause of headaches (vice grip type) and neck tensions; gall bladder rules decision making anger and rash decisions are due to excess gallbladder energy/ch'i and indecision is a sign of gall bladder disharmony.
	Partner Meridian: Liver
Triple Heater/Endocrine	Symptoms/Ailments: diseases of the thyroid and adrenal glands, ear problems, sore throat, abdominal distension, oedema, swelling of cheek, pain along the meridian, stiffness and pain along the arm and wrist, arthritis, white spots or ridges on nail of the third finger and eczema on the fourth/ring finger, pain behind and the corner of the eye, ear problems (e.g. pain, full waxy ears), eczema, shoulder pains.
Starts on the back of the ring finger along the arm and ends at the top of the outer corner of the eye.	Functions: Triple Heater (Burner) does not correlate with an anatomical organ; related to the endocrine system and heat in the body is controlled by its function; internal heat is required for functioning of all the organs, heart, processing of food, reproduction activity; regulates the autonomic nervous system and this the heart and abdominal organs in their response to emotion; controls the pituitary glands which regulates the output of the endocrine glands; regulates body temperature, appetite and thirst; controls emotions and moods urges of pleasure/displeasure.

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	Partner Meridian: Circulation/Pericardium
Heart	Symptoms/Ailments: heart problems, dryness of the throat, jaundice, pain along the course of the meridian, pain in the armpits and swollen glands, weak wrists, inner arm pain, stiffness or pain in the little finger, ridges and white spots on the nails, palpitations, chest pains and cardiac disorders, constipation and malabsorption of nutrients, diaphragm disorders.
Starts in the armpit and ends at the back of the little finger towards the ring finger.	Functions: Heart rules the blood and blood vessels; if the heart is strong, the body will be healthy and the emotions orderly, emotionally related to love; governs the transportation system oxygen, nutrients, wastes; if the heart is weak, all the other meridians will be in imbalance; circulatory problems cause health problems; when the heart's energy and blood are harmonious, the spirit is nourished and the person is balanced and lives harmoniously; imbalance results in insomnia, forgetfulness, hysteria, irrational behaviour, insanity.
	Partner Meridian: Small Intestine
Kidney	Symptoms/Ailments: kidney problems, lung problems, dry tongue, lumbago, oedema, constipation, diarrhoea, pain and weakness along the course of the meridian, throat weakness, hot and dry tongue, lung congestion, heart problems, breast lumps, solar plexus and diaphragm problems, bladder weakness, sexual problems and infertility, varicose veins and broken capillaries on thighs, shinbone soreness and swollen ankles, burning, sweating and painful soles of the feet.
Starts on the sole of the foot and ascends around the anklebone up the back of the leg to emerge around the front of the lower thigh and straight up the body to the breastbone.	Functions: Kidneys are the source of vital life essence Jing in Chinese medicine, and controls the life activity of all the other organs; purifies the blood and breaks down into nutritional components; moves, converts, stores and expels excess water; weak bones, loose teeth and flaky nails indicate weak kidney life essence; adrenals cortex produces cortisone and sex hormones; strong kidney essence nourishes the brain memory, concentration and thinking; influences the capacity for hard work.
	Partner Meridian: Bladder
Large Intestine	Symptoms/Ailments: abdominal pain, constipation, diarrhoea, sore throat, toothache in the lower gum, nasal discharge and bleeding, pain along the course of the meridian, itchy nose and sores, cold sores on lips, frozen shoulder and shoulder pain, tennis elbow, Carpal Tunnel Syndrome, arthritis and pain in index finger, white spots on fingernails, ridges on nails.
The large intestine meridian starts at the tip of the index finger, crosses the back of the shoulder and ends on the face at either side of the nose.	Functions: (Large Intestine/Colon) lower tract of the digestive tract, receives and digests food, absorbs nutrients and excess waste; if regular elimination does not occur toxins build up. Proper elimination imperative for good health; toxic overload results in disharmony; imbalance abdominal pain, constipation, diarrhoea, bloating, acne, boils, headaches and stuffy nose.
	Partner Meridian: Lung
Liver	Symptoms/Ailments: liver problems, lumbago, vomiting, hernia, urination problems, pain in the lower abdomen and along the course of the meridian, pain on right side indicates liver problems and pain on the left side indicates stomach and spleen problems, digestive problems, eczema in groin area, both male and female. genital problems in males and females herpes, low sperm count, impotence, low sexual libido, candida, thigh pain and varicose veins, knee pain on medial side, problems with big toe gout, ingrown toenail, fungus and corns.
Starts at the top of the big toe and ascends up the inside of the leg to the genital regions and continues upward too just below the nipple.	Functions: Liver is a regulating and harmonizing organ; primary centre for metabolism secretes bile, synthesizes proteins, naturalizes toxins, regulates blood sugar levels, stores glycogen and changes it back to glucose; brain requires glucose therefore essential that liver supplies glucose to the brain essential for conscious and unconscious thought processes; liver meridian controls functions of nervous system and important for psychological problems e.g. depression and anger.
	Partner Meridian: Gall Bladder

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Lung	Symptoms/Ailments: respiratory diseases, sore throat, cough, common cold, pain in the shoulder and along the meridian, stiff forearm, Carpal Tunnel Syndrome, wrist disorders, arthritis and stiffness of the thumb, white spots on nails, ridges on nails.
Starts at the clavicle and ends at the back of the thumb towards the index finger.	Functions: regulates respiration, responsible for bringing energy from the air; regulates status of body energy; governs elimination of CO2 from the body; close relationship with the large intestine; imbalance results in chest congestion, coughs and asthma.
	Partner Meridian: Large Intestine
Small Intestine	Symptoms/Ailments: pain in the lower abdomen, sore throat, swelling or paralysis of face, pain along the meridian, ear problems tinnitus and deafness, trigeminal neuralgia in the face, swollen lymph glands in the throat region, fibrositis in the shoulder; tennis elbow, arthritis in the little finger, spots and ridges on the nails, heart disorders, abdominal complaints distention and constipation, poor circulation in legs.
Starts on the outside of the tip of the little finger and passes along the posterior side of the forearm, circles behind the shoulder, along the side of the neck to the cheek and outer corner of the eye before entering the ear.	Functions: Small intestine receives and digests food; sorting out process separates pure from impure and controls proportion of liquid to solid; psychological sorting out of ideas, emotions and thoughts.
	Partner Meridian: Heart
Spleen/Pancreas	Symptoms/Ailments: problems of the spleen and pancreas, abdominal distension, jaundice, general weakness and sluggishness, tongue problems, vomiting, pain and swellings along the course of the meridian, underarm complaints boils lymph swelling, eczema, digestive problems, cysts and fibroids in the uterus, menstrual problems and prostrate disorders, thigh pain, varicose veins and broken capillaries, knee pain and shinbone problems, ingrown toe nails with big toe pointing upwards, bunions.
Starts at the tip of the big toe runs up the leg, makes a bend into the pelvis, up the side of the abdomen and ends at the shoulder with an internal branch ending in the side of the thorax.	Functions: Pancreas is central to physical existence and health; Distributes chienergy released from food; transform (pancreatic juices) food into energy and blood; destroys spent red blood cells and forms antibodies; pancreas helps maintain control over digestive system; controls blood sugar (hypoglycemia low blood sugar), (hyperglycemia high blood sugar); Pancreas influences body temperature; improper functioning influences adrenal glands which influence sex gland and kidneys; emotionally depression, PMT and irritability.
	Partner Meridian: Stomach
Stomach	Symptoms/Ailments: stomach problems, abdominal pain, distension, oedema, vomiting, sore throat, facial paralysis, upper gum toothache, nose bleeding, pain along the meridian, cheek disorders, broken capillaries, bags and shadows under the eyes, sores in mouth, snoring and dribbling at night and grinding of teeth, throat problems and thyroid disorders, breast and nipple soreness, breast lumps and inverted nipples, diaphragm disorders (hiatus hernia), liver and gallbladder disorders on right side, stomach, pancreas and spleen disorders on left side, digestive problems (e.g. hernia, constipation, diverticulitis), appendix, ovarian problems, blocked fallopian tubes, infertility, thigh pains, knee pains, shin pains and varicose veins, corns, fungus on nail, hammertoe.
Starts under the eye and curves up the temple, over the eye, down the nose and then continues down the body and ends on the top of the second toe.	Functions: (Stomach controls digestion, it holds and digests the food with the help of the pancreas. The nutrients are transformed for the energy and blood to transport it.) Connected to Earth food is nourishment, quality of food controls the quality of life; disharmony and imbalance of stomach major cause of illness.
	Partner Meridian: Spleen/Pancreas

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The relationship within the energy system

Each meridian is also linked to the chakra energy system and auric fields and these carry the energetic memory bank about your 7 primary relationships. To see the state of your chakra energy system look to these relationships. You can see the health of your energy fields in the health and the state of these relationships. An example:

How well are you relating to or interacting with:

- Parents, Grandparents and wider Tribe – These relationships are on the: Root Chakra, Kidney meridian, Bladder Meridian and Physical body or 1st auric field. Adrenals.
- Spouse, Partners, Contracts - These relationships are on the: Sacral Chakra, Liver Meridian, Gallbladder meridian and Etheric body or 2nd auric field. Reproductive System.
- Children, Creations, Childhood self - These relationships are on the: Solar Plexus Chakra, Spleen meridian, Stomach Meridian and emotional body or 3rd auric field. Pancreas
- Self - This relationship is on the: Heart Chakra, Heart Meridian, Small Intestine Meridian and 1st Spiritual body or 5th auric field. Thymus
- Siblings, Friends, Co-workers, Peers- These relationships are on the: Throat Chakra, Lung meridian, Large Intestine Meridian, Mental body or 4th auric field. Thyroid.
- Outside Authority, Government etc.- These relationships are on the: Brow Chakra, Triple Warmer Meridian, Circulation Meridian, 2nd Spiritual Body or 6th auric field. Pituitary.
- God/Source Energy/Divine and All Creation - These relationship is on the: Crown Chakra, Central Vessel Meridian, Governing Vessel Meridian, 3rd Spiritual Body or 7th Auric Field. Pineal/Hypothalamus

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Checking / clearing Chakras, Meridians and Auric fields

Chakras

All 7 major chakras should be:

1. Clear / frequency functioning correctly at 100%.
2. Open.
3. Attuned to the Meridians.
4. Spinning at the correct vibration. Meaning high or maximum.
5. In the correct position. Meaning centre of the body.
6. Entering correctly. Meaning energy is flowing in to each chakra as the chakra is spinning.
7. Have a 100% emotional charge in each chakra.

If there is a block in a chakra you can check if related to: negative emotion, negative thought form, toxin, chemical, food intolerance, infection, residue of an infection, memory of an infection etc.

Clear any blocks in the chakras (front/back) with intention.

Meridians

Meridians are bi-lateral. Meaning 6 are paired on each side and in each arm. Plus one central (front of body) and one Governing (back of body)

All 14 meridians should be:

1. Clear. Meaning unblocked from top to bottom of each meridian.
2. Connected to the smaller pathways plus connected to its particular Organ.
3. Attuned to the chakras and organs.
4. Vibrating at the correct frequency
5. Connectors are clear (connecting main pathway and superficial pathway to organs etc.)
6. Each meridian should have 100% emotional charge. Meaning no negative emotion in any meridian.

If there is a block in a meridian you can check for/related to: negative emotion, negative thought form, toxin, chemical, food intolerance, infection, residue of an infection, memory of an infection etc.

Clear any blocks in the meridians with intention. Disperse blocked energy in a meridian.

Auric Fields

Auric fields should be:

1. Functioning at 100%.
2. In the correct position.
3. Flowing in the correct direction.
4. Vibrating/articulating at the correct frequency
5. Have 100% emotional charge.

If there is a block in an auric field you can check for/related to: negative emotion, tbc

Clear any blocks in the auric fields with intention.

Intention statement 'It is my intention to clear _____ from the _____, it is my intention to do this now, it is done.'

All 28 electric magnetic fields must be functioning correctly for the body to be healthy and well.

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Managing Stress

What is Stress

A stress response is your body's way of responding to any kind of demand and can be caused by both good and bad experiences. When feeling stressed your body reacts by releasing chemicals into the blood. This causes a surge of hormones in your body. Your body detects stress, in a small region at the base of the brain - the hypothalamus reacts – this stimulates the body to produce hormones - adrenaline, noradrenaline and cortisol. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, senses become sharper, breathe faster - to quickly distribute oxygen-rich blood to your body. Stress hormones cause your blood vessels to constrict and divert more oxygen to your muscles so you'll have more strength to take action. But this also raises your blood pressure. Stress can be related to both perceived and/or real threats

Stress Management

- Stress helps the body prepare to face danger.
- Stress in every day terms is a feeling of being overloaded and struggling to cope with demands (real/perceived).
- The symptoms can be both physical and psychological.
- Short-term stress can be helpful, but long-term stress is linked to various health conditions.
- We can prepare for stress by learning some self-management tips.

Techniques for Managing Stress

- Massage, yoga, or listening to music can help destress or prevent stress from building up.
- **Exercise:** can benefit a person's mental and physical state.
- **Reducing intake of alcohol, drugs, and caffeine:** they should be cut out or reduced.
- **Nutrition:** healthy, balanced diet with plenty of fruit and vegetables helps maintain the immune system at times of stress. A poor diet will lead to ill health and additional stress.
- **Prioritising:** Spend a little time organizing your to-do list to see what is most important. Then focus of what you have completed or accomplished for the day, rather than what you are yet to finish.
- **Time:** Set aside some time each day just for yourself. Use it to organize your life, relax, and pursue your own interests.
- **Breathing and relaxation:** Meditation, massage, and yoga can help. Breathing and relaxation techniques can slow down the system and help you relax. Breathing is also a central part of mindfulness meditation.

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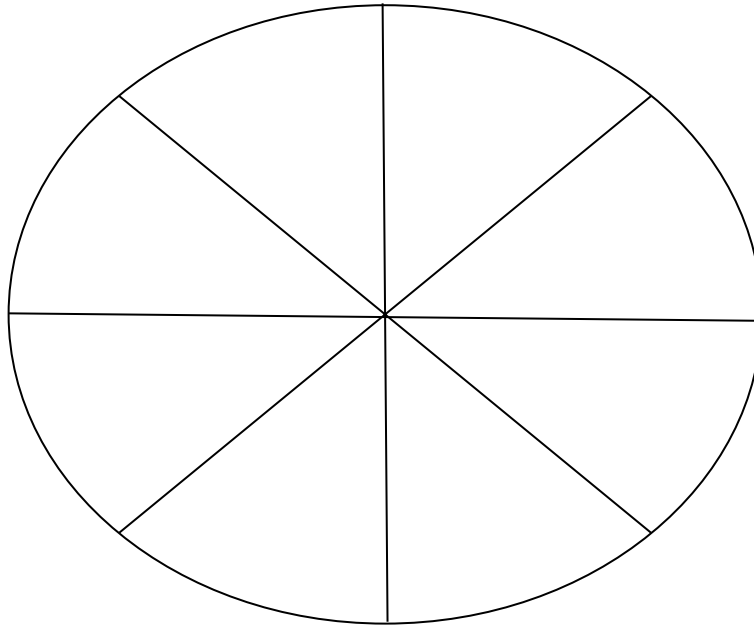
Building resilience

- Building resilience enables us to develop mechanisms for protection against experiences which could be overwhelming,
- It helps us to maintain balance in our lives during difficult or stressful periods of time,
- It can also protect us from the development of some mental health difficulties
- Developing resilience is a personal journey. People do not all react the same to traumatic and stressful life events. An approach to building resilience that works for one person might not work for another. People use varying strategies.
- Build up your positivity: the more positive you can be, the more resilient you can be when negative things happen.
- Staying positive means staying energised.
- Live to learn – develop a learner mindset – the more you can leverage challenges as opportunities to grow and evolve, the more resilient you are likely to be. Use question thinking – what is useful here? What are my available choices? How could this get better? what else is possible?
- Open your heart – gratitude – 30 day gratitude book
- Take care of yourself – good health and a regular routine of healthy habits – mental and emotional resilience
- Hang on to humour – laughing in the face of adversity, laughter is the best medicine

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Wheel of Life Exercise

Identifying core areas of your life that are most important to you. Looking to see what, if any, stress exists in these areas of your life and how you are managing this.





Life areas:

- Diet
- In control of health
- Using herbs and supplements
- Releasing suppressed emotions
- Increasing positive emotions
- Embracing social support
- Spiritual connection
- Have strong reasons for living

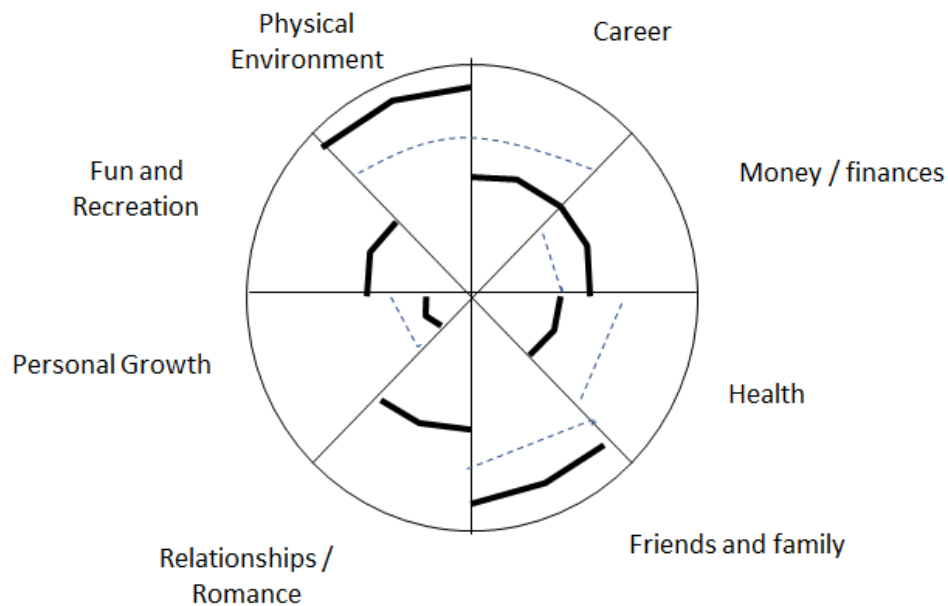
Dr Kelly Turner, HEAL

Directions:

1. Label the eight sections of the wheel with those things most important in your life. These sections then represent balance in your life.
2. Regarding the centre of the wheel as 0 and the outer edge as 10, rank your level of **satisfaction** with each life area by drawing a straight or curved line to form a new outer edge. This should be a solid line. 
3. Regarding the centre of the wheel as 0 and the outer edge as 10, rank your level of **stress** with each relevant life area by drawing a straight or curved line to form a new outer edge. This should be a dotted line. Only enter a dotted line  if this stress is above 0 and is regular, recurring /consistent stress in this area of life.
4. Do you know why this stress is there? Or where it comes from?
5. Make a note of any stress relief that you currently apply to each segment that you have marked with a stress line.

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Example



Life Area	Stress comes from	Stress relief applied

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Life Priorities

- On what did you spend most of your time, energy, thoughts and emotions for the last 7 days?

- If I could wave my magic wand and have priorities that would contribute to my life, and give me the life I'd really like to have, which of the above would I keep? Which would I throw away?

- What five priorities would contribute to generating, creating and instituting the life and living I would truly like to have?

- What's blocking these from showing up for you?

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Control Dramas – Energy Manipulation

Celestine Prophecy

There are four control dramas—intimidators who threaten and bully; interrogators who question and judge; aloof people who play coy; and poor me types who make us feel guilty and responsible for them.

Recognize your own drama and be aware of what types of control dramas you attract. Put the steps of how to control dramas into practice.

Intimidator

If you are attracting Intimidators it is so you can learn to stand up for yourself, to take control. Do you feel anger or injustice in your life? Use your power to empower others i.e. a good team leader or be a fair-minded employer.

Interrogator

Is there someone in your life who interrogates you, Are you hiding your feelings and not telling the truth about something. Do you want him/her to notice something about you that you don't want to say directly?

They usually have an inquisitive mind and need to put it to positive use. i.e. say teacher, counsellor, researcher.

Aloof

Do you attract “aloofs” into your life, hard to reach and even harder to understand. Do you need to understand every single thing they do, say, every thought they have or action they do. Try to steer them to use their natural ease with self and time for creativity as say an artist, sculptor or writer.

Poor me

Does everyone want to tell you their sad stories, be aware that you may have been strong enough to take responsibility for yourself but do not judge others for their lack of strength. Steer them to use their natural compassion to reach out to others i.e. as a social worker, therapist or nurse.

To stop a control drama you must become aware that there is a drama taking place, notice if you are defending yourself, feeling threatened, guilty. You can stay immune to it by 1) identifying it and pointing it out, and 2) avoid acting in any way which resembles its corresponding counterpart control drama. Be ready to disengage from the drama. Get into the flow of never ending positive energy. Send love, light and energy to the other person.

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Roots And Branches Qi Gong Exercise

1. Embracing the Tao Pronounced Dow

Standing at normal shoulder width and with heels slightly turned out Swing left arm up in front of heart and then the right to same and lightly touch at the wrists stay in this position for at least two minutes. Think of embracing all creation all nature all of Ireland all Dublin etc.

2. Yin Yan Breath

Drop your hands down to your side and on the inward breath allow the arms to raise to shoulder height in front of you.

Let the elbows grow heavy as you move your arms back and down and on the out breath play the piano on the way down and drop your hands to the side of your body Allowing the energy to drop off your hands. About 9 times in the morning and even number in the evening 10.

3. Figure of eight. Constant bear looking owl

Move your hip to the right and your right hand with palm open sits at the right hip facing downwards, Left hand sits underneath the right both palms see each other. Swing from right to left by hips only, Nose over navel Keep eyes open and on the horizon line. Breathe in from right as you move breathe out left. Feel the energy between the hands Ground and store at navel for 1 minute.

Use the universal Mantra:

It is my intention to invoke the Universe to bring pure gold energy to my crown Chakra, my brow, my throat, my heart, my solar plexus, my sacral and my root chakra, send it down my legs and into my feet, ground me to the Earth, bring it back up my legs and into my liver, my kidneys, my heart and my lungs, send it out to my Aura and make me whole.

All the above exercises are designed to lift your vibration of energy to a higher level in order to live your life to the full and to be strong enough to treat a client.

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Accessing more of your life force

In order to access more of your Life Force and raise your vibration, there are a couple of very basic things that you can do. You can start your day by blessing your 7 primary relationships and you can end your day by forgiving your 7 primary relationships.

It would look like this in the Morning:

Find a quiet place where you will not be interrupted. Take some deep breaths and get centered. As soon as you feel quiet and relaxed inside – state to yourself or out-loud;

- I bless my Root Chakra Energy System and a loving relationship with my parents
- I bless my Sacral Chakra Energy System and a loving relationship with my partner
- I bless my Solar Plexus Chakra Energy System and a loving relationship with my children and/or childhood self
- I bless Heart Chakra Energy System and a loving relationship with myself
- I bless my Throat Chakra Energy System and a loving relationships with my friends, siblings, co-workers and peers
- I bless my Brow Chakra Energy System and a loving relationship with my government and all outside authority
- I bless my Crown Chakra Energy System and a loving relationship with God/Source Energy and All Creation

With this mantra, you are learning to bless all 28 of your cardinal frequencies, through blessing your seven chakra energy system and your seven primary relationships.

It would look like this in the Evening:

Find a quiet place where you will not be interrupted. Take some deep breaths and get centered. As soon as you feel quiet and relaxed inside – state to yourself or out-loud;

- I forgive all grievances with my parents, grandparents and tribe, held in my Root Chakra Energy System
- I forgive all grievances with my partner, spouse or contracts, held in my Sacral Chakra Energy System
- I forgive all grievances with my children and/or childhood self, held in my Solar Plexus Energy System
- I forgive all grievances with myself, held in my Heart Chakra Energy System
- I forgive all grievances with my siblings, friends co-workers and peers, held in my Throat Chakra Energy System
- I forgive all grievances with my government and outside authority, held in my Brow Chakra Energy System
- I forgive all grievances with God/Source Energy and All Creation, held in my Crown Chakra Energy System

Bio Energy Academy of Dublin

Module three homework – Solar plexus

- Q1. What parts of the body are associated with the Solar Plexus?
- Q2. What are the 4 control dramas?
- Q3. What are other names for the Solar Plexus?
- Q4. What happens if there is a blockage in the solar plexus?
- Q5. What is the protocol for treating the eyes?
- Q6. What are the positive/negative emotions associated with the Solar Plexus?